Viveka - discernment
Something in you separated the passing from the permanent, the "I" from all that changes around it. Viveka is born by questioning your experience, such as "Is this really true? What else could it mean?"
46

Suvidyā - realization
The spiritual teachings have ripened into a permanent experience of freedom from all suffering. You clearly see yourself and the Total as one. Ignorance is gone. You've attained moksha.
45

Svadharma - accountability
Wherever life placed you, you did what was needed – even on days you'd rather not – because your heart knew it was right, guided by fairness and care for all involved.
28

Paramārtha - nobility
You stopped being selfish – protecting only your interests. You stopped being selfless – pleasing everyone, forgetting yourself. You became noble – taking care of your needs while also considering others' welfare.
27

Tapaḥ - discipline
You've seen what happens without discipline – old habits return. So you persist, watching your mind daily, starving what weakens you, feeding what strengthens. It's uncomfortable, but growth always is.
10

Kāma - desire
A desire stirred in you. It's the fuel that moves you forward. Wanting is healthy – until one desire grows so loud it drowns out everything else you love and need. Solution: Ask, "What else needs my attention?"
9