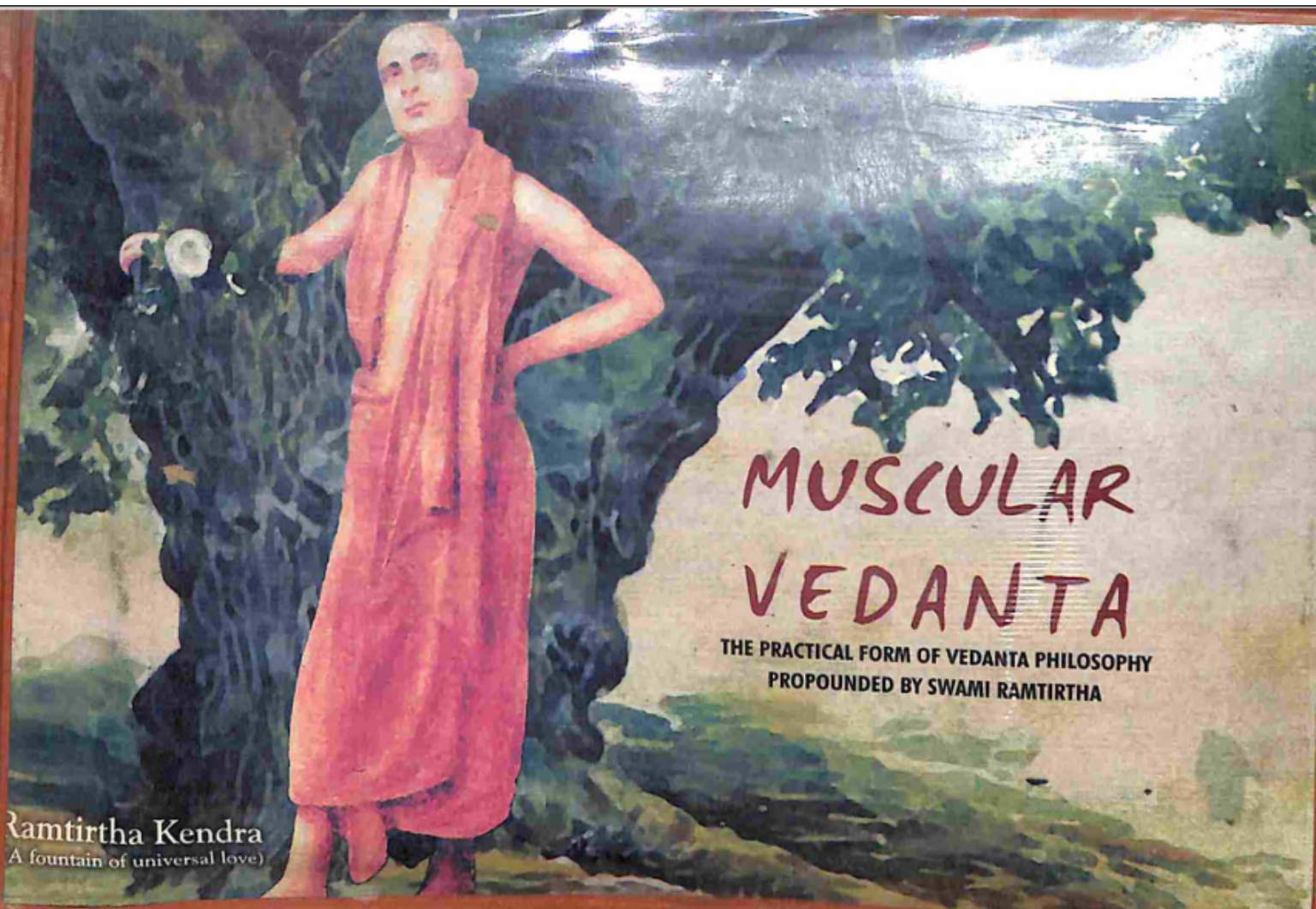




# MUSCULAR VEDANTA

THE PRACTICAL FORM OF VEDANTA PHILOSOPHY  
PROPOUNDED BY SWAMI RAMTIRTHA

Ramtirtha Kendra  
(A fountain of universal love)

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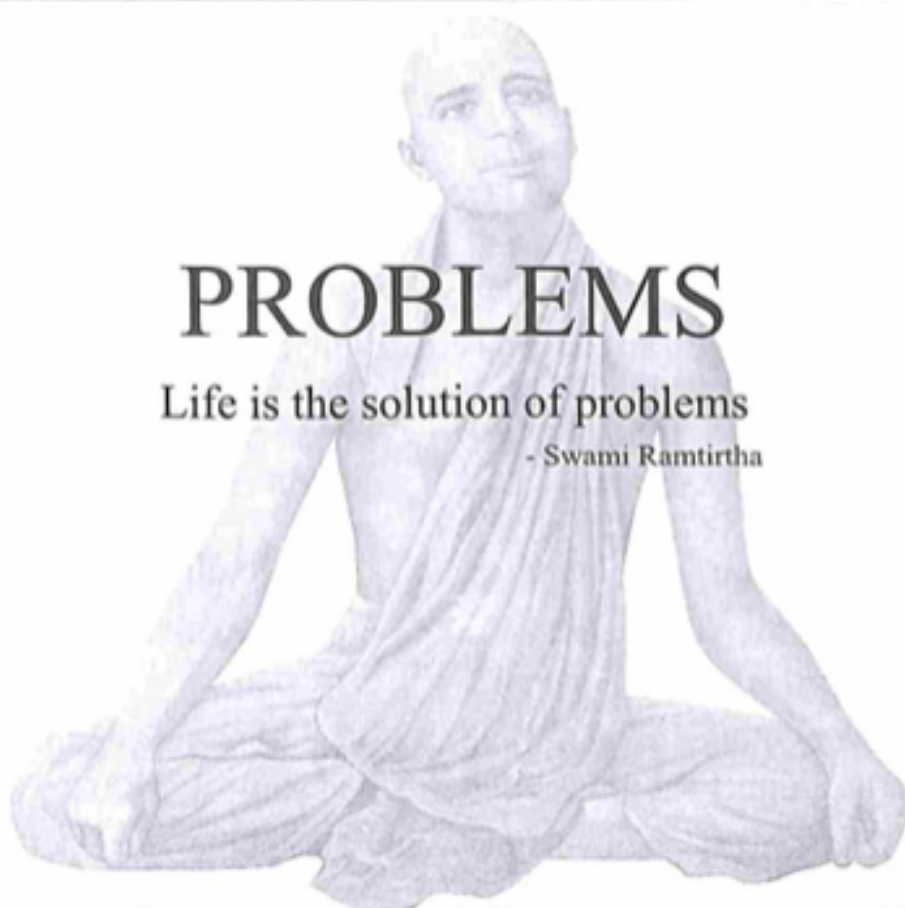
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# PROBLEMS

Life is the solution of problems

- Swami Ramtirtha

## Eight Sources of Troubles

1. To compare or contrast one person with another in the mind.
2. To compare oneself with anybody else mentally.
3. To compare the present with the past and brood over the memory of past mistakes.
4. To dwell upon future plans and fear anything.
5. To set our heart on anything but the one Supreme Reality.
6. To depend on outward appearances and not to practically believe in the inner harmony that rules over everything.
7. To jump up to the conclusion from the words, of seeming conduct of people, and not to rest thoroughly satisfied with faith in the Spiritual Law.
8. To be led astray too far in conversation with the people.



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