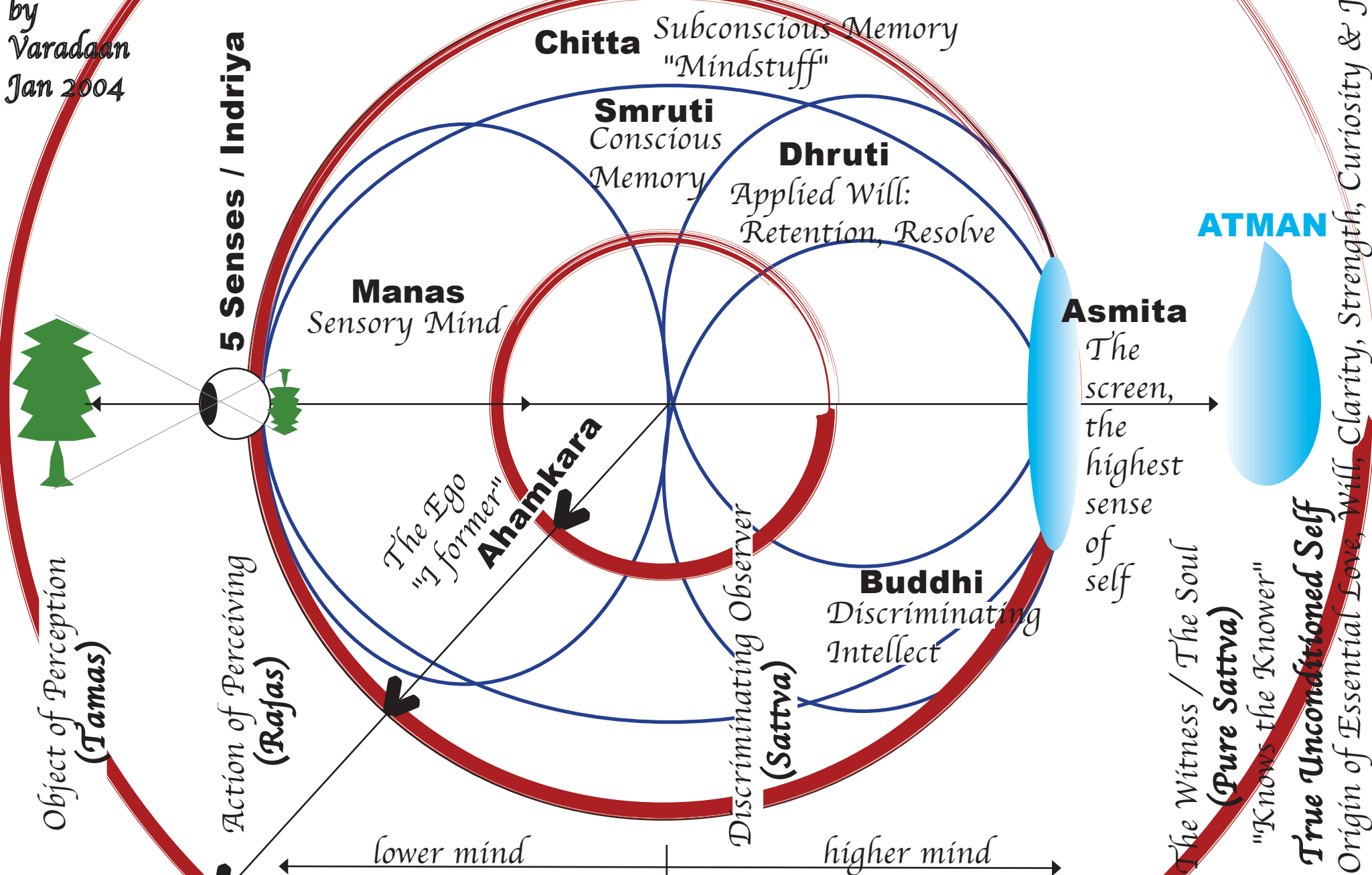


A Diagram of  
Yoga Philosophy  
by  
Varadaan  
Jan 2004

**"Antahkaranam"**  
*The Inner Equipment - "The Mind"*



**The root of Antahkaranam is the Heart,  
the Anahata Chakra, the Cardiac Plexus**

"By Samyama on the heart comes knowledge of Cosmic Mind"  
-Patanjali