

FIELDS OF ACTION	VALUES	ETHICAL and BEHAVIORAL GUIDELINES	ATTITUDE / INWARD-TURNING ACTION	STRATEGIES FOR SOCIAL ACTION (ENGAGEMENT WITH THE WORLD)			
				<i>Service</i>	<i>Advocacy</i>	<i>Direct Action</i>	<i>Non-cooperation</i>
environmentalism, humanitarian aid, access to health care, civil liberties, LGBTQ rights, human rights, animal rights, education, child welfare, racial discrimination, equal economic opportunity, wealth distribution, drug addiction, capitalism / consumerism, tax reform, taxation without representation, nationalism, racism, sexism, freedom of religion, spiritual education (dissemination of transcendental knowledge), etc. diabetes/obesity epidemics, over-prescription of pharmaceuticals for anxiety/depression, mental health, lack of holistic healthcare, food GMO labeling tainted/deceptive, kids now commonly taking too many pharmaceutical drugs prescribed by doctors, lack of job flexibility, women's equal opportunity to leadership roles, work/life balance, human trafficking, etc.	Austerity	simplicity; renunciation of gratuitous materialism, refrainment from stealing (<i>asteya</i>), control of the senses; sobriety	detachment (<i>vairagya</i>), contentment (<i>santosa</i>)				
				<i>Service</i>	<i>Advocacy</i>	<i>Direct Action</i>	<i>Non-cooperation</i>
	Purity	maintain virtuous intentions; renunciation of ulterior motives for profit, fame, etc., control of sexual energy (<i>brahmacharya</i>)	cleanliness of body, purity of thought (<i>sauca</i>)				
				<i>Service</i>	<i>Advocacy</i>	<i>Direct Action</i>	<i>Non-cooperation</i>
	Mercy	living in such a way as to not harm any living being (<i>ahimsa</i>); compassion, kindness, generosity	contemplation of the spiritual equality of all beings (<i>svadhyaya</i>)				
				<i>Service</i>	<i>Advocacy</i>	<i>Direct Action</i>	<i>Non-cooperation</i>
	Truthfulness	honesty: bringing thoughts and words into direct correspondence with facts; refraining from gambling / speculative investments	endeavor to distinguish reality from illusion (<i>svadhyaya</i>)				
				<i>Service</i>	<i>Advocacy</i>	<i>Direct Action</i>	<i>Non-cooperation</i>
Inquiry	Active listening in order to understand our selves, our motivations, others, and what motivates others, the world and our relationship to the world	Hearing from authoritative sources of knowledge (<i>sravanam</i>) followed by directed self-study and contemplation (<i>svadhyaya</i>)					
			<i>Service</i>	<i>Advocacy</i>	<i>Direct Action</i>	<i>Non-cooperation</i>	
Devotion	make all actions an offering or a sacrifice for the Highest Truth you can conceive of; set aside time every day to hear about, glorify, and request the opportunity to serve God	concentration, meditation, complete absorption (<i>dharana, dhyana, samadhi: samyama</i>) on the Highest Truth (<i>bhakti</i>)					

EXAMPLES

				<i>Service</i>	<i>Advocacy</i>	<i>Direct Action</i>	<i>Non-cooperation</i>
Animal Rights Activism	Mercy	living in such a way as to not harm any living being (<i>ahimsa</i>); compassion, kindness, generosity	contemplation of the spiritual equality of all beings (<i>svadhyaya</i>)	volunteer at / donate to a shelter (human or animal)	campaign to end animal testing for cosmetics; appeal to lawmakers to make all forms of animal cruelty illegal	vegan/vegetarian diet; open a vegan restaurant; break in to a cosmetics testing lab and liberate the animals	refrain from purchasing products that involve violence to other living beings; withhold patronage from or investment in corporations involved in violence

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Capitalism/Consumer Culture	Austerity	simplicity; renunciation of gratuitous materialism, refrainment from stealing (<i>asteya</i>), control of the senses; sobriety	detachment (<i>vairagya</i>), contentment (<i>santosa</i>)	help build small houses or help rehab existing apartments or houses for people to live in (emphasis on small and/or existing infrastructure to make smallest footprint)	encourage others to live in small houses or apartments; start a social media account to encourage simple living; campaign for events like "Buy Nothing Day"; appeal to Congress to better regulate prescription drug companies' sales strategies	live simply; don't drink or do drugs; hold a social event for people to go to rather than shopping the day after Thanksgiving (as part of "buy nothing day"); physically block people in stores from buying things by forming chains of carts;	don't buy things except when you absolutely need them; participate in "Buy Nothing Day" by not buying anything the day after Thanksgiving;