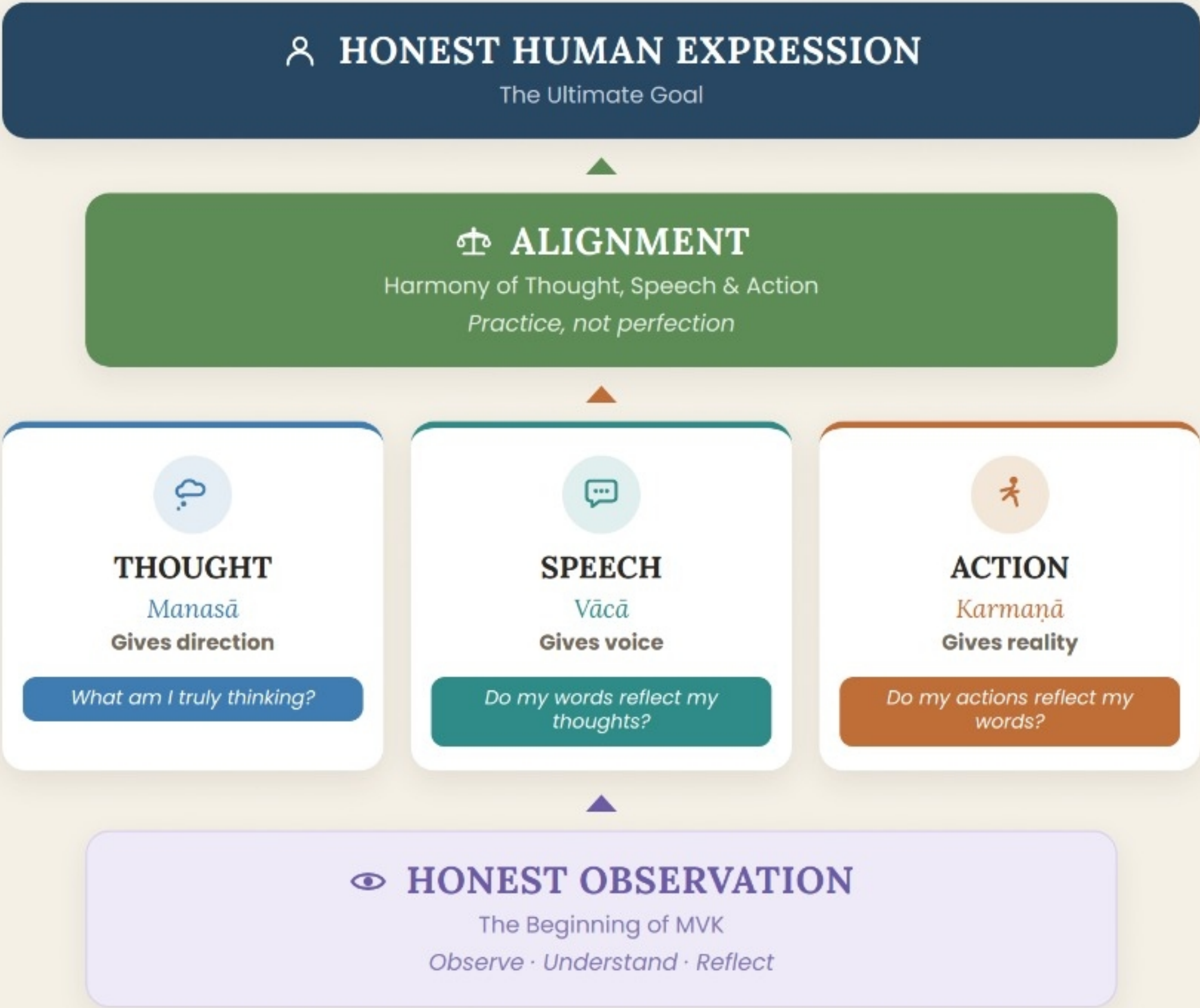


MANASĀ • VĀCĀ • KARMAṆĀ

The MVK Framework

The Journey of Honest Human Expression



- THE ELEMENTS
- Honest Observation**
Everything begins here. We observe ourselves honestly to understand what truly is.
 - Thought** *Manasā*
Thought gives direction. Every expression begins with what we think.
 - Speech** *Vācā*
Speech gives voice to our thoughts — the bridge between within and outside.
 - Action** *Karmanā*
Action turns words into reality. Our actions reveal our true intentions.
 - Alignment**
When thought, speech and action are in harmony. A lifelong practice.
 - Honest Human Expression**
The destination — a life increasingly faithful to who we truly are.



“ MVK is the lifelong practice of **honest observation** that brings thought, speech and action into **alignment**, enabling a human being to **express oneself honestly**. ”