

# Advaita Vedānta:

## Jīva–Brahman Models & Sādhana

Models	Sādhana	To Free of Limitations
<p>Avaccheda-vāda (Pot-Space)</p> 	<p>Jīva is like space enclosed in a pot appearing limited by the pot.</p> <p>Reality: Space is never truly divided.</p>	<p>Negating all adjuncts and limitations: 'Not this, not this'</p>
<p>Ābhāsa-vāda (Water-Sun)</p> 	<p>Jīva is like the sun reflected on water, mistaking the reflection for the original.</p> <p>Reality: Reflection has no independent reality</p>	<p>Discriminating reflection from source: Sravana, Manana, Nididhyasana</p>
<p>Pratibimba-vāda (Mirror-Face)</p> 	<p>Jīva is like one's face reflected in a mirror, mistaking the reflection for the original</p> <p>Reality: Mirror is only a medium of apparent separation</p>	<p>Polishing the mirror of the mind through karma-yoga and meditation</p>