

Spiritual practice for God-realisation : Vol. 4

Importance and Types of Spiritual Practice (Spiritual Analysis)

(English)

Compiler

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale

Recipients of subtle knowledge

Shrīchitshakti (Mrs) Anjali Mukul Gadgil,

Ms Madhura Bhikaji Bhosale and others



Sanatan Sanstha

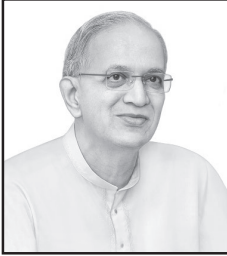
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Introduction to the Compiler

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,046 seekers are progressing towards Sainthood as of 18.10.2023.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - www.Sanatan.org)

Assurance of Sachchidananda

Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Athavale

17.5.1996

Uniqueness of the Recipients of subtle knowledge



**Shrīchitshakti
(Mrs) Anjali Gadgil**



**Ms Madhura
Bhosale**

Seekers who have the ability to obtain subtle knowledge receive in-depth knowledge from the subtle dimension that is not available elsewhere on earth, and is on various subjects

associated with Spirituality. They conduct subtle analysis of religious rituals, *Yajñā-yāga*, etc. While receiving knowledge from God, they also have to face the attacks of demoniacal energies. Despite this, the seekers have been performing this *satsēvā* on the strength of the Guru's grace.

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The reason for prefixing spiritual title ‘Sachchidananda Parabrahman’ before the Name Paratpar Guru (Dr) Athavale

As per the instructions of Saptarshi through the medium of Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Jayant Athavale since 13.7.2022. Before, He was addressed as Param Puja [His Holiness] and Paratpar Guru in Sanatan’s Texts. He has been addressed accordingly on the cover of this Text and inside the Text wherever required.

The reason for prefixing spiritual titles before the Names of Sadguru (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil

As per the instructions of Saptarshi through the medium of Saptarshi Jeevanadipatti, Sadguru (Mrs) Binda Singbal is being addressed as Shrisatshakti (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil is being addressed as Shrichitshakti (Mrs) Anjali Gadgil since 13.5.2020. Both are spiritual heirs to Sachchidananda Parabrahman (Dr) Jayant Athavale.

Note For non-English and spiritual words used repeatedly in this Text, please see Glossary at the end of the text.

ॐ – Preface of the Text Series on ‘Spiritual practice’ – ॐ

Every human being constantly strives to attain happiness. He tries to acquire happiness through worldly pleasures and science; however, this happiness is not everlasting because it is a part of *Māyā* that has an end. Every happiness in *Māyā* finally has an end. The happiness which is of the highest form and everlasting is known as *Ānand* (Bliss). In this Universe, there is only one source of eternal flow of *Ānand* and it is none other than the ‘God Principle’. Hence, as you make efforts to merge with the God Principle, you begin to experience the sweetness of *Ānand*. Making efforts to merge with the God Principle is itself called spiritual practice.

In human life, 80% of the causes of unhappiness are spiritual in nature (for example, destiny, distress caused by negative energies, problems due to unfavourable position of the planets in the horoscope). Since science cannot overcome these spiritual causes, obviously it also cannot overcome the unhappiness arising from them. The spiritual causes of unhappiness can be overcome only with the help of spiritual practice. Spiritual practice helps in curing many physical and psychological illnesses. Spiritual practice also bestows on humans the strength to endure unhappiness. Besides, it also helps in the development of Divine virtues like faith, sacrifice and courage in a seeker, making his life ideal and complete. This teaches us that irrespective of whether we make efforts for God-realisation or not, there is no alternative to spiritual practice.

While performing spiritual practice, the time that is



required for attaining the goal depends upon the spiritual practice of the previous birth, destiny, impressions on the subconscious mind, obstacles in spiritual practice, etc. Since we cannot ascertain all these facts completely, it is appropriate to perform spiritual practice under the guidance of a Guru (Spiritual Master) or based on the Scriptures. Sanatan's Text Series on 'Spiritual Practice' elucidate how spiritual practice should be performed as per the Scriptures.

Spiritual practice has two main aspects - *vyashṭi sādhanā* (Individual spiritual practice that benefits only the seeker performing it) and *samashṭi sādhanā* (Spiritual practice for the spread of Spirituality). Since in this Kaliyug (Present era of strife amongst the 4 Eras - Satyayug, Trētāyug, Dwāparayug and Kaliyug), the *sāttvikatā* (Spiritual purity) in society has reduced, it is difficult to perform spiritual practice. Only when the *sāttvikatā* in society rises, will it become easy to perform spiritual practice. This is why, encouraging people in society to perform spiritual practice is also an important aspect. Practical guidance on *vyashṭi sādhanā* and *samashṭi sādhanā* is provided in Sanatan's Text - 'Individual spiritual practice and spiritual practice of spreading Spirituality'. - **Compiler**



Shrichitshakti (Mrs) Anjali Gadgil, one of the two spiritual Successors to Sachchidananda Parabrahman (Dr) Jayant Athavale, used to obtain subtle knowledge earlier through 'A Scholar' or 'Gurutattva'.





Preface of this Text



When the importance of a concept is explained in various ways and perspectives, it gets deeply impressed on the subconscious mind. This Text explains the importance of spiritual practice through various points, such as how spiritual practice is necessary besides abiding by Dharma, how with spiritual practice the *Saptachakrās* (Seven spiritual energy centres) get purified faster, how spiritual practice of the previous birth contributes towards the *sāttvik* (Spiritually pure) nature of an individual in the current birth and the benefits of performing spiritual practice on Earth when compared with other subtle regions. By listening to discourses or reading, most people get theoretical knowledge on how to perform spiritual practice and how to progress to the further stages in spiritual practice. Yet, people do not make efforts to perform spiritual practice, because the analysis of the exact changes that take place in an individual subsequently are not mentioned anywhere. Since this analytical part is described in this Text, it will become easier to perform spiritual practice. This Text includes theoretical knowledge on topics such as stages in spiritual practice, *sakām* (With expectation) and *nishkām* (Without expectation) spiritual practice, spiritual practice through the medium of Arts, obstacles in spiritual practice, etc.

Since the knowledge presented in this Text has been received by God's grace, it is of a higher level, and an average individual may find it difficult to understand. However, a seeker in the preliminary stage (who is actually





performing spiritual practice or has intense curiosity about Spirituality and the yearning to perform spiritual practice) will not find this knowledge difficult to comprehend.

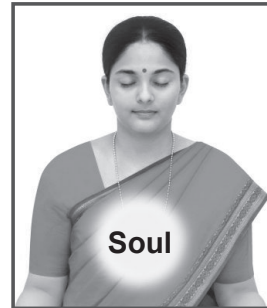
We pray unto the Holy feet of Shrī Guru that may all be inspired to perform spiritual practice and may they realise God. - **Compiler**



For enhancing spiritual practice, read Sanatan's Texts

Spirituality is superior to modern science

- Misconceptions about sadhana
- Misguidance by 'prominent' members of the society
- Sanatan Hindu Dharma favourable for the progress of science
- Superiority of Spirituality proved by scientific equipments



Spirituality for obtaining Bliss

- Difference between happiness, unhappiness and Anand
- Quantity of happiness obtained from various sense organs
- Special characteristics of happiness experienced in heaven and on earth
- Spiritual causes of unhappiness and their remedies