

**Spiritual practice for God-realisation : Vol. 3**

# **Introduction to Spirituality**

(English)

**Compilers**

Proponent of the 'Hindu Rashtra'

**Sachchidānanda Parabrahman (Dr) Jayant Athavale**

**H.H. Sandeep Gajanan Alshi**



**Sanatan Sanstha**

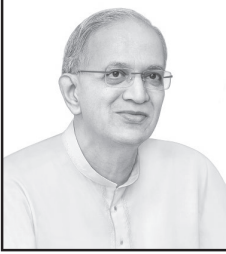
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## Introduction to the Compiler

### 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](http://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 Munde*

17.5.1996

## Introduction to H.H. Sandeep Alshi



Besides compiling Sanatan's Texts, H.H. Sandeep Alshi also composes Prasar material (for example - Sanatan Almanac, Dharmashikshan Posters, etc.). He writes inspiring articles for the 'Sanatan Prabhat' Periodicals which provide information on spiritual practice, Nation & Dharma.

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

**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 Pujya [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.



## Preface



As a part of their individual spiritual practice, some seekers deliver lectures or conduct *satsangs* (Interactive spiritual discourses) in various places on behalf of Sanatan Sanstha. Since the subject of Spirituality is very vast, seekers often find it difficult to select the exact topic to be covered at such lectures or at the first *satsang*. This Text is, therefore, written for their guidance. It is hoped that it will also be useful to those who are unable to attend such lectures and *satsangs*.

A majority of people are uninformed about the exact kind of spiritual practice they should perform from amongst the thousands prescribed in the Scriptures. Consequently, those not performing spiritual practice, as well as those who perform spiritual practice inappropriately, benefit little by merely listening to information on Spirituality. On the contrary, their faith in Spirituality may begin to waver as they do not get spiritual experiences due to practicing inappropriate spiritual practice. Many people who religiously attend *kīrtans* (Narration of the glory of God through stories, punctuated with devotional songs) and *pravachans* (Spiritual discourses in places of worship such as temples), think that they are performing spiritual practice. Similarly, those who read or study Scriptures or Texts on Spirituality consider that they have attained a fair amount of knowledge on Spirituality. In both the cases, however, this is not true. Those attending such *kīrtans* and lectures or reading Texts on Spirituality mostly do so as a pastime or as a hobby. They never really perform spiritual practice in the true sense. Sanatan Sanstha organises lectures and *satsangs* to make





people aware of what exactly is meant by spiritual practice and how to perform it in the correct manner.

The duration of our lectures is one to one and half hours. This Spiritual Text is written as a handbook for the *satsangs*. To highlight the part which could be suitably included in the introductory lecture, a line has been drawn alongside the contents and that specific point has an asterisk against it in the 'Contents'. The duration of weekly *satsangs* too is approximately one to one and a half hour. The entire content of this Spiritual Text can be covered, in suitable parts, over the weeks that follow. Once that is done, the topics included in Sanatan's various Texts are taught sequentially in *satsangs* and lectures. We are deeply indebted to H.H. Bejon Desai of Nashik, Maharashtra, India, for His valuable suggestions and His grace towards our endeavour. We pray unto the Holy feet of Shrī Guru that may some individuals make efforts to understand and commence spiritual practice as mentioned in this Text. - **Compilers**

(The comprehensive preface to all the Volumes on 'Science of Spirituality' is provided in Sanatan's text - 'Fundamental analysis of Dharma'.)



**Note** The points that ought to be covered in the first spiritual discourse of approximately 1½ hours have been marked alongside the text inside with vertical lines.

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'.