

Virtues essential for Vyashti Sadhana

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(An '*' sign has been placed alongside important points)

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Preface

In the true sense, the ultimate goal of a human being is God-realisation. A person can achieve this goal by doing sādhanā. To do that, he has to try to imbibe in himself all the virtues of God. Everyone has in him some virtues since birth. We should make appropriate use of these virtues and try to inculcate those that we lack. It is because of the numerous personality defects in us, that our sādhanā is wasted. It effectively means that our personality defects are the obstacles in our spiritual progress. Making attempts to harness Divine qualities automatically helps in the elimination of personality defects.

This Holy text gives information on which virtues to develop specifically for better vyasht i sādhanā (Individual spiritual practice); what is the importance of these virtues, what are the benefits of imbibing these virtues etc. (Virtues necessary for better samasht i sādhanā [Spiritual practice done for the spiritual upliftment of the society] are considered in another Holy text.) This Holy text includes information that sādhanaks of Sanatan have received by God's grace on various topics such as the common man and sādhanak and their types; sādhanā according to four varn ās (Class); difference between a worker and a sādhanak, reasons for reduction in physical, psychological and spiritual power; virtues at psychological and spiritual levels necessary for vyasht i sādhanā (For example curiosity, punctuality, consistency, yearning, humility, obedience, low ego, faith, bhāv (Spiritual emotion), devotion, sacrifice, equanimity, Prīti (Spiritual love devoid of expectations), mumukshutva (Intense desire for attaining Moksha).

It is not that the inculcation of virtues is useful for sādhanaks alone; it also helps a common person in making his life blissful and complete. We pray at the Holy feet of Srī Guru that may every individual get motivated to develop Divine virtues in him by reading this Holy text ! - Compiler