

Spiritual practice according to the Path of Guru's grace

(English)

Compilers

Parātpar Guru (Dr) Jayant Balaji Athavale
Sadguru (Dr) Charudatta Prabhakar Pingale



Sanatan Sanstha

So far, 6,000 copies of this Booklet
have been published in English.

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

卐 ————— Preface ————— 卐

Spiritual practice alone can give us the strength to face sorrows in life bravely and the experience of everlasting *Ānand* (Bliss). Spiritual practice means daily efforts made for God-realisation.

God-realisation through spiritual practice is very difficult without the Guru's grace. Progressing towards God-realisation through the medium of the Guru's grace is called Gurukrupāyoga. Spiritual practice performed for attaining the blessings of the Guru and His continual grace is called 'Spiritual practice according to the Path of Guru's grace (Gurukrupāyoga)'.

Gurukrupāyoga has two aspects - *vyashṭi sādhanā* (Individual spiritual practice that benefits only the seeker performing it) and *samashṭi sādhanā* (Spiritual practice for the spread of Spirituality). This Booklet elaborates on how to implement various aspects of *vyashṭi* and *samashṭi*



sāadhanā. We pray at the lotus feet of Shrī Guru that by performing spiritual practice explained here, may everyone become worthy of the Guru's grace.

- **Compilers**



Why does Sanatan follow Oxford (UK) English ?

Principally, there are 2 types of English all over the world - USA and UK. The two key dictionaries from either side of the Atlantic are Merriam-Webster (USA) & Oxford (UK). Both these dictionaries accept the differences between American and British English and make references to both in their word definitions. The language one speaks is English; the dialect is American English. Likewise, British English is also a dialect of English, even though it can be thought of as the 'original' dialect. Given the fact that UK's is the 'original' English, Sanatan has selected to follow it in Spiritual texts.