

Introduction to Spirituality

Preface

As a part of their individual *sāadhanā* (Spiritual practice), several seekers deliver lectures or conduct *satsangs* (Company of the God Principle) 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 Holy 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 the people are uninformed about the exact kind of *sāadhanā* they should perform from amongst the thousands prescribed in the scriptures. Consequently, those not performing *sāadhanā*, as well as those performing *sadhana* 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 *anubhūti*s (Spiritual experiences) due to inappropriate *sāadhanā*. Many people who religiously attend *kīrtans* & *pravachans* (Spiritual discourses) in places of worship such as temples think that they are performing *sāadhanā*. Similarly, those who read or study religious texts 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 such books mostly do so as a pastime or as a hobby. They never really perform *sāadhanā* in the true sense. Sanatan Sanstha organises lectures and *satsangs* so as to make all aware of what exactly is meant by *sāadhanā* and how to perform it in the correct manner. The duration of our lectures is one to one and half hour. This Holy text is written as a handbook to 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 particular point has been indicated with an asterisk in the 'Contents'. The duration of weekly *satsang* too is approximately one to one and half hour. The entire content of this Holy 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 for His valuable suggestions & His grace towards our endeavour. We pray unto the Holy feet of Shrī Guru that at least may a few individuals make efforts to understand *sadhana* mentioned in this Holy text and commence *sāadhanā*.

- Compilers

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(An * sign has been put along with important points)

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