

# Atonement to eliminate the harmful effects of sins

## Preface

Generally, it can be said that performing any act prohibited or considered condemnable by our scriptures is a sin. Sins make an individual wretched, they bring about his downfall. As result, he has to suffer from diseases, poverty etc. None can escape the consequences of sins. Only if one repents for the sins he has committed & undergoes related punishment as advised by Dharma, can he be absolved of the sins.

Facing punishment as advised by *Dharma* is known as 'atonement'. Other sects believe that confession, donation and repentance absolve individuals of their sins. However, Hindu Dharma has gone far beyond these three ways of overcoming sins, and has listed out various sins. Further, depending on the intensity of each sin, Hindu Dharma has advised various atonements, the extreme of which is giving up of the body. Some methods to eliminate the harmful effects of sins have been elaborated in this Holy text.

To be able to stay in a state of *Sat-Chit-Ānand* (See Glossary) by crossing over the bondage of joy-sorrow generated from demerit-merit oriented *karmās*, *karma* has to be such that it does not generate any consequence. This Holy text also discusses in detail what should be done to avoid the effects of *karma*. We pray unto the Holy feet of Shrī Guru that after reading this Holy text, may the readers benefit from the fresh perspective, and after crossing the bondage of demerits merits, may they be inspired to perform *sāadhanā* for attaining *Ānand*.

- Compilers

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(An asterisk (\*) sign has been placed alongside important points)

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