

Individual spiritual practice and spiritual practice of spreading Spirituality

Preface

Daily efforts made for God-realisation are termed as *sāadhanā*. Efforts made for individual spiritual progress are termed *vyashti sāadhanā*; whereas, efforts for spiritual progress of the society are termed as *samashṭi sāadhanā*. Most individuals are engaged in performing only *vyashti sāadhanā*; infact, they are even unaware of something called *samashṭi sāadhanā*. Ignorance about *sāadhanā*, lack of appropriate guidance and forgetting the duty towards society are responsible for present sordid state of affairs. This Holy text emphasizes the need to perform *samashṭi sadhana* along with *vyashti sāadhanā*.

The mission of God and Saints is to establish *Dharma* on earth. Those who participate in this mission, meaning, those who perform *samashṭi sāadhanā*, receive greater proportion of God's grace than those who restrict themselves to performing just *vyashti sāadhanā*. Even if an individual attains the higher *lokās* (Subtleregions) such as *Mahar, Jana, Tapo* etc. on the strength of only his *vyashti sāadhanā*, yet due to his step of *samashṭi sadhana* remaining incomplete, he has to perform *samashṭi sāadhanā* from the beginning in that region or by taking rebirth on earth; else he will not be able to attain *Moksha* (Final Liberation). On the other hand, whichever subtle-region a *jīva* that performs *samashṭi sāadhanā* (in addition to his *vyashti sāadhanā*) goes to, it can quickly and directly attain *Moksha*. Also, one main Principle of *sāadhanā* is - 'Performing *sāadhanā* as per the times'. In the present *Yug* (Era), *vyashti sāadhanā* has only 30% importance; whereas, *samashṭi sāadhanā* has 70% importance. This Holy text elaborates ways to enhance *sāttviktā* during the course of *vyashti sāadhanā*; *sāadhanā* to be performed according to *Bhaktiyoga* (Path of Devotion), *Dnyānyoga* (Path of Knowledge) and *Karmayoga* (Path of Action); yearning for God-realisation, importance of prayers and expressing gratitude; various stages in *vyashti sāadhanā* such as chanting, *sevā*, sacrifice. Under *samashṭi sāadhanā*, the text includes information on the importance and benefits of *samashṭi sāadhanā*, protection of the Nation and *Dharma* being important steps in God-realisation, combating negative energies being possible only on the strength of *samashṭi sāadhanā* etc.

This Holy text also discusses in depth, points such as steps of abiding by *Dharma* in *vyashti* and *samashṭi sāadhanā*, spiritually evolved individuals who perform *vyashti* and *samashṭi sāadhanā*, distress due to negative energies while performing *vyashti* and *samashṭi sāadhanā*. Divine Knowledge received by the seekers due to God's grace and reproduced in this Holy text, is of a higher level; hence, ordinary individuals will find it difficult to comprehend. However, a seeker who is already performing actual *sāadhanā*, and one who has curiosity and yearning, will not find it difficult to comprehend even if he is in the elementary stage of *sāadhanā*. We pray unto the Holy feet of Shri Guru that may every individual get motivated to perform progressively more *sadhana* due to the spiritual knowledge in this Holy text, and by enhancing his/her *sāadhanā*, be able to attain God-realisation. - **Compiler**

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