

Introduction to Spirituality

Preface

As a part of their individual sādhanā (spiritual practice), several seekers deliver lectures or conduct satsangs (Interactive spiritual discourses) in various places. 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 Spiritual 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 sādhanā (spiritual practice) they should perform from amongst the thousands prescribed in the Scriptures. Consequently, those not performing sādhanā (spiritual practice), as well as those performing sādhanā 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 spiritual experiences due to practicing inappropriate sādhanā. Many people who religiously attend kīrtans and pravachans (Spiritual discourses in places of worship such as temples), think that they are performing sādhanā. Similarly, those who read or study religious Texts consider that they have attained a fair amount of knowledge on Spirituality. In both cases, however, this is not true. Those attending such kīrtans and lectures or reading spiritual books mostly do so as a pastime or as a hobby. They never really perform sādhanā in the true sense. Sanatan Sanstha organises lectures and satsangs to make people aware of what exactly is meant by sādhanā and how to perform it in the correct manner.

The duration of our lectures is one to one and a half hours. This Spiritual 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 satsangs too is approximately one to one and a half hours. The entire content of this Spiritual 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, Maharashtra, India, for His valuable suggestions and 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 and commence sādhanā as mentioned in this Spiritual text. – **Compilers**

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