

Spiritual practice according to the Path of Guru's grace

Preface

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 sādhanā*. 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**

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