

Spiritual emotion

(Types and Awakening)

Preface

Most people know the limited meaning of 'bhāv' (spiritual emotion) as *saguṇ bhāv* that manifests for God or the Guru (Spiritual master). The *bhāv* that bestows *nirgun* Principle is of various types based on different levels. If these types are studied, a new perspective will be obtained for making efforts to awaken *bhāv*. From this perspective, this Text will prove to be a valuable guide. In this Text, *vyashṭi* (spiritual emotion towards the God or the Guru) and *samashṭi bhāv*, manifest and unmanifest *bhāv*, *krutajñatā-bhāv* (spiritual emotion of gratitude), *sharaṇāgat-bhāv* (spiritual emotion of surrender) and other *bhāv*, their effects on man and his spiritual practice are explained in detail. Additionally, a number of novel facts such as how to identify if an individual has *bhāv*, why is it essential for yearning and *bhāv* to be linked for rapid spiritual progress, efforts to enhance *bhāv*, colours of the particles of *Chaitanya* (Divine consciousness) around the seeker based on his *bhāv*, etc. have been clarified here. 'Change in thoughts and emotions brings about a change in actions and change in actions brings about a change in thoughts and emotions', according to this Principle if acts are performed continuously at the level of the mind and intellect to awaken *bhāv*, then *bhāv* will certainly be awakened. This Text guides on how to begin with the efforts to awaken *bhāv*, and finally reach a stage which is beyond *bhāv*.

Since the knowledge obtained by Sanatan seekers by God's grace is of a higher level, it is a little difficult to comprehend. Despite this being so, if there is curiosity and yearning, it will be possible even for a seeker in the primary stage to grasp this knowledge.

We pray unto the Holy feet of Shrī Guru that by making use of knowledge in this Text, may everyone enhance the *bhāv* within himself to realise God. - **Compiler**

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