

# How to progress faster spiritually through satsēvā?

## Preface

The human mind is unstable by nature. In spiritual practices such as sitting in one place for hours and chanting or meditating, the mind has to be focussed in one place. Hence, it is difficult for an average seeker to remain engrossed in such spiritual practices. In contrast, while performing 'satsēvā (Serving the God Principle)', one step in spiritual practice, it is relatively easier for the seeker to remain engrossed in various actions with the body and intellect (For example, propagating Spirituality in society, writing for Spiritual texts). Since the dissolution of the seeker's mind, intellect and ego at God's feet takes place rapidly through satsēvā, the seeker's spiritual progress also takes place faster through satsēvā. For the seeker, satsēvā is like a life force to perform spiritual practice.

Just as chanting does not reach the Guru or God if it is not done with *bhāv* (Spiritual emotion) filled inner conscience, satsēvā too does not reach the Guru or God unless it is with *bhāv* and perfection. Only when satsēvā is performed with *bhāv* and perfection, it imparts Chaitanya (Divine consciousness), spiritual healing takes place through it and spiritual progress is faster. This Booklet provides useful perspectives on how to remove obstacles at the psychological level so that satsēvā takes place with *bhāv* and perfection. In addition, this Booklet also elucidates what efforts should be made at the action level to improve the output of satsēvā.

It is easy to perform satsēvā alone, but some seekers find it a little difficult to perform satsēvā with co-seekers. The reason is - one has to get along with everyone while performing satsēvā. This Booklet also provides useful perspectives to seekers on *samashṭi satsēvā* (Spiritual practice for the spread of Spirituality).

If worldly activities, social service, national mission, etc. are performed as 'satsēvā', then we benefit spiritually from these. Therefore, the information in this Booklet will be useful not only for seekers, but also for everyone in society.

The perspectives or the efforts provided in this Booklet have been written with Sanatan's seekers in mind, but these will definitely be useful for all.

I pray at the Holy feet of Shrī Guru - 'After studying this Booklet, may all progress faster spiritually by performing satsēvā in a better manner, and through the medium of *Samashṭi satsēvā*, may Spirituality be propagated universally and may humanity experience *Ānand*. - **Compilers**

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