

Importance and Types of Spiritual Practice (Spiritual Analysis)

Preface

When the importance of a concept is explained in various ways and perspectives, it gets deeply impressed on the subconscious mind. This Text explains the importance of spiritual practice through various points, such as how spiritual practice is necessary besides abiding by Dharma (Righteousness), how with spiritual practice the *Saptachakrās* (Seven spiritual energy centres) get purified faster, how spiritual practice of the previous birth contributes towards the *sāttvik* (Spiritually pure) nature of an individual in the current birth and the benefit of performing spiritual practice on Earth when compared with other subtle regions. By listening to discourses or reading, most people get theoretical knowledge on how to perform spiritual practice and how to progress to the further stages in spiritual practice. Yet, people do not make efforts to perform spiritual practice, because the analysis of the exact changes that take place in an individual subsequently are not mentioned anywhere. Since this analytical part is described in this Text, it will become easier to perform spiritual practice. This Text includes theoretical knowledge on topics such as stages in spiritual practice, *sakām* (With expectation) and *nishkām* (Without expectation) spiritual practice, spiritual practice through the medium of Arts, obstacles in spiritual practice, etc.

Since the knowledge presented in this Text has been received by God's grace, it is of a higher level, and an average individual may find it difficult to understand. However, a seeker in the preliminary stage (who is actually performing spiritual practice or has intense curiosity about Spirituality and the yearning to perform spiritual practice) will not find this knowledge difficult to comprehend.

We pray unto the Holy feet of Shrī Guru that may all be inspired to perform spiritual practice and may they realise God. - **Compiler**

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