

## SYSTEMATIC PREPARATORY PROCEDURE FOR THE PURSUIT OF SELF KNOWLEDGE

Eligibility or qualifications (to be acquired or developed in time 'by efforts) are required for this pursuit irrespective of conditions like the Gender, Religion, Cast or Nationality or even Beliefs.

QUALIFICATION	DEFINITION	SIGNIFICANCE / Benefits	HOW TO DEVELOP
<b>1. Discrimination or Viveka</b>	Understanding something distinct from others.	Discrimination gives the seeker the proper direction to progress in life.	Learning from the life of oneself and others, Analyzing the experiences of life
	Discriminative understanding of permanent (available in past, present and in future) and non-permanent things	It gives the Clarity of thinking intelligently. W r r t items, situations and persons.	Systematic thinking (analyzing the need and consequence of getting an item of want)
	Permanent thing is only 'Consciousness' or 'Awareness' and everything else is temporary	Thinking rationally and Not getting carried away by emotions	Value and clarity of thinking, Learning mind.
			Karma Yoga, Right Attitude.
			Association of vivekies
<b>2. Dispassion or Vairagya</b>	Having obsessive craving towards things, situations and persons.	One will have time and the mind set for the pursuit of self knowledge	Discrimination based priority change lead to automatic vairagya as fascinations.
	absence of subjective values and binding desires born of s v is dispassion	Helps to be free from entanglement	Karma yoga helps to neutralize raga. prasada buddi helps or raga or dwesha are not allowed to govern our response to things, persons or situations.
		It will also prevent conflicts in the form of demanding, fighting etc.	Think the importance of vairagya in some situation in your past life
		Vairagyam also gives inner strength and freedom as people cannot easily lure you.	Seeing the price you are paying in terms of physical freedom and mental freedom you are losing because of lack of dispassion towards things.
<b>3. Disciplines</b>			
<b>3.1 Mind Control or Sama</b>	Keeping the Inner instrument in fittest condition for this pursuit.	Making the mind an effective instrument so that it is available as and when required in receptive condition	You have the freewill, faculties and teaching are also available and definitely can improve Your nature
			Don't be judgmental and conclude that 'I am a light hearted person'
			Start liking things that are good for you and dislike that are not good for you.

			Whenever emotion arise, see that some suppressed feelings are released from your mind and surrendered to the Lord.
<b>3.2 Sense Control or Dhama</b>	Mastery over external organs	Helps to maintain or strengthen sama	Following religious disciplines, restricting bhogas. Examples mounam, fasting
	Inflow perceptions and outflow actions		Four filters before speaking : non hurting, truth, pleasing and beneficial or serve some good purpose to the listener or speaker.
	Monitoring or control them before they become inputs and outputs		Willful self denial
	Avoiding and not allow to continue those perceptions and actions that are not conducive to spiritual growth.		Willingly say no to favorite bhogas
	Keeping the psychological hard and soft wares remain uncorrupt.		Understanding the purpose of dhama
	Helps to avoid hurts and guilts		Having the habit of introspection without judgements and hurts or guilts
	Helps to conserve time and energy		Without inferiority or concluding negatively have the attitude of 'this is to be attended' or addressed
	Acts as a second line of defense to the inner instrument		This is to be taken care of- this kind of objectivity
			Association of like minded people and avoidance of opposite natured people
			Prayers like 'bhadram karney'
<b>3.3 Duties or uparama</b>	Observing one's own duties	Gives a sense of satisfaction	I don't oblige others by doing my duties, attitude
	Withdrawal from things not to be done	Avoids hurts and guilts because of absence of omissions and commissions	Get convinced of the significance and benefits, uparama will be come effortless
	Doing what is to be done and not doing what is not to be done	Becomes mentally strong and confident	Shradda in sastra (those who follow, it protects) the understanding significance of uparama
		Punyas increase and papas does not increase	With shradda, follow the teachings leading to benefits, then conviction happens
			Shradda gives you the extra momentum for the benefits when you are not sure about it
			Take every duty as an opportunity to grow
			Duty bounded is in harmony with Ishwara, knowing this we feel good

<b>3.4 Tolerance or Titiksha</b>	Happy or objective acceptance of all situations	Will help to progress in the pursuit without wasting time in reactions to situations and people's behaviors	Understanding the value of titiksha in practical life the
	Acceptance of situations without any complaint w r t body and mind	Will give you freedom in the relative sense	
		You will become an approachable and lovable person	
		Reaction and resistance to choiceless situations will harm me.	Avoid 'why this to me' and bring the thought ' what next'
		Through titiksha , you can also see the impermanence of any difficult situation	Take a conscious pause
			Don't take the words
			Don't interfere unless you are in the context or teacher
			Develop prasada buddi to situations
			Take every choiceless situation as an opportunity to grow
			Don't under-estimate your capacity to withstand
			Titiksha is supported by prayers that will in turn help you to avoid the helplessness situations
<b>3.5 Trust or shradda</b>	It is trust, a particular disposition of the mind w r t a person, situation or system.	Itself a primary means of knowledge	
		Absent of doubts on the means will prompt proper questions and help consolidate the accepting the subject matter	There will be an increase in the hope of understanding the subject and also getting the benefits.
		Shradda as a pre requisite will allow you to relax and listen carefully the teaching	
		Students shradda will oblige the student and not the teaching or the teacher	
		In presence of shradda, the benefits will start	To understand and accept that Vedanta is the only means for appreciating the Self
		It reduces the resistance of the uninformed intellect (in this regard) and allow the intellect to progress smoothly	OR no other means can reveal the Self
			Acceptance of the students incompleteness and admission of much scope of improvement through this subject
			Understanding the values and benefits of Self knowledge

			Proper up bringing of the students through conducive associations
			Pray God for developing or discovering shradda in scriptures and right teacher
			Absence of ideas of evaluating the teacher
			Accepting that I cannot get Self knowledge by myself
			Attitude of asking help when it is definitely required
			Understanding that it is the intelligent way of making use of scriptures and teacher
<b>3.6 Concentration or Samadhanam</b>	The status of being focused	For the shradda to get strong, concentration in the study and progress are essential	Concentration Meditation
	Ability to concentrate	With concentration you will be able to grasp and go deeper in the subject matter.. Because superficial understanding of the subject matter will not give any practical benefits.	Asana, Pranayama
	Remaining focused on one goal	It reduces the time and energy to understand the subject matter, we get value time	Dharana, Thrataka
		Students concentration helps to maintain interest of the teacher in the teaching	Get convinced and the importance of your spiritual studies
		Without your concentration in listening, you will get confusion, frustration and lose interest in the subject.	
<b>4. Desire for Freedom or Mumukshutvam</b>	Deliberately or Consciously choosing 'the freedom' as the goal of life.	Intense desire only motivates the seeker for continuing the pursuit of Self knowledge	Viveka helps to develop mumukshutvam
	Having the state of mind of intense desire for moksha as the predominant desire	Mumukshutvam motivate the person to qualify all other requirements	Introspection of life helps
			Karma yoga gives clarity of thinking w r to the desire for Self knowledge which is mumukshutvam

**Note : These qualifications makes the pursuit of Self knowledge Possible, Comfortable and Effective. Also, sincere implementation of possible eligibilities with efforts will receive the grace of God and a spontaneous virtuous cycle will be activated to advance further in the pursuit, get higher benefits and also follow these qualities effortlessly.**