

USEFUL AND EASY PROCEDURES FOR MENTAL PURIFICATION**AND****BEGINNING THE PURSUIT OF SELF KNOWLEDGE***(Preparatory Guidelines)*

YOUR OWN PROGRESS & BENEFITS (from the subject of Self-knowledge) ARE
THE DIRECT PROOFS OF YOUR ACTIVE IMPLIMENTATION
AND SINCERE INVOLVEMENT IN THE FOLLOWING PRACTICES

ENNOBLING PRACTICES THAT EASILY LEADS TO FINER VIRTUES REQUIRED FOR BEGINNING THE PURSUIT OF SELF KNOWLEDGE.
 IMPLEMENT AT LEAST ONE VIRTUE FROM EACH CATEGORY PER WEEK AND PROGRESS WITH CUMULATIVE VIRTUES

A BASIC REQUIREMENT FOR MENTAL PURIFICATIONS

SEC I	HELPS TO REDUCE AND REFINE EGO
1	If there is no contact with a relative or friend due to some misunderstanding, confrontation or any reason) You call and just ask about his or her welfare
2	Go to a known person much weaker than you, as you think (in finance or education or status etc) behave and treat him or her with psychological equality
3	Accept your mistake, as others point out
4	Do a job at home that your people are telling you to do for long period before they tell you again
5	Listen and follow SOME suggestion or advice of your Well wishers, elders at home or superior at your office that you have not been following
6	Wish with respect or bow down to few elderly person, whom you know, but not very close
7	In case anyone who did not listened to you and is facing problem in any matter. Help him or her sincerely to overcome the problem. Do not be revengeful to anyone even mentally at any cost.
8	Stop justifying yur mistakes as pointed out by others
9	Don't bend upon correcting others, quoting Laws, Rules, principles etc., Just advice and leave to them
10	In your achievements and service activities, psychologically, do not take credit
11	Come down a bit from your beliefs, arguments and conventional notions and give the status of 'Sixth Plane of KNOWLEDGE' to the teachings on Self knowledge, i.e., as much faith as in the 'Sight', 'Sound' etc.
12	Switch over to Secular principles from orthodox practices taking care of external & internal cleanliness. Never allow to be proud of your pursuit of Self knowledge or reduce worships & religious practices.
SEC II	HELPS EXPANSION OF MIND
1	Just wish a colleague or a friend (whom you have not wished for long time) in a daily or periodically meeting place (office or any gathering)
2	Sincerely congratulate your neighbour, friend or colleague (of the same status as you) or relative of same age group on a suitable occasion
3	In each of your success & achievement, truthfully 'think' of others every little 'indirect' contribution and acknowledge them, at least in mind.
4	Refrain from doing any one thing to anyone, that you don't want someone to do to you
5	Pray as 'Samastha loka sukhino bhavanthu', be aware that it obviously includes you and your family
6	Stop expecting gratitudes, Thanks or returns from somebody you help
7	Look for an unknown person who is genuinely in need of help (physical) and volunteer yourself without putting yourself in a problem
8	Gracefully forgive and forget a mistake or lapse of your sub-ordinates, spouse, children or any one younger to you
9	Stop searching others mistakes & criticising them and making sarcastic remarks and hurting them for your satisfaction or time-pass

10	Before mistaking anyone, know his or her situation . Give the benefit of doubt to the person and don't mistake him or her. However, in the instances of confrontations, or transactions, totally stop the habit of hating people. Deal objectively with the situations and behaviours of such people
11	Stop 'Emotional Breakdowns' and gradually reduce 'Emotional Dependency' with close people and in place of this develop empathy in a wider perspective. Deal objectively in sympathetic situations With anyone.
12	Gradually and thoroughly clear all presumptions and Have total open mindedness and readiness to enter into an entirely new and higher 'Plane of Reality'

SEC III HELPS MIND & SENSE CONTROL

1	Refrain from giving ONE unsolicited advice or interference
2	Refrain from reacting to ONE criticism from others
3	Refrain from reacting harshly at ONE irritable situation, that you notice.
4	Refrain from dragging any argument on ONE occasion
5	Refrain from getting angry ONCE in a provoking situation, with understanding and not by suppression
6	Refrain from being tempted by ONE sense object when that particular sense object is in front of you.
7	Refrain from repeating verbally and try mentally any non-favourable condition, including health problem
8	Align your Words and Thoughts as per your Actions, one of your actions in your routine at a time.
9	Consciously stop giving importance to unfavourable and negative thoughts - This is possible by engaging the mind in your most interested 'acceptable' activity, 'Parayanas' or 'Nama Japa'
10	Refrain from acquiring possession and procuring accessories that are not much required.
11	Give only due importance to news, informations, happenings and media reports. Dont allow them to entertain you. This is only reducing extravertedness
12	Start to practice 'breath watching' for 15 minutes daily and try to gradually achieve total blankness of mind, thus improve the quality & quantity of meditation . Increasing the quantity is always remaining in the 'Meditative Mind-set'

SEC IV FIVE COMPULSORY SACRIFICES

	Compulsory simple sacrifices that develop sharing mentality :
	As per your financial capacity, extend your minimum support to the following activities periodically :
1	Related to God - Any one - : Contributions to functions or maintenance of premises, Samithies etc.
2	Related to - elders - / ancestors : Nicely taking care of parents, Carrying out annual / periodical ceremonies, to ancestors etc.
3	Related to - co-human beings - Any one - : Social services, volunteering at Hospitals, Old age homes, Orphanages, Handicapped welfare centers etc
4	Related to - Scriptural / traditional - Any one - : Supporting Institutions,, Spiritual activities Active participations etc.,
5	Related to - animals / Plants - Any one - : Supporting Goshalas, CUPA, SPCU, Maintaing plant, encouraging ECO-friendly activities, Planting saplings, nicely caring & maintaining pets or some plant at home etc

Adopt the above listed four steps as a 'Continuous, Value Addition Oriented, Integrated' programme in your life. Keep them going for such a period of time that you are able to assimilate the 'Steps' given in the Chapter 8 and start getting the benefits given in the Chapter 1

B ADVANCE LEVEL OF MENTAL PURIFICATIONS

LONG TERM STATUTORY DISCIPLINES FOR THE HIGHEST BENEFITS OF SELF KNOWLEDGE

1	Begin periodically (Yearly, Half Yearly, Monthly...) and continue the following practices to get cumulative refinement at a deeper level
2	Discriminate and identify one principle you have been 'taking support of' or 'depending on' all through these years, though they are legitimate.
3	Develop psychological independency with respect to one of such principle (Habit, situation, object or person)
4	Adopt one practice advocated and avoid one practice prohibited in your family tradition
5	Select a situation, practice, circumstance etc. that is absolutely as per the norms of your tradition, but not in line with your liking. Adjust yourself to one such environment
6	Accommodate one EXTERNAL CONDITION non conducive to you (YOUR mind or senses) BUT that is LAWFUL AND well ACCEPTED IN THE SOCIETY.

7	Your Attitude towards your (office / house) work : 'I help a person (known to me or unknown) to get some benefits or get rid of some problem) through my Work'. The Situation(God) or Employer / Family has given me an Opportunity. And I thank them
8	Do all your assigned jobs as per the norms (as prompted by conscience) as an offering to the Lord. Receive the returns of all your actions equally with a well balanced mind OR as Prasadams' of the Lord,
9	Understand the subtle meaning of 'shradda' that is different from faith. Respect the teaching on Self knowledge & the teachers in this persuit.
10	Improve the quality of your 'Meditation' practice, taking necessary guidance. Increase your concentration span.
11	First treat your pursuit of Self knowledge as one of your personal 'commitments' at par with other duties. Then, Periodically increase its 'Priority' by one step and convert it into a major project of your life
12	Develop regular Listening, or studying, Doubt clearing & Programming the understood principles of Self knowledge in your Mind for its assimilation in your psychological personality