

Purify yourself

Written by Administrator

Tuesday, 07 June 2016 10:11 - Last Updated Tuesday, 07 June 2016 11:08

Purify yourself first, world is bound to be purified: Swami Vivekananda

So first self-transformation should happen! how it will happen and how to purify ourselves with right practices?

10 TYPES OF SHUDDHIS/PURIFICATIONS :

1. Body gets purified...

by WATER & EXERCISE

2. Breath gets purified...

by PRAANAAYAM

3. Mind gets purified...

by MEDITATION

4. Intellect gets purified...

by KNOWLEDGE

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5. Memory gets purified...

by MANAN & CHINTAN

6. Ego gets purified...

by SEVA(SERVICE)

7. Self gets purified...

by SILENCE (MAUN)

8. Food gets purified...

by POSITIVE THOUGHTS

WHILE COOKING & EATING

9. Wealth gets purified...

by GIVING/DONATING

10. Feelings gets purified...

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by LOVE

'Anything that makes weak - physically, intellectually and spiritually, reject it as ***poison***.'

Child should know what to eat, what not to eat.. how to make use of their time productively, what is their goal etc. They should learn this practically, class room teaching doesn't help much.

Though we may want to bring see better world, we have realized that it is impossible to make any betterment until each individual can transform themselves. Honest society can be made by honest individuals. But we can't change any individual, it has to come from inside.. So self-transformation is key, which can happen only through inspiration and spiritual outlook.