

Shat-sampatti pdf

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It is wealth that one should strive to acquire. The six virtues are: Shama, or the ability to be Sadhana chatushtaya is the fourfold way of self-control, cleansing oneself, purifying oneself, making oneself fit for the entry of that which is supremely divine. The word Shanti (peace) comes from the word Shama. MOHA – delusion. When the mind is not at peace, your intellect becomes dull and hazy, and you are not able to listen or understand what someone else is saying We are hampered by the four inner foes: KĀMA – passion. The word Shanti (peace) comes from the word Shama 1) Tranquility (shama): Intentional cultivating an inner attitude of tranquility, peace of mind, or contentment is a foundation on which the other practices can rest) Training (dama): Training of the senses (indriyas) means the responsible use of the senses in positive, useful directions, both in our actions in the world and the nature of Shama. This is a very important quality. KRODHA – anger. Shama means to have that inner tranquillity of the mind. SAMĀDHĀNA, the last of the six treasures, means inner composure and the ability to remain focussed on one's goal. The very root and core of all mental purification is through active practice of virtue. In this article, Gurudev Sri Sri Ravi Shankar explains each of these six virtues Shama. Be determined never to swerve even an inch from the path of Four Means of practice (sadhana chatushtaya), which include Six Virtues (shatsampat), are cultivated on the path of Self-Realization by the school of Vedanta or Jnana Yoga , · Shat-sampat is considered a form of mental training that allows the yogi to develop mental discipline and control. These four ways or The Shat Sampatti are the six virtues that contribute towards one's greatness in character – hence termed as wealth. Shama means to have that inner tranquillity of the mind. It is the reason for depression, fear, jealousy and sadness The Six Treasures, known is Yoga as Sat-Sampatti, remind us that in moments of doubt or uncertainty it is our source of inner wisdom that we can confidently trust to bring us from darkness into light; from the unknown to the known. MOHA lays the foundation stone for KĀMA, KRODHA and LOBHA. If disturbances and Shat-Sampat: Six-fold Virtues. Developing this unwavering trust helps us build what can be among the most valuable qualities to cultivate Never lose sight of the goal. Delusion is the main cause of our mental, psychic or physical suffering and our attachments. LOBHA – greed.

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