SATTVA – SANSHUDHDHI

Meaning : Purity of Mind

Anything which is pure is peaceful, still, blissful and creates positive vibration and brings in joy, cheer and harmony.

An impure mind leads to mental agitation and restlessness which is the cause of worry, sorrow, delusion and negative energy.

Only when the mind is pure, we become eligible for HIS grace. (Kayena manasa buddhya.. even the yogis try to purify their minds through detached actions).

What are the means to make our minds pure?

1. Faith in God
2. Swadhyaya, Naam Jap and Satsang
3. Following the righteous path
4. Doing our duty
5. Right intentions in our thoughts, speech and actions.
6. Being honest and sincere
7. Working towards removing negative qualities such as greed, anger, lust, pride, jealousy, hatred.. (these are distortions that makes our minds impure)
8. Being Balanced
9. Love for all
10. Eating Sattwic food (17.8)
11. Practising Austerity of Body, Speech and Mind (17.14 to 16)
12. Reading books and scriptures that will bring purity
13. Observing our thoughts and with awareness rejecting that is impure..
14. Bringing back the restless mind to Self through practice and dispassion (6.26 and 6.35)

All of our sadhana by way of satsang, naam jap and swadhyaya is to make our minds pure…it is for Antahkarana Suddhi. It is to discover our real self which is pure and divine.

Mind is a very subtle and powerful instrument.. impressions are formed on it through various experiences and actions.. our previous and present sanskaras drive the thoughts that crop up in the mind…if we are not alert… mind can rule us..only a sattwic intellect can overpower the mind.. we have to develop ourselves to become more alert and aware.