

Swadhyaya: Self-Practice and Discipline:

- *Swadhyaya can also be Contemplation and Concentration with Chant or Prayer*
- *Self-study should be directed for a Purpose – Physico-social*
- *There is an old classic example of Swans used in India often- Which explains when we give milk and water mixed to the Swan they can only drink milk and exclude the water, same way when we are focused we can drink true nectar!*
- *Our life is short! There are immeasurable books, literature, ideas and resources available and when one keeps on browsing these things over and over rather than understand and implement something simple can bring in lot of conflicting ideas in our mind..*
- *We need to reemerge!*
- *Our mind is usually ok when it is in contact with the External World.. Mind is only affected when it is withdrawing!*
- *That's why the Discerning Mind is Important!*
- *This can be done effectively by using a Mental and Psychological filter in our Mind! Learning by, "Accepting what helps us in our Lives!"*
- *Can be simply defined as surrendering to Transcendental Reality!*
- *Self-Surrender!*
- *For some Surrender also means surrender to God within... this idea of seeing the God within gives some sense of security within as per the old saying goes – "Who dwells in God or surrenders to God Attains!"*
- *There are many ideas about surrender in Narada Bhakti Sutras and many other scriptures.*

How to add Spiritual Dimension to our life?

Giving spiritual dimension to every moment we live is called as Kriya Yoga or Yoga of Action!

- *Kriya Yoga defines Activities people do for Spirituality like.*
 1. *Penance*
 2. *Vows*
 3. *Self-discipline*
 4. *Ascetic Practices*
- *These are done without disturbing tranquility*
- *By only choosing what makes sense at that time*

Self-Surrender

