



Fearlessness Unity Bliss

10 Commandments of Spiritual Growth

- 1) In thoughts, words and action consciously try to speak the truth.
- 2) Good health is very helpful for spiritual progress. Therefore to keep the body healthy you try to take a balanced diet and try to take exercise (yoga) regularly.
- 3) With your heart full of faith and devotion and constantly conscious of your objective, keep on chanting the name of God.
- 4) Do not take any intoxicants like alcoholic drinks, marijuana etc or non-veg food which promote ignorance and lethargy.
- 5) No power on earth can deprive me of my happiness; patience and bliss make this belief a part and parcel of your life and always remain happy and blissful.
- 6) As far as possible do good to others, physically, mentally and verbally. And do not hurt anybody unnecessarily.
- 7) Pious company, good thoughts, study of good books and good behaviour be a part and parcel of your life.
- 8) Never be jealous of anyone particularly your associates under any circumstances and always try not to be disappointed disturbing your peace of mind.
- 9) Without being lethargic and with enthusiasm religiously follow the principles that are conducive to the progress of your life and helpful to the principles of your spiritual practices.
- 10) With God consciousness and clear happy mind try to lead your daily life in the light of Fearlessness, Unity, Bliss of that almighty Your life will be enlightened and fully happy.



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