

Spiritual practices

Goal: recognize we are not the mortal body but the immortal *Atman*

Impediments in reaching the goal:

- deep reservoir of habits
- misconceptions in our mind
- stuck in likes and dislikes

Vast array of spiritual practices are available to choose from to remove the impediments.

Recurrent themes in practices:

- ***Abhyasa***: sustained practice
- ***Vairagya***: non-attachment to fleeting pleasures, possessions, relationships etc.

Examples of spiritual practices

(beyond Yamas and Niyamas)

Common practices

- *In daily life*: family altar; prayers associated with activities; temple visits etc.
- *Satsang*: with community
- *Pilgrimage*: enhances faith
- Follow *Dharma*
- *Right attitude* in all activities

Intensive practices

- *Ashtanga Yoga*: eight fold path
- *Upasana*: intensive prayers using *murtis, yantras, mantras*
- *Yajna*: sacrificial fire offerings and chants
- *Jnana Yoga*
- *Meditation*
- *Sanyasa*