

SPIRITUAL ADVANCEMENT

Going to Temples, visiting holy places, doing pujas, chanting of mantras, and performing austerities, does NOT indicate spiritual advancement. It is good behavior that indicates genuine spiritual advancement.

**The qualities of a person who has made spiritual advancement:
(Based on Bhagavad-Gita 16.1-3)**

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| a. Speaks the truth | g. Kind to all living beings |
| b. Has spiritual knowledge realization | h. Sets good examples |
| c. Free from ego, pride, lust, and anger | i. Cleanliness |
| d. Not self-centered | j. Charitable |
| e. Does good to others | k. No sinful activities (No tobacco, alcohol, gambling, flesh eating) |
| f. Lives simply | l. Has no sightseeing desires |

**“Pride, arrogance, conceit, anger, harshness and ignorance – these qualities belong to those of demoniac nature, O son of Prtha.”
(Lord Krishna, Bhagavad-Gita 16.4)**