

TEN TYPES OF PURIFICATION

POSTED BY PRADEEP HS



1. Body gets purified... **by WATER & YOGA**
2. Breath gets purified... **by PRAANAAYAM**
3. Mind gets purified... **by MEDITATION**
4. Intellect gets purified... **by Spiritual KNOWLEDGE**
5. Memory gets purified... **by MANAN & CHINTAN**
6. Ego gets purified... **by SEVA** (SERVICE)
7. Self gets purified... **by SILENCE** (MAUN)
8. Food gets purified... **by POSITIVE THOUGHTS** (While cooking & eating)
9. Wealth gets purified... **by GIVING/DONATING**
10. Feelings gets purified... **by LOVE N SURRENDER**