

## **SPIRITUAL ADVANCEMENT**

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

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

- 1. Always speaks and stands up for the truth.**
- 2. Never breaks vows, nor cheats, nor betrays.**
- 3. Humble with everyone.**
- 4. Serves everyone.**
- 5. Forgives the mistakes of others and tolerates difficult situations.**
- 6. Grateful for everything and satisfied with anything.**
- 7. Low ego, pride, lust, anger, and greed.**
- 8. Does not give pain to anyone.**
- 9. Kind to everyone.**
- 10. Clean.**
- 11. Charitable.**
- 12. No bad habits (No tobacco, alcohol, gambling, flesh eating).**
- 13. Works for the benefit of everyone.**

**“A devotee who faithfully worships the Deity in the temple but does not behave properly with other devotees or people in general is called a materialistic devotee and is in the lowest position.” (Shrimad-Bhagavatam 11.2.47)**

**Looking religious has no value  
Purity is good thoughts and taking actions which benefit everyone**