

~~Ego (I) is the~~

1. The greatest miracle is the Ego (I sense) which, though having no existence of its own, makes such a big show that it enslaves us all.
2. For all problems, whether spiritual or material, prayers to the Supreme Lord is one infallible remedy. Try it with all sincerity and you will be amazed at its efficacy.
3. One of the main hindrances ~~or~~ to our spiritual progress is deluding ourselves at various stages that we have reached the goal of God Realisation or Self realisation. When we reach it, we will not be there to announce it. Go ahead till you disappear from the stage.
4. A complete surrender means giving the ^{inexorable full} Power of Attorney to the God so that ~~in~~ when problems face us, we seek no ^{redress or remedy} ~~remedy~~ from ^{any} other source. We are then prepared to face any consequences good or bad as the Lord wills.

5. If one can write ^{in a notebook} early in the morning (preferably) 108 Ram nam (writing SRI RAM, SRINAM etc. 108 times), the benefits that accrue are numerous. Children from the age of 3 years + all old people should be encouraged to write Ram nam so that it will protect them in times of need or danger.
6. Without cleansing the mind ^{first} of its impurities like passion, anger, desire, jealousy, pride ~~and the major or minor~~ ~~impurity being identified~~ etc - through worship, rituals and prayers any attempt to get God-realisation straightaway, will become futile. The antennae should be set right.
7. Constant chanting of Lord's names will both purify the mind and also take us to God-realisation because of their inherent powers.
8. Whether it is chanting of a Mantra or meditating on Lord or doing Self-enquiry, if we keep our attention ~~on~~ towards the spiritual heart which is on the right side, ~~& the Sathana~~ ~~be~~ it increases the efficacy of the Sadhana.

9. If you are unable to love God spontaneously, you just make believe and pretend and daily ~~tell~~ ^{say} tell the invisible Lord ~~the~~ hundreds of times that you love Him dearly and a day will come when you will really love Him.

10. Love God to distraction. Be obsessed and possessed by God day & night. Think of Him constantly & chant his name. All your impurities will dissolve & God will reveal Himself.

11. immense If ^{you} ~~you~~ treat all people alike with same love and are able to have ^{mental} compassion towards all distressed people, ~~and~~ the needy and the poor; it is a sure sign of progress in spirituality.

12. Whatever action you do, see whether it will not cause any inconvenience or hurt to others. Extreme Consideration for others and not bothering about one's own rights at all times is a sure sign of ^{one's} progress in spirituality.