



The Invincible Power of Faith: Knowledge-Based Tool to Increase Faith

Faith or *shraddha* is the decision of the intellect based on technically sound knowledge. When we internalize the divine knowledge of the scriptures from the Guru, the quality of faith transforms into one that is highly inspiring, uplifting, and results in positivity. Yet, all spiritual aspirants go through stages in life where their faith fluctuates, especially when faced with challenging situations that appear to be insurmountable at the time.

What can we do when we seem to be losing faith?

This main section of this Samarpan issue summarized some key points to review and practice when our faith in God/Guru shakes up. We have translated that information into a tool which you can use to individualize by noting the sources of knowledge you rely upon, to practice this knowledge. We have provided a few examples to get you started. Happy practicing the spiritual gems to increase faith!

Categories of Gems of Knowledge to Practice	Sources of Knowledge to Listen, Read, and Contemplate to Practice the Knowledge
<p>Practice Divine Knowledge</p> <ul style="list-style-type: none">• God/Guru are our eternal relatives. They do what they do for our welfare alone.• We are the soul, not the body. Our soul is the body of God.• The purpose of our life is to serve God/Guru for their pleasure. When we surrender to them, they will grace us with divine love.	<ul style="list-style-type: none">• Swamiji's YouTube Videos<ul style="list-style-type: none">– How is God? What Vedas Say about God? (https://youtu.be/2D267oocdR8)– Nature of our Relationship with God (https://youtu.be/rCqRfkKrEk4)• Other Sources<ul style="list-style-type: none">– Meditation on the Greatness of God, <i>The Power of Thoughts</i>, page 227– The Practice of Surrender (Samarpan #33 June 2023 Practice of Surrender JKYog)• Additional Sources of your Choice
<p>Detach from the World</p> <ul style="list-style-type: none">• Realize the temporary and selfish nature of the people and objects in the material world.• Nothing will go with us when the body perishes except spiritual assets (i.e., the subtle and causal bodies). Plus, there is no happiness in the material world.	<ul style="list-style-type: none">• Swamiji's YouTube Videos<ul style="list-style-type: none">– Meditation to Increase Detachment from the World (https://youtu.be/XtUFAQW27D0)– Art of Mind Management – Part 9 (https://youtu.be/qWhwyUvk00M)• Other Sources<ul style="list-style-type: none">– Practice Detachment (Samarpan #15 December 2021 Practice Detachment JKYog)• Additional Sources of your Choice

<p>Practice Gratitude</p> <ul style="list-style-type: none"> • Feel grateful for how blessed we are to have been gifted with the three graces – a human body, hunger for God-realization, and guidance from a God-realized saint or Guru who knows how to help us accomplish the goal. • Experience the abundance in life - do not take grace for granted. 	<ul style="list-style-type: none"> • Swamiji's YouTube Videos <ul style="list-style-type: none"> – Life-Changing Power of Positive Mindset and Gratitude on Your Brain (https://youtu.be/UoVfo4Uqlqo) – How to Cultivate an Attitude of Gratitude (https://youtu.be/-6ozrHQIRQU) • Other Sources <ul style="list-style-type: none"> – Meditation to Develop Gratitude, The Power of Thoughts, page 224 – Remembering the Graces of God (Samarpan #29 February 2023 Remembering the Graces of God JKYog) • Additional Sources of your Choice
<p>Intensify Devotion</p> <ul style="list-style-type: none"> • Develop deep hunger for divine faith through intense sadhana. Do not ask for material boons. • Practice <i>ananya</i> (exclusive) bhakti, <i>nirantar</i> (constant) bhakti, <i>nishkam</i> (selfless) bhakti, develop a personal relationship with God, and relinquish <i>karmakand</i>. Use roop-dhyan. 	<ul style="list-style-type: none"> • Swamiji's YouTube Videos <ul style="list-style-type: none"> – How to Reach the Highest Stage in Devotion (https://youtu.be/N5Y0C5Pbrmq) – Why do Some Rise Rapidly in Devotion (https://youtu.be/V0ftjBeRC3U) • Other Sources <ul style="list-style-type: none"> – Meditation to Increase Longing for God, The Power of Thoughts, page 233 – The Bhavs of Devotional Practice (Samarpan #28 January 2023 The Bhavs of Devotional Practice JKYog) • Additional Sources of your Choice
<p>Practice Humility</p> <ul style="list-style-type: none"> • Realize our insignificance when compared to divine personalities. • Be aware that we what have is a gift of God whether it is knowledge, skills, or external assets. It could be take away at a moment's notice. 	<ul style="list-style-type: none"> • Swamiji's YouTube Videos <ul style="list-style-type: none"> – Staying Humble in the Face of Success (https://youtu.be/q3WVXHPucOg) – Meditation to Feel Humbled (https://youtu.be/pr4OETteh5k) • Other Sources <ul style="list-style-type: none"> – Meditation to Increase Humility, The Power of Thoughts, page 240 – Practicing Humility (Samarpan #11 August 2021 Practicing Humility JKYog) • Additional Sources of your Choice

<p>Maintain Association with Guru</p> <ul style="list-style-type: none"> • Sincerity, simplicity, and honesty in prayer to God/Guru - a conversation, not a ritual. • Maintain faith in the scriptures and the Guru. Surrender the intellect. They the only true support. 	<ul style="list-style-type: none"> • Swamiji’s YouTube Videos <ul style="list-style-type: none"> – LIVE!! Guru Purnima Special Lecture (https://www.youtube.com/live/L0UzT9cWnrc) – Do we Need a Guru for Spiritual Progress (https://youtu.be/i4jMQp2mZZc) • Other Sources <ul style="list-style-type: none"> – Association with a Guru (Samarpan #22 July 2022 Association with a Guru JKYog) – Guru Purnima: Understanding the Guru-Disciple Relationship (https://www.radhakrishnatemple.net/blog/Guru) • Additional Sources of your Choice

If you need to speak with anyone about any part of this assessment, please feel free to contact us at samarpanteam1119@gmail.com. Please also give us some time to respond. Thank you.

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