



SOUCHAM



Sanila

Meaning: Purity - internal and external

God is the vital living force within the body. We can realize Him in the human form and get the "Bliss-Eternal" provided we have at least 3 important qualities: Purity, Pleasure, and Perfection. Purity or "Parisuddhatha" is the quietness, calmness and steadiness within the body, which constantly emits only well wishes for the welfare of all of God's creation in the Universe. It is the net total of sanctity and sacredness within the heart and mind complex. Purity of the heart must not be considered a virtue but a necessity, a necessity not only considered for the good of others but for one's own life. In order to soar high in the spiritual realm, man requires the two essential wings to fly - Simplicity and Purity. There must be simplicity in his intentions and purity in his desires. Simplicity leads to God and Purity embraces and enjoys the presence of God.

What is meant by Purity? A person is said to possess the quality of purity, when his heart is unadulterated; he has a soul that is unmixed of any foreign element, a soul that is in its original sanctified state. A child is a symbol of innocence and purity. In the process of growing, many people lose this innocence and some of the purity. As the child grows, his conscience also matures

(our Saints) but for most people the conscience does not mature and they resort to doing impure deeds such as lying, stealing etc., and the pure sanctified state gets transformed into an impure one.

Purity has two aspects - Internal and External. Internal purity aims at concentrating on the Soul while External purity helps disseminate the unceasing waves of love and affection towards society. Thus Internal purity prompts Man-making (uplifting the soul) while External purity assists in nation Building. To give a detailed and descriptive breakdown we can say that Purity relates to 4 vehicles which are the 1) the physical body, 2) the internal or ethereal body, 3) the emotional body, and the 4) the mental body. A philosopher has distinguished them as follows:

- a) External Purity: physical vehicle
dense body
- b) Magnetic Purity: thereal vehicle:
internal purity
- c) Psychic Purity: Astral vehicle:
Emotional purity
- d) Mental Purity: Mental vehicle: Purity
of the concrete mind

The purification process or Soucha (purity) is very important for a spiritual aspirant. From this process, sathvasuddhi, mental happiness, calm mind, victory over the organs and the plan to view the self (a:thma) are achieved. External purity is purifying the physical body, and purifying the



mind by truth, kindness, and other virtues is what is called internal purification. Both are necessary. It is not sufficient that a man should be internally pure and externally dirty. According to our Vedic Philosophy, it is through ignorance that the soul has been joined with nature. Each soul is potentially Divine. The goal is to manifest this Divinity within by controlling nature - external and internal. It is said that he who controls the mind also controls matter. The body is the external crust of the mind, just like the oyster and the shell of the oyster. They are but two aspects of one thing; the internal substance of the oyster takes up matter from outside and manufactures the shell. In the same way the internal fine forces, which are called mind, take up the gross matter from outside, and from that, manufacture this external shell, the body.

How does one set about enhancing Purity? Purity is physical, oral and mental just as Ahimsa is. Physical purity is divided into 2 parts - outer and inner. Our Scriptures (under Hattha Yoga) have given a detailed method and process for internal and external purity. While considering outer purity, Hattha Yoga describes specific details: The methods for brushing the teeth to the specific compounds that should be present in the brushing powder is detailed under the Suddhakriya in Hattha Yoga. For oral purity, our Scriptures state that one should not talk too much; unnecessary use of the tongue is to be avoided. For purifying the mind one can maintain Purity by checking the 9 inner foes, - lust



(Ka:ma), Anger (Kro:dha), Greed (Lo:bha), Passion (Mo:ha), Pride (Mada), Jealousy (Mathsara), Egoism (Ahanka:ra), Egotism (Mamakara) and Suspicion (Samsaya). Mental purity can begin only after a calm and routine lifestyle is established. Negative emotional thought patterns such as guilt, sorrow, fear, hate, greed etc and attitudes such as prejudice, low self esteem, self-pity, are all elements that foul the mind. The mind should be strong at all times.

He who has a pure heart is an ideal human being. He possesses the qualities of honesty, mercy, and truthfulness. Purity of body and mind gives birth to self-confidence and self-reliance. Purity of mind lends him a healthy brain to choose between right and wrong and thus he walks on the right track in the journey of life. Thus purity gives man, power in all aspects.

Immaculate purity is what we can feel and experience in the presence of His Holiness Sri Chinna Jeeyar Swamiji our Blessed Guru. His unique Maryada, tradition and culture breathe purity. No worldliness or impurity dare enter His dwelling place. When we are in His Holy presence, we can feel the purity flow and our restless emotions experience a sense of joy and our mind is cleansed of the impurities of any sins. Purity is the keynote, mainstay, and life force in Sri Swamiji's presence since he is the very symbol of love and purity. Thus Purity is a powerful quality / force which has the capacity to transmit love, positive energy and bliss to the people around us. Purity lends a person divinity and fulfillment in life.
