


# THE EIGHT DUTIES

**All practitioners of The Fourfold Path will be able to experience purification in their character if they practice the following on a daily basis:**

1. **One should attempt to be very loving to everyone. One must love without expectations. We should be caring even to the small objects that we use in our daily lives.**
2. **We must be thankful to God upon rising from bed; to the people that we meet every day and to God again when we go to sleep. We must be thankful to the food we eat, the water we drink and the occupation we do. It is not necessary that gratitude must be verbally expressed. It is acceptable if it is heartfelt.**
3. **Charity must become a part of daily life. It could be the sharing of material, food, or knowledge. But it must be extended without the expectation that the gesture must only bring benefit to others.**
4. **One must totally refrain from criticizing others. When we criticize, we do not realize that the minds of both the judger and the judged are firmly holding onto the ego. Even though criticizing others might bring momentary pleasure, it will provide displeasure one day or the other. Therefore, the habit of criticizing others must be left aside. One could rather discuss about her/ his path or practice towards attainment with others. Such meaningful discussion is termed as 'Satsanga'.**
5. **One must attempt to maintain good health as a sturdy body is required for spiritual practice. One must intake nutritious and pure diet. One should not reduce partaking of meals from twice a day to once a day. If one intakes three meals a day, moderation must be followed.**
6. **Sleep must be within control. As sleep is an activity within the control of the mind, sleep must be used only as required. At the same time, one must not remain without any sleep. Sleeplessness will affect both physical and mental health.**
7. **One must follow the habit of reading books for at least a few minutes a day. It is very essential that the book that is read is useful to the seeker's chosen path.**
8. **Upon rising from bed, one must say: 'I dedicate this day to the Guru'. Before going to bed, one must say: 'All that happened today is dedicated to the Guru'. This will pave the way towards complete surrender. There is no easier way to surrender other than this.**

**The above eight pointers are called as The Eight Duties. If they are diligently followed every day, the heart will widen and expand to the level of seeing the Supreme Reality in everything and in sustaining the same. This is a definite promise.** ***Om Tat Sat.***

**Karunyananda**
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