

10 Spiritual Polishes

(From AM 24.12.2017)

- 1) Polish of all relationship with one
- 2) Polish for changing others
- 3) Polish to fill one onself with all treasures
- 4) Polish for staying Puja always
- 5) Polish to die in a second
- 6) Shankikund Polish
- 7) Polish of Renunciation & Tapasya
- 8) Polish of Mansa service / Pure thought
- 9) Post Amritvela Polish by Brihaspati & the Supreme teacher
- 10) Polish of Shiv Shakti form