

Day 1: Recognizing Lust (Desire and Attachment)



A Guide by
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Day 1: Recognizing Lust (Desire and Attachment)

Purpose: To identify and understand the impurity of desire and attachment, and take action to begin the purification process.



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1. Understand the Concept of Lust (Desire and Attachment)

- **Action:** Lust is not only related to physical attraction, but also any strong attachment or craving for things, people, experiences, or outcomes.
- **Simple Explanation:** Lust = When you feel overly attached or crave something so much that it impacts your thoughts, decisions, and actions. It leads to dissatisfaction and dependence.
- **Example:** A person might constantly seek validation from social media likes, feeling incomplete without that attention.

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2. Recognize Your Own Attachments

Action: Spend 5-10 minutes thinking about areas where you feel strong attachment.

- **Ask yourself:**

- What do I feel like I can't live without?
- What emotions or material things do I often crave or desire?

- Write down 3 things or people you feel attached to.

Example: "I am attached to checking my phone for messages, seeking validation from others, and my favorite coffee drink."

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3. Observe Your Thoughts and Actions for the Day

Action: For the next 12 hours, pay attention to your mind and actions:

- Notice if you have thoughts or cravings related to those 3 things you wrote down.
- **Example:** "I found myself reaching for my phone every time I felt bored or anxious, hoping for a message."
- Note if these cravings lead to impulsive actions (buying something, calling someone, etc.).
- **Example:** "When I felt stressed, I automatically thought about buying my favorite snack to calm down, even though I wasn't really hungry."

4. Set an Intention to Let Go of Attachment for Today

Action: Pick one attachment from your list and decide not to act on it today.

- **Example:**

- If you feel the need to check your phone constantly for validation, choose to not check it for the next 3 hours.
- If you're craving a specific food, decide to skip it today.

- **Example:** "I will not check my phone for the next 3 hours to break the attachment to needing constant validation."

- Focus on not feeding that desire. You're practicing letting go of the attachment.

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5. Evening Reflection (Journaling)

Action: Before ending your day, write down your experience. Here are some examples to guide you:

- **How did it feel to let go of that desire?**
- **Example:** "I felt a little uneasy at first, especially when I saw the food I craved. But by not acting on it, I noticed a sense of strength and control in myself. It wasn't easy, but it felt good."
- **Did you feel any discomfort or freedom?**
- **Example:** "I felt discomfort in the beginning, but as the day went on, I felt more peaceful. It was as if the need to have that thing started to fade away."

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- **Were you able to see how much you were attached to it?**

- **Example:** "I realized that I often turn to my phone for a sense of validation and control. The need to constantly check it became clear to me."

- **What did you learn about yourself and your desires?**

- **Example:** "I learned that I can feel attached to things without even realizing it. When I stopped acting on those attachments, I felt more grounded and in control."

- **Do you feel any shift in your mindset?**

- **Example:** "Yes, I feel less reliant on external things for happiness. I see now that letting go can bring more peace than trying to fulfill those desires."

Guided by Bhagavad Gita Wisdom:

Lust, or intense desire, is rooted in attachment to worldly things, which clouds our judgment and peace. As Lord Krishna explains in the Bhagavad Gita (2.62-63), desires begin in the mind and lead to attachment. Attachment, in turn, causes emotional turmoil, delusion, and distractions, making it difficult to find inner peace.

Relevance:

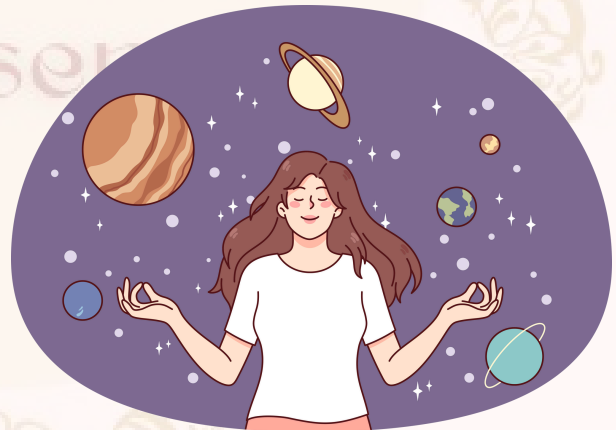
By recognizing our attachments, we can begin to release the grip of desire, leading us toward freedom and spiritual growth. Understanding the impact of desire is key to self-purification.

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End of Day 1

Summary:

- We have taken a practical step in recognizing and detaching from lust/attachment.
- This is our first experience of purification—acknowledging the attachment and consciously letting it go for the day.



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Thank you!

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