



For more information please reach out:
<https://www.yogsadhanashram-usa.org/>
yogsadhanashramusa@gmail.com

Saptabhumi (7 Bhumikas)

7 Stages of Enlightenment

From Yog Vashisht

1. **Shubecha** – *The first step on a spiritual journey, an auspicious wish and desire to learn more, a deeper thirst for spiritual knowledge and self-improvement.*
2. **Vicharana** – *Reflection on the spiritual knowledge.*
3. **Tanu-manasi** – *Subtle mind. Non-attachment (to the temporary) which arises due to subtle thinking, along with reflection and virtuous desire, is called “subtlety of mind.”*
4. **Sattvapati** – *Absorption into the being (atma). When the mind becomes pure by the practice of the above three steps, and by the power of withdrawal from the sense objects, the abidance in the true self is declared to be “sattvapati.”*
5. **Asansakti** – *Non-union (with the temporary). Once you have seen a glimpse of the Self, you enter the stage of non-union, where this Pure Being has shot forth by the practice of the above 4 steps. This level of practitioner is called “**Brahm-vid,**” knower of reality.*
6. **Padarth-abhavna** – *From the practice of the five steps, and the absence of thoughts of inner and outer objects, there is a state of thoroughly reveling in one’s own self. This is called the “non-ideation of objects,” or “Padarth-abhavna.”*
7. **Turiyaga** – *By the long practice of the above 6 steps, and by the non-cognition of differences, that abidance which takes place in one’s own being is known as the fourth state of consciousness, Turiyaga, which is called “**Nirvikalpa samadhi.**”*

Once you have reached stage 7, there are no more slips and falls. This is the final and supreme destination. The practice of non-attachment is the most important to reach Stage 7.