



5 Stages of Spiritual Growth

A path to integrity and harmony with the world and ourselves.

Saram Pad	The Novice: Answering a call	<p><i>You enter a relationship with your spirit and begin walking your spiritual path. You are propelled forward by necessity, possibility, and destiny.</i></p> <p><i>During this period, you begin to notice the difference between the Ego and the True self. You start to cultivate discipline and motivation.</i></p>
Karam Pad	The Apprentice: Developing a practice	<p><i>You become aware of the personal work and growth necessary to continue on the spiritual path. A mentor who has traveled the way before you serves to guide you. Through regular practice, you gain experience.</i></p>
Shakti Pad	The Craftsman: Tested by Ego	<p><i>This is a transitional stage - perhaps the most challenging of the five. You must choose to progress toward mastery, to stay as an apprentice, or to quit altogether.</i></p> <p><i>This is the test of the Ego. Do you give in to fleeting desires and a limited perspective? Or do you commit to the higher values established by the path?</i></p>
Sahej Pad	The Expert: Learning through teaching	<p><i>Through the intuition developed by teaching, you begin to see the larger picture. As your inner parent awakens, you experience heightened compassion and communication. Your mindset shifts from personal gain to the goal and task with ease, balance, and grace.</i></p>
Sat Pad	The Master: Merging with the authentic self	<p><i>You are in harmony with the universe: there is no separation between the duty of the world and your will. You merge with your true self, finding that self present in every part of life's journey.</i></p>

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