

પૂજ્ય પંચાસજી મહારાજના

હસ્તાક્ષરનું અક્ષયપાત્ર

॥ ૬૭ ॥

Namo Arihantanam

Namo Siddhamam

Namo Ayariyanam

Namo Evajjhayanam

Namo Dae Sarnvasahunam

Eso Pancha - Namukkaro

Sarnvaparicippanasano

mangalamam cha Sarnvedim

Padhamam Harnvai mangalam



પૂજ્ય પંચાસજી મહારાજની રોજનીશી

સંકલન : પંચાસ વજ્રસેનવિજય

I can do all things through
Christ which strengtheneth me.
— Paul

The Infinite way is consti-
tuted of two parts, the metaphy-
sical, which is the letter of truth.
And the mystical, which is con-
scious union with God, the
actual realisation and attain-
ment of the presence of God. The
letter of truth and the knowing
of truth are but steps leading
up to the actual realisation
or attainment of God.

परम पूज्य सकलागमरहस्यवेदी

आचार्यद्वैव श्रीमद्द्विजय दानसूरीश्वरः महाराजना शिष्यरत्न

परम पूज्य कर्मसाहित्य निष्ठांत

आचार्यद्वैव श्रीमद्द्विजय प्रेमसूरीश्वरः महाराजना शिष्यरत्न

परम पूज्य कलिकालकल्पतः

आचार्यद्वैव श्रीमद्द्विजय रामचंद्रसूरीश्वरः महाराजना शिष्यरत्न

परम पूज्य अध्यात्मयोगी

पंन्यासप्रवरश्री लक्ष्मणद्विजयः गणिवर्य

॥ श्री शिवंकराय भद्रंकराय नमोनमः ॥

परम पूज्य पंन्यासश्री लद्दंकरविजयल गणिवर्य महाराज



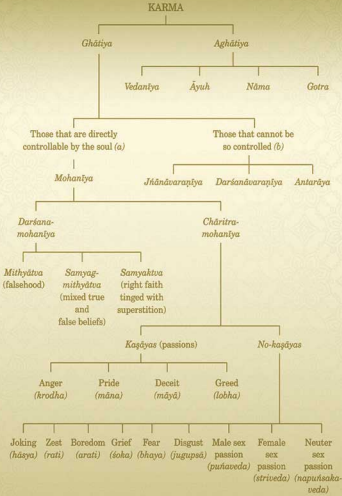
मयि लक्षुपं सोऽहं ।

परमात्मानुं इप भाराभां छे अने ते न लुं छुं.

आगमन : संवत १९५९ ने भागशर सुद्ध त्रीन (छ.स.१९०२)

छिद्वगमन : संवत २०३६ ने वैशाख सुद्ध चौदस (छ.स.१९८०)

BROAD CLASSIFICATION OF KARMAS



દવનિ : શ્રી આલાપ ટેસાઈ
 રજૂઆત : ૧૪.૦૨.૨૦૨૧ ટિને
 'ગુરુ ગ્રંથ બહુમાન પર્વ' દરમ્યાન
 ગ્રંથ પઠના અર્પણ અવસરે, આરાધના ધામ.

રચનાકાર : પં.ઉદયચરત્નપિજયજી ગણિ
 પોષ સુદ ૧૦, સં.૨૦૭૭
 રાત્રે : ૧ કલાકે, રામ પાવનભૂમિ

આ QR Code ઉપર મોબાઇલથી સ્કેન કરતાં જ
 આપને 'હસ્તાક્ષર ધીમ સોંગ' સાંભળવા મળશે.



પૂજ્ય પંચ્યાસજી મહારાજના
હસ્તાક્ષરનું અક્ષયપાત્ર

॥ ૬૭ ॥



પૂજ્ય પંચ્યાસજી મહારાજની રોજનીશી
સંકલન : પંચ્યાસ વ્રજસેનપિજ્ય



□ HASTAKSHAR NU AKSHAY PATRA

Personal Diaries comprising of Divine everyday thoughts,
musings & experiences of Panyashshri Bhadrakar Vijayji Maharaj.

□ VOLUME - 67

Year 2022 / સંવત્ ૨૦૭૮
350 Copies / 224 Pages
For Private Circulation only.

□ PUBLISHER

© Shri Bhadrakar Gyandepak Public Charitable Trust
Mumbai / Rajkot

team@mindfiesta.com

□ SPONSOR

Shri C. K. Mehta
Vadodara | Mumbai

□ ENHANCED & DESIGNED BY

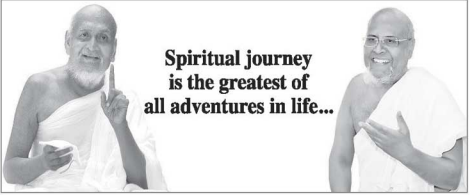
Bharti Deepak Mehta
Fiesta Studios
Pattani Bldg., M.G.Road, Rajkot - 360001.
bharti@mindfiesta.com
+91 98252 15500

□ eBOOKS AVAILABLE AT

-  www.bhadrakar.com
 -  www.navkarday.com
 -  Amazon Kindle
 -  Telegram : HastaksharNuAkshayPatra
-

□ ખાસ યિજ્ઞાપ્તિ

આ ગ્રંથશ્રેણીનાં જે જે ગ્રંથોના વાંચન પશ્ચાત્
જે ગ્રંથોની આપને આવશ્યકતા ન હોય, તે દરેક ગ્રંથો
ઉપર લખેલાં સરનામે અમોને જરૂરથી પરત મોકલશોજ,
જેથી અન્ય ભવિષ્યનો પણ આ ચિંતનોથી ભાવિત થઈ શકે.



**Spiritual journey
is the greatest of
all adventures in life...**

પરમ પૂજ્ય અધ્યાત્મભાવમગ્ન સાહેબજી-દાદાગુરૂ મહારાજનું હૃદય કેવા તો ભાવોથી ભાપિત બન્યું હશે કે એમને દરેકમાં સારાપણું જ ટેજાવું. એનું કારણ શું? એમની દ્રષ્ટિ સમાન દ્રષ્ટિ હતી. જેવું હોય, તેવું ટેજાય પણ સાથે એનો ઉપયોગ ક્યાં અને ક્યારે કરાય, તે વિવેક પણ તેઓમાં હતો. હસ્તાક્ષરના આ ૧૪,૦૦૦ પાનાઓમાંનું અધ્યાત્મ સમજ્યા બાદ પ્રાર્થાએ કે એવો વિવેક આપણામાં પણ હવે શીઘ્ર અવતરે. જૈનધર્મનો સાર છે રાગ-દ્વેષથી દૂર થતાં જવું અને એ રીતે એક દિવસ સંપૂર્ણ રાગ-દ્વેષરહિત બની જવાથી વીતરાગભાવને પામવા આત્મા સદ્ભાગી બને છે.

એક રોજનીશીમાં આવા જ ભાવોમાં આલેખાયેલ સાહેબજીનું એક ચિંતન જોઈએ તો: 'રાગ-દ્વેષાદિ દોષો ઉપર સ્વયં આક્રમણ ન કરવું અને રાગ-દ્વેષાદિ દોષોથી આક્રાન્ત થવું, તે જૈનધર્મ નથી. જૈનધર્મ તો રહેલો છે રાગાદિ દોષોથી આક્રાન્ત ન થવું અને રાગાદિ દોષો ઉપર આક્રમણ કરવું તેમાં. તેમાં જેટલી શિથિલતા હોય, તેનું પ્રતિક્રમણ કરવું, તે ય જૈનધર્મ છે. શ્રી વીતરાગનો ધર્મ તો તે જ હોઈ શકે કે જે વડે રાગ-દ્વેષાદિ માટે પોતાના આત્મામાં શાન્તિ અનુભવાય. જે ઉપાયોથી શાંતિ, આત્મજ્ઞાન, સમાધિ અને આત્માનંદ થાય, તે ઉપાયોનું આરાધન - સાધન જ જૈનધર્મ છે.'

એ જ રીતે અંગ્રેજીમાં પણ જે ભાવો જણાવ્યા છે, તે આ ભાગોમાં ખેવા મળશે કે:

'The foundation of things is above and not below.

**You must know the whole before you know the part and
the highest before you can understand the lowest.'**



'It is always possible to make a new beginning, to begin again. Any time, any day, any hour, we can make a fresh start and change our whole life.' 'The only way to gain the realities of life that satisfy both soul and body is to turn within to God and become unified consciously with Him.'

How to succeed? We should build up in consciousness a picture of peace, harmony, beauty and someday it will surely push itself into the visibility of our dreams. **How can we always win?** We are more than equal to every situation. Infinite intelligence knows no defeat. Have strong faith that opportunities would come to us from unexpected quarters. **What is known as spiritual journey?** The spiritual journey, the greatest of all adventures, is not made in time or space. It is a journey in consciousness and no one can make this journey for us. We are entitled to live in the full freedom of the spirit not as prisoners of the mind and body, it is a condition of the soul.

આવા પ્રકારના ભાવો આજની યુવા પેઢીને અસરકારક બને તેમાં નવાઈ નથી. આ ભાવો સાથે ભેટાવનાર અમારા વડોદરા-મુંબઈના અને દાદાગુરૂમહારાજના પરમ ગુરૂભક્તાત્મા, ૯૦ વર્ષની ઉંમરે પણ મન-વચન-કાયાથી સુસ્થિર એવા સુશ્રાવકરત્ન સી.કે.મહેતા તથા રાજકોટના અમારા સુશ્રાવકરત્ન શશીકાંતભાઈના પુત્રવધૂ સુશ્રાવિકા ભારતીબેન દિપકભાઈ મહેતા તથા તેમની યુવાન ટીમે અંતિમ સાતેક વર્ષ જેટલા સમયખંડમાં જ હસ્તાક્ષરથી મહિત અધ્યાત્મના અક્ષયપાત્ર રૂપ આ ૬૭ ભાગો તૈયાર કરીને આપણા સુધી પહોંચાડ્યા છે, તે કમાલ કમાલ કરી છે. સૌને ધન્યવાદ.

આ. મનમોહનસૂરિ
દ્વિમપ્રભવિ .



૭ વસ્તુઓ ઉત્તરોત્તર દુર્લભ,
કિન્તુ આપ સમાજ
ભદ્રંકર ગુરુ તો દુર્લભતમ!



ગુરૂમહારાજની કોઈ કોઈ અનુપ્રેક્ષા ઉપર અમથું અમથું હેત ઉભરાય... જેમ કે: ‘સત્યને પામવાનો રાજમાર્ગ છે સમત્વ!’ ક્યારેક એટલો તો અહોભાવ થાય કે પાંપણો ભીંજાય! વળી મનમાં તેઓ સાથે સંવાદ પણ થઈ જાય કે: ‘આ અસ્તિત્વના પરગણાં ઉપર જ્યારે મધ્યાહ્ન તપતો હતો, ત્યારે મહાકોશ સમો હસ્તાક્ષરનો આ ખજાનો જડી ગયો હોત તો જીવન કી ચદરિયાં જ્યું કી ત્યું ઘર દીની હોત...!’ ગુરૂમહારાજ, તમે તો હતાં અત્યંત સરળ, બોલતાં પણ ઓછું. તેથી તમારા આ અગાધ વિદ્યાખેડાણના પુરૂષાર્થનો ખ્યાલ ક્યારેય ન આવ્યો! મૈત્રીનાં તો મહાદૂત હતાં આપ! વળી માનને તો ‘કલંક’ માનતાં. એકદા એ વિષે પૂછતાં આપે કહેલું: “કરોડોની પૂંજીવાળાને કોઈ બે પૈસાવાળો કહે, તો તે રાજી થાય? તેમ આત્માની મહત્તાની જેને પિછાન હોય, તે આવી પ્રશસ્તિઓથી લઘુતા જ અનુભવે ને?”

આર્ય દેશ, ઉત્તમ કુળ, નિરોગી શરીર, તીક્ષ્ણ બુદ્ધિ, દીર્ઘ આયુષ્ય, સંત સમાગમ અને સ્વરૂપ પામવાની ઈચ્છા - આપે કહેલું કે આ ૭ વસ્તુઓ ઉત્તરોત્તર દુર્લભ છે, કિન્તુ આપ ગુરૂરૂપે મળ્યાં, તે તો દુર્લભતમ છે! હવે આયુષ્યનો આદિત્ય જ્યારે પશ્ચિમે ઢળી રહ્યો છે, ત્યારે અસ્તાચળે અનર્ગળ આનંદનો છોળ ઉછળી રહ્યો છે! આપના પરિશ્રમલાઘ્ય પુરૂષાર્થ થકી આજે જૈનશાસનના સાધકો આપનો ઋણસ્વીકાર કરે છે, પરંતુ એક ટીપાંમાં તો કેટલો મહેરામણ દેખાડી શકાય? સદાકાળ વંદન!

Amuch

વડોદરા/મુંબઈ/પુના

સી. કે. મહેતા



12 Names of Saraswati

Hansavahini, Jagatikhayata, Sharda,
Bharti, Saraswati, Bhramcharini,
maheshwari, Vidhydhatrini, Vardayini,
Kaumari, Rudraghanta, Bhuneshwari.



Who governs our body?

It is our own health
that governs our body.

Our body does not govern our health.

We govern our body through
the realization of our true identity
and that realization becomes the
health of those, who turn to us.

Who governs our organs & functions?

Just as the leaves / stems do not
govern the life of a plant, but
that life governs it, similarly our
organs & functions do not govern
the life, but life governs the
organs and functions of the body.

As long as life force is flowing,
the Plant flourishes:

stems and leaves are but the
outer Expression of the life force.



Why are you well?

When we visit a doctor, that practitioner has only one case and that one is the belief in a selfhood apart from God.

You are well, not because your heart is well, but your heart is well, because you exist. You do not walk, because your legs are harmonious. Your legs walk, because you are harmonious. Physically you are only healthy, because your body is healthy, but spiritually when you are whole, your wholeness governs the activity of your body.

Self control, compassion and
Charity २॥०१ एन - एन - ए॥०१, २१ २११ ए॥०१ ६.

Charity begins at home, but
it does not end there.



Love active

'Kindness' has been described as:
Love active.

The greatest thing a man can do
for his fellowmen is to be
kind to every single soul.

Earth is body and soul is heaven:
Kingdom of Heaven is within.

What is Word?

The Word is life, the life is Word.
Word becomes flesh.

Word is equal to God.

It does not change its nature:

It remains the self-created, self-
maintaining substance, containing
within itself the Law, the cause
and the activity of its form.

God is the animating principle or
Law of all that is.



Ambo There is only one Law and
that is God, life or love.

Life is Father and love is mother.

Life is soul & love is spirit.

Life is principle and love is law.

Life is substance, love is cause.

Life is power and love is energy.

Life is intelligence and

love is wisdom.

God is the substance and

law of all that is.

This indestructible substance is
untouched by sin, disease, fear,
worry, hate, envy and jealousy.

It contains within itself
the power of self-creation and
self-maintenance.

My body is the temple of God,
God-substance expressed as form,



embodying and including all the
qualities and quantities,
which constitute God,
the I am, the soul.

How old is my body?

Body has neither youth nor age.
My body is as ancient as God
and as young as each new day.

Thine is the Kingdom and
the power and the glory.

God is the light of my body.

In my body, there is
neither material darkness,
nor mental ignorance,

for God is the light unto His
holy temple, which my body is.
God unfolds, discloses & reveals
Himself as body, as temple and
a place of holiness and peace.



God's Grace maintains and sustains
His body, which my body is.

The body is not the governor of
life, but life governs the body.
Life is an animating principle of
body. Body does not influence us,
but we influence the body.

Body is not a law unto our life,
but life is a law unto body.

Body doesn't control consciousness,
consciousness controls the body.

What is our ultimate goal?

The goal of the spiritual life is to
awaken in His image and likeness
and to realize our spiritual identity.
'I' is our assurance of immortality.

How can we separate ourselves
from the 'I' of our being?

Birth has not separated us from it:



death will also not separate us
from it, nor will accident.

Find the 'I' within yourself,

When you are sick,

you will find that 'I' is there.

When you come to your last moments,

'I' will be there with you and

as you cross that borderline,

which is called death,

'I' will carry you right across,

because 'I', your individual identity,
can never be obliterated / destroyed.

once you have located God as the

'I' of your being, your permanent
identity, you have nothing to fear.

'I' is in the centre of your being.

'and experience' I, who is

the killer of all that is foreign,

bow I to Him, who is saviour.



V.V. Imp.

In the spiritual Kingdom,
there is no future tense.
There is no such thing 'as' time.
There is only an eternal now and
in that eternal now, I am.
you cannot be saved in the future,
just as

you cannot be saved in the past.
The answer to every problem is the
word 'I' and the word 'now'.

I now am to glorify God.

That is the only reason
you exist that
God's Grace may be made visible.

What is a Divine Plan?

It is not a part of a divine plan
that anyone should remain on this
plane & in this form for all time.
Just as you outgrew infancy and



Childhood and just as adulthood merged into the middle years, so will you outgrow this entire human experience.

unless you fight to cling to this present experience, that transition should be a Progressive Step.

Begin as soon as you can to look on the experience of passing, not with horror and not as if it were the end of something beautiful.

It is not the end.

It is the beginning.

It is but the end of one phase of experience, beginning of another.

There is only one marriage, the mystical marriage.

Such a marriage is god ordained & no man can render it as under:



'I and my God are one'.
That is my relationship to God &
that is God's relationship to me.
Whatever is shared with another is
shared from infinite bounty of God.
When we learn to call all persons
on earth our own, automatically
every man, woman and child -
on this earth becomes our family.
People who have looked upon you
as a stranger, would suddenly feel
'I know this person. I feel as if
I have always known him'.
There exists no barriers, because
now a higher relationship than
that of blood - brother or
blood - sister has been established.
Now you are brothers and sisters
by divine ordinance.



All who can meet together on a spiritual level of love are bound together from now until eternity, sharing forever with each other: Every one in the human picture is under the karmic law of 'As you sow, so shall you reap.'

But anyone can break that law through the realization that he lives by Grace, by every word of God. The real believer in God has his consciousness always there, his heart always lifted to the divine.

५२१५०१२ and ५२५१५१

Sharma = ५२१५०१२. Adharma = ५२५१५१.

Hurting another is ३६१ and blessing him is ६१.

If you understand this, then you are performing Sharma.



Role of Philosophy

The developement of man's heart has not kept pace in this times with the growth of his mind.

There is a quote that:

'Philosophers are the blind people searching in dark rooms for black cats, which are not there.'

The true philosopher profits from such jokes and criticisms.

The great quest of philosophy begins in wonder of ^{the} immense universe, the teeming life in it, the starry field of its sky and the arising and passing of men and animals. Philosophy not only leads to (ज्ञान) knowledge, but also to practice and practical realisation (अभ्यास) & ultimate goals (परमार्थ).



Kant - the Philosopher asks:

How much a man can know?

And what man should do?

And what can man hope for?

Answer to all the questions is:

knowledge as far as he can reach,
action or duty which is obligatory
on all humanity & the ultimate
goal is success in all activities.

These are the quests of

The human reason.

The philosophy may not be a
matter of bread and butter, but
it is a matter of life and death
for man and his society,
his survival and culture.

Religion and philosophy consist not
of books & texts, but active wills,
minds and hearts of men & people.



Faith & reason are the other names
of human effort and divine grace.
To live but not to talk philosophy.

Philosophy cannot be just an intellectual pastime or an academic exercise. It must be correlated to and rooted in human experience, if it is to subservise the need of the soul. A philosophical conclusion must be able to stand the test of logic no doubt in the light of reason, but more it is based on a personal and direct apprehension of the truth, the greater will be its validity. Religion deals with god, science deals with the handiworks of god. Both are ultimately with the problem of the ways of god to man, intellectually and practically.



પર્યાય જ્ઞાનથી તમનો નિયમ ત્રિપ્ત કરે છે,
દુલ્લ જ્ઞાનથી અગુણનો સિદ્ધિ ત્રિપ્ત કરે છે.

તમનો નિયમ પણ માનવી ભેરવે અને
માનવીને રહેવાનો અભ્યાસ પણ માનવી ભેરવે.
Can the karmic law be broken or
ended? yes. The way to break the
karmic law is through repentance
and by living constantly in an
atmosphere of love and forgiveness.

Then we are no longer human or
mortal, because we no longer harbour
thoughts and deeds of mortality.

Let us all be our own self.

An actor does not have to be
villain to play the part of one,
he merely has to act like one and
as soon as his curtain call has
been taken, he removes his makeup
and is his own self again.



To give is to receive.

He only is advancing in life,
whose heart is getting softer, whose
blood warmer, brain quicker
and whose spirit is entering
into Living in Peace.

Start the flow of giving and you
will start the flow of supply.
Supply has much to do
with the degree of givingness.

It is the acknowledgement that
supply is giving out,
and not gathering in.

give in the realisation that it is
not what you get that is your
supply, it is what you give.

It may begin with the giving up of
some negative things like
resentment, hate and jealousy.



The giving up of the desire to get recognition, remuneration, reward, gratitude and cooperation. With this giving up will come the giving of patience, cooperation, love and forgiveness.

give the first fruits to God and see that only the giver knows whence it comes

The principle of supply

The supply is not getting supply is actually giving.

A second and equally important part of the principle of supply is that supply is invisible.

Supply is Spirit or life, completely invisible and infinite in nature.

Students of spiritual wisdom must come to the realization that:



Those Students have no supply outside their own being, that supply lies in something that can not be known through physical senses: Supply is the Infinite - Invisible.

Supply is something within, which is not visible or tangible.

Your outward good is but the symbol of the omnipresence of supply. Supply is the presence of the Lord with you.

You are not misled by the appearance of a barren tree into believing that the tree has no supply of fruit or that the tree is useless. There's a life-force operating in you, just as it is operating in tree. Your consciousness is not attuned to Invisible, but only to the visible.



God is one's sufficient return.

Realize that God is Infinite and that your supply is as Infinite as God. your supply becomes evident only in proportion that you love your neighbour.

give out love, forgiveness, cooperation, but give always without seeking a return. Only the gross materialists give and seek a return.

God is one's sufficient return.

God is the substance of all forms.

Your supply is your developed state of truth - consciousness.

Very few in all the world are born with a consciousness of Truth full-blown. Nearly always it is a matter of developing that consciousness. Developed consciousness is God - consciousness unfolding as



your individual consciousness.

I have no power of my own.

I of my ownself can do nothing.

I of my ownself am nothing.

He is my life & He is my supply;

I am Invisible, my supply is
Invisible and I carry it with me
wherever I go. God is the
substance of all forms.

meaning of harmony and infinity

There is no such thing as increase
and decrease. There is only Infinity
expressing itself. If you are not the
recipient of the bounty of infinity,
it is not because Infinity is absent,
but lack of awareness of Infinity.

As you learn to give up
using mental power, striving to
accomplish something with truth,



or attempting to make a power-
house out of the human mind &
become still and receptive until
the Word begins to flow,
you will know the meaning of
harmony and infinity.

miracles of God

He that dwelleth in the secret
place of the most High shall abide
under the shadow of the Almighty.
Thou wilt keep him in perfect peace,
whose mind is stayed on Thee.
Only by an understanding of, and
obedience to, the laws of God as
set forth in scripture is he
saved. The acknowledgement of
God as the real essence of our
being, the real law of our being,
the protection and supply of our



being is the acknowledgement of
Him in all our ways.

We're under the shadow of Almighty.

Only the spiritually enlightened
could be the avenues through which
miracles of God could take place.

To see unity in diversity and
permanence with change
is a process or method to
get tranquility and peace in mind
by the force of knowledge.

Protective prayer

god is our fortress, but
that must be taken literally.
god is a Spirit, god is infinite
and our life is hid with god.

Actually, it is true that:
we live in god and god in us.
I am in Him and He in me.



The whole secret of spiritual living has to do with the Invisible: it has to do with our recognition of the fact that our life is invisible.

That very invisibility is our assurance of safety and security.

Protective prayer consists in knowing that no one has a selfhood apart from God. No one has any mind, life, soul, spirit, any being or anybody other than God's.

Contact with God

Protection lies in understanding that God is the life, intelligence, soul, spirit, immortality and eternality of every individual on earth.

God is an Universal intelligence, it is not only mine. Any truth we know is a Universal Truth.



There is need for protective prayer.

We must protect ourselves at all times from the acceptance of the Universal belief in True powers & in a sense of Separation from God.

God must become

a living experience to us and we must find a way to make the contact with That from which we have had this sense of Separation.

Outpouring of God

When the Spirit touches us, the revelation we receive is that God is. Then we let the Spirit of God take over us. We then let the

divine presence go before us to make the crooked places straight. Now without any word & any thoughts, twice - thrice or four times a day,



and by next year, twenty times a day, we must go within, at least for half a minute, to acknowledge the presence, to feel the divine energy, the divine spark and so live that all men coming within the range of our consciousness feel the outpouring of God upon them.

Spiritual Kings are servants.

We are God's instruments - servants.

The son of God is always the servant of his fellowmen, forever at the service of those who call.

Earthly Kings are served,

but spiritual Kings are servants.

No one should ever boast of divine sonship, for it bestows a humility, which recognises that only the light of God can lift the consciousness of



those who come to us to that place,
where they can behold
Him face to face.

As servants of the most High,
we remain in the world,
unaffected by its passions, hates or
loves, remain in it as a blessing.

Baba Shirdipuri says:

All that comes from the performance
of yoga is enjoyment, not realisation.

His own statement in brief is:

Reach God who answers all questions.

To achieve this, he suggested:

Let the thought of God be alone in
your mind, destroy every other thought.
This is man's spiritual duty. For
this meditation upon God, disciplined
life is needed. First the body & its
activities must be controlled:



how much and when to eat,
to sleep, to hear, to see etc.

As one's personal & moral duty,
his obligations towards material needs,
society and nation must be met.

It should be forgotten that:

The experience of God
is beyond consciousness.

The discipline is more important.

First discipline this life,
then meditate on God.

When you see God,
every problem is solved.

This programme is Right life in its
personal, moral & Cosmic aspects.

The virtues outlined in the Gita-
Adhyaya 16, should be cultivated.

3 disciplines should be learnt:
physical, moral and spiritual.



Attonement (शुद्धि)

We deny the self, so that
we may unite with the selfless.

We give up the mortal, so that
we may attain the immortal.

We dissolve the thought of
the physical body, so that
we may realize the spiritual body.

This is known as a
mental process with physical effect.
Short cut of the ritual is the
one that appeals at great extent
to many people, because it requires
no real change of mind.

The crucifixion of Jesus represents
the wiping out of
consciousness of personality.

Affirmations are not short cuts.
They serve one purpose only & that



is the purpose of changing the mind & the heart of the individual. Take a pearl - diver's plunge into the heart. Be centre - in and there is the divine light to lead you on. The Divine Grace transforms life into love and love into bliss.

The ordinary physical eye cannot see the Divine.

The inner eye alone can subtly feel the Divine presence in the soul.

As the soul detaches itself from the mental modifications, it approaches the Divine centre.

The first step is mental purification and concentrated devotion.

The next step is constant meditation and inner fixity. By this, the soul feels its at-one-ment with Divine,



the quint-essence of its being.

Then it sees the same divine essence in the universe of beings. From self consciousness, the soul widens into Cosmic consciousness.

Only power is a
conscious realisation of Truth.

The more of realisation we have, the more activity is given to us through which to use our understanding for the benefit of this world.

Go beyond a belief in God
to a conviction that God is.

In all of the four vedas, there is an identity of sound and sense, of the word and its meaning.

The meaning resides in the sound. The fullness and correctness of the meaning depend on the fullness and



Correctness of the sound.

Vedic Sentences are mantras, which embody sound & meaning in one.

Any fault or deviation in their utterance will detract from the meaning or distort it.

God's Grace

God is all in all,
all blissful, all containing and
all impersonal.

Grace is His personality.

He is omnipotent - omnipresent.

He is the Life of lives.

He is the Thinker in the brain.

He is the Feeler in the heart.

He is the Seer in the eyes.

He is the Hearer in the ears.

Breather in the lungs and
speaker in the tongue.



He does everything through His Grace & remains an unattached witness.

He is far beyond the world of modes & dualities. He is as He is. There's no world without God's Grace. He is the unique one. There is nothing to be compared with Him. Grace descends into purified souls.

Take pledge that:

I and my God are one and I am one with each and every individual.

The reality of the Cosmic process is not of the same kind, as the reality of the absolute.

one has यथाज्ञानम्, which is different from अज्ञानम्.

The former has not the same kind of reality as the later, but is not unreal or illusory.



It is actual, but not eternal.

It is existent, but not real.

Everyday morning, think that:

'I am at peace with God and
also with all mankind.'

I am peaceful and poised,
patient and understanding,
confident and happy'.

Be assured everyday that:

The Holy Spirit is the centre of
God's perfect peace within our soul.
When we make contact with Him,
like a river, peace sweeps gently
over our mind and heart.

This sublime peace cannot be
long contained within ourselves.

Soon, it flows out from us,
blessing our environment with the
best measure of tranquility.



Actually, there is but one place in the universe, where we find absolute peace and security -

This is in God: in the perfect realization that He abides in us and we abide in Him.

To be an effective peace maker in the outer world, first of all, we need to make contact with that place of perfect peace within ourself. We need to know beyond all doubt that our Kingdom of peace - of God, is within all of us and it can never be taken from us.

Deep within our being, there is a place of perfect peace. It is a point of contact, really, a place, where Spirit touches Divine. This place is reached through prayer.



Any time, day or night,
we may go there.

The adverse forces of this world at
times may upset us, but they
can never destroy the real us,
for we are the Spirit,
one with the Almighty.

And since God is indestructible,
so are we.

Importance of obedience

Happiness is less a matter of
position than a matter of disposition.
Let us never doubt God's goodness.
He will give us greater vision as
we are able to bear it.

We cannot prosper while disobedient.
There must be no known sin undealt
with, lest its presence hinder God's
good blessings and our prayers.



The spiritual is the realm of ideas,
absolute principles; the soul,
the realm of thought images; the
physical, the realm of manifestation
of both - principles and thoughts.

We all have to use:

A little imagination,
a little strength, a little joy,
a little hope and assurance,
a little faith, a little wealth,
a little talent, a little truth,
a little love for every one.

Word is God

I have faith in the creative
power of Word to illumine us.
God is life. In Him, there is no
darkness at all. Prayer does not
change things. It changes people
and people change things.



The darkness is good.

The seed must have the darkness, where there is no distraction for there is the single - pointed effort of growing toward new light.

We have to learn to thank for the darkness, to rest there while new energies and forces are gathered and mounted within.

The Word (thought of being) denotes wisdom, judgement, power & in fact, the inherent potentialities of Being. This Divine Logos or Word is God-creative power. Divine mind creates under spiritual law. First is mind, then the idea in mind of what the act is to be and then the act itself.

Thus the Word and Divine process of creating are identical.



What to pray for?

Pray for only God to reveal
Himself as Truth,
pray for right, for more wisdom,
for ultimate illumination.

Humility

give up once & for all, the belief
that you can succeed or fail.

you will never succeed, but you
will never fail. The great masters
of all time have revealed that
humility is the beginning of wisdom.
Humility is the realization of God's
allness and goodness.

Go to God expecting to receive the
spiritual awareness of His presence.

you will find completeness and
perfection by seeking the
godliness in Spirit and as Spirit.



Humility V/S Egoism

Humility is the only bomb, which can totally destroy the invincible citadel of egoism.

Egoism is harder than granite or even steel.

External bomb can destroy great cities or countries, but for the destruction of egoism, they are also worthless. It is the only bomb of humility, which is more powerful than the sum total of all bombs of the whole world for the annihilation of egoism:

He who is endowed with humility, can conquer the 3 worlds and can win the hearts of all.

He is only dear to the Lord & soon enter the realms of eternal peace.



The Spirit of the Shastras can be understood only by the humble.

Possession of power causes intoxication in the mind.

He wants to command, control & domineer over other. That is the reason why Rajyoga teaches to practise yama - Niyama in the beginning. He who learns to control himself, cannot misuse his powers. He will never command others, but his ownself.

Renounce pride and vanity.
Develop humility and modesty.

Egoism brings the downfall,
Humility adds to tapocharya.

Be obedient. Obedience is better than sacrifices, but do not develop a slavish mentality.



He who is humble and regards all worldly titles & honours as mere straw is great and be adored. Humility consists in having a low (humble) estimate of one's self.

That man who knows the science of how to enter into the hearts of others through constant service with love and humility, can be really happy and peaceful.

Some stumbling blocks

Various sorts of obstacles come in the way of a spiritual aspirant: disappointment, despair, depression, doubt, indecision, lack of energy, physical and mental sickness, slothfulness, unsteadiness, blunders, sensual objects and craving of sexual instincts.



Patanjali prescribes the practice of
concentration on one subject to
overcome them. This brings strength
& steadiness and is not discouraged.
He further advocates the practice
of friendship between equals,
mercy towards inferiors,
complacency towards superiors and
indifference towards wicked.
This practice generates the peace of
mind & destroys hatred, jealousy.

A new life dawns in him,
if he practises these qualities.
Patience and perseverance are the
key to success. He is amply rewarded
when he gets control over the mind.

Direct your energies
in the appropriate channel
towards your chosen path.



For rapid spiritual progress:

Develop the power of self control.

Keep the instruments in harmony.

Cultivate serenity of mind.

Educate your will.

Reserve your energy.

By the help of God, one is going to be more healthy, truthful and moral every day - in every way.

When under Grace, no laws operate.

There is only being, divine being, spiritual being, one being.

The law of Grace acknowledges only

one power, one God, one Spirit,

one soul and each and

every one of us is that the same one.

The sooner mankind dies to his humanhood, the sooner will his soul come forward and be revealed.



Purity : It denotes the freedom from bodily and mental impurities.

Nonstealing and non-accumulation of things etc. are the parts of purity.

(1) Non-stealing means refraining from all kinds of theft or illegal possession of others' property.

(2) Non-accumulation means refraining from accumulation from a sense of possession.

(3) Chastity or Brahmachary consists in abstaining from all the right forms of sexual gratification.

(4) Austerity or तपः means enduring hardships for discharging one's religious obligations.

(5) Dispassion denotes complete absence of attachment to anything pertaining to this world or the next.



(6) Self-discipline is exercising the control over mind and five senses. There are five senses of perception & five organs for its performance. Control = Bringing them all under subjugation and using them all according to one's discretion.

(7) Courage means absence of cowardice / complete absence of fear. Fearlessness is not to be perturbed in the phase of difficulty & danger.

(8) Simplicity Consists in the straightness of senses and mind. It is also straight forwardness or not attempting to steal anything with a selfish motive.

(9) Pridelessness means not seeking honour, respect or homage by a false show of piety & religiousness.



(10) Sublimity is that power of superior souls under whose influence even those, who are attached to worldly enjoyments & are of a base nature, are deterred (अपहृयते) from sinful acts and take to noble pursuits.

(11) Tranquility is attained when the mind is completely free from desires, is peaceful-contented-bright.

It springs also from an equal vision looking on all as equal from the point of view of the soul even though the differences may be observed in dealing with them according to the caste and order to which they belong, like one uses the limbs of his own body differently.

(12) Friendliness consists in extending the feeling of love towards



all creatures whether high or low. It is a kind of unselfishness not seeking satisfaction of any selfish desire. It's also a kind of nobility gratuitously supplying that which is needed in a particular place, at a particular time and by a particular person gladly and respectfully without any idea of or any kind of return or reward.

(13) Absence of egoism means the absence of the feeling of I-ness in respect of the body, mind and intellect and also of the sense of doership in respect of actions performed through them.

Virtue brings its own reward,

Vice brings its own punishment.

Truth is establish in righteousness.



Righteousness - morality

In life, always be virtuous.

Never deviate from
the path of righteousness.

You are born here to
practise righteousness and
lead a virtuous life.

Every act brings its own fruits -
Sweet or bitter.

Be broad as the sky.

Be deep as the ocean.

Be pure as the crystal.

Be cool as the moon.

Be fragrant as the jasmine.

Be firm as the mountain.

Be patient as the earth.

Be humble as the dust or
a blade of grass and lastly,

Be resplendent as the Sun.



Also, Be righteous as ਤੁਪਿਛਿੜ.

Be pure as ਸੀਮਾ or ਮਸ਼ਹੂਰ.

Be truthful as ਏਕਮੋਖ.

Be generous as ਠਨੁੰ.

Be devoted as ਧਰਮੀ.

Be brave as ਏਤਮੀ.

Be kind as ਖੜ.

Be humble as ਗੋਰੀਆ and lastly,

Be intelligent as ਤਿਖਰ.

Cultivate ਫੈਰੀ ਤਿਖਰ like forgiveness,
mercy, peace and tolerance etc.

Destroy ਤਿਖਰੀ ਤਿਖਰ like arrogance,
egoism, pride, anger and lust etc.

What to be?

To be jealous is mean.

To be compassionate is divine.

To be patient & enduring is manly.

To be contented and happy is wise.

To be serene is glorious.



To dispassionate is praise worthy.

To be equanimous is landable.

There's hope for everyone however
sinful he may be in this birth.

Start the spiritual current by...

Tapa, Kirtan, meditation, Chastity,
benevolence and pranayam.

They can burn all sins and
purify the heart quickly.

Write for half an hour daily in
a notebook your ॐ in observing
 ॥ and without turning head.

Write down in bold type:

Speak Truth. Time is precious.

I must realise God now.

Om is Courage. Om is Purity.

Chastity is divine life.

Courage, purity, mercy & patience
are my birth-rights.



Thou art Holy of Holies,
Light of Lights, Sun of Suns.

In my dictionary,
there is no such word as sin.

It is a mistake, which the
baby soul commits during his
march towards 'ଅମୃତାକାଶ' or
the eternal abode of supreme peace.
Evil and good are converse and
reverse sides of the same coin.

They are relative terms.

Like light and darkness,
evil and good are correlatives.

Existence of each is necessary
for the recognition of the other.

Hatred and lies exist
to glorify love and truth.

ଝଟ ଗଠିତ ଚାନ୍ଦ, ନୀଳ ବାସନା ଚାନ୍ଦି ଧରିବିତ ଓ.

Out of evil, good often cometh.



Do not try to probe into
the divine mysteries.

It will baffle your poor intellect.
If there is a heavy torrent of
rain at the time of harvesting,
people consider this as an evil.

But God knows
what is good for His children.
He has brought this rain to make
the earth free from the germs,
which produce severe diseases.

What is spiritual bankruptcy?
morality is the basis of all things.

It is the basis of spiritual life,
also of yoga. Truth or Brahman is
the substance of all morality.
morality leads to purify the heart.

Without morality,
one becomes a spiritual bankrupt.



Truth

Truth alone triumphs,
but not falsehood.

ॐ is Truth. It is the only way
one can realise Him.

A lie concealed by another lie
leads to more lies. By the practice
of truth, mind is purified of its dirt.

Truth shines like
a clean mirror reflecting the
Divine with great effulgence.

Sacrifice your all for the Truth
and you will become fearless.

Truth will make your Will strong
to draw immense strength and
courage from the supreme self within.
Develop slowly your will. Do not
brood over past mistakes & failures.
Mistakes are our teachers.



Each mistake brings its own lessons.

Do not repeat them in future.

Be cautious - vigilant - circumspect.

Just think of the causes

that led to failures and

try to remove them in future.

Truth means representing a thing

precisely as one has perceived it

through the mind and senses

and in agreeable language.

Self examination

We can fully realise the seriousness

of our position, if only we examine

ourselves everyday & see how do we

pass our days, how many good or

bad acts we do, what progress do

we make in the battle of sin.

We are the most miserable beings

in creation & also the most foolish.



What created being is there that will, like man, thrust himself into fire knowing fully well that he is sure to be burnt to death?

In Shashtra, it is said that:

अजातन् दाहार्तिं विश्रुतिशालभेदीपदहनं,
गभीरैरपि राज्ञा बलवद्विश्रान्भोजति पिश्रुतिं ।
विजातन्तद्व्येतान् वदन्निहविपय्यालजदिलान्,
न पुत्र्याः कानिगहह ! गहनं मोहनहि ॥ १ ॥

Do we think for a moment to what miserable plight the enjoyment of sensual pleasures has reduced us to?

How many rights and privileges were we born to, and what a pitiable condition are we now in!

How endless is our degradation!

Oh! How ruinous have these ephemeral pleasures proved to be!



How many are the senses that have to be gratified! The eye, the ear, the nose, the skin, the tongue! There is not a single sense, which we are not doing the utmost to gratify!

And the result is...

The deer, the elephant, the bee, the butterfly and the fish etc. are losing their lives!

Each for the gratification of one sense! If one of the senses can do so much harm, why should we not perish who will gratify all the 5 senses at a time? He that will fully realise by self-examination what misery the senses have brought upon us, will exclaim in tears!

'See this tongue, ever so insatiable, is dragging me from one direction,



the congenital organ in another, the stomach in a third and the ear, nose, eye each in a different direction. Like co-wives, the senses are incessantly (विचित्र) bothering me in all the possible ways.

If my 5 different senses have 5 different objects of desire, how can I manage to keep my house right?

Also, how utterly we ruin ourselves by adding fuel to the fire of our passions!

Each one of them, acting in its own sphere, robs us of all that we have.

He that fully realises this situation, incessantly prays to God to be delivered out of it, is a real 311f or distressed devotee.



Self-examination is, also, the principal means of becoming an inquisitive devotee. If you retire and examine yourself a little, questions like below will occur to you:

(1) Who and what am I?

(2) When did I come and why?

(3) Who has sent me?

(4) What is my connection with him?

(5) Who are these parents to me?

(6) Why do they love me so dearly?

(7) Who has given me

so many friends in this world?

(8) Why does fire emit heat and the wind cool my body and water quench my thirst?

Hundreds of questions like these crowd the mind and goal it on; in the path of Divine Wisdom.



A moment's reflection will clearly
bring home to our minds,
the existence in universe of a
Power full of love, merit & justice
and when you realise this power,
the more you think of it,
the more you are attracted to it,
which is sure to result in devotion.

Even for a mendicant devotee,
self-examination is the way.
By it, we shall have to ascertain
what we really want. And when
that is ascertained, we shall find
that there is no one to whom
we can open out our heart and
whom we can ask for anything we
want, beginning from a quarter
of praise and ending with the highest
aim of existence - Eternal Salvation.



And you will then be induced to tell that One Being everything that you may have to say, and this is the first step to devotion.

Worship

Term 'Worship' is very significant. Some call it as: 'Devoutly (ॐॐॐॐॐॐ) worshipping the Divine images'.

The worship of the Divine image really leads to devotion, often the sublimest form of devotion.

ॐॐॐॐॐॐ ॐॐॐॐॐॐ, ॐॐॐॐॐॐ ?

To those who do not believe in worship through images or whose religious views are opposed to that form of worship would mean realisation of the Divine presence in Nature and the contemplation of God as manifested in Nature.



The great Hindu Rishis of old times realised the various manifestation of His power in Nature & worshipped it under the diverse appellations of Indra, Varun, Sun, Fire, Water etc. Among the sadhus of the western world, I know of none, who more thoroughly realised God in Nature than the great poet Wordsworth.

His soul completely merged in that great Being, as he studied Him in Nature.

The Arya Rishis had so thoroughly realised God in Nature, that they came to regard her as His stupendous image.

"Bow to the sky, to air, to fire,
to water, to the earth,
to the lumineries in the sky,



to all created beings,
to the four quarters of the globe,
to trees, rivers & seas, considering
them as the embodiment of God"

Poet William Wordsworth writes:

"The mountain piercing the clouds,
or the deep blue ocean,
go wherever I may, there you are.

In the Sun's light is your
bright effulgence.

In the moon is Thy splendour.

In the clouds is Thy beauty.

A crowded city or a lonely forest,
wherever I go, there Thou art."

Worship is practised also by
singing the name of God (ॐ नमः),

or by hearing it sung (नमः),

or by repeating it often (नमः नमः).

It greatly aids to devotion culture.



In Kali yug, there's no other way
out than chanting the God's name.
Take that name and sins vanish.
নামোইন excites love towards Him.

The destruction of sin or
the সিন্ধুনাশ is only a secondary as
when you see the Sun,
you see everything on the earth,
and darkness vanishes.

If you are doing the নিয়ম daily,
then fully acquaint yourself with
the meaning & virtue of that name.

নিকট নরী যনন্তি স্তে ন মনোনি সনিত |

সিন্ধুনাশনামোইন নরী নিরী ন সিন্ধুনাশ || ১ ||

Humbler than the grass,
more patient than the tree,
no caring for honour from others,
yet honouring all,
sing always the name of God.



gapa or repetition of God's name has to be done in the following manner:

युवायै दण्डः शरीरलाघातकं तल्लङ्घ्यं पुच्छते ।

अयुक्तो न वेष्ट्यं शरवत्तान्शरीरं नवेत् ॥ १ ॥

Name is the bow,
self the arrow, परब्रह्म (Brahman) is
the aim and this is to be
hit with a composed mind.

And then, as the
arrow fixes itself in the target,
so does the soul fixes itself
in परब्रह्म or परब्रह्म Brahma.

विधिं ब्रह्मात्मपदसो विदित्वा चो दशानिगुणैः ।

उपांशुः स्याच्छतं गुणैः साहसो नाशसोः स्मृतः ॥ १ ॥

The three parts of the day
best suited for its repetition are:

(1) An hour preceding daybreak.

(2) At the time of dusk or

Night fall and (3) midnight.



According to the same authority,
places where there are persons
opposed to godliness, bad characters,
rapacious animals or snakes, are
unfavourable for the purpose - मय.
Visiting some Holy place (तीर्थभूमि)
or dwelling there awakens
feelings of devotion.

प्रभावाद्गुणान्ते नैः सलिलस्य च तेजसा ।
परिग्रहात्म्यगोनि च तीर्थानि पुञ्जना सृजता ॥ १ ॥

Self-dedication

Whatever you do with your body,
words, mind, senses, intelligence,
soul or whatever comes of
your nature and resign it all to the
supreme Being.

Whatever you do & eat & sacrifice,
give and practise as austerities,
resign it to Him.



By this resignation,
one attains the culmination of
Bhakti, the supreme devotion.
Those, who listen with respect to
all discourses about Him,
always sing His name,
earnestly worship Him and
chant hymns in His praise,
serve Him heartily,
make salutations to Him with the
entire body prostrate, show special
regard for His Bhaktas, perceive
Him in all created beings, move
their limbs for Him, utter words
for His glorification, devote their
minds to Him, abandon all other
desires, eschew money, pleasures,
all comforts and direct all their
sacrifices, gifts, ceremonies, prayers



and vows towards Him,
and thus entirely resigns to Him,
do, by such exercises,
attain bhakti towards Him.

What else is left for them to desire?

- Bhagavatvani - Skandha XI,
Chapter XIX, Shlokas 20-24

Why should one study gita?

Study of the scriptures:

Books discussing God's attributes,
relating His glories or recount His
powers, which are replete (yog) with
accounts of the life - stories of
Bhaktas, help a great deal
in the attainment of devotion.

The history of the world and the
sciences all reveal and record the
glories of God and arouse devotion.



Galen, the well known Greek scientist, had at first no faith in God, but as he studied Physiology and saw how wonderful the mechanism of the human frame was, with what skill the arteries & the nerves, the bones & the muscles were set in the making of that frame, his heart was filled with the greatest admiration for God, he turned as devotee & wrote a beautiful book in celebration of His glories.

Scriptures can, to some extent, supply the want of good company to those who lack it.

Scriptural study includes the study of sacred books, repetition of the Divine Names and recounting the virtues of the Lord.



knowledge means discrimination between what is real and unreal.

The stages of devotion

There are 3 classes of devotees:

Bad, intermediate and good.

(1) Bad are those, who worship God in the form of an idol, but does not worship His devotees or anyone else. That have no faith in image worship, a devotee of this class, will be one that has just learnt to have some regard for God's name or any other kind of His worship, but has none for His devotees.

(2) He that has love for God, friendly feelings for His devotees, sympathy for ignorant people and indifference for enemies, is a devotee of intermediate class.



The first type of devotees

Bad devotees are certainly of an inferior type of devotees. They rarely hesitate to commit a sinful act whenever it serves their interest to do so.

Charity is yet a virtue to be learnt, there is abundance of pride in heart & specially a spirit of revenge. Anger, greed and infatuation are all there. Now there is only a slight regard for God. The field is a little prepared, that is all.

The second type of devotees

In intermediates, the mind has advanced a good deal what was a mere regard has ripened into attachment. There is a liking for the company of devotees, where there



was none before, hatred for the ignorant has turned to द्वेषः , the bitterest feeling of revenge & spite for enemies have softened down to mere disapprobation (निन्दित्वं) of their conduct. But hasn't learnt to look upon all with an equal eye. The flood of devotion has not yet swept over the heart.

(3) He who does not distinguish between self and others, makes no distinction between his own property and that of others, does not treat other's property in a manner different from his own, has an equal regard for all created beings and who has brought his mind and passions under control, is the best of the 3 types of devotees.



He is known as the good devotee, who has so fastened himself by ties of love to the feet of God that He can never forsake him and whose name kills all sins even if uttered unconsciously.

Devotion - मन्त्रमय - विष्णु - शक्तिविधि

Devotion is a feeling of the deepest love towards some one.

It is supreme attachment to God.

Devotion is the spontaneous, motiveless or primary loving.

It is the nature of the heart to yearn after Divine, just similar to the nature of the river to flow towards the ocean and of flowers to emit fragrance. The goddess of salvation prostrates herself (इसुतु यैः) at the feet of one,



whose soul is entranced (विभ्रं) with the deep joy of devotion to God. True devotee cares not for salvation, salvation comes of itself to him. According to capacities (मित्र) of men, devotion has been divided into the following classes:

- (1) Spontaneous or motiveless or primary devotion.
- (2) Following a law, founded on a motive or secondary men of lower capacities, by earnestly practising the inferior type of devotion, are eventually blessed with the highest form of it. Once you imbibe a liking for Him, the liking soon intensifies into love and this again into the highest form of devotion, whose soul is love, a love for love.



A steady and attentive application to the sacred books as well as discourses leading to a proof of the divine attributes, create an inclination towards God and this results in strong attachment.

The Divine Theme

has a charm of its own, which draws out the love of hearts. many hard-hearted atheists have been seen to give way to the influence of the divine name & even to go mad in love of God.

According to one mode of classification:

Lower form of devotion springs from motive, which is of 3 grades:

Pure or enlightened,
impassioned or egotistic and
thirdly darkened or deluded.



From निहता or darkened & deluded, one can attain रिपता devotion that is impassioned or egotistic and from रिपता, one can rise up gradually to the attainment of रिपता devotion that is Pure or enlightened.

This will ultimately lead to the purest form, motiveless devotion.

Thieves, dacoits etc. are निहता type. worldly minded are of रिपता type. Seekers of heavenly bliss are रिपता.

According to another classification, there are again 3 classes:

distressed, inquiring & mendicant.

Distress type of devotee is one that implores the mercy of Heaven to deliver him out of some trouble.

Inquiring type of devotee is the one, who is anxious to know the truth



about God and His doings. So he studies with that end in view. mendicant (भिक्षु) is one, who asks God a definite boon, for example: a son, fame, wealth and so on.

Devotion is not possible,

so long as you are entirely in the darkness of doubt and you are least inclined towards God.

To be a devotee, you must

occasionally, if not always, be inclined to word 'God'. It has nothing to do with age, caste or rank. The man of faith respect not caste, learning, beauty, riches or rituals. The truest devotee is

he, who lives in constant companionship with Him in the midst of all his earthly concerns.



How can Devotion be acquired?

Devotion can be acquired either by the mercy of the great or through a slight measure of Divine Grace. Nobody knows how the Grace of God will descend or upon whom? God's mercy is always with us, if only we have eyes to see.

His mercy pours up on the world in a ceaseless stream (५५१०११ ५२२१६).

It is the Spirit of waywardness (२५२६०११) that keeps us away from its influence. Anyone that has the inclination to feel it, does easily perceive it manifested everywhere. God is ever anxious for us and if only we are anxious for Him, being sinless, get illumined with the light of His countenance (२५२२१).



Paramhansa Ramkrishna said:

"God is like a magnet and man a piece of iron, which is being constantly drawn towards the great magnet, but like mud that covers the iron, sins prevent man's adherence to the magnet, all that is therefore needed is to free the iron of its mud."

And this can be done only by repentance and prayer.

एतन्निश्चयेनैव हि भुङ्क्ते:

Whoever earnestly seeks for Him, to Him do His mercy and His attributes reveal themselves.

This requires little learning that self cannot be gained by a study of the Vedas, nor by intelligence, nor by vast learning.



He whom the self chooses,
by Him the self can be gained.
To him, the self manifests itself.

नाऽदुर्निष्ठा प्रवचनेन लभ्यते,

न वेद्यज्ञा न च बहुणा श्रुतेन ।

इमेवैष वृणुते तेन लभ्य-

स्वस्वैष आत्मा वृणुते तज्ज्ञेयम् ॥

- Kathopanishad, Valli 2, Sloka 23

man's capacity, however great,
is extremely limited.

God always offers Himself to
one that is truly devoted to Him.

No one can either by
exercise of his powers or
by steadfast worship and
austerities, win God.

The Lord offers Himself
only to those alone, who have
offered themselves to Him.



Contentment

Contentment is the best of all virtues. A contented mind is a continued feast. It is always peaceful & serene. Who is said to be contented man? He, who is not desirous of what he has not got, who is unaffected by what he has or has not, who is free from elation and dejection, is said to be a contented man.

Contentment is real and natural wealth, for it gives peace of mind. Contentment has his three friends: Satsang, Atma-vidya and Shanti.

There is no cooling tonic more efficacious than Santosh. It cools ever-increasing fire of greed. The human mind wants rest, but not any material objects.



Worldly people do not know where to find rest & how to get it, so they try from external objects.

They hopelessly fail to get this rest or peace from them at his life's each and every step.

Eternal rest is within,
but not without.

Those who come in contact with contented men, they are affected by their spiritual vibrations.

They are inspired or elevated.

In their sweet presence, all discordant vibrations disappear and people get new strength, fresh hope and wonderful joy.

What is Contentment?

In conclusion, Contentment means complete absence of thirst for things.



Detachment

By detachment, it means that one must not worry whether the desired result follows from your action or not, so long as your motive is pure, your means correct. It really means that things will come right in the end, if you take care of the means and leave the rest to Him.

Greater importance should be to the mental than the physical side. Physical fitness outwardly comes from strict adherence to regular habits in eating, drinking, sleeping patterns and observing nature-cure principles. But in a still greater measure, it is due to the practice of detachment of mind.



What you think, you become.

Thought is never complete unless it finds expression in action and action limits your thought.

It is only when there is a perfect accord between the two that there is full, natural life.

But what about the legacy of one's past life? It cannot be written off the balance sheet!

There is an answer for this.

If the past conduct does not warrant the full span of life, no matter however correct the present life may be, one can still counteract the effect of past mistakes by attaining complete detachment between the mind and the body.



Detachment enables

man to overcome the effects of past faulty practice as well as handicaps of heredity / environment. Normally speaking, every deviation from the rule of nature, whether ignorant or wilful, e.g. anger, ill temper, impatience, errors in conjugal life, exacts its toll. But there is this promise that if you have arrived at complete detachment, you can rub out all. 'Except you born again, you cannot have everlasting (peace) life'.

Conversely, 'everlasting life can you have, if you are born again'.

There is no hurdle placed before death.

you can turn over a new leaf and



begin life anew here and now, the past will not disturb its tenor, provided you have completely severed yourself from it and also its legacy by the axe of detachment.

Forgetting one's own health is the surest sign of best health.

Spirituality - Courage - strength
From a remembrance of Atma, the source of everything is born, also the real spiritual strength that we need so much today. In essence, we are immortal Atman.

Never to forget this.

The calm and quiet strength, to face the battle of life and the troubles of mundane existence, arises only out of the knowledge of true essential nature of soul.



A weak man cannot obtain Atman.

All should possess physical,
mental and spiritual strength.

It should be developed gradually.

He, who has a spiritual strength,
can bear any amount of
difficulties and troubles
with an unruffled state of mind.

Strength is needed at all times,
but especially during the period of
disturbance, confusion & agitation.

A physical culturist, who possesses
a strong body, weeps when is sick.

He has no mental strength.

All physical, mental, moral and
spiritual strengths are necessary.

Strength born of wisdom or
knowledge of the self is real.

No one is capable to kill it.



Even Alexander the great cannot
kill the strength of a Sanyasi,
who has realised his Atman as an
immortal, unborn & undecaying.
mere intelligence and knowledge
of books is not sufficient.

Endurance

He, who has the power of endurance,
who is balanced in pleasure and
pain is fit for immortality.

Titiksh (तितिक्षा - forbearance)

develops willpower.

It brings happiness herein and
hereafter. Power of endurance is a
virtue to be surely possessed by
a yogi, a Gyani or a Bhakta.

many hardships & privations
(असह्यता) have to be faced in
successful performance of yoga.



The contacts of matter,
giving cold & heat, pleasure & pain,
come and go - are impermanent.

Endure them bravely.

The man, whom these torment not,
balanced in pain and pleasure,
steadfast, he is fit for immortality.

The weak man emerges as a
strong and sublime from the
terrible trials and adversities.

They are blessings in disgust.

Golden advice to youth

Be calm, serene & poised always.

Never get excited or nervous.

Be composed and unruffled.

Never become impatient.

When you are calm, you can get
help and strength from within.
Divine energy will flow unto you.



When you are calm and tranquil,
only then you can hear
the still small inner voice.

The best of all virtues is
even-mindedness,
other virtues will follow / cling by.

Wherever you go,
you carry your own mind,
Vasanas, Samskars with you.

2101 - 24 is everywhere with you,
even in the caves of Himalayas.

Create your own environments
from within, then only you can be
happy under any circumstances.

Truth will dawn by itself
in the tranquil mind.

What is failure?

Failure is only the pillar of success.
Do not get discouraged by failure.



Do not become despondent (दुःखी)
on any account.

Be not afraid of public criticism.
The world abounds with गिहर्षित गिह.
They will continue to do so
from eternity to eternity.

Discipline your mind.

Keep a cool and balanced mind.

Are you soul, mind or body?

Even though you have read thousand
times that you are not body and
mind, you identify yourself with
them & lose the balance of mind,
when a trifling criticism is made.

So strong is your egotism.

People can criticise your body &
mind. you also dislike your body &
mind. Those who criticise your body
and mind, become your friends.



Rise above all the criticisms and petty remarks of people.

Do good to all those, who attempt to hurt you.

Do not ever be afraid of any kind of insult, abuse, disrespect, dishonour and harsh words from anyone. Wear them as ornaments on your body.

They are vain sounds.

They are vibrations in the air.

These are nothing.

Analyse these.

Do Vichar.

They'll dwindle into airy nothing.

You are immortal Atma, where there is no sound - शब्दहीन.

Nothing can affect you.

You are invulnerable.



In short, the Endurance means
the capacity to bear heat & cold
and to remain unaffected by
pleasure and pain etc. i.e. not
to be influenced by the swing of
the pendulum of experiences
from one extreme to another.

Industry

most people, who are ruined, are
ruined by attempting too much.
Therefore in setting out on the
immense enterprise of living
fully and comfortably within
the narrow limits of 24 hours a
day, let us avoid at any cost
the risk of an early failure.

I will not agree that
to anyone, a glorious failure is
better than a petty success.



A glorious failure leads to nothing.

A petty success may lead to a success that is not petty.

A warning against one's own ardour (Bṛāh̥ṣ̥p̥i) is also necessary.

Ardour in well-doing is a misleading and treacherous thing.

It cries out loudly for employment, it wants more & more, it is eager to move mountains, and divert the course of rivers. It is not content till it perspires, then too often when it feels the perspiration on its brow, it wearies all of a sudden and dies without even putting its self to the trouble of saying "I have had enough of this".

Beware of undertaking too much at the start.



Be content with quite a little.

Allow for accidents.

Allow for human nature especially your own of failure or so in itself would not matter.

If it did not incur a loss of self-esteem & of self confidence.

But just as nothing
succeeds like success,

so nothing fails like failure.

you practice physical exercise for mere 10 minutes in morning and evening, yet you are not astonished when your physical health and strength are beneficially affected every hour of the day and your whole physical outlook is changed. Why should you be astonished that an average of over an hour a day,



given to the mind should permanently & completely enliven the whole activity of the mind?

more time might assuredly be given for the cultivation of one's self. And in proportion as the time was longer, results would be greater. But I prefer to begin with what looks like the trifling (शून्य) effort. Slow and steady wins the race.

Love for God

The emotion, which thoroughly smooths the heart, is full of a feeling of one's own and is highly intense, is called Love by the wise. Wise men like Bhishma, Prahlad, Uddhava & Narad have defined Love to be that feeling of 'my own', which is full of attachment towards God,



to the exclusion of anything else.
It is the supreme attachment to God,
a deep feeling towards Him.
When attachment deepens into love,
it passes through successive stages.

The tender emotion of the heart is first intensified into a warm affection and then into glowing love, lastly into a flaming passion (श्रद्धा) for Him.

Love is of 5 kinds:

quietude, servitude, friendship,
paternity and conjugality.

who is really sweeter than the sweetest and lovelier than the loveliest? who is so fortunate as the man that has turned gold, as it were, by contact with the touchstone of devotion?



The dust of his feet will bless us.
God Himself is slave of His devotee.

God always thinks that:

How can I forsake those that have
sought my protection leaving wives,
children, relatives, houses, riches
and all that is dear on earth &
who for my sake do not care for
life and even for the next world?

Those pious men, who look upon
all with an equal eye and
who set their heart upon me,
overpower me altogether.

Delighting my service,
they do not desire even
emancipation (मुक्ति) of the 4 kinds
namely: १।मोक्ष, २।ईश्वर, ३।शक्ति and ४।ज्ञान
not to speak of
ephemeral (प्राणिक) objects.



The sadhus are my heart,
as I am theirs.

They know nothing, but myself,
neither do I know
anything else, but them.

He that bears this relationship
with Him, who has fastened Him to
the door of his heart with the cord
of love - who is nobler, happier &
more blessed than he!

His manes (१५७) rejoice,
the gods dance with joy and the
earth finds a stay in him (२१०१६१२३).
Come, then, let us proclaim to the
world the glory of this unification
of the २१०३ with २३१११०.

Victory - victory to the name of
god & His devotee, which blesseth
the world, blesseth the world forever.



Silence

Quakers - the members of religious society of friends, a christian sect, founded by George Fox in 1650,

They believe that:

"In corporate silent waiting, God does speak to us and we can understand His will in the common walks of life."

"The thinking busy soul excludes the voice of God."

"Be still, cool from thine own self."

Further said George Fox:

"The silence of a religious and spiritual worship is not a drowsy unthinking state of mind, but a withdrawing of it from all visible objects and vain imaginings."



"Emptying of the mind of all conscious processes of thought and filling it with the spirit of God unmanifest brings one ineffable (अनादि) peace and attunes the soul with the Infinite."

Gandhiji says:

"I agree, that if a man could practice the presence of God all the 24 hours, there would be no need for a separate time for prayer."

But most find that impossible.

There are two great forces in the whole universe:

silence and speech.

Silence prepares, speech creates.

Silence acts, while speech gives the impulse to action.

Silence compels, speech persuades.



There are two kinds of stillness:
The helpless stillness of inertia
and stillness of assured sovereignty,
which commands harmony of life.

Its the sovereign stillness,
which is the calmness of yogin.

The more complete the calm,
the mightier is the yogic power,
the greater the force in action.
In this calm, the right knowledge
comes, which becomes the infallible
or अक्षय source of right action.

To be capable of silence or
stillness, illuminated passivity
or अविद्यया or अविद्यया अविद्यया अविद्यया अविद्यया
is to be fit for immortality.

Infinite is the strength of
stillness and the silence, in which
great forces prepare for action.



Sympathy - a divine quality
you will get more strength, more joy,
more Satisfaction by doing kind acts.
your heartbeats will rest even
when you are about to face death
and you will be loved by all.

All compassionate - charitable and
merciful acts turn the heartlotus
upwards and prepare the aspirant
for the reception of Divine Light.

A sympathetic man places
himself in the position of the
other man, who is in difficulty or
miserable state. He evinces true
sympathy and tries to alleviate
his sufferings. Sympathy is a
divine quality. Sympathetic feels
actually the suffering himself when
he sees anyone in a bad plight.



This virtue should be developed
to its maximum degree.

He, who has renounced selfishness
& is endowed with courage, patience,
mercy and Cosmic love, is alone
fit for attaining immortality or
self-realisation.

Compassion means the melting of
the heart at the sight of suffering
of creature. It is also a spirit of
service to be actively engaged
in doing good to all creatures.
It means constantly striving to
the best of one's ability through
mind, speech, body and
in a disinterested spirit
to contribute to the happiness of
all creatures according to
their respective needs.



Ahimsa

This wonderful quality of heart transmits a man into divinity. He, who is established in Ahimsa, is like God himself.

The power of Ahimsa is far greater than that of intellect. It is easy to develop the mind, but is difficult to culture the heart.

Why to practice Ahimsa?

Ahimsa is a supreme love.

It is soul-force.

The force of Ahimsa is infinitely more and subtler than that of electricity or magnetism. There's no power greater than Love or Ahimsa. Practice of Ahimsa is the same as the practice of divine life.

Hate melts when Love is present.



It should be practised by all people of all climes and countries. He who practises it with real faith, can move the whole world, tame the wild animals, win the hearts of all and subdue his enemies.

Ahimsa is great Universal vow.
Non-injuring is the highest religion.
Neither was there nor will there be a higher gift than the gift of life.
The law of Ahimsa is as much exact and precise as the law of gravitation. You must know the way to apply it intelligently with scientific accuracy.
If you are able to apply it with exactitude and precision, you can work wonders.



you can command
the elements and nature also.

For practising non-violence,
one should practice self control
to a maximum degree.

He must keep a calm mind even
under the greatest provocation.

He must keep all of his
impulses under perfect control.
Its not a mere mechanical practice,
but a wonderful quality of heart.

It should be practised in
thoughts, words and also deeds.

A Universal law

Ill-feeling ceases only by love.

In thinking evil of others,

we injure ourselves.

In loving all others,

we love our own selves.



understand the grand law & its working. The law is very subtle. Action and reaction are equal and opposite. Never hurt any one in thoughts, words & deeds. Its easy to remain without hurting others,

but it is very difficult to remain not to be hurt by others. one harsh word breaks friendship of people, who were united in love for a period of 50/60 years. If you want to practice Ahimsa, you should put up with insults, rebukes, criticisms and assaults. Pray for the people, who curse you. Ahimsa is kind to just and unjust. 'Ahimsa' means refraining from injury to anyone and harmlessness in the conduct.



The virtue of mercy, non-violence, love and truth in any one can be truly tested only when they are pitted against ruthlessness, violence, hate and untruth.

The great Sage Patanjali laid down 8 remedies to concentrate mind:

- (1) Let there be constant application of the mind to a selected principle.
- (2) To bring cheerfulness of the mind: practice friendliness for the happy, show mercy for those in distress, complacence for the virtuous and a feeling of indifference for wicked.
- (3) Expulsion of air from the lungs or retention of breath for a time.
- (4) Cognition or ~~work~~ resulting from sensuous objects may be the cause of steadiness of the mind.



- (5) The mind becomes steady,
when it is totally griefless or
full of refulgence (निरःशयिणी, एभिन्), or
(6) When all longing for sensuous
objects has disappeared from it.
(7) Recollection or consciousness of
a sleep or a dream is favorable
to steadiness of the mind or
(8) meditation as one's own fancy.

This concentration of mind is
really indispensable to
all modes of divine worship.
Success is impossible without it.

A wandering mind is
the greatest hindrance.

It prevents self examination by
diverting our thought process.
A wandering Imagination proves a
great obstacle to spiritual progress.



Thought of what is gratifying will help concentration.

Fix your thought upon the lovely moon outside or on the plexus of nerves within the body.

one always likes to think of something that is dear to the heart.

Constant meditation upon some object of your choice will surely help concentrate. But beware of objects of voluptuous (P.G. 21) attraction, for they only distract and do not steady the mind.

one interesting example constant reflection upon his favourite buffalo had given him a perfect training in habits of concentration, who soon became an eminent Vedic scholar.



Trataka (गर्जक) or steadily fixing the eye upon something is also one of the principal means of acquiring concentration.

Evil company $\frac{1}{5}$ good company
good company is as helpful as
bad company an obstacle.

A blind man can lead his blind companion only into darkness. Evil company proves the ruin of all virtues like Truth, purity, kindness, silence, intelligence, delicacy, prosperity, forgiveness, fame, peacefulness, self control, dignity, majesty, distinction, excellence, beauty and Loveliness. Never live in the company of those that have not been able to control their passions.



Never live in the company of those that are infatuated, of those that consider the body as essential thing. Better live in a cage of flames than in the detestable (६१॥१२५११)

company of those that are averse (१२२६) to think of God.

How does Devotion grow?

It grows in the company of devotees. Like the Sun by his rays destroys the darkness of the outside world or Pious men by their Holy sayings completely destroy darkness of mind.

In the company of Pious sages, there go on conversations on many innumerable and different topics - all relating to God Powers, which is always pleasing to our heart and ears.



By listening to it, one gradually acquires first an inclination, then a liking and thereafter a strong attachment towards salvation, liberty or perfection.

How the sadhus are to be known?

Sages are regardless of everything. Their hearts are fixed upon God.

They are lowly in spirit.

They are impartial to all, have no feeling of egoism and make no distinction between pleasure and pain are sadhus.

Where to get such ideal souls?

Very rare, no doubt.

But if you will diligently look for them, you will find some at least, who have specially developed these qualities in their lives.



Even if you will not always get ideal one, you will get some who have partially realised in their lives some of the virtues mentioned.

The company of these also will advance you a good deal in the march for spiritual progress.

Whoever speaks of God
with a sincere heart,
we should trust the words of his.

His pious company is sure to
impart its hue to our character.
Where sadhus are not available, friends should get assembled and hold discussions on divine topics, which is as good as God company.

What is Satsang?

'Satsang' means an association with saints and Holy beings.



Navagam, 25-7-1965

Divine Order is not limited to time.

Haste makes waste.

He that believes shall not be in haste.

True belief translates our faith
into the reality of God's good.

Abstain from evil,
persevere in the good.

All you need is to turn within.
To repent means to change our mind,
our outlook & consequently our life.

Repent, for we know that
we shall soon die.

Fear and honour God.

God is available to all,
who can acknowledge that God is.
Instead of praying God, let us be
silent within ourselves that
we can hear the still small voice.



What is gratitude?

gratitude is an enriching attitude,
a source of countless blessings.

God is ever refuge and strength,
a very present help in need or trouble.
If enough prayers of thankfulness
were given, there would never be
an occasion for a prayer of need.

and = gratitude and
an attitude of thankfulness or
an attitude of helplessness
before human beings and
helpfulness before the divine being.

Today I pray that...

let God only be my refuge
at every moment in my life and
it gives me every moment
a recognition of His omnipresence
and omnipotence and omniscience.



I need to understand that:

Life is to be lived not by might
nor by power, but by my Spirit.
Truth and God cannot be used.

Spiritual power is a state of
consciousness in which there are not
two forces combating one - another.

We have to overcome the belief
that there is good or evil
in any effect or form.

God power is the creative,
maintaining and sustaining power of
good, a power which cannot be used.

It can use us,

but it cannot be used by us.

There is neither good nor evil
in person, place or thing.

Praise and bless him.

Of myself, I am nothing.



Sadhaka = Seeker.

god is and only god is.

There cannot be bad & good conditions.

There can only be god.

Real god can be experienced,
but can never be known with the
mind and can never be used.

Reading with the mind

is not the same as reaching to god.

Temporal (ঐচ্ছিক) power is not power,
when it is brought into contact with
the spirit of god or ঐশ্বরীক যত্ন।

A statement of Truth is not god.

It is a reminder that sends us back
inside for further impartations (ঐচ্ছিক).

go within and sin no more.

Religion has to be a recognition of an
indwelling & undefinable Presence
and then the ability to let it loose.



'ननु' मम शक्ति...

I can of mine ownself do nothing.

What a book to a literate person,
a picture is to an illiterate.

It brings him understanding.

We ask the Saints to pray and we
pray for those, who are not yet Saints.
Intellectual acceptance is not protection.

State of desirelessness is
a state of contentedness with being.

Where the Spirit of the Lord is,
there is liberty.

What does dharma represent?

dharma does not represent only
the mean mentality and inhuman
activities of religious (so called) sects.

dharma is the active creator,
maintainer and also the
sustainer of the whole universe.



Prescribed course of action is dharma.

ब्रह्म is dharma, the ultimate cause.

धर्म रक्षति रक्षितः । अर्थात् :

Dharma saves those, who save it.

It alone is the source of happiness.

It is a systematic spiritual science.

Three necessary things:

aim, means and proper effort.

Yoga is the means and ब्रह्म the end.

Dharma a Truth, which upholds the whole universe and also the process by which one can attain that Truth.

'दर्शन' means observation.

Dharma is means and दर्शन is end.

The mind is qualified with 2 kinds of habits: exhibitiv and inhibitive.

Word = शब्द = Verbal (वैश्वि).
शब्द = शब्द = Verbal (वैश्वि).

Idea = विचार = Inferential (अनुमानित).

Object = अर्थ = Perception (दृश्य).
वस्तु = अर्थ = Perception (दृश्य).



There is nothing at all to fear,
because we are living by God's Grace.

The Truth that there is
neither good nor evil in any form
is the secret of no power: it is the
secret of life for which people have
sought through out the ages.

o

मिथ्याशिवमोक्ष विधि शिखी

(१) शिखी - Science of pronunciation.

(२) शिखी - Prosody.

(३) शिखी - Philological explanation.

(४) शिखी - Ceremonial teaching.

(५) शिखी - Grammar.

(६) शिखी - Astrology.

(७) शिखी - Astronomy.

शिखी - Characteristics.

शिखी - Change into symptoms.

शिखी - Change into conditions.



What is mind?

Mind is an instrument,
for something higher than itself and
that something is the one's self.

When we come to the point, where
the mind is governed by the self,
we will be embraced in a peace that
passes understanding. When the mind is
open to receive the divine impulse,
harmonious & perfect form flows from it.
The mind cannot be controlled by man,
but only by Divine.

Our mind is a perfect instrument for
the soul & this it becomes as we fill
our mind with spiritual truth & Grace.

Mind is an instrument of God.
It's an instrument created by God.
So God, soul, spirit alone is cause
and both mind and body are effects.



The external appearance of anything or anyone is always mind formed.

As we sow mentally,
so shall we reap materially.
mind when functioned by soul / God,
appears as a harmonious universe.

It is not what we become aware of that is important, but how the mind interprets that of which we are aware.

god, I have no judgement.

I await your judgement.

And in such humility,
spiritual vision illumines the scene.

The healing agency lies in our realization that mind is not a power: mind is an avenue of awareness. until we rise above mind, we can't rise above the pairs of opposite.



Atman or Spirit is full of
wholeness and completeness.

man does not live by breath alone,
he lives by the word of God.

The whole mortal creation is made up
of the belief in good and evil.

God is maintaining His
spiritual universe eternally.

man is not flesh, but consciousness,
possessing only spiritual qualities.

There is a creative principle,
which produces its own image/likeness
and is also the sustaining principle
of life and therefore its creation must
necessarily be of its own
essence, life, love, Spirit and soul.

This is the true nature of us all.

How can I be finite or limited,
if an infinite element is within me?



How can a finite - limited being
have an infinite God within him?
Therefore, I must be as spiritual as
the God that created me.

Is there a thing such as time?
Nothing occupies time or space,
but our mental images and
the reason they do.

It is because we accept a yesterday,
a today and a tomorrow.

The minute we rise above the
mental realm of life, we perceive
that there is no such thing as time.

Whatever is your name & nature, if
you exist in time and space, you
are a mental image, a nothingness.

If we get detached from thoughts,
we are then no longer
in the realm of mind.



We are then reaching, touching or being touched by our own soul, which is God and we are in an atmosphere, where when God speaks, we can hear Him.

When God utters His voice, the earth melts and all problems dissolve.

... Then the journey begins from the unreal to the real... and from the Law to Grace.

What is an Infinite form?

The substance of the visible universe is unconditioned mind, which is the instrument of pure, immortal Being, essence, substance and reality and its total formations are all unconditioned, because they are mind itself, but appearing as an infinite form.



When the practitioner of yoga has attained a sufficient stillness for the mind to be a pure transparency for God, the condition of the body changes.

What is meant by Child of God?

We stand still in divine being,
not in human being,
who needs many things,
healed, supplied, improved:
Not so the Child of God.

The Child of God is
sustained by the God within.

As long as we resist evil,
we are not living under Grace,
but under the law.

There is no way for Grace to descend upon us, if we are indulging the human way of life.



Grace of Thirthankars

Grace is not a god of rewards and punishments, but god of Love. With what measure you mete (share), it shall be measured to you again, not by god - but by Law.

The deed itself carries with its own reward and its own punishment.

The whole Kingdom of God is established within us.

Spiritual principle is god, infinite, eternal, universal, omnipresent, omnipotent, omniscient.

Love your enemies,
bless them that curse you.

Anything that glorifies ourselves or attempts to make the world believe that we are something of ourselves tends to separate us from the love of god.



Spirit is never working for us.
It is working in and through us as we
yield and surrender ourselves, even
our thoughts, so that God can take over.

We are never the doer or an actor.

We are always the vacuum
through which Spirit flows.

In spiritual living, there is no room
to be absorbed in oneself or egotism
or the exercise of personal power.

God can find an entrance to
the world only through consciousness.

Never judge others.

There is no sin anyone could
commit for which we would hold him
in condemnation, criticism or
judgement knowing full well that
the state of consciousness that did it was
not really his, but imposed one.



By imposed, we mean consciousness under the sway of world beliefs and subject to the universal ignorance, which characterizes human beings.

Pray that: God! Please forgive him for his offences and open his eyes, so that he may see his faults.

Is there a place in this world, where physical might and mental thoughts are not power and safety - security - peace are assured?

Answer is : No.

One thing alone then concerns us. The ability to be still and let God manifest and express himself as the still small voice within us.

There is only one enemy - the universal belief that material and mental force can control this world.



But are material powers and
mental powers power? or is the
still small voice the only power?
That still small voice is mightier
than all and if we can become so
silent that that voice can utter itself
- even if only as a deep breath or
a sense of peace or warmth, this earth
will be filled with the voice of God and
the belief in two powers will be silenced.
We do not use spiritual force, but our
stillness permits that force to use us.
Ours is a refraining from power in
a silence, which thunders:

'I am God, therefore you be
still and rest, for I will be with you
unto the end of the world. you rest
and be silent.' We rest from all the
powers and God works the miracle.



The degree of sainthood expressed by an individual is wholly dependant upon the degree of conscious realisation of oneness with the God. The capacity for sin in an individual is dependant upon the degree of his sense of seperation from God.

This sense of seperation is all there is to humanhood.

We cannot be seperated from God, but we can entertain a sense of seperation from God.

The moment that sense of seperation begins to disappear, divine sonship is revealed.

Aurobindo says:

Strive rightly and you shall have Trust and you shall in the end, be justified.



Purpose of meditation

meditation is most easily practised when we are not conscious of the body.

The Grace is an activity of God within us.

Grace can only be attained by a state of inner silence, a state of inner awareness and receptivity:

therefore, it is very necessary for us to prepare ourselves for the experience of receiving that grace.

This is the whole purpose of meditation.

Spiritual healing is the touch of the Spirit of God in our soul.

Instead of literal meaning, we must try to find out spiritual sense of the higher souls.

I am dying daily to my humanness.

I am being reborn of the Spirit.



Relationship of oneness

Nothing we can know with the mind is absolute Truth. God is infinite, invisible, creative principle and the relation with Him is of oneness. God cannot be known with the human mind, but if we listen and are still, in that stillness, God reveals itself.

The presence of God is within our consciousness.

If I am here, God is also here.

All that the God has is mine.

God's Law is a law of immortality, eternality and perfection. It is self-maintained and also self-sustained.

I am God myself.

I can of mine own self do nothing.

I, the son,

am but the instrument for I, the God.



In denying the personal sense of self,
we glorify the self,
which we really are — the God-self.
The God-self is our True Being and
the measure of our selfhood is infinity.

The acknowledgment of
Divine Grace is meditation.

It is a recognition of the nature of
God and of our relationship to God.

The relationship is oneness.

We are the children of God.

We have coexistence with God.

What is the highest learning?

'and' means sameness and oneness
in all the three respects:

Viz. quality, species and entity.

This teaching of oneness is probably
the highest spiritual teaching
ever given to the world.



ಶಿವಾಧಿಗೋ ಪೀಠ ಶ್ಲೋಕ ೧೨೩:

ಚಿಂತನ, ಮಾತೃ, ಸಂವಾದಿ ಸಂನೇ ಲ್ಲೋಕ.

The habit of continuously thinking & talking must be transformed into the habit of continuously listening.

Let us be the beholders of God, appearing as our health, our wealth, our strength and our whole life.

The saviour is the Spirit of the Lord, not a man or woman and the Spirit of the Lord must be realised by you and by me individually.

Only those with a deep spiritual hunger can be lifted by a spiritual teacher into the God-experience.

The activity of the God, with no human intervention, flows into whatever human consciousness is opening itself to God's grace.



Few Steps for meditation:

First attention, then interest, then desire, will, imagination, visualisation, identification & absorption.

The negative thoughts are entrenched in our consciousness for countless ages. Just as the life is hard & filled with disappointments, but they are false and formed by the law of habit.

How to succeed?

We should build up in consciousness a picture of peace, harmony, beauty and someday it will push itself into the visibility of our dreams.

How can we always win?

We are more than equal to every situation. Infinite intelligence knows no defeat. Opportunities would come to us from unexpected quarters.



'Destiny' means...

the place that we are destined to fill.

The first start towards success is
to be glad you are yourself.

Then you can expand rapidly into
the Divine Plan of your life,
where you fulfil your destiny.

The Power of the Divine Plan

Be sure that the Divine Plan
of your life will surely
give you perfect satisfaction. The goal is
the Divine Plan of our life, where
all conditions are permanently perfect.
God is love but God is law also.

What is Intuition?

Intuition is a spiritual faculty,
the superconscious and
never explains itself and
concentration means loving absorption.



our faith and god power

Intuition always looks after
all of our interests.

man by himself, is indeed
a victim of circumstances,
but linked with god-power,
all things are possible.

By our word, we contact god-power.

This god power is within us,
our superconscious mind.

'god has weapon we know not of.'
Active faith impresses the sub-conscious
mind and unless we impress it,
there are no results.

Who are serpents & scorpions within?

our only enemies are within ourself.

They are hurt and resentment.

They are indeed serpents & scorpions.
many lives are wrecked by them.



Trusting in God gives us irresistible
power, for this supreme intelligence
only, knows the way of fulfilment.
Knowledge of the Truth is to know
that God is the only power,
one power, one presence, one plan.
The only person to change is yourself.
As we change, all the conditions and
people around us will change.
The Word links us with omnipotence.

Faith and Fear

Faith means all power is given to
me to bring my Heaven upon earth.
Fear is inverted faith, faith in evil.
Be sure that God appreciates me,
therefore people appreciate me.
Be sure that nothing can interfere
with my divinely designed success.
God is the giver, man the receiver.



We are indeed living magic lives -
guided, protected and provided for.
Resist not evil, overcome it with good.

Everyday is a new day for us.

What do we attract?

Owing to the vibratory power of words,
what we voice,
we begin to attract.

People who continually speak of
disease, invariably attract disease.

Life and death are in the
power of the tongue.

How far are the science and religion?

Science and religion are now coming
together. Science is discovering the power
within the atom. metaphysics teaches
the power within thoughts and words.
A word is spoken and a chemical
change takes place in the body.



The human mind is helpless to cope with the negative thoughts. The victory is won by the God within - the superconscious mind.

It is said that...

It takes two to make a dream come true. When two of us agree, it shall be done. As we believe in ourself & the God-power within, fear and anxiety drop away & we establish the vibration of assurance. Intuition is ability to understand without any conscious reasoning. This is true of an intuitive person.

It often takes great courage to follow intuition.

'To live intuitively is to live fourth dimensionally.'

- says Claude Bragdon.



In nothing be anxious.

In everything that we intend to do,
by prayer and thanksgiving, let our
requests be made known to God.

The awakened man knows only
one power, God & one condition, good.
Give thanks for the dawn of a new day.

What is Prayer similar to?

Every machine must be greased and
oiled to be kept in working order.

Active faith and expectancy
keep the machine of asking and
receiving in perfect order.

The following are some of the
lubricants which keep it working:

When you pray, believe you have it.

Prayer is telephoning to God and
intuition is God telephoning to you.

Believe in yourself.



Whosoever calleth on the name of
(God), the Lord shall be delivered.
A word to the wise will suffice.

The battle is not ours, but God's.

While doing Prayers,

Every negative thought is an enemy.

With divine enthusiasm,

I bless what I have and look with
the wonder at their increase.

ज्ञान ज्ञाने सर्वज्ञ - ज्ञे सर्वज्ञाने सर्वज्ञ

What is known to one,

is knowable to all.

Knowledge gives confidence and
confidence gives faith.

Ignorance gives doubt and
doubt smother's faith.

Time, space, matter and soul with
the principles of rest and motion -
are the six substances, reals.



'Sheepfold' refers to...

my emotions, passions, lust, anger, miserliness, desire, pride, jealousy, my mind, self, intellect and the entire flock of their Kith and Kin, formed by fusion in various shades.

What is the ultimate goal of life?

Imp It is the union with God.

There is no God out here in space. The God there is, is hidden within us waiting for each one of us to discover for himself. We do not have to go to any place in time or space.

What is spiritual journey?

The spiritual journey, the greatest of all adventures, is not made in time or space.

It is a journey in consciousness and no one can make this journey for us.



We are entitled to live
in the full freedom of the Spirit
not as prisoners of the mind and body.
Freedom is not a condition of mind or
body, it is a condition of the soul.

Spiritual lessons

Spiritual teaching must enter
the heart: it must be in the soul:
it must be felt rather than
reasoned or thought:
it must be intuitively understood.

I am what I am and
I cannot be other than I am.

That which created itself as this
form perpetuates it unto eternity.

There is an invisible cause or
source of all that appears.

We all are God,
expressed as individual beings.



The search for Truth has always and ever been a search for a way to return to God - consciousness.

Namkar maha mantra is the literal symbol of spiritual splendour.

ਨਮਕਾਰ: ਸ੍ਰੀ ਨਾਮਕਾਰਿ ਨਾਮਿਨਿ ਤੇ ਨੌ ਪੰਚ ਪਰਮਭੋਗਿ
ਸਾਇਕਾਨਿਕਤਿ ਸਾਮਭਿਜੰ ਸਿਠੈਨ੍ਦ੍ਰਿ ਪ੍ਰਾਨਯ ਚੇ.

There is special relation between different colours and sounds.

Divine light = ਫਿਦ੍ਰਿ ਪ੍ਰਸਾਦਿ.

The great sound = ਪ੍ਰਭਾਕ ਚੁਕਿ.

ਨਾਮਕਾਰਿਨੋ ਅਠਪਾਠਾਯ ਖਯੰ ਗਿਠੇ ਚੁਕਿ ?

ਖੰਡਿ ਤ੍ਰਿਯੁਫ ਪ੍ਰਏਕੀਠਿ, ਕੁਰਨ ਏਰਿ ਸਿ ਪੋਕਿ;
ਖਮਰਗਿਠਿ ਚੋਕਿਠਿ ਚੁਕਿ, ਅਠਪਾ ਅਠਾਠੁ ਚੁਕਿ.



Sunshine and shadow - both are important to ripen the fruit.

Seperation is sunshine and association is shadow.



50 Golden thoughts

(1) There are four methods for ॐ :

(a) mula mantra with Bij mantras.

(b) Bindu (c) Nada-kala

(d) Twenty upacharas.

colour and figure are in general.

(2) As regards the goal, all are one.

As regards the methods, all differ.

The true & correct method is very rare.

Without practising it,

it is impossible to reach the goal.

(3) There are evil forces within and

without, who always come in

disguise and obstruct.

No obstructions come in wrong method.

Obstructions always come with the right.

(4) manas, chitta, Ahankar and

Buddhi, all the four should work

at the time of recitation.



(5) man is a bundle of weaknesses. To come in contact with an attitude of mynness with any of them, is to wear a burden of his weaknesses, obstructing the practice of one's own self-development.

(6) Development of the spirit is a kind of gymnasium of the vital and mental and intellectual and wisdom being. Outward things are nothing but a waste of time and energy and a false pretension of self-development.

(7) Self-mastery and peace of mind are the two important factors of sadhana and they two can only be achieved by the right method, at the real centres, which are doors to reach the highest.

(8) Talking means more breathing.



There is a standard rule:

The greater the concentration,
lower is the breathing.

When concentration is perfect,
breathing stops.

(9) Real soul is in the Anahata,
but can be reached or
realised only after the completion of
the control of all other centres.

(10) At present, we are on the physical.
To rise from it to the Vital to
mental and from that to Buddhi
and vijnan and then to Anand,
is the only way to realise
the self of the heart,
who is seated at the nearest spot.

This is a very difficult task:

Perseverance alone can attain
the pre-decided goal.



- (11) Everything is useful in its own place. Dirt is also nothing but a matter in the wrong place.
- (12) Happiness is the goal of all and the happiness of all is the goal of the good.
- (13) Development of the Spirit means the development of all the five bodies proportionately. It is necessary even for the development of moral and ethical.
- (14) Kingdom of God or Heaven is on the earth, in human body and human birth.
- (15) Every mantra prescribed by the scriptures is complete and correct, but not sufficient & adequate. Only mahamantra is complete, correct, adequate and sufficient.



'Adequate' means elastic and
'Sufficient' means full in time.

(16) Let the centre recite the mantra,
we should feel listening them.

Touch, sight and hearing -
all these at a time is necessary.

(17) All other mantras are meant to
make an approach to pranava - ॐ, the
great sound, called 'ॐ'.

(18) Like length, breadth & height in a
substance, there must be correctness,
completeness and sufficiency in
sadhana together with time & space.

(19) Learning without thinking
is useless and thinking without
learning is dangerous.

(20) Internal at certain centres is
imparted to only initiates.
Essentials of sadhana are the



mantras to be recited in the
centres of sushumna,
triple alliance of mula mantras,
Bij and Artha together with Varna.
These should be done to
push the mula mantra
deeper and deeper in the spirit.

(21) Systemetic and persistent meditation
leads first to the knowledge,
then to the assimilation and
finally to the realisation of the
fact that God made man after His
own image, that we are God,
that we are one.

(22) Fear is a faith in evil and
courage is a faith in good.
God is our good and good is our God.
We are one with the God,
therefore, we are one with the good.



Not to fear but to take courage
is the motto of spiritual life.

(23) If we learn to balance our
pleasures and pains,
the later greatly exceed the former.

(24) When the student is ready, the
teacher appears and awaits to hear:
'Reveal Truth to me.'

(25) Deny nothing, affirm all.

(26) The Light is within us all:
Let the Light shine.

(27) To love universally is true humility.

(28) There is no death.

(29) The mind is the slayer of the real.

(30) Egoism is the identification of the
seer with the instrument of seeing.

(31) There is no poverty as Ignorance.

(32) man stands in his own shadow
and wonders: 'Why is it dark?'



- (33) There is nothing Infinite
apart from the finite things.
- (34) In every aspiration dwells the
certainty of its own fulfillment.
- (35) Just Be. Become what you are.
- (36) If any man be unhappy,
let him know that
it is by the reason of himself alone.
- (37) By concentrating the thoughts
and the desires, one can fly.
- (38) Aim at extreme disinterestedness
and maintain at all times
the utmost possible calm.
- (39) To girdle the earth needs but to
place one foot before the other -
but surely unceasingly.
- (40) There is nothing as sacrifice,
there is only opportunity to serve.
- (41) Desire only that which is within.



- (42) Compassion is eternal harmony.
- (43) Life is a bridge: pass over it, but
build no house on it.
- (44) There is no such thing as adversity.
- (45) The truly happy are those, who bring
their desires into line with their duty.
- (46) Love is the fulfilling of the Law.
- (47) There is nothing good or ill,
but thinking makes it so.
- (48) Ego is worse poison to man's souls,
doing more murders in this loath-
some world, than any mortal drug.
- (49) Contentment is a pearl of
great price and whoever procures it at
the expense of ten thousand desires,
makes a wise and happy purchase.
- (50) Into the emptiness inside,
the Spirit of God flows and
spiritual fruitage appears.



Self - Surrender

Human mind wants a golden calf today, because human nature does not like to surrender its golden calves & the biggest golden calf it has is self - self indulgence, self, self, self.

The human mind wants anything but self-surrender.

If we are faithful, we will be purified.

'I accept the universe'

This is a positive attitude of the world as a whole.

સ્તંભેષુ દૈષ્ટિ એ છે કે:

જ્યારણે નજીર નહીં પહેલું નજીર નહીં પ્રેમજી રચના+રંગ.

જ્યારણું આ પવિત્ર સ્તંભેષુ છે.

જ્યારણા શાંત રચના+રંગ

આ પરાઈની મનોદશા પરમ કલ્પલોકનજીર છે.

આવા જ્યારણેષ્ટિ એ જ સ્તંભ સમાધિ છે.



ॐ यशोवन्तः । Inner happiness

It comes from कृति - तर्क - यत्ने - निश्चयः.

The transparency of the mind comes from the development of friendship, compassion, joy and neutrality regarding all the spheres of pleasure, pain, virtue and vice.

There, the yogi should cultivate the feeling of friendship towards all beings engaged in the enjoyment of pleasure, compassion towards the sufferers, joy towards the virtuous and neutrality towards the vicious.

Thus, the white characteristic comes to yogi, who is given to such culture.

Further, the mind becomes transparent - therefrom: transparent mind becomes one - pointed and hence mind attains the position of steadiness.



In time with the Infinite

The one loves merely himself.

The other loves all the world: but
in his larger love for all the world,
he finds himself included.

There is no better way to help one,
to help himself than to bring him
to a knowledge of himself. There is
no better way to bring one to a
knowledge of himself than to lead
to a knowledge of the powers that are
lying dormant within his own soul.
There is nothing that will enable him
to come more readily or more completely
into an awakened knowledge of the
powers that are lying dormant within
his own soul, than to bring him
into the conscious,

vital realization of his oneness with



the infinite life and power,
so that he may open himself to it
in order that it may work and
manifest through him.

The secret power and effects of love
Thoughts are forces.

Each creates of its kind.

Each comes back laden with the effect
that corresponds to itself and
of which it is the cause.

Love is positive and
stronger than hatred.

Hatred can always be conquered by love.

See for yourself:

meet hatred with hatred and
you degrade yourself.

meet hatred with love and
you elevate not only yourself, but
also the one who bears your hatred.



Put hatred into the world and
we make it a literal hell.

Put love into the world and
Heaven with all its beauties and
glories become reality.

Since God and man are one,
there is no way of loving God
without loving our neighbour and
the measure of that love is...

that it must be the same kind of
love wherewith we love ourselves.

In loving God supremely and
in acknowledging Him
as the Principle of our life,
the Source of our good,
the Law and substance of our being,
we are being unseised.

We are departing from the
materialistic plane of life, in which



self-preservation is the First Law of nature, a Law that is completely antagonistic to the Law of God and contrary to the spiritual life.

There is no other way of finding life eternal than by laying down our personal sense of life.

The world always violently opposes any manifestation of the nature.

The nature of mortality is such that it resists anything that would dethrone that personal sense of self.

Being humanly good and living under the Law of nature is wise and

necessary for all of us at a certain stage of our unfoldment, but for those, who have embarked on the spiritual path, it is vitally important to take a further step and that is



to embrace and consciously living the Law of nature until the point of self-surrender, that point of vacuum, where we make way for grace of God to establish the God's presence within us.

This is our path: this is our goal.

Wisdom is the knowledge of God.

It is the Truth that makes us free.

Our bodies are given to us to serve for far higher purposes than we ordinarily use them for.

God's boundless truth is open to all, open equally to all and it will make each one of its dwelling place in proportion he earnestly desires it and opens himself to it.

Enter into Thine inner chamber and shut the door.

Nothing is firmer & surer than Deity.



If you would find the highest, the fullest and the richest life, then do away with the sense of separateness of your life from the life of God. Hold to the thought of your oneness.

What is spiritual life?

It is a life of continuous dedication to that which is greater than we are.

Of my own self, I am nothing.

There is a Spirit within me
that does the work:

there is a presence, there is a power.

I am the beholder of this invisible
presence and power at work.

I watch how it goes before me and
witness the miracles it performs.

All power is invisible and
that which is appearing to us
as power is a mental image



in thought, a picture,
a mistaken concept of power.
There never has been a master, who
did not realize that he was not a
master, who did not realize that
he was servant, a servant to all,
who came seeking the Light,
who came unto Him heavy laden.
A man is never God,
but God becomes the man.
The spiritual life is not about...
the overcoming of evil, but
the recognition of the nature of evil:
evil is not ordained of God:
evil is no law of God to sustain it:
evil has no God-existence,
God-purpose, God-life, God-substance
or God-Law: it is temporal,
the arm of flesh or nothingness.



We know that nothing
in the realm of effect is power.
Visible and apparent cannot be power
and also cannot be of God.

The conflict is always like
a battle for the supermacy of the ego.
Each one wants to be something of
himself and that something
enters into conflict with
the something of the other self.

'nřz nřy' = I and the God are one.

All that the God has is mine.

'zř (řřřř) = All that I have is Thine.

He says: 'Son, you are ever with me.'

His grace, His presence, His joy,
His love, His allness is our sufficiency.

All that is, is in and of God.

To become = circle and circumference.

To be = Centre.



As the Sun shines: God loves.
Peace, security and joy are inherent
in God and for this reason
must be indigenous to us through
the realization of God as our own being.
In oneness - in conscious union,
God is our strength, is our supply,
is our peace, joy, power, dominion
and our every blessing. God operates
as love in our consciousness to
produce His own image and likeness.
God is the substance and strength.
If I look to my body for strength,
I find disease, weakness and death.
If I agree that God is my strength,
that the Word of God in the
midst of me is my strength,
my youth, my vitality,
my all in all, I find life eternal.



When I am empty of the Word of God,
I am empty of sustenance.

unless God is understood to be the
source of our supply,
there is no permanent supply.

We shall never again judge our
supply by how much do we possess,
but by how much of God we realize.

Turn within to gain
an awareness of His presence.
Our oneness with God constitutes
our oneness with one another.

amp The one infinite intelligence
acting through me,
communicates with the one
infinite intelligence acting through you.

The 'I' within us is multiplying
out of the unseen resources of Spirit,
not taking anything from anyone,



not dividing that which is already in
the world and not drawing upon
the visible resources of the earth.

Now supply is multiplied from within us.

When we have God,
we have the infinity of supply.

We are supplied according to
our state of consciousness.

As human beings, we are nothing,
as God beings, we are everything.

We begin to see that that which is
outward or tangible, is but
the effect of that which is invisible.

The way of the world is separation:
the way of the God is oneness.

Our love of God is made manifest
in our love for man. We are not

only one with God, but
we are one with the children of God.



When we recognise Him as our neighbour, we become members of the household of God,

saints in the spiritual Kingdom: there is a complete surrender of self into the infinite sea of Spirit.

The good of God flows to us through all who become part of our universe.

To those who live in communion with God, the promise is literally kept:

'All that I have is Thine.'

What we surrender, we have. What we hold in the grasp of possession, we lose.

If we maintain our relationship of oneness with God, consciously realized,

there will always be those in our experience who are instruments of God, sharing with us as we share with them, drawing on the same illimitable oneness.



Why to maintain union with God?

If we expect love from one another, we obstruct and limit its flow to us.

But if we maintain our conscious union with God, through a constant realisation that 'I and the God are one,' then we open the way for the activity of God to flow towards us, through anyone and everyone receptive & responsive to the God-impulse.

No one can approach the presence of God without first giving up his faith & trust in human dependencies. This dependence on human means - this is the sacrifice required of us one which is not offered in public, but which is delivered up in the sanctity and secrecy of our own being.



As these human concepts are
relinquished in a complete
dependence on God, they may be
present in ever-increasing
abundance and harmony.

God can be attained only by a
complete surrender of every desire,
except the desire
to bask in his love and Grace.

money is not the source of supply,
but supply is the source of money.

Supply is the substance of which
money is formed and the consciousness
of Truth, of our relationship to God.

Once this relationship,
this awareness of True identity,
becomes a reality and
an integral part of our consciousness,
never again will we suffer




the lack or limitation,
because this understanding is the
substance of our supply.

The concept that
healthy organs & functions constitute
health, must be sacrificed.

Health is the realization of
God as the source of all activities
and the substance of all forms,
of God as the law unto its creation.

Our self-completeness in 'God is'
and for this, we give thanksgiving,
praise, devotion, worship and adoration.

 God has more pleasure
in 'one sinner',
who comes to the realization of God
than in 99 people,
who just walk
the earth as 'good people'.



ମାର୍ଗର ଅନ୍ତ ଶୁଦ୍ଧି

- (1) Inner sacrifice: ଶୁଣି ଯୁକ୍ତ - ଶୁଣି ଯୁକ୍ତ.
- (2) Purification of self: ଅଗାଧ ନିଶି, ଅଗାଧ.
- (3) Contemplation of God's goodness:
ଅନନ୍ତ ଅଗାଧ ନିଶି, ନୈବେଦି ଯୁକ୍ତ.
- (4) Recognition of inner eternal light
ଅନନ୍ତ ଶୁଦ୍ଧି ଯୁକ୍ତ.
- (5) offering of thanksgiving and praise.
ଅନନ୍ତ ଶୁଦ୍ଧି ଯୁକ୍ତ.

The mental or spiritual darkness

If our meditation is gentle & serene,
bringing us all into a beautiful
realization of our God-being,
we shall behold the great mystery:
the mist disperses,
the curtain is withdrawn and
we find ourselves in
the presence of God, no more
mental or spiritual darkness prevails.



my prayer for today is...

Let me be in Thy Presence.

Thy Grace is sufficient for me.

Not health or wealth,

but Thy grace alone?

The sacrifice and purification of a human sense of values prepares us for entrance to the Holy Place (निर).

The gift of God is

omnipresent and infinite,

because it is of God,

the infinite substance of all life.

Right where we are now

in meditation is the omnipresence,

the allness of spiritual wisdom,

spiritual understanding / spiritual life.

Whether or not the manifestation of

this spiritual completeness is visible,

is also unimportant.



Whatever symbology is used, it is dead and fruitless until the inner meaning of the form is discerned. meditation is life and reality.

The act of sacrifice, purification and devotion must be performed by each and every aspirant

not only as a ceremonial, but as the dictate of the heart.

Today in our enlightenment, any spiritualised man or woman, who has an understanding of his or her true identity, can find the Way to the inner sanctuary.

Everyone who attains some measure of awareness of God is a True Devotee.



To know the author of a book makes the book more meaningful.
To know the composer of a piece of music makes music more enjoyable.
If we could only taste or touch one drop of God, creation would appear in all its wonder and glory.

What is the role of meditation?

meditation develops the insight which carries us from the object to its creative principle and then with this new insight, the world is revealed as it really is. The love, the artistry, the skill and the devotion of the artist can never be removed from the figure.

Let us be the beholders of God appearing as our health - wealth, our strength and our life.



Religion

Remember that we all have come to serve and not to be served and that we are called here to suffer and to labour and not to be idle or tell vain tales.

In religion, a man shall be proved as gold in a furnace and no man may stand long there in grace and virtue, but he will, with all his heart, meek himself for the love of God.

When can our reward be received?

The Universal energy judges all things after the intent of the doer and not after the greatness or worthiness of the deed.

After our purpose and after our intent, shall be our reward.



Go deep in inner life.

Don't forget that the surface is moved
by the inner strength and
not by external rites and rituals.

Speak very little.

Move little. Associate with few.

Keep silence perfect. This is spirituality.

means of spirituality

ଅଧ୍ୟାୟନ ଓ ଶ୍ରୀମତୀ ପୌଷ୍ଠ ସ୍ୱା ଚରଣ:

ପାଠନ, ନାମ, ଅଧ୍ୟାୟନ ଓ ଅଧ୍ୟାୟନ.

Spirituality is developed through
the reading of spiritual literature,
the hearing of spiritual wisdom,
the association with those on
the spiritual path and through
our own daily practice of meditation.

In quietness and confidence,
let us turn within ourselves
to let Truth reveal itself.



It is His understanding - not ours,
which is important.

Let us give up all this non-sense
about our not having enough of
understanding or about our having
such a great understanding.

We all for always must remember,
it is His understanding.

In meditation, change within our
inner system is noticeable.

The spine is erect, the chest is high,
the breathing becomes slower and
the thoughts race through the mind
less and less until they finally cease.

This is the right way of
constant, constant meditation,
a constant turning within,
so that the inner impulse-
physical and mental is kept fresh.



An hour or two of meditation,
with no purpose or desire of any kind,
brings the experience of God to us
in an ever-deepening measure.

Great is our Lord and of great power.

His understanding is Infinite.

God through His universal power

sends us the message that:

you must look unto me & be saved.

He further says to have illumined
walk without fear, by His grace.

Knock & ask for spiritual illumination,

for the gift of the Spirit and
God will reveal itself as fulfillment.

We are not separate and apart from
God, but we are the very essence of

Him, the very self-hood of Him,
unfolded, revealed and brought into
active expression as individual being.



But you must live, move and
have your being in this
consciousness of our oneness with God.

Universal energy murmurs:

'I will never leave or forsake you,
but you must abide in my Word &
you must let my Word abide in you.
Knock & door will be opened to you.

Rest in the contemplation of the
God's love and God's presence.

Then you will be able to say that:

my meditation,

my recitation of Him shall be sweet:

I will be glad in the Lord.

Where is God in us?

God is a deep silence within us:

God is stillness within us,
the stillness of that still small voice
within us all - all that is human.



ॐनऱ or Submission

Behind the physical sense of ॐनऱ ॐनऱ or obeisance, the word 'ॐनऱ' or Submission carries with it a psychological significance, which disengages itself clearly from the concrete figure.

'ॐनऱ' means literally bending down and is applied to the act of adoring submission to the Deity.

It means inward prostration, an act of submission or surrender.

Thus, ॐनऱ is also capable of a psychological sense.

'ॐनऱ' means: To obey, To submit,

To surrender, To respect,

To pay homage, To ally,

To prostrate, To bend down,

To bow down and To be one with.



'anar means: (1) Homage (2) Respect
(3) Tribute to person or merit
(4) Allegiance (5) Loyalty (6) Courtesy
(7) Obeisance (8) Submission
(9) Surrender (10) Inward prostration
(11) Bending down (12) Obeysance etc.

The true meaning of anar is...

Bending down physically and
an act of submission mentally.

Reading and studying inspirational
literature and scripture,
as well as frequent pondering and
meditating on God and
God's creation, lead to
actual communion with the
Father, which brings to our
consciousness this touch of the God.

- 'The Art of meditation' by
Joel Goldsmith



Televising the God

our minds are like many television stations that televising the desired thoughts, situations or pictures from us into the life and events of others.

Contemplate this tremendous principle for a moment.

We live in constant association with others. We mentally entertain thoughts about others.

To televising the God to others is to rise above the earthly condition and to see the God in others.

It is to entertain, envision and express the good of others. Often we find it difficult to do this. We dwell too deeply on earthly situation and we flee the heavenly vision.



Failing to behold Him in
our fellowmen keeps us from
rising above the earthly condition.
We remain on the earthly surface.
To send out thoughts and visions of
spiritual consciousness is to see and
speak the divine ultimate for others.

Our experiences teach us that
it does matter what we say and
call into Expression and what we
think of others and of ourselves.

Let us turn our gaze
from the irregular beat of
earthly disturbance to the
harmonious love of God,
seeing the God in others and
speaking it for them.

When we see through our
mental television cameras,



the person in whom we are
calling forth God, we are
beholding Truth in him and
we are helping him to express
Truth in and through his life.
Through our prayerful televising of
the God in others,
we declare their True identity.
In this, we are assisting them to
get awakened to the power of Spirit
that is mighty within their beings.
The practice of seeing
the good in others,
reflects the same image within us.
Everyday universe messages us:
I believe in you.
I send blessings to you.
In you, I see the God as
fulfilling your every need.



I see in you the God as healing
your entire being. I see in you
the God as the light of your
newly created world.

I see in you the God as pouring
forth abundance filling your
storehouse with everything good.

I see in you the God as coming
forth on wings of love to establish
harmony and peace and calming
the waters of your life.

It is less troublesome to forgive
than to see revenge.

Nothing in itself contains beauty
and happiness, but only serves to
draw out a particle of that
Infinite Beauty and Happiness
latent in the mind or
better said in the soul.



To experience God-consciousness, certain conditions must be fulfilled:

(1) knowledge of what to practice?

(2) knowledge of how to practice?

(3) Practice itself. Without this trinity of pre-requisites, nothing can be attained.

Yoga is important.

It is not a fiction, but a fact that some, who practices the science of yoga, regain their youthfulness, mellowness of voice, sympathy, benevolence and love!

It and Cosmic consciousness

Can rightly used (not mechanically) might very well help the opening upwards and outwards (Cosmic consciousness) as well as the descent. Letters of Sri Aurobindo, Page 247 - 8



To open - to aspire = उद्वेगि - अस्मिन्मय एव।
It is by the constant remembrance that the being is prepared for the full opening. Meditation, Aspiration, japa or prayer from the heart can all succeed, if they are attended by Integrity, purity, humility etc.

उद्वेगि अस्मिन्मय = upward consciousness.

अस्मिन्मय उद्वेगि = outward consciousness.

'Book of Yoga' reads:

In all is the one self,

the one Divine,

all are in the Divine,

all are the Divine and there is nothing else in the universe.

This thought or this faith is the whole background until it becomes the whole substance of the consciousness of the worker.



The living god

The Impressive outer things
are not reality: They are
the activity and results of reality.

The reality is not the creation,
which changes and passes, but
reality is the power that
creates and which is eternal.

That which is in you is reality,
everything else is but
the outer expression of reality.

Everything in your world and in
your life is the result of your
prevailing state of consciousness.

The more you become aware of this,
the more you recognise reality,
the invisible essence that pulsates
through your heart, brain and also
controls your hands, feet & body,



the more authority you have over life.

All power in Heaven and earth has been given to us.

This is the living God.

- Dr. Sue Sicking, Unity, 1958

What is true wisdom?

True wisdom means

reverence for God & complete faith that God is everywhere present, all-knowing and all-powerful.

Wisdom is intuitive knowing, spiritual intuition, a realization of the presence of God indwelling.

How is wisdom gained?

It is gained through direct spiritual experience, faithful prayer and a fervent desire to know and do God's will, by letting go of the personal-limited self.



We need to train ourselves to think in terms of our potential, rather than what we have this time been able to manifest.

What is Prayer?

Prayer is praise.

Praise is expanding, enlarging and multiplying power.

Praise affects all people as well as Plants, animals and even inanimate things respond to praise.

We cannot tell how it works, but we can prove it for ourself.

If we want more of anything, praise and give thanks and we will surely have it. Try to praise your body, praise it for its intelligence, its strength, its power and watch it react.



What is love?

Love is that Spirit or
love is that consciousness, which
attracts, harmonizes and unifies.
Love is the means by which we
draw ourselves to the object of
our love and through which
we all become one with it.

The equalizing, harmonizing and
unifying power of God's love can
give us a perfect relationship with
all that is good and beautiful.

Through love, we have a
perfect link through which to express
the life-force that is within us.

Be ye transformed by
the renewing of your mind.
The healing power stored up in
body is released through love.



Students of physiology find that the body has unused resources that can be temporarily awakened.

Through deep breathing, they bring into action certain centres in the lungs that give additional purity to the blood:

by the quickening of other centres in body, weak persons can be made strong.

Some physiologists say that...

In our thinking exercises, we all use only a small part of the brain.

Nearly the whole nervous system is in a sleepy - inactive state.

Dr. Andrews says that...

A human being is not a machine, but a symphony.



We have to always remember that:

He who is in you is greater
than he who is in the world.

The true measure of happiness is:

Not what we have,

but actually what we are.

Let us consider what we are!

man is being made in the image
and likeness of God.

man is the soul

in which god - life is planted.

What is the nature of that life?

could it be anything less than
joy and love that created it?

Enter into the joy of the Lord.

It does not need to enter into you:

it is already in you,

if you will but plug into
its most creative energy.



'As within - so without.'

'Within' means thought and
'without' means manifestation.

True activity is always from
within outward - centrifugal,
while...

False activity tries to work from
without inward - centripetal.

No one else can think of you,
you yourself must keep it changed.
Attention is the Key to life.

What you attend to or
concentrate upon,
you bring into your life,
because you are building
a mental equivalent.

Clarity of thought and feeling of
interest are the two main poles
for mental equivalent.



There can be no sickness without fear.

Everyone has many fears
in the sub-conscious mind
that he is not consciously aware of,
but are operating just the same.
Relax mentally, draw away from
your problem spiritually and the
action of God will open the door
for you and you will be free.
You are not locked or chained in
a prison of circumstances.

In the name of God,
turn the handle,
walk out and be free.
Build a mental equivalent
of freedom, of vibrant health,
of true prosperity,
of increasing understanding
and achievement of God.



Build it by thinking of it,
having faith in it,
acting the part and
the old invitation equivalent
will gradually fade out,
for the door is unlocked and the
voice of God in your heart says:
'Be Free, Be Free, Be Free'.

What is Real Ishta (इष्ट)?

Ishta (इष्ट) is not idol, but
ideal expressed by idol.

Real Ishta is not idol but ideal.
Devotion to Ishta lies not only on
external worship, but
on love or प्रेम of the Ishta or
their commandments.

When man knows his true Ishta or
Lord, he will be inspired
with awe and love for Him.



What is grace of a saint (ॐ३५५१) ?

ॐ३५५१ is His merciful gaze.

True saint always try to inculcate the realisation of God within one's self and do not waste time in external worship or merely reading religious books.

The study of books can impart only theoretical knowledge and can not show the practical path to God realization, which is detachment from the world and love for the Lord.

Image worship or ॐ३५५१ is an aid to meditation and concentration of the supreme Being,

who is the creator and above all.

The real worship is that of the ॐ३५५१ of the supreme Lord.



God sends us message that:

I do not live in

ଆନନ୍ଦିନୀ, ଧୀରାଜ, ଯେଉଁ ଶିବ ଶୃଙ୍ଖଳିତ,

but dwell in the hearts of
my loving devotees or

you can not see me

anywhere except within yourself.

Without winning the Grace and

mercy of a living guru,

it is impossible for anyone

to see ବିନୟ or Real form.

ଅବିଚାର = Abiding reality.

ବିନୟ = Real form.

ଜ୍ଞାନ = Theory of knowledge.

ଜ୍ଞାନ is not blind faith.

o

ଅନୁଭବ = Association with Truth.

Truth = ଅନୁଭବ or ଅନୁଭବ.

ବିନୟାନ = Real home. ଅନୁଭବ = practice.



Pre-requisites of मोक्षनिर्णय

Detachment, Discrimination,
Equanimity, Self-restraint,
indifference, patience, faith,
deep meditation and longing for
emancipation are the

Pre-requisites of मोक्षनिर्णय, which is the
knowledge of perfect & purified soul.

Book-knowledge is
Superficial and not real.
Real knowledge consists in
beholding श्री face to face.

श्री is the name of an ultimate मूर्ति,
which is an invisible form of ईश्वर.

Three stages of meditation:

To feel, to hear, to see.

o

इति चोक्तं = इति चोक्तं = इति चोक्तं = इति चोक्तं चोक्तं.

पर्याप्त = returning for going back.



Aspiration - rejection - surrender
many are dominated by desires
and appetites and few by aspiration.

Yoga = Training of will power.
Mukti comes by the Grace of God.
To ascend to the realm of Grace,
go within!

Open the chamber of silence & listen.

This word sings within you,
in your heart - place.

Once you begin to hear it,
links you to the realm of Grace
and passing through the
cave of silence (शून्यता) you rise,
step by step, to the above
of eternal joy, where soul abides
in communion with 'शिवयोगिनि'

The Jiva enters into the eternal
one शिवयोगिनि in Him absorbed by love.



Three classes of Jivas (individuals)

- (1) Some are immersed in maya / २-११४.
- (2) Some in good action - ५२१४ / ५२१५०११-२१४.
- (3) Few are set on eternal god / ५२११४.

Bad, good and beyond the both.

I'ness is maya, false, unreal.

Reality is the one, seen everywhere.

What is Conversion of a sinner?

It is his turning back towards his original divine nature.

One contact of a purified soul will give more than a million books.

The man of meditation becomes a centre of forces: his very silence is dynamic. His words are not those of a preacher, his words are sparks of the fire of life. His very silence shines and burns as a flame.

The light shines as hundred suns.



mental development makes one argumentative, controversial, aggressive, rather than receptive to spiritual influences.

Royal road to success is...
whole-hearted surrender to the Divine.

ultimately He being us,
He helps us in Infinite ways.
God is, therefore, He helps us.

God is in all men, but
all men are not in God and
that is why they suffer.

'Altruism' is that principle,
where its follower has found
happiness himself and desires that
others should be happy also.

Devotion is objective and
Faith is Subjective and receptive.

Devotion gives, faith receives.



Tantra सिद्धि

किन्तु सिद्धि कर्तव्यता कर्तव्यता कर्तव्यता कर्तव्यता कर्तव्यता
किन्तु सिद्धि कर्तव्यता कर्तव्यता कर्तव्यता कर्तव्यता कर्तव्यता

Kundalini is a form of
शक्ति in the individual bodies.

It is from this that the whole
universe proceeds in the form
of sound and the objects,
which the sound or words denote.

Any set of words or letters
is not a mantra.

Only that mantra in which the
Deviata reveals His or Her
particular aspects can be mantra.

ॐ then stands for the most
general aspect of that as the
source of all. When really uttered
this great syllable,
has an awe-inspiring effect.



ॐ is a seed or Bija

ॐ is called a seed or Bija mantra.

All Bija mantras are the
very quintessence of mantra.

Om is a vedic Bija, but it is the
source of all other Tantric Bijas.

Mantra is thus thought - movement
vehicled by & expressed in speech.

Its swarup is like all else,
consciousness (५१), which is ३१५५६.

५१०१ २१५ ३१५५६ ०३२१

The mere utterance of a mantra
without knowing its meaning, without
realisation of the consciousness

(which ५१ manifests),

is a mere movement of the lips.

ॐ = God, I thank you for answering
my prayer. You can not love God,
if you can not love all.



There is theoretically nothing that man cannot accomplish for he is at the base - the Accomplisher of all. But in practice, he can accomplish to the degree that he identifies himself with the supreme consciousness and its forces.

The mind which thinks the divinity that it worships, is at length,

through continued devotion and transferred into the likeness of the Devata.

By allowing the Devata thus to occupy the mind for long,

it becomes as pure as Devata.

This is the fundamental principle of Tantrik sadhana.



Function of Japa

Japa of any mantra is compared to the action of a man shaking a sleeper to wake him up. Through Japa, the Sadhaka's own consciousness is awakened.

The essence of Japa is to concentrate and vitalize thought and will power that is Shakti.

What is विज्ञप्ति?

The uttered name of any object is the gross Expression of his inner thought movement. It evokes the idea and the idea is consciousness as mental operation.

That operation can be so intensified as to itself creative. This is called mantra chaitanya of any mantra done in Japa.



When and how to be happy?

The time to be happy is now,
the place to be happy is here and
the real way to be happy is
to make others so. This is the way
to be happy, healthy and wise.

In life, there are two things only:
fear or faith.

If we rely on our strength,
it will be fear. If we rely on
providence, all strength is ours.

This is the knowledge to be
acquired and experienced in life.

This knowledge takes us
nearer to the field of
happy unity with God,
makes us one with all,
and also develops Divine virtues
within ourselves.



Right meditation on the unity of essence brings spiritual union as against physical / mental differences.

One may feel that there is an unbroken unity in seemingly different varieties.

There is only one presence and one power in the universe, the only presence and power of God, the omnipotent good.

We all should be sure that:

All His power is given unto us, in our mind and body.

All things are made by Him.

Without Him,

was not made anything that was made.

In Him is life and the life is the light of man.

I am the Light of the world.



Everywhere, it is His Grace (41).

Blessed are my eyes, for they
see clearly, distinctly, perfectly.

Blessed are my ears, for they
hear easily, clearly and distinctly.

Only and only due to His Grace,

my yoke is easy,

my burden is light.

I am strong in the Lord and
in the power of His might.

I breathe the breath of life,
freely and easily.

Forgiving love of Him sets me
free from the mistakes of past and
from its results.

God's cleansing, healing & purifying
love flows freely through
every part of my complete body,
renewing and restoring me.



Where does His grace reside?

His Grace is from
everlasting to everlasting and
I live and move ahead
and have my being in it.

I am relaxed, I feel relaxed.
I rest in Him. Underneath are
the everlasting arms.

God is in charge of our life,
and that is why every need of us
is fulfilled easily and completely.

Who all are Blessed?

Blessed are those,
who are humble in spirit
and Pure in heart.

Blessed are those,
who all hunger and thirst
for righteousness,
for they shall be Satisfied.



God is good and God is all.

Prayer is God - centred thinking.
Tell God that: 'In Thy presence,
there is fullness of joy'.

To be one with God is a majority.

We must love everybody and
everything, ourself included.

Self-hate is also destructive.

You must love yourself.

Personal love is part of the law
but divine love fulfills the law.
Centre your love - thoughts upon
God & you will find love for your
fellowmen growing marvellously.

Everytime the man says: I am,
he is speaking the name of Being.
First comes the Spirit, then soul,
intellect and sense consciousness
and than the last is body.



The mortal man desires
to preserve eternally
the personal consciousness and
all personal relations.

Drop from your mind the belief
that God is in any way separated
from you, that He occupies form
or space outside of you,
or that He can be manifested
to your consciousness in any way
except through your own soul.

Wisdom and understanding prompt
a man to look first to God,
first cause for health, supply
and peace, rather than to the
world of matter.

Wisdom acknowledges God
as the source of life and
health as our heritage.



We shall be renewed and healed in spirit, mind and body when we are consistently wise in our thoughts and beliefs.

What does Heart represent?

Heart represents the subconscious—the memory mind, the store-house of our past thoughts and experiences.

We should build faith in God in our habitual thought patterns, so that the subconscious mind is governed by faith-thinking.

God is power.

I am calm and confident in the knowledge that God is, wherever He is needed, a loving, active and strengthening power.

The good always reigns and
The evil has no power.



नामि एतेर भुजारे त...

I am now in the presence of pure Being & immersed in Holy Spirit of life, love and wisdom.

I acknowledge Thy presence & power, O blessed Spirit!

In Thy Divine wisdom, I now erase my mortal limitation and from Thy substance of love bring into manifestation my world, according to Thy perfect Laws.

O God!

In my name is your name.

'In my name' means in the consciousness that I had, the consciousness that perfect wholeness is the God's will for us, He will work in us and through us to give us health.



When we include everyone else
in the good we ask for ourselves,
then we are asking
in the God-consciousness.

We are to ask not as beggars, not
even as servants, but as sons.

The God is the Divine of us.

We are to ask in the name of
consciousness of our Divinity.

This consciousness is of
oneness with All-Good.

The consciousness precedes
before demonstration.

St. Paul also says that:

Christ in you, the hope of glory.

Only the Spirit
from which was created
everything, that has
permanent existence.



amp

The great and the most important issue before the people today is the development of men's spiritual mind & through it unity with God. Kindness is one thing you can't give away. It always comes back. Give to the world the best you have & the best will come back to you.

'You must be born anew into a new state of consciousness'. It means getting a vision of life, a new view point and a new purpose.

० 'संसार के तो उठना सपारी है,
तमां दिशियो सार्के, के सएन है.
के न सार्के, तो ते सार्कय नहएजं.
रह उतरवाजं तार्क पहे
उठ उठना सपारी न शक्य है.'



Love and blessing,
love and the forgiving spirit,
oneness with something that
cannot be touched by the world,
I am in Him and He in me
are the opposite to criticism,
condemnation, resentment,
unforgiveness, fear and belief in
separation and personal possession.

The great Helper

Do you need help of any kind?
Then take time today to
turn to the great Helper
to really acknowledge Him. I will
discount my problems & hardships.
I will count my blessings,
however small they seem.
I will be on the look out for
every smallest thing...



that can be called a blessing -
a glass of water,
a meal, a glimpse beautiful green,
the goodwill of a friend,
the clothes I wear,
a chair, a book, a bed.

my Resolutions for Today

Today I will take time to rely on god.

Today I will put god first
and other things last.

Today I will be true to god.

Today I will try to think only
positive things for god is with me.

Today I will try to remember
that god is in charge of me and
that I have nothing to fear.

Today I will feel at peace, knowing
that everything is in god's hands.

Today I will be cheerful.



Today I will be good-tempered
and patient with all others.

Today I will be kind.

Today I will forget my grudges.

I will let go of my doubts & fears.

Today I will be grateful
for everything I have.

Today I will remember
the glorious promises and
the illimitable power of God.

Today I will partake
of the love and joy of God.

Today I will fix my first attention
on His promises, His peace & plenty.

Today I will prove God.

God will help me.

What a comforting thought that is!
Think it everyday - each moment,
believe it, treasure it.



Don't be too much concerned about
just how is He going to help you.

That is His business.

Your business is just
to be receptive and willing.

Whatever thought comforts us,
this thought is from God.

If it comforts you to know that
God is helping in whatever
way you may need help, return
to this thought again and again.

Feel its comfort and promise of
well-being, sunk deep into you.

It is true. You may rely on it.

It is true for you
in proportion to the degree that
you know and feel it to be true,
so do not hesitate.

Know this Truth fearlessly.



Know it in every cell of your mind
and every fibre of your body.

As surely as the sunshines,
god will help you. He will certainly
manifest His good for you.

Only believe.

Nothing is too much for God.

But God Himself can not give to
us what our mind refuses to accept.

We must accept from God
before He can help us.

Before that we must know that
He can. God can.

He works in and through us.

But we must know it, be aware
of it in every corner of mind &
every fibre of our being. Take time
to remember His presence & power.
Just this will do wonders for us.



How to establish contact with God?

Our awareness of the need is lent an intimation to us that the supply to meet the demand is available.

our first sensation of peace and serenity is our evidence that we have established contact with Him.

What is our duty?

Our part is to concentrate on the power of God and to obey His promptings within us.

Let us take time.

Take time to feel our oneness with God and reliance upon Him,

to feel assured and strengthened:

to feel kind & loving toward people

and harmonious toward world,

to establish ourselves in God's peace.

Let us take time to turn to God.



Why to take time?

Take time to recognize Him,
to wait upon Him,
to prove Him,
to let Him through.

If He gives us some intimation of
Himself that comforts us,
then let us respond to it.

Let us say to ourselves:

I will rely upon God.

I will be cheerful.

I will not criticize or condemn.

I will be always pleasant and
agreeable with other people.

I will let my every thought
go forth as a blessing,
even as I anticipate and
confidently expect my
blessings to come from God.



Exhibit, 21.2024, Mata mandha, may 1963

Forgiveness is better than Revenge:
because forgiveness is the sign of
a gentle nature, while Revenge
is the sign of a savage nature.

What cosmos is?

The cosmos is not a dead matter,
but a living presence,

That the soul of man is immortal;

That the universe is so ordered;

That without any preadventure,

all things work together for the

good of each and all;

That the foundation principle of the
world is what we call love and

That happiness of every one is in the

long run absolutely certain.

There are 3 grades of consciousness:

Simple, self and super or Cosmic.



Percept, Recept and concept -

These 3 are simple and self & the fourth Intuition is super or Cosmic.

The saviour of man is
Cosmic consciousness.

Cosmic sense crushes Serpent's head
and destroys sins and shame.

The sense of good and evil
are in contrast with one another.

It is not our eyes and ears,
nor even our intellect,
that report the world to us: but
it is our moral nature that
at last settles the significance
of what exists about us.

Education is the manifestation
of perfection already in man and
Religion is the manifestation
of Divinity already in man.



Who is Eye of the eye?

Have you ever asked your Guru
for that instruction by which
we hear what cannot be heard,
or by which we perceive
what cannot be perceived and
by which we know
what cannot be known?

guy

The Guru would reply:

It is the ear of the ear,
the mind of the mind,
the speech of the speech,
the breath of the breath and
the eye of the eye — soul or Atma.
It is swifter than thought.
The senses never reached it,
it walked before them.
Though standing still, it overtakes
the others, who are running.



It stirs and it stirs not.
It is far and likewise near.
It is inside of all this and
it is outside of all this.
And he who beholds all beings in
the self and the self in all beings,
he never turns away from it.
When to a man, who understands,
the self has become all things,
what trouble and what sorrow
can there be to him,
who once behold that unity? Cosmic
consciousness is a universal reason.
It is a lake without mud,
sinless calm state of mind,
perfect peace, goodness and wisdom.
Holiness is the idea of love to and
awe in the felt presence of
a personal creator.



It is inconsistent with
Buddhist Holiness, which is
the swallowing up of an individual
in universal existence.

The power must be
used for the benefit of the Race.

Existence of God

Reading religious books
is an aid to meditation.

If for some reason, we cannot reach
the stage of meditation, we may
continue to read religious books.

Spiritual knowledge is not possible
without having Faith, meditation,
study and an effort to realise God.

We can't prove the existence of God:
we can only experience it.

Reason is not at all the
sufficiently powerful instrument



to know, feel and experience God.

It is necessary to develop
or highly developed intuition for
the purpose in all humility and
with great gratitude.

moral elevation

Hunger is the first of diseases.

Body is the greatest of pains.

Health is the greatest of gifts.

Contentedness is the best of riches.

Trust is the best of relationships.

Nirvan is the highest happiness.

Who injure nobody and
always control their body,
will surely attain Nirvan.

out of the love for all jivas,
cherish the road of peace.

Nirvan is a ceasation of
natural desires - only happiness.



Nirvan is a pearl of great price to buy, which a wise man - guru willingly sells at all that he has.

This state can be achieved.

The moral elevation, which is a part of Cosmic consciousness, will not permit any other decision.

Highest ideal

To conquer mind is more difficult than to conquer the whole world.

'He that ruleth his spirit is greater than he who taketh a city.'

The Highest ideal of our life

It is the attainment of mastery over the lower self and the manifestation of the supreme - self (but) not the pleasure of all five senses nor slavery to desires and passions.



The center of all religions
is the knowledge of the Divine.

The path of concentration and
meditation is known as Royal Road
i.e. राजमार्ग, a Royal method, which
leads to the realisation of Truth.

As a musician, a poet or a painter

knows of another man
whether or not he is a musician
or a poet or a painter,

a man who has the Cosmic sense
will know of any given man
with whom he is acquainted
either personally or by his works,
whether or not he also has it.

Spiritual knowledge cannot be
communicated from one intellect
to another, but must be sought for
in the Spirit of God.



What is really needed is not what we should possess something that we have not at present, but that our eyes should be opened to see and hearts to feel what all we have.

Two Essentials of Religion:

Self knowledge and Self control.

Self knowledge means knowledge of the higher self and the self control means the restraint of the lower self.

Higher self = Divine nature in man.

Lower self = selfish nature in man.

It benefits all men to know themselves and exercise self control.

Intelligent contact with Cosmic conscious minds assists self conscious individual in the ascent to the higher plane.



The main objective of yoga

The system of yoga deals entirely with the essentials of religion.

Its main object is to teach mankind the different methods of attaining the knowledge of the True self and the practice of self control.

Relation between Pleasure and pain

Pleasure and pain are not the inherent properties of the objects or five senses, but they depend upon the conditions of the mind and body, which come in direct contact with those objects.

Mind has tremendous powers over the body.

Feeling of pleasure depends upon the feeling of pain.



The pleasure, which can be derived through the senses is very transient, it lasts for a few seconds only and its true source is not the object itself, but depends mostly upon the mental and physical conditions of the enjoyer.

my ultimate wish

When humans will understand that the Divine Knows better than they do what is the best for them, many of their difficulties will disappear.

man is the master of the cosmos.

If you are not human, be human.

If you are an angel,
descend to manhood.

If you are an animal,
ascend to manhood.

This is my last message to you all.



Thought provoking Pearls

દર્શન વિજ્ઞાનો જન્મ આ લોકમાં રહી જ ન શકે.
જગમાં એજ જન્મ રહવો નહીં, જેમાં પુહચાદિ ન લીધ.
પરમાત્માની દર્શનશક્તિ સૌ જન્મમાં છે.

ભગવાને ભક્તના સ્વરૂપ - ક્રોધ માટે પ્રતિજ્ઞા કરી છે.
ગુણપૂર્ણ = જ્ઞાતવ્ય. સાચું જ્ઞાતવ્ય = રાગ-ક્રોધ જતવા.
જ્ઞાતવ્ય વિતરણ વગર ન સાધુ થવાય - ન ક્રોધવત.
એક માત્ર જગદ્ગુણને જ એનાં રાજા - એનાં સુખ
અને એનાં શક્તિ પછી જગદ્ગુણને જ વર છે.

પાહાણા પરપોરાં, સંધ્યાના વાદળો, હાંસીના ઝાંઝા,
ગદીના પુર, મંદિરના ઘણા અને પ્રેમના વિજયીના નેત્ર
આ વિશ્વના સર્વ વસ્તુઓ કૃષ્ટિ છે.

હજાર ચિન્તાન કરતાં કરાવે, ત્યારે જપ કરવો.
જપ કરતાં કરાવે, ત્યારે ધ્યાન, ધ્યાન કરતાં કરાવે,
ત્યારે સ્તોત્ર જોલાએ અને તે કરતાં પછી કરાવે,
ત્યારે સંધા કરીને તન-હજારને સાર્થક કરીએ. જોડપણું
ક્રિયા કરવાનું શરીર છે, કરાવનાર હજાર - સર્વ છે.
ક્રિયાનો સાર્થક આત્મા છે. ક્રિયાઓ તો બંધ પછી થાય,
પરંતુ 'સાર્થક' અર્થે 'જે શાશ્વત છે, તે આપણે છાએ.'
સાચી ખેતી = ચિત્તને સંસારમાંથી ઉઠાડી પ્રભુમાં વાવવું.



Let us Look Within to Find Him...

What a joy it is to know from the writings of Pujya Gurumaharaj that: 'The darkness of human errors cannot cover the Real Light within us.' Pujya Panyasji Maharaj, as he further writes in his personal ROJNISHI/Diary musings: 'In Truth, we all are the children of inner Light within us. We all have in us the unfailing, redeeming Light of Truth. Lets us be very still in our mind and body until we feel intensely the light of spirit around and moving through us. There's always tomorrow. Never despair.'

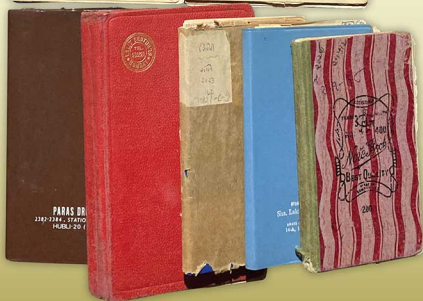
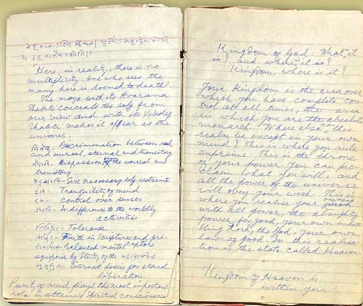
So let's all learn to look within to find that Light of Soul - Atma and Grace of Him - Parmatma, and the real Light within us shall start growing and glowing!! Until wholly immersed in that real Light, we won't be able to feel uplifted and renewed in our life.

After doing this unique, upgrading, worthy, invaluable journey of Hastakshar Granths, we now know that there is a same creative force constantly at working in all the living beings! So let our goal be Jin Bhakti & Jiv Maitree for this life and beyond till we achive our ultimate goal - Moksha! Let us start living the infinite way i.e. living in conscious realization of that universal enegy as Infinite, Omnipresent and Eternal being. Vandan.

Bharti Deepak Mehta



॥ शुभम् भवतु ॥



ઉપર દર્શાવેલ ૬ ગ્રંથો

પરમ પૂજ્ય પંચસશ્રી ભદ્રંકરવિજયજી ગણિવર્ચ મહારાજનાં સ્વહસ્તાક્ષરમાં
 ઈ.સ. ૧૯૬૩ - ૧૯૭૮ પરિસરમાં લખાયેલ છે, તે અહીં સંકલિત કરેલ છે.

meaning of Aum



A : अवि- knowledge, Cognition, Thought.

u : कर्- Conation, action, Will.

m : मिति- motion, Effect.

५. मतिरव्यय