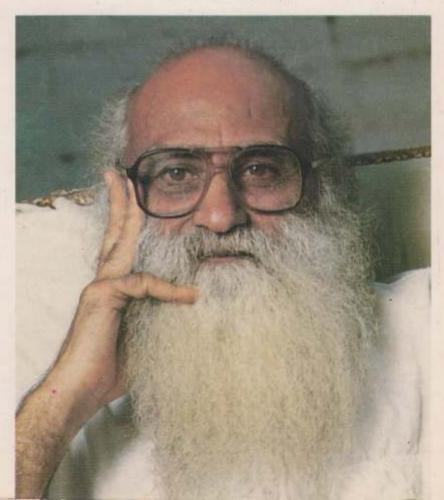
II AUM II II TASYA VACHAKAH PRANAVAH II

YOGABHIKSHU:

An Introduction

(Excerpted from the Hindi book "KRANT-CHINTAN")



Publications of A.P.P. Trust

#1.	Guru Mahima (Full of Yoga-Secrets)	*:
2.	Mukta (Samadhipad of Yoga-Darshan) (2nd edition)	38-00
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10.	Nirzar Zaryun Ko Gebthi (Gujarati)	5-00
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11.	Streaming From The Invisible (English)	7-00
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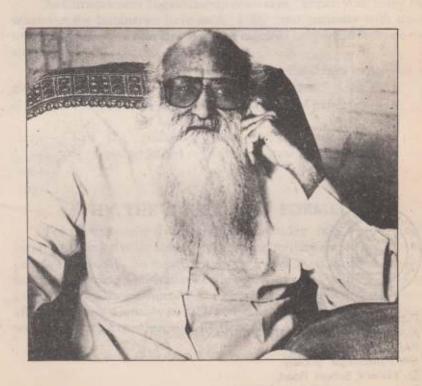
[#] Second edition to be published shortly.

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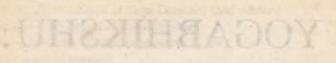
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An Introduction

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Translator: Bhaumik Vyas



SYN VNCHAKAH PRANINYAH P



Published By:
AUMGURU PREMSAMARPANDHYANABHIKSHU
PARIVAR TRUST

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St. Xavier's School Road,
Naranpura, Ahmedabad - 380 013.
Gujarat, India.

Phone: 495195

THE BOOKLET IS IMPERATIVE

As the Aum Parivar Trust is exploring new grounds of activities, the curiosity of people to know more about the trust and rev. Gurudev Yogabhikshuji is also increasing. This booklet is an attempt to satisfy their curiosity.

In spite of our untiring efforts, lapses are likely to occur. For that you shall have to forgive us.

Who can give a worthy account of people who are Gurus and their superb activities? And who can understand them? We have endevoured to bring out this booklet merely to fulfil our desire to introduce this great personality to those devotees who wish to know about him.

People endowed with positive aptitude of ignoring the insignificant and imbibing the precious will surely be enriched by it.

As Gurudev Shri Yogabhikshuji often says, "Enrich your booty by whatever the luminaries have said. Fulfil your curiosity with their utterances. Books written by them are required only when they are no more with us."

Wise people have rightly said, "you say the things written on a paper, I say what I have seen through my own eyes."

"You have neither touched a piece of paper nor held a pen in your hand, The significance of four eras, O' Kabira you unfolded only through your lips!"

WHY THE TRUST WAS FORMED?

For about twenty five years Rev. Gurudev had kept himself involved with activities aiming at achieving welfare and happiness for people in general. To expedite these activities and for their smooth functioning, some well-wishers endowed with great wisdom, humbly asked for Gurudev's permission to form a trust. While giving his consent after three years, Gurudev said, "If you can do these activities in a better way by forming a trust, go ahead." Hence the A.P.P. Trust was formed.

AUMGURU PREMSAMARPANDHYANABHIKSHU PARIVAR TRUST (A.P.P. TRUST)

Registered Number: E-4416

Address: 1/A, Paliadnagar Society, St. Xavier's School Road, Naranpura, AHMEDABAD-380013. Gujarat (India)

Phone: 495195

Income-Tax Exemption u/s 80 G (5) vide No. H. Q. III/33

Founded on 11-05-1981

OBJECTIVES AND ACTIVITIES

(IN BRIEF)

- To make every effort to propagate the true significance of Aum, the prime name of God, in an easy, comprehensible manner.
- To endevour to upgrade contemplation-reflection and thereby uplift the society. To accomplish this, make efforts -
- To channelise the thoughts of pansophist Rev. Shri Yogabhikshuji through publication of books.
- To keep the aura of enlightenment afresh by conducting Satsang (spiritual gatherings), prayers and discourses periodically round the year.
- To give suitable help to deserving students and poor patients.
- 6. To keep the flame of enlightenment ever kindle by publishing Gurudev's forcefull, transparent and sublime speeches expressed with a view to attain well-being of the people of the world through lectures delivered on numerous occasions, in the periodical namely "Ritambhara".
- 7. To make the society illusion-free by publishing and circulating, seemingly a bitter pill-like but potentially competent to liberate from the agony of the reccuring births and hence immensely compationate, speeches in the form of 'knowledge through leaflets' and leaflets propagating holy literature.
- To present the holy literature published by the trust to holy and respected persons as a part of fulfilling the dictum "through the publicity of holy literature the contemplation-reflection of society becomes healthy".
- To lend one's own hand in the endevour of strengthening the universal brotherhood by imparting unique and diverse visions to

the society.

- To spread the message of acquiring happiness and peace to every household and every person through morning processions, chanting prayers and thought provoking slogans on the way.
- To publish quotations from the divine utterances of Gurudev on the covers of note-books printed for students on 'no profit no loss' basis so that students can have an everlasting treasure close at hand.
- 12. Stickers of sublime and auspicious slogans are prepared and stuck on the houses and vehicles of the devotees so that they can easily find their way into the memory of the people.

Some of the slogans are:

The deeds you perform, so shall you reap; and you too will be like, as you contemplate.

The slogans chanted by the morning procession:

You behave as you think;

You suffer or rejoice as you behave.

Drive out materialism, invoke spirituality;

Honour every life on earth, and peace shall be bestowed on you.

The true explanation of the words that forms the title "Aumguru Premsamarpandhyanabhikshu Parivar Trust":

'Aum': Means the name of omnipresent God acceptable to all.

'Guru': Means the one who is not small.

'Prem': Means the yardstick that measures sacrifice.

'Samarpan': Means renouncement of ego.

'Dhyana': Means concentration through which one can identify one's inner strength.

'Bhikshu Parivar': A group of man who is on intimate terms with everything, inert or alive.

The complete meaning:

A.P.P. Trust means an institution which considers faith as an asset, is on intimate terms with everything inert or alive in the world, awakens the inner strength through love and sacrifice and takes others along on a higher plane by the grace of God 'AUM'.

KNOWN-UNKNOWN BHIKSHU PARIVAR

Aum Parivar is bestowed with three bhikshus namely Shri Guruprembhikshuji, Shri Sadgurusamarpanbhikshuji and Shri Gurudhyanabhikshuji. The parivar is also filled with numerous other bhikshus who work silently, ceaselessly to keep the flow of welfare activities uninterrupted. The parivar keeps receiving compliments and co-operation of intellectual people. The bliss of Aum - the supreme soul - have been showering on us unceasingly.

THE GUIDING LIGHT OF AUM PARIVAR

No power in the world can stop 'Laghu' from becoming 'Guru'. A laghu will unfailingly become a Guru.

THE BOOTY OF AUM PARIVAR

- 1. An intellectual is he who can sit at the feet of the master (guru) with the modesty of an ignorant person.
- A person who intelligently tries to exhibit his intellect before his master (guru) is indeed gullible.
- 3. It is a hallmark of an ingenious tradesman who is craving to make spiritual profit even out of his mundane transaction.
- The one who undertakes a religious-spiritual expedition with material lust is poor of intellect.

SOCIETY IS VACILLATING

Since ages, great people have been talking about God, saints and spirituality to society. From time to time the society has been bestowed with great people. Still however, it is felt that there is a void. The society, owing to vacuum of faith, is in a state of vacillation to accept or reject whole-heartedly the talks regarding spiritualism, God and saints etc.

Society has its own problems. It seeks extra-ordinary solutions of the problems so that enormity of brain can be obliterated and a voyage towards transcendental unity can be undertaken. To fulfil this objective the A.P.P. Trust is aquainting the world with the contemplation of Gurudev through the books published under the series "Jaynarayana Granthavali".

The echos of the feelings of the readers of his holy literature can be heard in the following words.

"The divinely inspired and intuitive words of Gurudev flows, enlightening the minds of listeners and helping them to acquire a clear The Pioneer founder of A.P.P. Trust and Spiritual head (i.e. Motivator, Adviser, The fountain of inspiration, Friend etc.)

Lok Sant (Saint accepted by people at large) reverend Shri Yogabhikshuji Maharaj.

INTRODUCTION AND ACTIVITIES OF HIS HOLY HIGHNESS

- Author of about twenty five books/booklets regarding yoga, spirituality and remedial suggestions for the upliftment of society.
- 2. The benefector of pious, nourishing, spiritual, popular literature through numerous magazines such as 'Dharmadhara', 'Sagar', 'Hinsanivaran', 'Prajnaparva' etc. and the thinker, writer, propagator of immensely useful leaflets spreading knowledge among readers.
- The thinker-writer of spiritual articles published under the title 'Prerana Bindu' (a drop of inspiration) in the daily newspaper - 'Gujarat Samachar'.
- 4. A booklet namely STREAMING FROM THE INVISIBLE of Rev. Shri Yogabhikshuji has been selected by D. K. Agencies, Delhi - an international institute of publications - for major libraries all over the world. The booklet has earned international accolades.
- The books 'Gurumahima', 'Mukta' and 'Mara Gurudev' have been approved by the government of Gujarat for the Government libraries.
- 6. The booklet 'I wish to Awaken The Society' has received the epithet 'Karmayogion Ki Geeta' (The Geeta of Karmayogis) and been deemed worth for daily reading by Swami Aksharanandaji.
- 7. THE BLESSINGS, OPINIONS AND COMPLIMENTS BESTOWED UPON THE PIOUS LITERATURE OF HIS HOLY HIGHNESS:
- (1) Rev. Shankaracharya Maharaj of Dwarka (2) Vedant Teacher Shri Shantiprasad of Jamnagar (3) Rev. Narayanadasji Maharaj of Santram Temple, Nadiad (4) Rev. Shri Pramukhswami Maharaj of Swaminarayana Sect (5) Rev. Shri Vijaynath Yogi of Nepal (6) Rev. Shri Sainyamsagarji of Jain Sect (7) Dr. Rameshwardayal Gupta of Jwalapur (UP) (8) Mr. S.P. Iyer of the Times of India (9)Religious Preacher Shri K. Sebastian Joseph (10) The Mayor of Harrisburg (USA) Mr. Stephen R. Reed (11) Rev. Shri Bhaktanandaji of Ramkrishna Ashram (Mount Abu) (12) The Yoga Institute of Santacruz, Bombay (13) Rev. Shri Aumanandaji

Saraswati of Rohtak (Haryana) (14) Respected Shri Manibhai Patel of Santabal Ashram (Chinchini) (15) The Secretary of 'Akhil Bhartiya Hinsa Nivaran Sangh', Dr. Suresh Zaveri (16) The Co-Editor of 'Vishwa Vatsalva' Mr. Manubhai Pandit (17) Miss Savitadidi N. Mehta-Principal of Arya Kanya Gurukul (Porbandar) (18) Mr. Nandubhai of Hariom Ashram, Nadiad (19) The Secretary of Aumkar Parivar (Bhavnagar) Mr. Dinesh Pandav (20) Mr. Babubhai J. Patel (21) Dr. Shri Swami Sunderanandaji of Bidaj (Kaira) (22) Mr. Pragnesh Desai of Yogachetna Smriti Granth Samiti (Kosindra) (23) Saint Shri Asharamji (24) Mr. Morarajibhai Desai (25) Poet Dr. Shri Kishore Kabra (26) Prominent Journalist and Writer Mr. Kumarpal Desai (27) Rev. Shri Swami Abhedanandaji Maharaj of Lal Mandir , Delwada (Mount Abu) (28) Renowned Literary Personality Mr. Anwar Aagevan (29) Anand Ashram, Bilakha (Saurashtra) (30) Respected Manaymuniji of Visarjan Ashram, Indore. From USA, (31) Vishwa Hindu Parishad (32) Kripalu Yoga Centre and (33) Hindu Community Centre have eulogised Gurudev in their congratulatory letters. (34) Prof. Mirna Smith has drawn a parallel between Gurudev Yogabhikshuji and the Jesus of nazareth. (35) The American Yogi of Vyoming State, Shri Narayan Sadashiv have, while expressing his faith in Gurudev, said "Through your medium the people of the world have found yet another opportunity to discover their natural heart in India and themselves". (36) Mr. Stephen R. Reed, Mayor of Harrisburg writes "Your booklet STREAMING FROM THE INVISIBLE have been gracing our City Library".

Thus eminent people and spiritual personalities from home and abroad, have showered praise and blessings.

PADYATRA

"There should be an equilibrium of materiality and spirituality". To keep the spirit of these words afresh, a huge Padyatra was organised from Maninagar to Naranpura at the instance and under the guidance of Gurudev. The Abbot of the prominent Jagannath Temple of the city came to grace the occasion and Prof. Bhagavatiprasad Pandya took the first stride of the march. Becoming people to participate in the march, he commended the effort and proclaimed -

"Till now, we used to hear about such procession being taken out to achieve various goals, but by setting a spiritual goal for this 'Padyatra', Yogabhikshuji has attained a unique distinction. Words betray me in singing his pean. All I can say is he is like Avadhoot Dattatreya."

Mr. Mohanbhai Patel (Former Principal of Gujarat Vidyapith) was overwhelmed. Lending a fitting finale to the hugely successful padyatra he, in his flowery speech acclaimed such activities explaining their significance for the upliftment of society.

ENVIRONMENT-PURIFIER AND DISEASES-ERADICATOR YAJNA

Under the auspicies of Gurudev, more than one thousand Gayatri-Maruti Havan Yajna were performed in various villages and cities with a view to purify environment and eradicate diseases. The flow of Gurudev's holy speeches continued on these auspicious occasions. A rationale of the art of living was the chief characteristic of these speeches.

To invoke the rain-God in the crisis-ridden time of draught a 'Meghchumbak Mahaghrut Yajna' (Yajna that attracts rain in the region where particles of the sacred materials offered to the holy flames of 'Havan' get spread in its minutest form) was conducted, thanks to the inspiration of Gurudev and efforts of the well-wishers of Aum Parivar. To accomplish this massive task an appeal was made to the citizens of the country to lit a lamp of ghee, prepared from cow-milk, on 27/05/88 and keep it burning for 24 hours. The response of the people was very encouraging. The God almighty showered his bliss and the rain-God relented, filling the earth with prosperity.

'Jap-Yajna' (chanting the name of a deity) of numerous kinds were also performed to rid the world of evil-intent. Two notable instances are Ahmedabad and Umreth where non stop Gayatri jap-yajna were performed for 30 and 24 days respectively under the title "The World Evil Pacifying Yajna".

LIBERATION FROM ADDICTION

The ultimate worthiness of the human birth lies in achieving salvation. To attain salvation, a pure, healthy and energetic mind is a Prerequisite. Only a strong body can enshrine an energetic mind.

An addiction reduces a human body to mere skeleton. Gurudev, being a benefector of everything good, tries unceasingly to liberate people from addiction, choosing different ways for different people.

THE BLISS OF INFINITE: BAPU YOGABHIKSHU

Today the human society is passing through a transition period.

Human as well as morale values are declining and atheism is gaining upper hand. At a time when the once cohesive structure of society is rapidly turning hollow, love and peace are flowing in a continuous flux in the human form of Gurudev which itself is a factor of great motivation and a matter to rejoice about.

Gurudev has undertaken the super human task of reducing the disharmony creeping between human beings and preparing a path for their inner peace by himself emerging as a strong bridge.

Lord Krishna has said in the Bhagvad Geeta "To protect religion and follower of true religion, I take birth". The presence of Gurudev among us reminds us of that proclamation. For us, Gurudev is like a bliss of almighty.

In the initial stage of the journey of his life, Gurudev had the vision of a Human-Society pivoted on the foundation of yoga. From those early days he has been striving hard to fulfil that God-Gifted divine objective.

The querries regarding his spiritual achievements and divinepowers are unfailingly met with serene silence. He is a devotee of 'Ashtang Yoga'. He has travelled extensively both at home and abroad as an inquisitor and an advocate of spirituality.

Gurudev has an astounding versatile personality. He attaches equal importance to his meditation and to a life of a poor peasent.

He has an innovative and intimate style of imparting. He has the everlasting treasure of spiritual knowledge at his disposal. He rejoices in inviting and meeting inquisitors of spirituality. The moments spent in his company always fills the heart and mind with peace. The Aum Parivar founded by him spreads the message of universal peace and brotherhood as directed in 'Patanjal Yogadarshan'. His endevour is embeded with the faith with that through yoga, the upliftment of spirituality and through spirituality the upliftment of society will be achieved.

His extensive travelling inland and abroad is regarded a great boon to the spiritual inquisitors. Wherever he goes, the spiritual organisations in the vicinity expressed overwhelming gratitude by heartily welcoming him. His discourses are full of pragmatic overtones.

THE SUN CANNOT HIDE

The fragrance of Yogabhikshuji's piety is wafting all over like a

flower. He shuns publicity. It is a part of his nature. But how long can the sun hide himself? When a famous magazine refused to publish some matters about Gurudev, its editor commented "How long can you keep the gold hidden?"

The American Yogi Shri Narayan Sadashiv writes in his letter to Gurudev, "You have put yourself to use wholeheartedly in the scheme of God. It is good that you are offering yourself to open the doors of Raj-Yoga for others. The task which you are carrying on to march towards a holy destination by bringing about awareness through the medium of Aum, transcends all logics. It is like a great bliss. Through you, the world has now been provided with an opportunity to understand their heart and also the heart of India. You have said 'I am Yogabhikshu (one who gives alms of Yoga).' The history of Yogabhikshuji's life is immensely precious. I had to brave many hurdles to achieve the worthiness to be called Yogabhikshu. The inquisitors will be greatly benefitted if you publish your autobiography and experiences of Yoga."

Respected Dr. Swami Aksharanandji writes: "What your speech reflects is heart not mind, faith not intellect, education not sermons. Your language is not clothed in rhetory and pomp, it exudes agony, pain and compassion."

Says Respected Swami Abhedanandji of Mount Abu: "When someone comes to me in rigorous pursuit of a yogi after bending every branch of the medow and scaling every hill of Mount Abu, I say 'Why Hither! Go to Yogabhikshuji of Ahmedabad."

In his peculiar expression Gurubanda Shamalaji of Hathijan Ashram writes: "You are a unique personality of this world, a lighthouse for those who have lost their way in the voyage of their life, a fountain of nector, messenger of religion and a living embodiment of almighty."

A Gentleman to the core and sub-editor of 'Vishwavatsalya' Shri Manubhai goes in raptures addressing Gurudev with the epithet 'Acharya' and the rishi of upanishada.

A learned scholars of almost all Indian scriptures Dr. Bhagavatiprasad Pandya takes pride in calling Gurudev "Avadhoot Dattatreya Incarnate" and "The Patanjali of Modern Times".

In his letter to Gurudev respected Manavmuniji of the Visarjana Ashram, Indore writes: "O Man of the Era, Holy-Highness Yogiraj Shri Yogabhikshuji,

I have read your literature. It is both beneficial and educative for

human life. It should be presented as gifts on auspicious occasions such as marriage alongwith other gifts. Your presentation on 'Shivambu' in the booklet 'Kadavun Amrut' is very effective. An indepth reading of the article can help people understand the reality.

The education department of the Government of Gujarat should include your literature for the curriculum."

THE FOND INSISTANCE TO CONSTRUCT AN ASHRAM

When the disciple persuaded Gurudev to construct an ashram, he said with a smile, "The ashram shall be constructed whenever it is destined. As for now, I live in my small house 'Dharmamegh'.

"A short time ago, an Indian yogi came to meet me at 'Dharmamegh' with some of his American disciples. Showing the 12'x 10' room, I told them, 'It is the room where I worship God, perform meditation, undertake arduous efforts for self-discipline and the attainment of self-realisation, where I contemplate, reflect and study, meet saints and spiritual personalities. It is also my writing room where a number of books have been conceived. It was here some divine experiences occured to me. It also serves as my sitting room as well as bed-room. The cot lying in the room is my bed and I also use it as my chair. The edge of the window just above my bed serves as my desk and table. I keep my stationary like pen, pencil, rubber etc. there."

My narration left the yogi astounded. He said, "though you have such a small place, you do not give consent to your well-wishers to build an ashram inspite of their fond insistance. Such is the stuff you are made of. And look at us! We live in discontent despite having a number of ashrams spread over thousands of acres of land."

Even without an ashram Gurudev lives in bliss and will continue to live in this state of mind with it. He says:

A cloth, three fingers wide, cover my body, and I eat vegetables cooked without salt; still with the lord dwelling in my heart, I live in bliss that makes Indra stingy!

"At present my time flows reciting these lines. I have lived my life with this state of mind and now a few years have left.

"There is no dearth of people who strive hard to attain their worldly wishes. Today, the time demands people who are wise enough to think and believe that their own welfare lies in attempting for others' welfare and pouring some wise things into their ears. Such people can become the foundation stone of the Ashram.

"As the saying goes, 'The stalwarts have passed away leaving their footsteps behind, when the great personalities who had laid the foundation of ashrams, monesteries and temples with lofty ideas pass away, people with immense wealth, large stomach and huge appetite as well and with parasatic instinct remain behind the ashrams which were established with a view to uplift people from moral decline and make them self-reliant are seen metamorphosed into a den of such activities that defies the rules and norms set by their great founders, one is faced with the question, 'Isn't my home a better place than ashram?"

DEMAND TO UNDERTAKE DIKSHA

{ 'Diksha' (A religious ceremony through which a person is ritually accepted as a disciple by a Guru)}

Many people ask me to help them undertake Diksha. To them I always give the same answer.

"I neither make anyone my disciple nor tie a religious string around his neck. I never tell people to recite any particular scripture. I implore to imbibe whatever you feel good from lectures and discources and make your life fruitful. My doors are wide open for every devotee and inquisitor. If you feel that you have not achieved for what you have come, you may walk on to some other door where you feel you can attain what you really want. And yet, staying there, if you genuinely feel that you are getting less than what you used to get at the door of Yogabhikshuji, you, with all the innocence of your heart, do not hesitate to come to my door again.

"As one draws water from river according to one's own need, one acquires knowledge and true understanding according to one's faith and attempt from the stream of knowledge. A stream of knowledge of understanding flows from our place. All of you have a share in it. Draw from it. But while drawing, be aware of your capacity to digest. If you grab more than what you could digest, your stomach and mind are bound to be upset. Now you will ask me to tell you how much you can digest. But that is for you to find out.

Standing at the doors of Guru, Alms of yoga I bring; As I share everything I have, seekers of salvation will

surely have something.

The /A/, /U/ and /M/ can be heard in all languages and voices of all leaving creatures of the world. No sound can be produced without these three letters. 'Aum' is a composite form of /A/, /U/ and /m/. Hence all beings using these three letters belong to Aum Parivar.

EVERYBODY RECITES AUM

People with wisdom and knowledge say that when one inhales, the sound 'so......' is produced and when one exhales, the sound 'hum' is produced. In this way every living creature unceasingly chants 'Sohum' 'Sohum' (its I, its I) without any visible effort.

If we delete 's' and 'h' from 'so' and 'hum' respectively, only 'Aum' remains. Thus every single breath of a living being is filled to the brim by the name of God (Aum).

MAKE UNHAPPY BE UNHAPPY

As every single limb contribute to the formation of a complete body, every living body contributes to the formation of a huge body i.e., the universe. At individual level, the whole body feels the pain of a wound inflicted on one limb as well as the ecstasy of a caress on it. Similarly, the vibrations, pleasing or painful of one body spreads all over the universe. This rationale makes it clear that the whole universe shares our joy and agony and in turn, we, as part of universe, inherit the pain or joy from other beings. So we should be very careful. "Make others happy, it will breed happiness."

FROM A NEEM TREE SPROUTS A NEEM TREE

A father finds his family being impaired if a member of his family is put to death. His wrath then descends upon the killer. Similarly God almighty 'The Father of Universe' finds his universal family being impaired when even a small creature gets killed and his wrath descends upon the one who has put him and his family in such peril.

The world today has become the subject of the wrath of God almighty and yet man, blindfolded by his hubris is oblivious of his wrath.

Let those who do not believe in God, believe in karma. And if they do not believe even in the rules of 'karma', will it turn a mango tree into a neem tree? Will it transform the rule that a good act begets happiness

and an evil one sorrow? You are free to choose your own path of happiness or sorrow.

You have flung your treasure open,
For people to choose the jewel of happiness;
As they take so shall they receive,
O' Yogabhikshu! Why are you in distress?

THE ESSENCE OF EDUCATION

One should never forget that all kinds of education are undertaken to attain self-realisation. The formal education being imparted in various educational institutions like schools and colleges do not aim only at earning subsistence. Even illiterate people and animals can earn their livelyhood. The essence of all education lies in ensuring that the skill acquired from them is put to use in attaining the God, i.e. attaining a better and truer understanding of God.

When people who have a clear understanding of the 'Supreme', try to explain it through the words and examples of various branches of physical studies, the knowledge of words and formal education makes it easy to understand.

Why we took birth on this earth and what will compel us to leave it against our desire? These are some of the imperceptible mysteries which are required to be unfolded. Education proves helpful in this regard.

No learning or education can stop death. But it can certainly become a tool in acquiring proper understanding of death and thereby paving a way for liberation from the fear of death. As such, only attainment of 'MOKSHA' can liberate us from death, but liberating oneself from fear of death is almost as good as liberating from death. Education should be held vindicated only when it becomes an auxiliary in liberating a human being from the fear of death.

(Excerpted from the Hindi book 'KRANT-CHINTAN')

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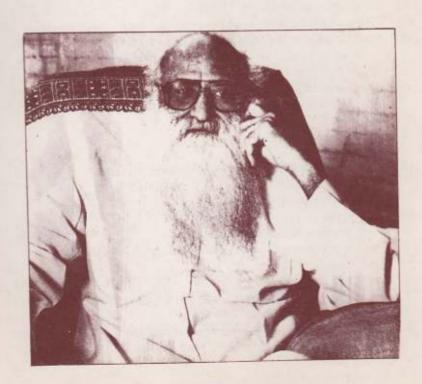
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YOGABHIKSHU:

An Introduction

(Excerpted from the Hindi book "KRANT-CHINTAN")



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