

Today's Food for Thought

- Yogabhiikshu



Today's Food for Thought

Means –

**(Golden maxims posted by Reverend Shri Yogabhishtuji -
Under the title "Aajnu Bhatu" on Facebook)**

Yogabhishtu

English Translation – Naishadh Vyas

Preface

We have tried to include the Omni-auspicious manifold literature authored and posted by Reverend Shri Yogabhikshuji on Facebook under the Gujarati title “Aajnu Bhathu” in this book. We have deep faith that this book “Aajnu Bhathu” i.e. “Today’s Food for Thought” would become the Life’s food for thought for all the readers; for, utmost desire is kept and care is being taken to ensure that the Omni-auspicious literature become useful to all. We pray that Pranav – Aum – The Supreme Being fulfills our desire.

We are happy to share this information that the Omni-auspicious literature published on Facebook by Reverend Yogabhikshuji has received 3,80,000+ (Three lakhs eighty thousand plus) likes; and the digital form of literature viz. quotes, articles, books, periodicals, etc. which are being published on website (www.yogabhikshu.org) have received 81 million plus hits.

We are truly lucky that we have been getting divine benefit of such Omni-auspicious literature sitting in our homes.

Jay Aumgurudev – Jay Narayan

Bhavesh Raval

Today's Food for Thought

Means –

**(Golden maxims posted by Reverend Shri YogabhiKshuji -
Under the title “Aajnu Bhatu” on Facebook)**

Provender for life

- To stop the earthquakes generated by nature is not in the hands of human being; but to stop the earthquakes created by human being is in the hands of human. However human being does not make efforts to stop the self-created earthquake and makes futile efforts to stop nature-created earthquakes. How tragic surprise it is!
- The power is considered as God by the world; be it a power of endurance-tolerance (Jesus Christ) or power of governance (Shri Krishna).
- Since its birth every living being starts its journey towards death. One day is over from lifespan with rising and setting of the Sun. Thus passing of week, fortnight, month and year would stretch living being towards old age and ultimately the death.
- We danced a lot, we jumped a lot, we lived a life of revelry, we did lots of good and bad deeds, etc. etc. etc.; but at the end of it we found that they were futile. Hence be cautious in time and make our human birth worthy.
- There is difference between auspicious fasting and hunger; likewise there is difference between thrift and greed. For thrift the intellect must be braced. More the intellect is braced, more the enlightenment. With these rays of enlightenment the darkness of births' ignorance would be pierced.
- The philosopher's stone converts all irons that come into its contact into gold but it can't make them philosopher's stone. Whereas Guru-saints make the true disciples a Guru i.e. Guru-saint ensures that his disciple attains true understanding and wisdom.
- Had there not been the weird desire of getting golden deer by Sita, then the Ramayana would not have been written.
- Had Draupadi did not utter bitter sentence like “The sons of blind ought to be blind” then the Mahabharata would not have been written.

- The one who imparts knowledge of Atma-Parmaatma i.e. Soul and Supreme Being is 'Sadguru'. The one who teaches about material science is 'Guru'. Sadguru would be only one whereas Guru can be many.
- Till the worship and rituals performed by following inert rules blindly there would not be love towards them nor the conviction-faith; due to which the spiritual benefit of them is not attained.
- Hats off to prevailing and dominant woman! Your story is immortal; your heart is full of love and wisdom and your eyes are like the eyes of Mahakali i.e. Goddess of death.

(‘Suvichar’ Issue-52, July-2008)

Yoga: - Shat Karma, or Shat Kriya namely Neti, Dhوتي, Basti, Nauli, Kapalbhathi and Tratak; as they are often known, are six **Yogic** cleansing processes used by **Yoga** practitioners to help purify the physical body. **The Kapalbhathi is not considered as Pranayama.**

In Hathyoga, eighty four types of Aasanas (postures) are included; out of which Siddha, Padma and Swastika Aasanas are considered as main Aasanas.

About Supreme Being – in Yogadarshan:-

1. Klesha or anguish, Karma or actions of persons, Vipaka or the fruits of actions, Aparamrushtah or he who is devoid of all passions - are the four fold afflictions, which cannot be seen in that extraordinary person (Vishesha Purusha). That Supreme Being - who is qualified with special awareness known as Chetana is called Ishwar.
2. This Ishwar is all-knowing (Sarvagya).
3. Ishwar is the preceptor (Guru) of preceptors. Passage of time cannot modify- extinguish him.
4. Pranava is the word that signifies Ishwar.
5. Do the worship of Pranava with an understanding of the meaning.
6. When you practice the Mantra of AUM with an understanding of its meaning, all the obstacles in your way will be cleared and you will be able to realize your own self (you will have a direct glimpse of your soul).

In six maxims mentioned above, the name of the Ishwar and His brief identification is given. We have to perform all spiritual activities i.e. Sadhana for the purpose of realization of Ishwar and unite ourselves with Him.

Eight limbs of Patanjali Yogadarshana:- There are eight limbs of Yoga described in Patanjali Yogadarshana. They are - YAMA - Restraints, moral disciplines or moral vows, NIYAMA - Positive duties or observances, AASANA – Posture, PRANAYAMA - Breathing techniques, PRATYAHARA - Sense withdrawal, DHAARANA - Focused concentration, DHYANA - Meditative absorption,

SAMADHI - Bliss or enlightenment. There are five sub folds of Yama. They are - Ahimsa (nonviolence), Satya (truthfulness), Asteya (not stealing), Brahmacharya (chastity, celibacy, sexual restraint) and Aparigraha (non-avarice, non-possessiveness). Yama cannot be limited by way of race, country or time. It assumes universal dimension and hence considered as great vows. Shaucha (Self-Purification), Santosha (Contentment), Tapa (Self-Discipline or penance), Svadhyaya (Self-Study), Ishvara Pranidhana (Self-Surrender or surrender to Supreme Being) are called Niyama i.e. Positive duties or observances.

Once the Yama and Niyama are performed and mastered then comes Aasana. When the Aasana which gives stability and happiness is mastered, the practice of Pranayama should be started.

Aasana (Posture):- In Patanjali Yogadarshana the Aasana is described as - By effortless concentration on eternity i.e. Supreme-Being (the Aasana is accomplished). With that (i.e. Aasana), the impact of duals are subsided. In Patanjali Yogadarshana there is no mention of any other Aasana. Aasana is the third limb. Before Aasana there are two limbs viz. Yama and Niyama; it is told to practice the Yama and Niyama before practicing Aasana.

Tongue – beat or revive:- If unhealthy-unhygienic food is consumed or if bitter words or lies are spoken then tongue beats; and if healthy-hygienic food is consumed or if sweet words are spoken then tongue revives. With bitter speech there can be world war and with soothing speech there can be world peace.

Subtle illusion and infatuation:- The renowned Gujarati poet Akha Bhagat has described the impact of illusion and infatuation in his hymn, the explanation of which is described below –

How much a human being remains alert, sooner or later he would be the victim of sins and weaknesses in his life. If he is able to remain absolutely faultless then how can he be called human being? Weaknesses, in the form of sweet knife, cut the throat. Once entrapped in the weaknesses then it is very difficult to come out of it, one is addicted to them. If one tries to come out of it, then he would be further trapped like the one who is trapped in a mud; at that time only with the help of philanthropist who has stood away from mud one can come out of it. Multi-faceted weaknesses, with their different forms deceive us in many ways. Many wise people and veterans are deceived by the illusion which takes the form of knowledge and wisdom. Illusions take the form of things in which we are very much interested, and wherever we go they would come there before us.

Kaikeyi (Rama's father Dashratha's one of wives):- Had there not been a Kaikeyi there would not have been Lord Rama's exile; and so there would not have been a meeting-union of Rama and Hanuman; and so there would not have been extermination of monsters; and so.... The task of incarnation of Lord Rama would

have been incomplete.

Habit:- The taste remains in habit. If an infant or a kid is fed with salty, sour, bitter or spicy food it would not eat it. But if the same kid gets elder and develops a habit of those tastes he would crave for those tastes. Likewise unhealthy bitter things like alcohol, tobacco, opium, etc. would taste good only due to the habit of them. So if the taste is remained in habit then why should not we develop a habit which is fully beneficial to us?

When crop of tobacco is ready in the field, all the snakes rush towards village.

Who can practice Yoga?:- If Young, aged, very old, sick, weak and all other people would leave laziness and practice Yoga then all of them attain success in it.

Signs of success in Yoga-practice:- Lean body, pleasure-glee on face, expression of Naad i.e. Shabda-Brahma – divine melody, limpid eyes, success in practicing celibacy, strong digestion power and purification of Naadis i.e. subtle energy channels are the characteristics of Hath-Yoga (Hath-Yoga Pradipika).

Patanjal Yogadarshan says:- For sagacious people, those joy and happiness are also (unhappiness and sufferings viz.) Parinaam Dukh or resultant unhappiness, Taap Dukh or tormenting unhappiness and Samskar Dukh or impressionable-influential unhappiness and also in the reference of Triguna – the three qualities of nature – they are considered unhappiness and sufferings. Note: Trigunas are called: Sattva (goodness, constructive, harmonious), Rajas (passion, active, confused), and Tamas (darkness, destructive, chaotic). For ordinary people the ‘happiness’ is happiness; but for those who are philosophical, who are sagacious, whose life is meant for salvation, who desire emancipation, the ‘happiness’ is suffering.

Parinaam Dukh or resultant unhappiness: Sagacious people think that how are joy and happiness received by ordinary people? They are resultant unhappiness (Parinaam Dukh). Let us take an example of one such happiness. How that happiness is resulted in the resultant unhappiness? When we wear a clean and neat dress, we get joy and happiness. But by passing of each and every moment it is becoming dirty and after some time the suffering of washing that dress is going to come. Though at the time of wearing it we get joy and happiness but they are going to result in the suffering of washing it i.e. resultant unhappiness (Parinaam Dukh). This is Parinaam Dukh – At present happiness is felt but after some time it would result in unhappiness and suffering.

Taap Dukh or tormenting unhappiness: The happiness which is considered as Taap Dukh or tormenting unhappiness by sagacious people, is considered happiness by ordinary people who live worldly life. Taap Dukh means the one which brings anguish, which torments. We get happiness. After getting that happiness, to ensure that we are not deprived of that happiness we try very hard, for that we use our

intellect to its capacity; we keep ourselves always ready to ensure that even if somebody wants to snatch it away from us, he cannot. Even after such herculean efforts of ours, if somebody snatches away our said happiness then we feel severe mental torture, we feel anguish. Thus to ensure that nobody snatches away our happiness whatever efforts we make brings anguish and mental torture to us; that anguish itself is called Taap Dukh or tormenting unhappiness.

Samskar Dukh or impressionable-influential unhappiness: Samskar Dukh means – the happiness we enjoy leave impression on our conscious and because of that impression the desire is formed. That desire pulls us towards that happiness; it inspires us repeatedly to enjoy the same happiness again and again and hence by making efforts we again go there. By enjoying that happiness again, it leaves impression on our conscious again, and again the desire is formed which pulls us towards that happiness. Thus, a water wheel like cycle is created - enjoyment of happiness, impression of happiness, desire due to impression, and because of that desire we pull ourselves towards that happiness again. Thus we fall in the trap of water wheel like cycle. Hence sagacious people consider that happiness as Samskar Dukh or impressionable-influential unhappiness.

Every happiness is considered unhappiness with the reference of Triguna i.e. three basic qualities of nature. Happiness is connected with Triguna. Which are Trigunas? Trigunas are: Sattva (goodness, constructive, harmonious), Rajas (passion, active, confused), and Tamas (darkness, destructive, chaotic). In the presence of one Guna (quality), two other Gunas are resisting hard to overcome the present Guna. The other two Guna try hard to make themselves primary-main Gunas by making the current prime Guna a secondary one. Thus there is resistance going on among the three Gunas to become themselves the primary Guna. This resistance of Triguna is also a suffering which gives unhappiness. All joys and happiness are considered Truguna pervaded. Hence Triguna is going to remain. Whenever happiness comes, it comes with Triguna into it; out of the said three Gunas, one would be in the primary stage and other two would be in secondary stage. The two Gunas which are in the secondary stage would resist hard becoming primary Guna. Thus the resistance of Triguna also gives unhappiness. Hence for sagacious people all these joys and happiness are considered as unhappiness only.

To liberate fully from all unhappiness there is salvation and to attain salvation there is Yoga.

Aasana:- In scriptures 8.4 millions species are counted. Sitting posture of each species is called Aasana. As per that logic the counting of Aasanas (postures) are also 8.4 millions; out of which 84 postures are selected for the health purpose. Out of those selected 84 postures Siddhasana, Padmasana and Swastikasana are considered

very useful for focused concentration (Dhaarana) and meditation (Dhyana). And out of these three Aasanas the Siddhasana is considered as the most important Aasana, for it is for Yogi who wants to attain accomplishment of Yoga and becomes accomplished Yogi.

Yoga:- In scriptures there is a mention of 1,25,000 types of Yoga; out of which the names of Hath-Yoga, Raj-Yoga, Laya-Yoga, Bhakti-Yoga, Gyana-Yoga, and Karma-Yoga are prevalent. The main purpose of all types of Yoga is to attain the salvation-emanicipation i.e. the perpetual happiness whose resultant counter action is not unhappiness. The human birth is considered worthy only if the perpetual happiness is attained.

Two sides:- Like two sides of coin if there is admirer then there is detractor too.

Mind's pleasantness:- Your mind achieves pleasantness - if you show friendliness towards a happy man, when you exhibit compassion towards an afflicted person; if you show gladness towards a pious man; if you are indifferent towards a sinful man.

The word Maitri means friendship. Yogashastra gives great importance to friendliness in bringing down the fires of jealousy. When you happen to see happy people at any time extend a sentiment of friendliness towards them. It gives us pleasure. Since you keep friendly gesture towards happy people, do not believe that they will be equally friendly to you. May be that happy person will not return your gesture of friendship. If you anticipate reciprocation of friendship you are sure be disappointed. Anticipation will produce a desire to receive something in exchange or some of his happiness. If you treat him as your friend then you may claim that he should share his happiness with you. But in all probability that happy man may not be even knowing that you are entertaining such a feeling or expectation in your mind. Now in what way the relations stand? He has nothing to do with your sentiments towards him. We have adopted this sentiment of friendliness to avoid the overpowering emotion of jealousy.

If we give rise to an improper desire that since we have adopted a friendly posture he should reciprocate same in some manner and that desire remains unfulfilled, you will have to pass through a lot of mental agony. Hence we should be careful as to how far we should proceed with our behavior of friendship.

In the mind of human:- A mind of human is filled up with many emotions but human is unaware of it; but when a specific emotion arises human comes to know about it. Likewise – A human body is full of various diseases; as many pores are there in the body that many diseases are there; but until any one of them is unfolded human would never come to know about it.

Dominance of jealousy:-

1. If a member of the family makes huge material progress then he/she would become the victim of jealousy of other family members.

2. If one city of the state makes huge material progress then that would become the victim of jealousy of other cities of the state.
3. If one state of the nation makes huge material progress then that would become the victim of jealousy of other states of the nation.
4. If only one country of the world makes huge material progress then that would become the victim of jealousy of other countries of the world and thus it leads to the birth of world war.

Jealousy is very strong. It takes pseudo form and penetrates into the inner soul of the body and shaken every living being.

Though we make extremely huge spiritual progress, others would not be jealous of it because others would never come to know about our spiritual development and progress.

Experienced people say – we should keep detractors nearby us so that they can condemn us; whereby our nature becomes limpid and pure.

Purushottam Mass i.e. Month:- (is an extra month in the Hindu calendar that is inserted to keep the lunar and solar calendars aligned. “Purushottam” is an epithet of Lord Vishnu, to whom the month is dedicated.) Purushottam month is a month to become one of the best humans. Though we behave arbitrarily in all other months, at least in Purushottam month we behave and live our life so virtuously that our human birth is made worthy.

The word ‘Purush’ signifies not the man but signifies the soul lives in human body. This month is a cause to perform Purushartha i.e. inherent values of the universe viz. Dharma, Artha, Kaam and Moksha to attain the extreme welfare of ours.

The human birth is considered the best source to attain salvation, so after getting this precious human birth we should try our level best to attain the salvation.

Satisfaction-Contentment:- While travelling by walk if we would see the cyclist we would think that how good it would have been if we would have bicycle. When we got bicycle, we rode it for some time and had a fun. Then we saw a person driving motorcycle and we thought that we are tired of manual peddling of a bicycle, we should have motorcycle. We got motorcycle. Then we thought car is good, plane is better, etc. etc.

Once, while contemplating, we find that the dissatisfaction we had when we used to travel by walk, the same level of discontent we have even we are the owner of plane. If satisfaction and content is not there in all these then satisfaction and content is elsewhere.

In Patanjali Yogadarshana it is said that – There is no better happiness then the happiness lies in satisfaction and content. The prime happiness is only in emancipation

and salvation and to attain that we have to practice Yoga.

To satisfy Curiosity:-

- Proficient performance of duties is Yoga - Gita
- Stability-equipoise is said Yoga – Gita
- Samadhi (trance) is Yoga - Yoga-Sadhna
- Control of mental faculties is Yoga – Patanjali Yogadarshana
- In Shankaracharya-Taravali Sadashiva has told about 1.25 Lakhs types of LayaYoga
- In Hathyoga-Pradipika of Svatmarama, Aadinath had told about 1.25 crores types of Laya Yoga.

Shatkriya-Shatkarma (literally six actions) to purify body:-

- Neti is a nasal wash
- Dhauti is the cleansing of the whole digestive tract
- Basti is a colonic irrigation.
- Nauli is the cleansing of abdominal wall.
- Kapalbhata is a skull cleansing-polishing.
- Trataka is a cleansing of eyes

All above mentioned cleansing actions must be learned or performed under the guidance of an experienced person or else they would harm the body. It is also to be remembered that these Shatkriyas must be kept secret.

Upnishada says – The one who has attained the Yogic body has won disease, old age and death.

Brahmacharya:-

- The deities killed death i.e. won over death with the penance of celibacy. (Upnishada)
- Spoiling sperm is the death and retain it is the life. Hence with the hardest efforts one should retain sperm. (Hathyoga Pradipika)

Union with Saint:- Tulasidasji has rightly said – Even sinful person has wife, children and wealth but there would be no god-worship and union of saint at his place; only at the place of virtuous person there would be god-worship and union of saint. This is the biggest difference between sinful person and virtuous person.

Human-Species:- Out of three species viz. Human, birds and animals, human species is considered the best. Diet, sleep, fear and sex; despite these four activities are done by all three species equally the reason for considering the human species the best is that only human species can make efforts to attain the eternal-perpetual happiness, if he wishes to do so.

Thus, if human being does not make efforts to attain the eternal-perpetual happiness then what is the difference between him and other species like birds and animals? Then human species too is considered as animal without horns and tail or bird without wings.

Let us pray to Almighty Supreme Being Pranav-Aum to make our human life worthy of a true human being.

Tulasidas Says:- Never go to the village of our father because we would not get due respect in that village; though we would have attained sainthood the villagers would treat us as a common person.

My opinion:- It is good if we get due respect in the village of our father. But if we don't get due respect then there is no need to bother about it. It is an indication of love and affection if parents don't give due respect to us.

Though we are praised by people of world but if we are praised by our family and people of our village too then only we can say that the praise is truthful.

Sleep and diet:- Sleep and diet are such that if we wish to increase them they can be increased and if we wish to decrease them they can be decreased.

During old age we can't work hard so the diet is decreased. It is but natural hence we should leave aside worry about that live our life happily. Let us live our life worshipping Supreme Being and pray Him to guide us in living our life. Let us accept what is natural and keep ourselves far away from what is unnatural so that we can save ourselves from unwanted problems.

Purushartha - The four aims of human life:-The *Purusharthas* are the inherent values of the Universe - Dharma (righteousness), *Artha* (economic values), *Kama* (pleasure), and *Moksha* (liberation). The sequence is very suggestive. By complying Dharma one has to earn wealth – the economic values. With the help of that wealth one has to fulfill the desires. And if these rules are followed then liberation-salvation comes naturally.

One Purusharth is to be done for the Purusha i.e. soul and the other one which is done for the physical-material body.

One Ram...:-

**Ek Ram Dashrath ghar dole, ek Ram ghat ghat me bole;
Ek Ram hai jagat pasara, ek Ram hai sab se nyara.**

Translated it means - There is one Ram in Dasarath's house, another Ram is within everyone. The third Ram is pervading the universe. The fourth Ram is altogether different than the other three i.e. a special. This fourth Ram mentioned here indicates to AUM. This we must understand completely and in a correct way. For AUM-Pranava it is said in Patanjali Yogadarshana –

1. Klesha or anguish, Karma or actions of persons, Vipaka or the fruits of actions, Aparamrushtah or he who is devoid of all passions - are the four fold afflictions, which cannot be seen in that extraordinary person (Vishesha Purusha). That Supreme Being - who is qualified with special awareness known as Chetana is called Ishwar.

2. This Ishwar is all-knowing (Sarvagya).
3. Ishwar is the preceptor (Guru) of preceptors. Passage of time cannot modify-extinguish him.
4. Pranava-AUM is the word that signifies Ishwar.

You will understand the gravity of importance in uttering AUM from what has been mentioned in Shree Rama-Upnishad that if you repeat the mantra of AUM before and after ‘Ram’ for as many as 5 million times it will give you the same results had you repeated only ‘Ram’ word – in ordinary way for 96 Crores times.

On Birthday:- On our birthday we come to know that we have reached to a certain age but we don’t know that how much life span is left now. Hence work hard and do maximum virtues so that we get the next birth to of the highest order.

Maryada Purushottam:- **Maryada Purushottam** is a Sanskrit phrase in which “**Maryada**” translates to “honour and righteousness”, and “**Purushottam**” translates to “the supreme man”. The phrase when combined refers to “the man who is supreme in honour righteousness”.

In the era when having more than one wife was considered a status and dignity Lord Shri Ram had established, accepted, practiced and got appreciated the ideal of one wife. Thus he preached the sermon of living the life of honour righteousness by practicing himself. That is why he was called Maryada Purushottam. It is considered a great strength to practice righteousness in life. A human being too becomes God just by practicing righteousness very strictly. Sun-moon, earth-water, river-ocean; if they behave uncontrollably then they become catastrophic. We all know that when mother Sita crossed the line of control what happened to her.

When wife walks then...:- A one-eyed son was told to wear dark glass goggles and then lead to wedding pavilion. A lame daughter was carried to wedding pavilion by her maternal uncle and helped took wedding-rounds. When marriage ritual was over the father of the son started shouting – “My son has won the battle!” Seeing this, the father of the daughter started shouting sarcastically – “You would come to know only when your daughter-in-law walks!”

The moral of the story is – We enjoy doing the wrong deeds but when we get fruits of them in the form of punishment then only we realize about the rules of Karma.

Kabir Says:- Kabir said to his disciple – Learn two things viz. 1) worship God and 2) give food to hungry. Why Kabir had to mention these two things and forced to focus our attention on the said matters? Because we eat our meals very happily and with great joy on regular intervals but we don’t worship much and also don’t feed hungry. Saint only gives hint, it is for us to understand it at once and put the sermons of saints into practice.

Hundred activities:- We should keep aside hundred activities and take the meal first; keep thousand activities aside and take the bath; keep hundred thousand activities aside and do the charity; and keep ten millions activities aside and do worship – This is the command of our scriptures.

Five Pandavas were in discussion of important matters. At that time a person came asked for something. Udhisthir told him to come next day. Hearing this Bhim laughed loudly. Everyone asked Bhim about the reason for laughing loudly. Bhim said, “The elder brother believes that he would live till tomorrow that is the reason why I was laughing. Hey bro! Nobody knows about what would happen to him after even a few moments!” After hearing this Yudhishtir called back the person and gave him what he had asked for.

Fake rupee:- A saint came to a village. People made a queue for his Darshana (i.e. auspicious sight of a deity or holy person). One by one they do Darshana and put some gift at the feet of saint. One greedy person puts a fake coin of a rupee at saint’s feet. The saint was vigilant and alert. Once the Darshana programme is concluded the Satsang i.e. preaching is to start. Before the start of Satsang saint told the gathering – “Take back the fake coin that had put at our feet by someone from you. Because it is said in scripture that I will have to give thousand coins in lieu of one coin I received. You all know that it is easy to give authentic thousand coins but how do we I have thousand fake coins?” After hearing this, the greedy person felt very ashamed.

More than Datura i.e. thorn-apple:- Gold is hundred times more intoxicated than Datura (thorn-apple). For, only when Datura is eaten the intoxication is felt but gold, even by attaining it intoxication is felt. In Hindi language gold and Datura, both are called ‘Kanak’.

Experienced people used to warn us – “Don’t wear gold, instead eat gold.” ‘To eat gold’ means to keep our diet extremely healthy. If you do so then it is right way of taking benefit of gold.

Celebration of birthday:- The birthday celebration is very suggestive. On that day we have to take pledge that whatever sins were done in past are not to be repeated again; and we have not to remember about the virtues to be performed us in the coming days.

Brahmacharya (chastity, celibacy, sexual restraint):- Brahmacharya means “conduct consistent with Brahma (the ultimate reality in the universe)”. If it remains ceaseless then it is called ‘Akhand Brahmacharya’. Bra+Ahama=Brahma. Bra means Bruhat meaning ‘so much’ and Aham means ego or own-self or individuality. Bruhat Aham means expand the individuality or own-self so much. The main purpose of all spiritual practices is to extinct Aham (ego). The extinction of ego can be done in two

ways; either by expanding the ego very much, or by shrinking the ego too much. The spiritual practitioners use one of the more suitable approaches. Someone uses his individual ego for the welfare of family, society, nation and the universe; thus by expanding the ego too much he makes it extinct. However someone applies opposite method and by shrinking his ego so much he makes it extinct. The time we conduct consistent with Brahma, it is said that much time we have complied Brahmcharya. All these meanings of Brahmcharya are theological meanings.

Sage Patanjali defines it with disillusionary meaning i.e. to be benefitted with semen is The Brahmcharya (celibacy). It is not celibacy if there is no benefit of semen.

Go to bed early and...:- Decades before this one was considered and ideal – “Those who go to bed early and gets up early is considered healthy; for, by doing so the strength, intellect and wealth are grown and the body remains healthy and joyful.”

And at present this is the situation - “People go to bed at very late night and get up very late in the morning impatiently; though their strength, intellect and wealth are shrunk they don’t become cautious about it.”

How much we earn...:- It is not of much importance that how much we earn, but more important is how much we save; because balance of life is dependent on our savings.

Savings:- One person earns fifty thousand rupees but does not save anything. The other person earns ten thousand rupees and saves two thousand rupees from his earning. Sooner or later the person who is earning fifty thousand rupees would require financial help from the person who is earning ten thousand rupees. It is said that the thrift is like a brother. There is a difference between miser person and person with trait of thrift. The thrift is an extremely useful art and intelligence to live the life. I pray to God that He gives all of you enough intelligence to understand such important matters of life.

Practice penance:- Let us put into practice such an enormous penance that God Himself asks us, “What is your desire? Ask for anything and I shall give you.” Such kind is the God that He never keeps debt of your enormous penance on His shoulders. He delivers the fruits of your penance.

The fire of jealousy:- The fire first burns the wood in which it is lit; others woods are burnt later. And it is also possible that without burning other woods the fire may pacify. The fire of jealousy is also like that. It first burns the person in which it is lit. It may happen that it does not burn the rival.

Labh-Shubh (i.e. Profit-Auspicious):- In the houses, shops, offices, etc. Labh and Shubh is written; first Labh (profit) and then Shubh (auspicious). It means – the profit must be auspicious in nature then only one is benefitted with that profit.

All want profit, no one wants loss but due to less intellect and understanding they run into losses. Though there is heaps of wealth earned out of inauspicious deeds but with that wealth even the smallest happiness and peace are not attained. Then what to do with that heaps of wealth! Have we to suffer just by watching it?

Laghu-Guru (inferior-superior):-

1. A Laghu will unfailingly become Guru.
2. An intellectual is he who can sit at the feet of master (Guru) with the modesty of an ignorant person.
3. Satya (Truth) and Dharma (religion); they are our Guru and if we follow them then only we are hailed.

Thou establish him as Guru:-

1. You say what is stolen from the book, I say what is experienced by me; you tell what is written in the book, I tell what is contemplated and visualized in head.
2. Neither I have learnt Vedas and Upanishadas, nor I had been to college; whatever I have preached is by the grace of God, become 'Yogabhisnu' with herculean efforts.
3. What is relevance of 'Bhisnu' in the universe, without grace of God he is junk; only the power of God establish him as a Guru.

Greetings of Gurupurnima:- Obeisance, greetings and blessings to all Guru-followers on the auspicious occasion of Gurupurnima Festival.

Let compassion of nature shower on all living creatures and let all be happy, prosperous and peaceful; that is the only prayer to Aum-Paramatma – the Supreme Being.

We give tribute to the departed souls. The birthday celebration is very suggestive. On that day we have to take pledge that whatever sins were done in past are not to be repeated again; and we have not to remember about the virtues to be performed us in the coming days.

Remain saint only:-

1. Though after becoming saint, abbot or hermit one walks around with ego, but until the hypocrite nature is changed, he remains thug.
2. Though one works as a cobbler, tailor, produces and sells oil or in any other field and performs infinite deeds, but he never changes his saint like nature and remains saint forever.
3. Don't ask about the education of saint for his learning and wisdom is important, as one has to value the sword and not its sheath.

Moving flour-mill:- Between two round stones of a mill food grains are grinded. The grains which are resorted to the rod which is located in the middle of the mill are saved from grinding. Hence condemn and hate the weaknesses but not to the weak

who succumb to the weaknesses. The weak must be given chance to the resort of the rod.

Closet of soot:- However wise, alert and cautious a human being is but if he enters the closet of soot he can't avoid the stain of soot. Hence it is advisable to keep oneself away from the closet of soot; likewise one should keep himself away from the bad company.

Ink and paper:- Saint Kabir says – There is no need of ink, paper and pen, as the essence of four eras is communicated through mouth only.

Saints are born with wisdom of many births. All the books and scriptures are stored in their head hence they don't need external means like paper, pen and ink.

Lake and tree:- There is an inspirational verse, translated it means – Lake, tree and saints always oblige even to the people who disservice them; they flourish for others only. Take the instance of a tree; if we throw a stone at the tree, it would give us fruit. Likewise nature of saints is such that they make others happy and peaceful at the cost of their own happiness and peace. That is their pleasure and attainment. Though someone wears white or saffron clothes, keeps clean shave or beard but as long as he serves people and lives for the welfare of them he is a saint only. His external look is immaterial; his internal sainthood is his true identification. Hence don't ask caste and creed of saint, ask them to impart their knowledge and wisdom.

Extreme Grace:- Hey Almighty God! Please do me a favor by accepting my request – “Thou never shower extreme grace on me.” For, we know that grace is useful but extreme grace leads us to idleness and idleness means extreme downfall, extreme disgrace. Without hard work we can't move ahead in the journey of attaining salvation thus the human birth is in vain. Anything extreme is to be avoided. For some people this talk of avoiding extreme grace is bitter in taste but the bitter medicine cures the disease too.

Leaf of peepal-tree:- By looking at the fall of dried leaves, the shoots of the green leaves smile! So the dried leaves tell them, “Why do you smile? Keep patience! Your situation would be like us after some time.”

This gesture is to make young generation cautious and alert. Even if one has long life he has to be old so we should give respect and be modest towards the old aged people because we too are going to be old.

The one who prostrates:- My mother used to tell - “the one who prostrates liked by all.” My father used to tell – “Hey guest! Please visit our home.” I (Yogabhiikshu) used to say – “The happiness and peace remains there where brothers remain with unity and Guru-saints are welcomed with respect.

Temple...:- The people who are behind the construct of the temple and mosque are greater than the temples and mosques. How much ignorant they are who whip

sticks and fire arms! Shame on those who kill the living beings to defend the concrete structures of temples and mosques! Yogabhiikshu says – He is great who gifts fearlessness to all.

‘**Aajnu Bhathu**’:- means today’s food for thought. Under the title of “Aajnu Bhathu” some content which provender of life is posted on Facebook. The good response is received from the disciples and curious friends. Hence we feel happy and enthusiast to post the content on daily basis.

The food which is carried during noon for family members who are working in the farm is called “Bhathu”; and that is provender. The human being has got current human birth and subsequent happiness and facilities due to the provender of virtues of the previous birth. During present birth too we should carry provender of virtues so that we have not to bother for the next birth. Only human species can do so. The animals and birds can’t do so. That is why the human species is considered the best one. So we should not miss the chance. We should try to get inspiration by reading the content posted under the title “Aajnu Bhathu”.

In the approval and assent of curious traveler of the path of salvation, there remains the demand of such provender i.e. food for thought.

At three doorways:- It is said that God mainly remains at the three doorways or places of worships viz. 1) Temple, 2) scripture and 3) Guru-saint.

1. We have to visit temple at a specific time to have Darshana of God in the temple and would get benefit of Darshana if we remember the virtues done by the God and thus praise the God.
2. There is no prohibition of time to have Darshana of God at the doorway of scripture. According to our wish we can take the benefit of scripture at our suitable time and even while relaxing too we can read them and take benefit of them. But while reading scriptures if we get doubt about specific content or have queries then whom to ask about it?!
3. At the doorway of Guru-saint we can visit them and according to our time and wish and clear our doubts and queries; thus we can take full benefit of their wisdom. That is why it is said that at the doorway of Guru-saint the God is overtly-visible present.

For the curious traveler of the path of the salvation there is a divine joy of understanding the spiritually profound mysteries.

Charity of offering water:- There is couplet in Gujarati. Translated it means - If you do the charity of offering water then you earn five virtues; if you do the charity of offering butter-milk then you earn hundred virtues; if you do the charity of offering food then you earn many virtues – but there is a condition that all the said charities must be done without grumble and displeasure; they must be offered selflessly.

If any virtue is performed not with wholeheartedness then one can’t get its fruit.

All virtues should be performed with right understanding, with feeling of renounce and without expectations of getting fruits of them. The secret charity is of great importance. Veterans say – If the right hand donates, left hand should not come to know about it and vice versa. The essence of whole Gita is sacrifice-renounce.

Hundred Fireplaces:- A person went to a saint and started crying while saying, “Please save me, I am tortured by my wife’ now I will live here in your Ashram.” He gets the permission to live in Ashram. After a week the saint took that person with him to show him an Ashram. After visiting all the places of Ashram they came back to his room. The saint asked him, “How do you find the Ashram?” The person said, “I like the Ashram very much. It is very big and nice. Particularly the kitchen is very huge. There are hundred fireplaces to prepare the food.” The saint asked him, “What do you learn from that?” The person could not give the answer hence the saint told him, “Despite you have one fireplace at your home, you are tired of it and feel tortured! Here in Ashram there are hundred fireplaces but I never consider them as mine. If the fireplaces are increased to double or decreased to one, that would not affect me. With this kind of understanding I can stay over here. Whereas at your home due to infatuation you consider even one fireplace as yours so you get tortured! I think you must have understood what I mean to say. Now take some rest.”

Next morning got up early and went to saint for Darshana. He started telling smilingly to saint, “Now I want to go to my home. I have got Mantra about how to live at home. Please give me blessings.” The saint very lovingly bid farewell to him.

Inspirational Quotes:-

- It is too a weakness to have a feeling of taking disadvantage of someone’s weakness.
- There are many more specialties and traits in Guru-saint than what are seen in common person. Their whole life is of a special kind. Their whole life is spent in the welfare of people. They tirelessly work for spiritually uplifting the people.
- Extreme anger is a sheer madness. We should control it or else it would control us; and then the devastation and destruction is bound to happen.
- If we win over extreme insistence, bigotry and stubbornness then we become free from fear of harassment.
- As in a dream state all experiences are experienced without body likewise in a state of salvation we have to be engaged and engrossed in the happiness of soul.
- To be free from the fear of death it is essential to have true understanding philosophical wisdom.
- A human being ridiculously fails when he desires to avail fruits without renouncing anything, aspires attainment without privilege.
- The happiness which does not have resultant unhappiness is called salvation,

emancipation, liberation.

- As with right fasting stomach gets rest, likewise by observing Mauna i.e. silence brain gets rest.
- Knowledge-wisdom is not the religion of soul but it is form of the soul.
- The more the stock of auspicious Prana i.e. life-force in a person, more is his majesty and attraction.
- Only that person can take initiative of nonviolence that has clear and philosophical understanding of the consequences of action-reaction of violence-nonviolence.
- The violence caused by one person can subsequently lead the world to world-war and the nonviolence of one can stop the possible world-war.
- Enmity cannot pacify enmity, only love and compassion can pacify enmity.
- The true saint is the one who never forgets generosity-benevolence done by others and forgets the meanness-malevolence at once.
- The true wisdom is, experience as it is - what is there as 'it is there' and what is not there as 'it is not there'.
- The one who ensures that all smallness of yours are removed and the vastness is established is Guru; the one who himself owns discredit and disgrace and ensures that you attain grace and vastness is Guru.
- The sum and substance of all spiritual practices is liberation. If after attaining the human birth one fails in trying to attain the liberation-salvation then the human birth is gone in vain.
- Happiness, facilities, tastes, etc. are remained in habit hence we should form such habit so that our health is maintained.
- A human being is forever under Vardi i.e. a specific period of post birth of a child and Satak i.e. inauspicious period post death of a person; because every day in his mind a son takes birth in different forms of infatuation and a daughter dies in the form of compassion.
- The hearty blessings of deceased parents and Guru-saints live in our memory forever; that way they are alive for us forever.
- At the time of marriage of our children we feel very happy but we are absolutely unaware of the fact that they are being suppressed under heavy burden of responsibility.
- Parents think that their children are growing but they fail to understand that as they keep growing they are moving towards death and hence their lifespan is being decreased.
- When all therapies are failed to cure our disease doesn't lose the heart, don't frustrate, don't lose the basic courtesy and wander here and there for the remedies, and don't trap in the cycle of superstitions. It is called Guru-Pathi i.e. Guru-

therapy.

- If we don't recognise the present happiness and facilities we have as happiness and facilities then no one can make us happy.
- Veda means to know and when we reach to a state where nothing is left to know then it is called 'Vedanta'. Likewise at the fag end of the life whatever is experienced and understood as a sum and substance of life is called the 'Jivananta' i.e. 'Vedanta'.
- A true contentment is in satisfaction and true understanding, it is in the wisdom understanding that what is good and what is bad, what is temporary and what is permanent; the true contentment is not in attaining and availing the material things.
- If we observe our mentality minutely - of the days when we were living in discomfort and inconvenience and now when we are living luxuries life then we would come to know that we still have that dissatisfaction which was prevailed earlier.
- Don't harass the ant who carries very small food particle for its survival because it is living creature and life is very sweet.
- The joy of retaliation would remain for a day or two but the joy of forgiveness would remain forever.

Hanuman:- The worship of Lord hanuman is very fruitful during Kaliyuga i.e. age of Kali. For Hanuman is the lord of restraint-celibacy. Whosoever worships who would slowly become like the one he worships. In the present time there is bankruptcy of restraint-celibacy. Hence the worship of Hanuman – i.e. the devotee of Lord Rama – would prove very useful.

Thoughts:-

- The one who never has malign thoughts is called proven saint.
- The one who has malign thoughts but never surrenders to them is called great person.
- The one who sometimes surrenders to malign thoughts and sometimes controls them is called a common person.
- The one who at once surrenders to malign thoughts is called weak person.

Greed:- How much useful knowledge and wisdom used to cater in old poems – let us understand it an example of one small poem!

Translated a Gujarati poem means – Though the waters of many rivers are absorbed into ocean, the ocean never satisfies, remains hungry. Likewise even if a greedy person gets wealth he never satisfies; as he keeps getting more, he desires for more. Whatever enough is graced and given by God to a greedy person, due to his greed he desires for more and as a result he loses whatever he is given!

Penetrate:- One good beginning penetrates all exceptions. one true memory-

remembrance breaks all dissensions.

If Guru is excluded, then we are excluded too! Whatever we have today, they all are received from others only. Knowingly or unknowingly others too, keep giving us continuously.

When we were born, we had nothing – not even cloths; we were fully naked. After our birth, parents and relatives helped us a lot to grow elder. Doctors helped us a lot for maintain our health, tailors helped us by making our clothes, cobbler helped us by making out foot wears, and teachers-professors imparted education and made us expert in languages and other subjects. If we keep giving back what we have received from others then we are left with naked body only; and that too is given by parents so if we give our body back to parents then we are left with nothing. Thus, if we don't accept the help of others - don't accept the Guru-tradition - and subtract all that we have received from them then we too would be subtracted.

Forbidden addiction:- In the present time there is a competition of telling different than the one which is told by all. “When all say ‘yes’ then I say ‘no’ and when all say ‘no’ then I say ‘yes’!” – Many have such forbidden addiction-desire in recent time to present themselves differently.

We must not forget that we have to work in the period when the values are totally changed; hence in our endeavor we have to be ready to get criticism instead of praise, to get discredit instead of credit and to get beating instead of flower bouquet.

Even for his murderers Jesus Christ ha uttered these words, “Father, forgive them; for they know not what they do.” Those who are pursuing desire of salvation have to be ready to say like this.

Care is taken with a slap:- When many bitter incidents happen in life our faith in Almighty God shatters. We feel that there is no one including God who takes care of us. But that understanding is wrong. When everything goes well, smoothly and according to our desire we believe that someone is taking care of us. But we must understand that sometimes our care is taken by slapping us or by serving bitter food to us. But we can think only with limitation of our senses and hence we can never know and understand the profound secrets of life.

Secretive Sainthood:- True saints live in our vicinity, but due to their simplicity and humbleness their sainthood remains secretive and hence common people would never recognize them. Under the circumstances authors, reporters, veterans etc.; if they wish can give true introduction of the saints, thus help society to recognise them. To become introvert and do introspection is too like searching or finding the saint. If we are not able to do any other thing but to do worship of God and feed hungry then it is more than sufficient.

Importance of Grahasthashram i.e. household life:- The true understanding

would not rise from the earth, nor would it rain from the sky. As and when it is raised, it would rise from within and in the form of intuition. Hence the contact of Guru-saint is very much needed. The one which release us from the cycle of birth and death, only that one is called true understanding, pure intellect, God's/Guru's grace. Husband and wife, with their mutual cooperation, must try to release them from the cycle birth and death. That is why there is great importance of Grahasthashram i.e. household life. That is why veterans have considered Grahasthashram as blessed one. The one who enters into Grahasthashram with an understanding that he/she accepts-adopts household life with a prime goal of releasing himself/herself from the vicious cycle of birth and death is truly blessed.

Cultivate intellect:- We like yes-men who would always agree to what we say or do, be it right or wrong. Those who are not such, we don't like them and consider them as our enemy. But as the time passes by we realize that due to such people only, our welfare happen. So we should cultivate such an intellect that can visualize the greater benefit of long run than the immediate momentary benefit.

An inspiring couplet:- There is Gujarati couplet – translated it means – We keep deceiving ourselves from infatuation and lust without knowing that we can't quench our thirst with mirage; still we roar with ego. Then how can someone help us in reaching to God?

Soul, Great soul, Supreme Being, Unholy:-

- The one who never makes a mistake is called Parmatma i.e. Supreme Being. Parmatma have not to perform Karma hence Thou never makes mistake.
- The one who hardly makes a mistake and if he makes a mistake he would come out of it at once; or for the welfare of others he has to make a mistake; he is called Mahatma i.e. a great soul.
- The one, who makes mistakes and then amends them, does penance for them and also vows not to make mistakes again; is called Jivatma i.e. living being.
- The one who keeps making mistakes regularly and does not consider them as mistakes or defends them is called Dushtama unholy soul, wicked, satanic, demon.

By whose grace realization is attained?:- There is more power in the mind of spiritual practitioner to attain the realization than the power of proven and liberated Yogis to get the practitioner to attain realization. The mind, with the help of soul-conscience, takes the form of any deity or saint and get the practitioner have a Darshana. That is why when such Darshana happens then it would be very difficult for the practitioner to decide whether such Darshana happens either by the grace of God or by the grace of proven and liberated yogis or by the power of his own mind.

Prana and Pranayama:- By thinking philosophically we come to know that the Prana i.e. the life-force itself converts into subtle form and assumes the name 'mind'.

Hence the reconciliation of all mental problems are based on the knowledge and understanding of Prana i.e. the life-force. And the divine and supernatural power of Prana is based on Pranayama i.e. breathing exercise.

Lust and Pleasures:- Poet Bhartruhari has expressed the pitiful state in the following verse -

**Bhoga na bhukta, vayameva bhukta,
tapo na taptam vayameva taptah !
kalo na yato, vayameva yata,
trushna na jirna vayame jirnah.**

“All these years I believed I am the enjoyer. But it was the other way round. The passions were enjoying me. They made me enfeebled, dilapidated and old. I was under the impression that I was performing penances. But now I realized that the penances were fermenting me. I thought I was whiling away time. But when I saw myself in the mouth of death I know it was I who merely passed away. How foolishly I held that I would one day be fed up with the worldly passions. I gave a free hand to my passionate actions, it is too late now. It was I who had been worn out by passions.”

We should get this verse by heart. We should try to remember their advice whenever we attempt to do the wrong thing. These lines from Bhartruhari will check our course of actions and bolster our dampened spirits.

Fire and offering to fire:-

**Najatu kamah kamanam upabhogyena samyati |
havisha krishanvartameva bhuya evaabhivardhate||**

If you pour ghee (refined butter) into fire it will only increase the flames, to put out fire you have to stop adding ghee. As we involve ourselves in worldly ways they will only increase in their intensity. They can never be reduced by satisfying them. The more you attempt to increase, satisfy the passions, your desire to have more of it will inverse. Our passions can never be fully satisfied. The only avenue to avoid them is to throw away all our desires to flames. We have to learn from experience that gratification of passions is not the remedy. You satisfy one desire, another will crop up. It is an endless process of gratification. In the end, the sense organs will be lived beyond endurance. In an attempt gratify the unlimited desire, you will grow weak and you will find yourself not capable of dealing with them. If you go on utilizing and fire your sense organs and fire organs of action unendingly, they will turn helpless and be unable to function any longer. But do we get peace of mind even after the organs fail us physically? The mind will become more restless as the body fails to cope up with desires. Anxiety is the result.

Meditation:-

Question: When we sit for meditation then our mind moves around more, why?

Answer: As we attempted to do meditation we attained some concentration that is why we could take a note about wavering mind. And hence we felt that the mind was wavered and moved around in different objects. In the state other than meditation the movement of mind is in infinite hence we can't take note of movement of mind.

Faith:- If we don't know about how to attain welfare for us then we have to keep faith on the words of competent people and keep following their guidance and do spiritual practice accordingly. "I am without intellect." – In this sentence there is an intricate secret; if we behave with the understanding that 'I am less intelligent' or 'I am without intellect' then it proves that we are more intelligent! And during spiritual practice, to surrender to Guru or God we need to keep aside our intelligence and to do so too we need more intellect. Thus a person with less intellect and more ego can't take decision to surrender to someone.

Ego:- Without dissolution of ego, dedication and faith can't be attained. And the dissolution of ego is a great spiritual practice, great spiritual attainment. By dissolving ego the surrender can be accepted and once the surrender is accepted the remaining ego too is vanished.

Remembrance-Memory:- This is Kali-Yuga i.e. age of Kali, so there is prevalence of lustful and voluptuous environment. So how and when can it be possible to tell the spiritual and Yogic preaching and who would take keen interest in that? When we had a spiritual practice in the past birth(s) and we bring the remembrance of it in this birth. You all have brought such memory and remembrance so you all have keen interest in Yoga and spirituality.

Sarvagya i.e. All-knowing, Omnipotent:- Even if we commit holy or unholy acts hiding under earth or flying in the sky or concealed under sea; even if you do them with utmost skill or do it knowingly or unknowingly; but you are going to receive the fruits of your actions at the appropriate time. This we receive automatically from the establishment of all pervading Supreme Being. We may try to hide our holy or unholy acts but nothing can be concealed from Him because He is present at all places.

Very Subtle:- This Supreme Being is very subtle beyond our comprehension. We cannot quote any other substance which can be said subtler than him. Take the instances of Earth (Prithvi), Water (Jal), light-Brilliance (Tejas) or Fire (Agni), Air (Vayu) and Space (Akash) - the five chief elements of which every living being and every substance are constituted with and are known as Panchabhutani. In a subtle way each is subtler than the immediately previous one of all the five elements, the last i.e. space or sky is the subtlest. That is why it is most pervasive of all. If you take a liter of water its diffusion (Vyapakata) is very limited but when water is evaporated

its expansion will be greater. The more a substance turn subtle and subtler its power also increases and its expansiveness will also increase. This fact is supported by science too.

Divine form:- The Supreme Being is beyond any description. He cannot be reached by our sense perceptions. On the other hand he is very subtle. Because of this extreme subtleness he is said to have no form i.e. he is without a gross form. You may argue that if a substance exists it must have some kind of form. But Supreme Being has a divine form. It is transcendental and we cannot see without eyes. It can be realized, experienced through meditation or when the grace of that divine being descends on us you may even see him in form. To see this form you must also develop a highly activated spiritual form.

Contentment:- By reciting Gayatri-Mantra the privilege of reciting Pranav-Aum Mantra is attained. To recite Pranav-Mantra you should eligible and competent. Eligibility and competence means to attain such contentment that you start believing that – “Whatever happens is for the good only.”

Bindu i.e. Dot:- We worship AUM in a different form also. We place a dot of vermilion on our forehead as a mark of well being. What is its significance? We have said that dot is the shortest version of AUM. We have made it easy so that all can reach to it. It is done through this dot. By adoring it on our forehead, we have accepted AUM in every sect and every religion. People belonging to various sects like Sahajananda, Ramananda, Sivananada, Saktyananda etc. use this dot on their forehead. Thus AUM has been established on our forehead. In a subtle form it occupies the place between the two eyes over the nose. Thus AUM has been worshiped by us.

Women also put a red Tilak on their forehead. I have already referred to this red dot. It represents the dot we place on AUM. This condensed edition is placed as a Tilak on Agyachakra by women. Now after listening to this, Hindu women will know why a ‘Bindi’-dot is placed on the forehead. By adorning it they are only adding to the worship of AUM, they are worshipping AUM. In practical life a ‘Bindi’ (dot) is considered to be unbroken symbol of being a fortunate lady having a husband alive.

Why is it said ‘unbroken symbol’ of well being? In our country a woman is considered to be fortunate if her husband is alive. A woman’s happy life is conceived with the existence of her husband. In this world all are not that fortunate. They may wear the Tilak on their forehead as a symbol of fortune. As things would have it many turn into widow. Then why so much importance is given to this symbol. Unbroken fortune indicates good luck not obstructed by calamities symbolizing happiness and peace. Even when a husband is alive can it be said that a woman is happy, without obstacles in her married life. So we have to comprehend it in another

way. To be alive alone is not continuous happiness. It suggests being free from untoward incidents, to be away from worries and anxieties, undergoing less of suffering, be devoid of afflictions; in short it is an attempt to find freedom from adversity. When once you achieve this unbroken wellbeing it will never be broken again. You then call it 'Akhandā' or non-fragmented.

Utter AUM Mantra three times:- You will be able to achieve great benefit if you utter the mantra of AUM three times before you start and end any work. The first time one utters the mantra it will be beneficial for the person who utters it. The second time it is repeated its benefit will prove for the listener. When it is pronounced for the third time people all around will get the benefit.

Without Bindu (dot):- If AUM does not consist of a 'dot' over it then it will no longer depict Ishwar i.e. Supreme-Being. If a person walks around without adorning a 'dot' – bindu on his forehead he is not fit to be required as a human being. A person without a 'dot' on his forehead, a person without virility (Virya) without abstinence (Sanyama) cannot be graded into a human being. He should be degraded to the category of an animal. A person without these qualifications plus lacking enthusiasm or verse may lead a life of dead person. He may prove a burden for the family, country and nation.

Stages of Sadhana i.e. spiritual practice:- During spiritual practice practitioner used to have many experiences; sometimes during meditation or in dream stage or in awakened stage. The practitioner, without giving much attention to such experiences, should move ahead in the Sadhana. He should not be happy with the experiences which are likable to him and should not be unhappy with the experiences which are unlikable to him. The wisdom must prevail that all the experiences during the course of Sadhana are kind of stages of Sadhana.

Reprimand:- It is better to get reprimanded from the intelligent person than to have praise from the foolish person.

Flattery:- It is better to get reprimanded from the intelligent person than to have flattery from the flatterer because after hearing flattery one can have ego and after having ego one forgets basic courtesy and hence the destruction. With the help of well-wisher's reprimand one becomes alert and cautious and thus one is benefitted.

Knowledge with amusement:- After having afternoon rest I got up and went to another room to drink water. In that room Darshan and Krupa (children of my nephew) were puzzled with tie-knot. I asked them, "why are you so puzzled?" Krupa told me, "Darshan wants to knot a tie but he does not know how to do it." I told her, "Then you should tell me. Let me help him in knotting a tie." I knotted a tie. Seeing this, the children's mother Bhartiben told them. "You don't assume that Dada only knows how to worship with rosary, Dada knows everything but never tells you. You

should ask him to guide you or help you.”

Before many years I used to go to Khandravpura village. During my visit any childhood friends used to come and meet me. After our meeting we used to go to jungle. During our jungle visit a few friends used to carry guns with them. In jungle they used to tie a target on a tree and then used to give me a gun and used to say, “Bapu! Aim the target and hit it.” Always I used to aim the target and hit it. They used to jump in joy and make a comment – “Don’t assume that Bapu is expert only in worshipping with rosary; Bapu can shoot with the gun and ride the horse too!”

Naishadhbhai always used to tell, “There is a common phrase – ‘Jack of all but master of none.’ But for Guruji I used to convert it like this – ‘Jack of all but master of Yoga.’”

Ravubha Bapu used to tell, “Bhagat is first in jungle activities and first in Dangle i.e. fray too.”

“Hey mouth, this is not mother’s house!”:- A daughter had a habit of tasting all recipes while cooking them. Mother used to persuade her but she can’t give up her habit. A daughter became elder, got married and went to her in-laws house but her habit continued. Due to this habit her in-laws used to laugh a lot and make fun of her but she could not leave her habit. Daughter used to bear such fun and simmer. Once she resolved to lever her habit. After that resolution, while cooking as and when she craved to taste the food she slapped on her cheek and used to utter, “Hey mouth, this is not mother’s house!” After some days due to her firm resolve she was able to overcome her habit and became happy.

The moral of the story is – With a firm resolve and conviction we can give up die-hard habits.

Be ready to hear the word like ‘fool’:- A friend of Doctorbhikshu used to ask him, “Should we ask for the permission if we wish to give some gift to Guruji which is very much of use to him?” Doctorbhikshu replied, “If it is truly of great use then there is no need to ask. Because if you ask Guruji about it then he would deny so you should give it. But you should be prepared to hear the words like ‘fool’ or ‘stupid’ or ‘idiot!’”

I remember another tale. A monk was at his devotee’s place. During his stay there was a heavy rain. Water started to leak through the roofing tiles. Monk told his devotee, “Stand up on my shoulder and adjust the roofing tiles so that the water leakage is stopped.” Devotee denied and said, “No Guruji! I would go to hell if I put my legs on your shoulder!” Monk replied, “If you don’t want to put your legs on my shoulder then put them on my tongue (i.e. disrespect my order).” There was no ladder in the house so if devotee failed to obey the command of a monk and don’t repair the leakage of tiles then the whole room would be filled with water! Then how

can they sleep?

The moral of the story is - behave as per the demand of circumstances.

Wedding of children:- At the time of celebrating wedding of children the joy of parents is but natural. But at that time parents should not forget that actually they are responsible for the huge burden of baggage of responsibilities thrust upon their children. Whether the children are prepared to take this burden of the responsibilities by their parents? Are they skilled enough to adopt the others and make them their own? Are they made generous so that they can win the affection of those who used to keep enmity towards them? Are they made ready to live and sustain under the best and worst circumstances?

If such wealth of virtues is gifted to the children then parents don't need to bother; there would always be happiness and joy.

Mischievous behaviour:- This is a story of some years back. We had gone to a village to perform a Gayatri-Maruti Yajna. As the Yajna was about to begin, some guests came to attend the same. The host told his wife, "Bring an old rug to lay outside." After concluding the Yajna I called a host and asked, "Why did you order an old rug?" He replied, "Guruji! Didn't you notice that when I asked for an old rug, she brought a new rug! Had I asked for the new rug she would have brought the old rug!" I appreciated him and told, "Wow! Your Grihasthashrama i.e. household is truly great!"

Such is another tale of a mischievous wife of a saint. Whatever saint says she used to do exactly opposite of what is said. So saint used to tell opposite to get the right things done. By mistake, one day saint right thing to his wife – "Please immerse this sacristsy of the Shraddh (i.e. religious ritual performed for the forefathers) into the river Ganges." So the wife immersed sacristsy into the gutter. The saint got angry and cursed her. Thus both became unhappy and their Grihasthashram was broken.

It is inevitable to be kind, alert and having nature of reconciliation to make the household happy and successful. There should be a competition of 'I will do According to your wish' in both husband and wife. If it is done then we can say that there is extreme understanding between husband and wife and hence their household is very much joyful.

Anger:- A female devotee from Trichi had asked through a letter, "Guruji! Still I can't control my anger. Sometimes I became angry on kids." I replied, "You are lucky that you are aware that sometimes you become angry; I even don't know about it! To be aware of our anger is the sign of progress in right direction and on this path of progress one reaches to the ultimate success." To know that 'I am intellect-less' is the first sign of being intelligent.

Prasad i.e. Sacred-food:- If Prasad received from the temple or from Guruji is

stale or spoiled then one should not eat it. Or if it is narcotic or some narcotic elements are added to Prasad then it is considered as unacceptable.

The sacred food which gives glee and pleasure is called Prasad. By eating stale and spoiled food our health deteriorates hence the glee and pleasure is lost. And if a Prasad with narcotic elements is eaten then we lose control of our senses and thus our pleasure is disturbed.

Savabhagat Says:- The poet-composer of “Guru-Mahima” Shri Savabhagat says – “By the grace of Guru Fulgarji I attained understanding and wisdom about all the matters related to material things, spiritual things and divine things!”

Vikara i.e. Major weaknesses of human personality:- Kama (lust), Krodha (anger), Lobha (greed), Moha (deep emotional attachment), Matsarrya (envy) and Mada (ego, pride) are six major weaknesses of human personality. They have come with the human body hence they are but natural. The important thing is that when, how and how much they are to be used. If they are used judiciously then only they are called natural otherwise they become unnatural and unnatural things are harmful.

“I knew it”:- A lady wanted to make a Papad i.e. cracker but she did not know the recipe or how to make a Papad so she went to an old lady in her neighbor to ask about how to make Papad. The old lady started giving a recipe to her but in the middle of her talk she told her “I knew it” and she left for her home. She started making Papad according to the recipe given by old lady but she was unaware about what to do next as she did not take care to hear the full recipe. Hence she went to old lady again for asking. Thus she went for three-four times to ask because without hearing about the complete recipe she used to come back after telling “I knew it”. When she went for the fifth time then the old lady got surprised and started thinking that, “Why does she behave like that? Let me test. So the old lady guided her wrongly with a false recipe. The lady told the old lady that she knew it. Next day that lady came to old lady and started making complaint that though she had done according to old lady’s guidance but she had spoiled the recipe of Papad. The old lady immediately replied, “You had told that you knew the recipe then why did you let the Papad spoil?” A poor lady went back home repenting her behaviour.

Such above mentioned small examples teach us a lot. And to learn many things humility and modesty are very much necessary.

Sitaji:- In one episode of ‘Siya ke Ram’ there is a dialogue between Sitaji and Mandodari (Known characters of epic Ramayana). Mandodari asked Sitaji, “Have you been in my place what would you do?” Sitaji replied, “If my husband has been doing wrong then first I would persuade him; but if he does not understand then I would abandon him.”

The presentation of this philosophy during a dialog is of very high order which

can't be digested easily. Such philosophy by churning the society helps to uplift the standard and values of society.

But worthless husband...:- Refer to the above thought regarding 'Sitaji'. In continuation of that let us assume – If a husband is worthless but even after persuading him he does not improve then wife should abandon him. But it may happen that the worthless husband would not be ready to be abandoned. Moreover he would harass his wife more than what would happen to his wife? It is very complex puzzle. Very powerful wife can take such step of abandoning her husband. The one who has repository of very high order of understanding, forbearance, combat-power, patience, bliss can only take such bold step.

For ordinary women poet Maithili Sharan Guptji has described vivid portrait - "Hey weak woman, alas; your life is full of sorrows, your breasts are filled with milk and your eyes are filled with tears.

But I have authored another aspect of woman – Hey predominant woman, your story is immortal; your heart is full of intellect and wisdom and your eyes are of Goddess Mahakali!

Nature is gracious:- Summer, monsoon and winter – Nature has created these three seasons. If for all twelve months there remains only one season then there will be health issues among all living beings. As we need different types of vitamins, protein, and other such elements to maintain the health, likewise different seasons are also needed to sustain the health.

In summer we have more and more sweating, thus body is purified and we get some coolness, but we never allow our body to have sweating by using various appliances. Hence all impurities remain in the body only which subsequently come out of the body in the form of different diseases and ailments.

The gracious nature has created different seasons for our health and happiness but due to our interference we can't take full benefit of each season. The summer acts like a steam-bath for our body.

Father's day:- In foreign countries the parents of children would meet them once in a year. Hence those children need to celebrate mother's day and father's day. But in our country (India) parents till their last breathe stay with their children. Hence for us mother's day and father's day are celebrated on daily basis so we don't need to celebrate them separately. Despite, all celebrate these days. Who can persuade them? Many of the veterans have left for the heaven. Hence without understanding the essence of the celebration of these days people keep celebrating them. God's wish! Let us also have pleasure of the celebration!

AUM (ॐ) :- ॐ Guru ॐ, ॐ Guru ॐ

ॐ Guru = Aum is our Gurudev

Guru ॐ = Our Gurudev is Aum only

And Aum is omniscient, omnipotent, all pervading Supreme Being. His name is Pranav.

Ratha-Yatra i.e. Chariot Festival:- Chariot festival is annual festival in which procession of Jagannathji i.e. Vishnu Avatar is held. This is the procession of Jagannath i.e. God of Universe! Let us understand about the symbol of this Ratha Yatra.

In the chariot of body the Supreme Being is resided in the form of soul. His Ratha Yatra's procession is moves around at many places. This Ratha-Yatra moves around 24x7 for the lifetime and even for many births; until it does not attain salvation.

In Ratha-Yatra there is Prasada i.e. divine food-gift of sprouted Mung beans (Pesalu). The body of pilgrim must be stout. For stout body, the sprouted Mung beans are very nutritious and easily digestible too. If lentils are sprouted then only they are easily digestible or else they are very hard to digest. Lentils are full of protein. Naturopathy believes that it is very hard to digest lentils after the age of forty years.

We may find Prasada of various sweets and snacks in temple but during Ratha-Yatra the Prasada is of sprouted Mung beans only. The farsightedness of saints and seers is truly awesome.

Intelligent is the one:- Intelligent is the one who can sit at the feet of Guru by pretending to be the ignorant one.

No force of the universe can stop Laghu (small) becoming Guru; Laghu shall become Guru.

Illusion:- When we watch movie or a TV all the scenes look like a lifelike. Tragedy, comedy, dire, etc. scenes of different emotions look like lifelike and lively; sometimes we may even cry or laugh while watching such scenes. But if we try to hold any of the character or the scene what would happen? We can get hold of screen only because the scenes are illusory which are reflected only on the screen. Thus all scenes are nothing but illusion created on the screen.

When a sparrow looks its image in the mirror it hits its beak vehemently on the mirror. We know that our image in the mirror is nothing but the reflection of ourselves because we are more intelligent than a sparrow. We know that the reflection of ours in the mirror is the illusion only. Likewise, those who are more intelligent than us, who are composmentis, who are wise, for them the whole universe is an illusion only.

When we see lion jumping into the well to have a fight with its own image we used to laugh. Likewise, people with more wisdom laugh or cry at us looking at our ignorance. They feel that when these ignorant people would understand the truth and reality of life.

There is highly philosophical couplet – translated it means:

Speak sweet words:- The crow never takes wealth of others and cuckoo never gives anything to others, despite nobody loves crow but everybody loves cuckoo. For, the speech of crow is harsh and the speech of cuckoo is sweet. Despite there is no wealth spent on sweet speech, the crow speaks harsh. The crow can't change its harsh speech but human being can speak according to wish; so why should not he speak sweet words and become favorite character for others? It is said that the Mantra is to avoid the harsh words.

Kabir Says:- Saint Kabir rightly said – Those who understand the pains and sufferings of others are great people and those who don't are cruel.

There is no religion like doing welfare for others and there is no pagan like being cruel to others.

Love:- Love can't be sown in the field or can't be bought from the shop. If the king or the people like to attain the love they have to be ready to sacrifice their heads to attain the love. A true meaning of love is renunciation. Without having feeling of quid pro quo if we are ready to sacrifice our most beloved thing then it is called 'love'. While sacrificing the beloved thing if we have the feeling of quid pro quo or desire of requital then it is the deceived form of love.

Grace of Gurudev:- Without the grace and compassion of Gurudev one can't leave sensuality, one can't realize philosophy of spiritualism, and one can't attain Super-conscious state; except these three things all other things can be attained by human being with sheer hard work but to attain these three things the grace of Guru is very much necessary. These three things are important to attain salvation.

Our boat too is in sea:- After seeing a boat drowning and after seeing the passengers of the dipping, drowning and making vain efforts to save their lives; the passenger of other boat is laughing! Actually speaking, one should be unhappy while seeing the people drowned and try to help them saving their lives. Saint Kabir who was in the third boat could not tolerate people of another boat laughing at drowning people and spoke out –

One should not laugh at the people who are drowning. We don't know what would happen to our boat which too is in an ocean.

Three types of human nature:-

Bad nature: Let me be happy, but you remain unhappy.

Good nature: Let me be happy and you remain happy too.

Best nature: Though I am unhappy, you be happy.

Ephemeral human life:- Hindi couplet says - As the sun rises the stars are hidden, likewise human life is ephemeral like bubble of water. We don't know when would we be predated by the God of death? Hence we should be doing virtues

during every moment of our life.

Tulasidasji Says:- What would be helpful during our adversity? Right understanding, humility, knowledge about what is right and what is wrong, courage, good conduct, speaking truth and trust in God; at the time of adversity these traits would help us in a true way.

Clay tells potter:- Clay tells potter, “Though today you hit me, model me and fire me at very high temperature but one day would come when I would treat you the way you treat me today.”

Philosophically we know that the body is made of clay – the five basic elements. Till the soul is there inside the body it is lively – like a church-temple; the moment we die i.e. the soul moves out of body we become corpse. So till we are alive we should perform virtues and auspicious deeds.

Inevitability of composmentis:- Even after making herculean efforts, only with our own efforts we can't be enlightened, to get enlightened the help and grace of composmentis is inevitable.

There is an importance of both – giver and taker:- It is said that even small creature like squirrel too contributed by carrying a few grits in building bridge for the auspicious and herculean task of Lord Rama and was elated for its work.

In a Yajna of knowledge-donation which is going on here, our pamphlets of auspicious and spiritual literature which is being circulated here, even if it is read by one curious person then we would feel that our oblation is accepted in the form of offering to this great Yajna of knowledge-donation.

It is true that the importance of food-giver, food-preparer and food-server is very much but if there is no one to eat the food then? Hence never forget the importance of food-eater. Likewise –

There is an importance of knowledge-possessor and knowledge-donor too but the importance of knowledge-hungry people too are not less. Thus importance is to be accepted of both - the giver of proper donation and taker of proper donation.

**Where sun and poet can't reach, and not even experienced one;
there rech flow of new thoughts of the philosophers.**

**Authors, readers and “Bhikshu, all say with the folded hands,
that the secrets of Vedas can only be unfolded by “Neti”.**

Let us not be a dolt:- How poor is our definition of happiness and unhappiness! We consider ourselves happy by taking daily doses of injections, eating-drinking medicines which have many side effects and having operations on our body either to remove diseased limbs or for cosmetic purposes. And we consider people unhappy who eat onion-bread, live happily in their huts, have non-greedy nature, and remain healthy and joyful! Moreover we take challenge of letting these happy people to

realize that they are unhappy and for that we take proud that we have done the work of philanthropy!! We lose our sense of making true judgment that by doing such things whether we have made them happy or unhappy; such is the dolt we have become.

physical things, but it is in the satisfaction and content. But we are so unfortunate that those who tell rightly us that “true happiness and peace is in self-satisfaction and self-content” are considered lazy and hypocrites! Only God knows where such progress and advancement lead us to?

Only he is our Guru:- Son: “Father! You all are stressing on the need of a Guru in life. But a saint came from Himalaya was telling that there was no need of Guru in life. By contemplating inwardly we can find all the solutions, explanations, clarifications.”

Father: “Even the information and knowledge about – there is no need of Guru in life – is received from other person only. Hence the person who has given this information can be called your Guru. Shri Dattatreya had 24 Gurus; this mystery too is needed to be understood deeply. In our culture there is great importance of a person who acknowledges the virtues of others. There is saying that how can we forget the obligation of the one who has removed our thorn?”

Who-so-ever have removed our inferiority and enhance our superiority, they all are given the place of Guru. In our routine life too that practice is adopted. Though respected individuals are not referred to as Guru; by addressing them either as sir, teacher, boss, elder, reverend, worship-worth, etc. we advocate the Guru tradition only.

Bubble of hypocrisy:- In innumerable different forms, colors, shapes and modes the ineligibility and incompetence gesture of ours spread in each and every pore of our body. We are habituated of it. Though we are ignorant, for some time we feel joy in pretending to be highly knowledgeable and wise but when the bubble of hypocrisy is burst we are put in the worst situation. And sooner or later the bubble of hypocrisy is definitely burst. By the grace of God let us attain true understanding and wisdom and make ourselves free from the forbidden addiction of non-rightful, ineligible and incompetence gesture.

Ashrama:- In Indian culture the tradition of four Ashramas is prevalent since the time immemorial. The average life-span is divided into four phases (1) Brahmacharyashrama – during which phase a person acquires formal education, (2) Grahasthashrama – in which a person marries and forms his family, (3) Vanprasthashrama – in this phase the person retreats to forest and let his children handle the household, and the last phase (4) Sanyastashrama – symbolizes the culmination of his spiritual maturity. In this phase the person breaks all worldly

relationships and lives as a Saint, offering himself to God completely.

Grahashashrama means living steadily in a house as one live in a hermitage. By beginning a house-holder's life one is to live such an ideal life that even the house turns into a hermitage.

Grahashashrama is considered to be the best among the four-fold Ashramas, for it is the pivot of the other three Ashramas viz. Brahmachryashrama, Vanprashashrama, Sanyastashrama.

No householder can do without Shakti-strength (the Goddess – the wife of Lord Shiva is Shakti – and in Indian culture the husband and wife are the symbols of Shiva and Shakti respectively). Without Shakti even Shiva is like a corpse and with Shakti's entry even a corpse turns into Shiva. In Kaliyuga – which is an age of immortality and sin according to Hindu Mythology – Shakti abides in group or union. Union or group can be organized on the principle of unity. Unity can be formed with harmony and concord. And harmony prevails only there where tolerance prevails. Tolerance is useful to all but it is of utmost use to the house-holders.

In all Ashramas, 'Shramashakti' is inevitable. The word 'Shrama' is very meaningful in 'Ashrama'. 'Asrama' means full of 'Shrama' i.e. full of labor. The strength to labor (Sharamashakti) and the strength to tolerate (tolerance) are the core principles of all 'Ashramas'. Tolerance will nourish harmony and strengthen and spread unity. And Shramashakti (strength to labor) will purify body, mind and wealth, which will make 'Ashrama' hale and healthy.

'Ashrama' is that which offers shelter. Only he who can sustain the eternal sound of the Mantra (a spell) of tolerance and can accept Shramashakti as a great wealth and bestower of respect can give shelter. Without the waves of Shramashakti and friendliness, theories become useless, null and void. They wither away without the source of tolerance. Then only fearful, ghostly, dull and rigid rules of conduct prevail in the 'Ashrama'.

Acquaintance with influential people:- It is said that acquaintance with influential people is great asset but if we know how to make use of it. When we have acquaintance-relations with higher authorities of police department, political leaders, mafias, influential business people and industrialists we tend to be having addiction of recklessness-carelessness and we are intoxicated by such acquaintance. Hence we don't afraid of doing wrong things or other criminal activities. At the time of doing so we think, "Who will catch us and if we are caught then there are many people who would help us in getting scot-free. In this intoxication we do so many wrongful and criminal activities that influential people with whom we have acquaintance would not help us in getting scot-free, instead they would help authorities in proving us guilty of criminal activities. At that time our intoxication is evaporated but by then it is too late.

Population-Explosion:- “Minimum two children” – this slogan is very modern, ideal, inevitable and golden slogan in the recent time. Due to this the parents will have warmth of love for lifetime and both children would find an able companion with blood relation.

To stop volcanic explosion of population there is no other natural way and remedy but the celibacy. Due to restraint life parents would remain healthy and their brains would be full of wisdom. Their born children too would inherit these traits and would be full of virtues. The children with such strong characters are efficient enough to become foundation bricks of the building of socio-welfare society. Such foundation stones though remain underground generates beam of light and keep throwing out on regular intervals so that the darkness of the society is vanished-destroyed. Such divine work is continuously being done secretly by those foundation stones.

Let us pray Almighty God so that they give us enough power and intellect to understand such things and put them into practice.

Illusions born out of ignorance:- There are two the biggest events in human life i.e. birth and death. If these two events never wait for auspicious time or the inauspicious time period (as per Hindu calendar Muhurt, Choghadiyu, Tithi, Kalsarpa Yoga etc.) then why during the tenure between birth and death should we give importance to the auspicious time or non-auspicious time? Why should we surrender to the illusions mentioned above by not having faith in the Supreme Being? If a child is born during ongoing Kalsarpa-Yoga i.e. inauspicious phase of time, do we throw away the child? Or does it die? During the Kalsarpa-Yoga buses, trains, planes, etc. run normally as per their schedule. They don't meet with an accident. Conversely, often we may hear news that “during laying foundation ceremony of temple people met with an accident and died.” Have they not confirmed an auspicious time before such ceremony? Though they must have finalized the auspicious time (Muhurt) for such event people met with an accident and died.

Let us be free from all kinds of illusions and become firm in having faith on Supreme Being; then only it can be said that the company of Guru-saint has been fruitful and then only it can be said that the true understanding is attained.

Let us rejuvenate the household stage of life:- Rejuvenation of those living at the stage of Household is of more importance than that of the temples (churches and mosques) and hermitages built with brick and mortar because the character of the society very much rests on the character of the Households. If the society is of high moral character then the whole world will also be.

It is very much needed to sweep under the carpet the cobwebs of illusions, blind beliefs, and false temptations that have developed in the Household. The saints and Gurus wedded to an ideal of well-being of people shall have to remain in contact with

the Householders and for that should stay at regular intervals in the house of the Householders. This will facilitate to carry to completion the Himalayan task of public welfare easily and speedily.

True peace and happiness neither drop from the blue sky nor sprout from the deep earth. To achieve true peace and happiness we will need to develop correct understanding and practice the same.

More facilities, more unhappiness:- The nature of human-mind is such that it takes note of happiness-convenience secondarily but it takes note of unhappiness-inconvenience primarily. Hence those who are fortunate to have all luxuries don't realize the joy to attain such happiness and even if they realize it is secondarily and for realized momentarily. But as soon as their wealth and convenience decrease a bit, the note of it is taken immediately and they become very unhappy. Conveniences can't be eternal hence they are going to be decrease time and again. Hence people with huge wealth and all luxuries may have more occasions of becoming unhappy.

Conversely to that, as and when people with fewer conveniences get even the smallest and a little additional convenience their mind immediately takes note of it and hence they feel and realize happiness. Thus, they get more occasions in life to feel and realize happiness.

Gayatri Mantra is like a fire:-

Question (by woman during her period): I have my menstruation. During this period can I recite Gayatri Mantra?

Answer: Gayatri Mantra is a great Mantra. It is not an ordinary Mantra. It is like a simmering fire. Whatever is thrown in fire is consumed by fire. Fire destroys the physical form of everything and converts it into a subtle form. If you put ghee (clarified butter) into fire, fire converts ghee into its own form. If you put wood into the fire, fire converts wood into its own form. Poison, nectar, excreta, etc., etc.; if they are put into fire then they are converted into the fire form. Fire gives everything – be it holy or unholy, small or big, thing of great importance or less importance – its own form. But nothing can consume fire or converts fire into the form of that thing.

Gayatri Mantra is like a fire. Do not postpone its recitation and chanting by thinking of holy or unholy state of yours. Under any circumstance chant Gayatri Mantra. Gayatri Mantra makes unholy, a holy; but nothing happens to Gayatri Mantra. Because of your unholy state, Gayatri Mantra would not become unholy; instead it will make you holy.

The simple meaning of Gayatri Mantra is: “Hey Almighty God! We pray you, we meditate on you; you inspire and motivate our intellect.” Whenever we perform any action, our intellect would be inspired by your presence hence those actions would have been performed by the inspired intellect of ours; so we would be benefitted by

those actions, those actions would lead us to our welfare.

Let us understand the true form of Gayatri Mantra, by the grace of Gayatri Mantra itself.

A true Gayatri Mantra:- The Mantra which is received from any book or scripture is grossly material. However when Mantra which is received from the sage, saint or Guru and chanted as a part of Anushtan (rite, ritual) and after performing it for very long duration it is visible in the form of light with the internal subtle eyes then it is called the supernatural, ethereal and transcendental form of Mantra. But after attaining the true understanding about the essence and soul of the Mantra, if that understanding is assumed and practiced for the whole life then it is a true and conscious form of Mantra which can never be destroyed.

By chanting and reciting Gayatri Mantra intellect should be purified and enlightened so that a divine understanding – whatever happens in life is for the good only - is attained and prevailed. Though in a routine definition which looks like damaging and harmful, should look like beneficial and advantageous as per the divine understanding. When such divine understanding is attained then only indestructible peace and compromise can prevail in the life. And then only it can be said that the true, indestructible and everlasting Gayatri Mantra is attained. If we cannot move ahead from the material and subtle forms of Gayatri Mantra then we are deprived of the divine benefit of it.

There are twenty four letters (excluding Mahavyahrti and three bridged Aum) as mentioned above). If it is chanted with correct pronunciations and its meaning kept in mind during chanting then the complete benefit is attained; otherwise less benefit is attained, but there can never be loss.

The highest and ultimate attainment of Gayatri Mantra is ceaseless and eternal contentment in life. Unless and until such stage is attained it only remains Savitri – the Sun deity – Mantra, it does not become true Gayatri Mantra which protects the practitioner from the fear of death and Tri-Taap – Tri-agonies. (There are three agonies affecting human life. The first being *Âdhyâtmik*(spiritual), second *Âdhibhautik* (physical) and the last one is *Âdhidaivik*(celestial)).

If essence and substance of Mantra is understood and that divine understanding is attained and digested in the life then whether Mantra is chanted physically or not, that does not make much difference. However it is better to vow for a certain number of Mantra chanting on daily basis.

Gayatri Mantra is for purification of intellect:- The recent time is of intellect-era. Intellect and brain has won the race over faith and heart. In fact, it is necessary to purify the intellect more than the increase in intellect. Gayatri Mantra is considered

as Mantra to cleanse and purify the intellect. Let there be increase of the people with purified intellect with the help of reciting-chanting the Gayatri Mantra and in this way true path of welfare is attained. Thus there can be speedy movement towards achieving the goal of world-peace.

Mantra means which is contemplated ceaselessly, which is to be pondered; as the Mantra is contemplated and pondered more and more, so more and more hidden and mysterious secrets are understood. Eventually, how does a person become at last? A person becomes like the one in whose close contact he remains. With whose continuous close contact he remains? He remains in the constant and close contact with his own thoughts. Any material and physical action starts with the thoughts. Considering this fact, how useful, beneficial and welfare worthy can be the spirit of Gayatri Mantra - "Hey Almighty God! We pray you, we meditate on you; you inspire and motivate our intellect."

Gayatri Mantra is a tool to obtain goal and Aum is the object of the goal. Gayatri Mantra-Jaap is a discipline of routine spiritual practice and Aum is the attainment of it. The purified intellect with the help of Gayatri Mantra becomes capable and competent to understand Pranav-Aum i.e. the name of God. Knowingly or unknowingly every living creature is a worshiper of Aum (A-U-M). Once we come to know about this fact that leads us to have an intimacy with all living creatures. Once we understand about the true concept of Supreme Being then prevails the total contentment in life.

Compassionate nature:- Let us beg for such grace from the Supreme Being so that we understand, recognize, experience and enjoy the grace already showered upon us. If we can't understand the happiness and comfort attained by us as happiness and comfort then nobody can make us happy. Every happiness-comfort is relative. Their definition keeps changing according to place, time and situation.

The nature is very compassionate. Its arrangement is for happiness of all. When we don't get happiness as defined by us then we call it unhappiness. But the adverse condition (according to our definition) too is created for the welfare of us. When mother of child forces child to drink bitter medicine then the child feels that his/her mother is like enemy. But in that action too compassion of mother towards her child is involved. Likewise, Mother Nature too, either by way of using convenient method or inconvenient method whichever is more beneficial to us, doing our welfare only. But living being due to his/her belief full of ignorance becomes happy or unhappy.

Such talks of subtle understanding are like "Vedaanta" - 'Veda' means to know and 'Anta' means end; where there comes an end of knowing is called "Vedaanta". Likewise, the sum and substance of what is experienced during lifespan is called "Jivanaanta" meaning Vedaanta".

Birth, childhood, youth, old age, and death; it is a sequence of nature and the duals like gain-loss, fame-ill-fame, happiness-unhappiness, sin-virtue, etc. are the normal sequence of life for living being. This fact-truth of life must be understood appropriately with great efforts.

Goddess Lakshmi cries out loud...!:- The imprisoned Goddess Lakshmi i.e. wealth which is accumulated by way of donations and contributions cries out and says –

**Is there any valiant hero
Who spends every penny auspiciously?
If spend me to curb violence
Then I am always with him.
The one who vows for it
I would kiss his chick.**

Goddess Lakshmi cries out loud and says – “Oh... the priests of non-violence, admirers of continence, and ascetics of true service! When will you all relieve us from the lockers of safe? When will you get cut noosed rope of our neck? Please do something my dear, before we become soulless.

Quotes:-

- If we try to cover excreta by putting cloth on it then the excreta will not be destroyed but the cloth will be dirty and increase the dinginess.
- We do try to improve others but our primary effort should be to improve ourselves because it is in our hands.
- Once we are trapped in a weakness it is difficult to come out of it, for we become addict to it.
- For the revival of society and country, the union of physical strength of youth and the power of intellect of old is essential.
- Weaknesses and illusions of numerous forms assume the form of erudition and thus deceive the veterans and intellectuals.
- Storytellers ruminates the principles derived from the deep thinking, contemplation and meditation of the Yogis, saints and seers. True practitioner of Mauna (i.e. pledge of keeping silence) is infinite times more active for the welfare of the society than the numerous storytellers.
- To defend ourselves, if we keep on pointing at the mistakes of others then we can never be successful.
- We have to be enough skillful and accomplished so that we can identify mistake as a mistake. Or we will have to be generous enough so that credible and reverend person can dare to show our mistake.
- The person who keeps serving the mankind with the spirit of doing service would

never be tired or bored in doing so. But the one who does it for getting fruit out of it would tire very fast. He loses his enthusiasm if he does not get fruit of his service soon or if he feels that whatever fruit he gets is very less.

- Human being is an intellectual creature. He used to do everything with his intellect only. But intellect is not everything; it has got its limitation. The principles of Karma are above the intellect; above the principles of Karma is the power of nature and above the power of nature is the grace of Supreme-Being.
- If the work is to be done skillfully then there must be engrossment, solidarity and attentiveness in it.
- Gujarati couplet, translated it means - He is a man of wisdom who bears infinite sufferings and pains and celebrate them like great festivals; though for him the Guru is everything in universe, he does not have ego of it.
- Monk (Bhikshu) is a hermit who renounces. Beggar (Bhikshuk) is the one who begs. Those who have renounced everything not only physically but mentally too are called monk i.e. Bhikshu. Which alms does Bhikshu want? Bhikshu wants the alms of salvation i.e. Moksha which is a state of eternal happiness. If luxuries and lust are renounced physically but not mentally then one can't be called Bhikshu-monk.
- Though one walks with ego after claiming that he is saint, abbot or hermit, but until he changes his heron like nature he remains cheat. Conversely, though one works as a cobbler, tailor oil-producer, etc. infinitely but has the nature and behavior of saint he would remain saint forever.
- Sainthood is not an attributed thing, it is a lifestyle. The one whose illusory understanding is rightfully ended is called the saint. Whether we recognise the saint or not, it does not make difference to saint and by that saint does not lose or gain anything.

Unwavering discriminating discernment:- Every human being should have correct understanding of what is right and what is wrong, what is good and what is bad. With such understanding he/she should verify-test his/her routine deeds and actions. How should this understanding be? It should be unwavering; such true and correct understanding should not be wavered. It should be unwavering discriminating discernment. Whatever action or deed is to be performed according to place, period and time, but if it is wrong then it should be felt and considered as wrong. If one has attained unwavering discriminating discernment then he would be able to give up the sins may be after a year or two or may be after a birth or two; but he would definitely be able to give up the sin. But if he has wavered understanding then even the vices would be considered as virtues, with the result of that he would never attain happiness and his welfare.

Patience:- There is a couplet, translated which means – one must maintain the required patience for each work. Even if Gardner waters a tree more, the fruits would be available at right time and in right season.

Still you see gold into gold!:- Husband and wife were passing through a jungle. Husband was walking slightly ahead of his wife. Wife saw that her husband was bending and doing something. Wife walked faster, reached to her husband and asked, “What are you doing?” Husband told her, “There was gold ornament lying here and I was putting sand on it. I thought that if you see gold ornament and if you are enticed then what to do! Hence I was hiding it with sand.” Wife said surprisingly, “So, still you see gold into gold!” The essence of her saying was – You see gold into gold that is why you had to hide it. Had you seen sand into gold then its hiding was not required! Wow! What a great understanding!

Curved – Crooked:- . (In Gujarati language the word ‘Vaanko’ defines both the English words curved and crooked. Thus a simile is created in this content.) Everyone is afraid of crooked. It is said in astrology that even planet Rahu who is considered as enemy against the Sun and Moon can’t swallow curved moon (i.e. not full moon). Lunar eclipse occurs only on full-moon day. Other than full moon day, moon is curved. There is Gujarati phrase, translated it means – Even the curved snake has to be straightened while entering its hole. The moral of the story is that we have to understand the essence according to the corresponding case and event.

Diet-compliance:- Though we keep taking medicine but if we don’t observe diet-compliance then the disease would not go. And if we follow diet-compliance then what is the need for medicine? No medicine is required (Aryabhishek).

Though fried items are good in taste but their nutritional value is very less. Fried millet and sorghum can’t be sown because they become life-less. On one side fried items are very less in nutrition and on the other hand body has to work hard to remove them. Due to which weakness is experienced. The sound base of health is diet-compliance and disciplined life.

Even before blooming...:- Being sensible, we would bear the burden of our brothers and sisters. We would be almost dead by bearing the burden of the whole family and yet we too would have number of children. We don’t think as to what would be the condition of at least some of them. One of them would be the beast of burden and the other may wither away even before blooming because of our lack of understanding and sexuality. (From my book “I wish to awaken the society”)

However big we become but...:- As the palm tree is of an extreme height, neither it is useful to the birds for having fruits nor it is useful to the traveler for having shadow. Likewise however we become big but if we are not useful to others then it is futile. Though we remain small but if we are useful to others then it is

considered true greatness.

Drowsiness-Sleep:- While reciting Mantra using rosary, there comes a stage when the Mantra and rosary, both are stopped then it is considered a better stage of concentration so we should make efforts so that the said stage remain for longer period. But if that stage is due to drowsiness or sleep then we should wash our face, sprinkle some water in our eyes and then sit for Mantra recitation again. As for most of the times such stage is due to drowsiness or sleep we have to be alert.

Without our own dying...:- We keep our gates open and close the holes; we may forget the disharmony that is unavoidable. But here we have to talk about those inequalities, distinctions, miseries, horrors, unquiet, etc. which seize us for our lack of understanding, negligence, egoism, sloth, procrastination, quarrelsomeness, intolerance, discontent, jealousy, impatience and the habit of imitating other. Guru, saint or even God himself would not be able to save us from these evils. We will have to save ourselves. If we so desire, others may give us guidance. So it should be well remembered that if we wish to go to heaven we have to die i.e. if we behave well only then we can expect others to do so.

But as human...:- With the help of scientific invention a human can fly in the sky, go deep into the water like a fish but he does not know how to live a life like a human on this earth. Moral – We had to attain scientific inventions so that we can be a good human being but main theme is totally forgotten. We know what is the result we receive due to that? Who would convert this misfortune and misunderstanding into fortune and true understanding?

The bones are to be burnt like...:- Why should one have ego and proud of his body and wealth? What is the value of these transient things? For it has to be destroyed and merged in the land, the bones are to be burnt like a bundle of wood, the hair to be burnt like a bundle of grass!!! Looking at this the mind becomes very sad.

The crematorium gives us true knowledge and understanding of the reality of life. Whenever we visit crematorium, repeatedly we memorize the knowledge that there is no point in keeping ego or illusion of the transient human body. It is necessary for us to keep this knowledge, this reality of life, this learning of crematorium intact in our memory. But, as we engrossed ourselves in daily routine and false activities of life we forget the knowledge we received in crematorium. As and when this knowledge of illusion of the transient human body received in crematorium is materialized in daily life and we start living life of renunciation then only we can attain something, else it would be momentary knowledge received in crematorium.

We all are great chiefs of beggars! :- There were two friends – a devotee and an advocate. They went to Dakor for pilgrimage. They stayed in inn. After completing morning routine they used to go to temple of Ranchhodrai for Darshana i.e. devotion.

After 4-5 days advocate told his devotee friend – “Dear friend! Everything is else is fine in Dakor except for one thing of huge torture.” Devotee said – “How can there be a torture in the place of pilgrimage-God? I don’t find anything torturous or harassing! Who have tortured or harassed you?” Advocate said – “How many beggars surround us when we go from inn to temple? They don’t allow us to walk freely.” Devotee laughed and said – “Oh...dear Sir! Do you call it torture and harassment? Then hats off to my Ranchhodrai (Lord Krishna)! People and devotees come to his temple days and nights, for years. They keep begging for various things without giving due respect to Him. Nevertheless Ranchhodrai keep giving; He never denies to anybody. The beggars on the street road would not harass us if we give them some money. But we (!), we never satisfy; someone wants child, someone wants wife, someone wants job, someone wants to win the case, someone wants to win lottery, someone wants to be minister, someone wants to be wrestler, etc. etc. etc. If Ranchhodraiji is not felt tortured or harassed by the innumerable chiefs of beggars then how you did feel harassed and tortured by the beggars who are asking for small amount of money?” After telling all these, devotee started laughing for a while then in an apologetic gesture he continued – “Sir, I apologize. You are well educated professional and I am uneducated illiterate but out of emotional outburst I speak too much! Indeed, I should have kept mum by maintaining modesty.” After hearing devotee’s talks an advocate woken up from deep thinking and started telling – “No, no Bhagat (devotee)! I am obliged that you did not take care of maintain modesty and tell the sheer truth. Today my illusions run away, broken and many new vistas are opened. Due to your true and sharp speech, my ideology and lifestyle would change.”

After this episode the advocate sir never felt harassed by the beggars and he was considered a great donator and showed his true sainthood to the society.

Shradh-Paksh:- (Note: Shradh-Paksha is the ritual accomplished to satiate one’s ancestors to be performed during fortnight.) ‘Shradh Paksh’ means the fortnight to satiate ancestors. It is a fortnight for humbly remembering those who have obliged us with much benevolence. That means-

Shradh-Paksh is a fortnight to serve for lifetime to those who are alive and who have obliged us in numerous ways. It is not the ritual only for the deceased but for all who are deceased or alive and who have obliged us. Couplet says – we perform rituals of the deceased ancestors but we don’t give respect to the elders who are alive and helping us immensely. This is nothing but the hypocrisy. To avoid such hypocrisy the Shradh-Paksh is arranged.

Peculiarity of Kaliyug:- There is peculiarity of Kaliyug viz. even if we take pledge for doing auspicious work but we failed to that we get the good fruit of that auspicious pledge. But though we pledge to do inauspicious work but if we don’t do

it then we don't get the bad fruit of inauspicious pledge; only if we perform that inauspicious action then only we get bad fruits of it. Let us understand it with a simple example. If we think that we want to build an inn for pilgrims but we could not make it, even though we get the good fruit of that auspicious thinking. But if we think of doing a sin but due to some reasons we can't do that sin then we don't get the bad fruit of our inauspicious thinking. If perform the sin then only we get bad fruit of it. Such is the peculiarity of the Kaliyug.

Should I marry or not?:- A person went to meet a saint. He met a saint and asked a question, "Should I marry or not?" Saint was busy in work so he told a person to sit. After some time saint asked a person, "Should I give oral reply or show you practically?" A person insisted for practical reply. So saint called his wife loudly, "Do you hear me? Lit the lantern and bring it." Immediately his wife lit a lantern and put it near saint. Saint asked a person, "Did you get a reply?" The person told saint ignorantly, "I could not understand anything." The saint explained him, "As per my direction my wife brought lantern and put it near me. She never asked a question that what the need of lantern was during noon when sun was shining brightly and there was more than enough day-light. If you get such wife then only think of marriage or else your household would be full of quarrels." The person got the reply and became happy.

Moral of the story – There are many things which would go unnoticed but when saints explain us then we get true understanding about them.

I don't carry it with me at home:- In a village the Katha i.e. religious discourse was arranged. The whole village used to attend Katha. The head-businessman of the village too comes to hear Katha. He used to sit in a front row. Katha used to start only after his arrival. One day businessman came late. Everyone has started asking, "Why have you come so late? Is everything alright?" The businessman said, "Actually I had started to come here in time but my grandson persisted to come with me. I had to explain him and ensure that he would go to sleep. So I got late." Everyone argued, "You should have brought him with you to hear the Katha. Katha would have helped him developing good culture." The businessman surprisingly argued, "I should avoid bringing him in Katha, for he is small and whatever he hears in Katha he would believe it as a truth! If he starts following this path then how would he look after my business? My case is different. Whatever I hear in Katha, I do not carry it with me at home, nor do I follow it." After hearing this argument everyone was shocked and started discussing – for such a person we were delaying the Katha?

Philosopher's stone:- Saint Tulasidasji says – with the touch of Parasmani (i.e. "Philosopher's stone" or gem that converts iron into gold) though the iron sword is converted into gold sword but its sharp edge, striking power, and shape; three do not

vanish.

Only Guru can remove sharp edge, striking power and shape. Or who so ever removes sharp edge, striking power and shape can be called Guru. How does Guru remove these three? He removes them with continuous hammering. The superficial look is attained coincidentally because of the touch of Parasmani. But now the thing is different. Now, Guru in the role of goldsmith hammers us with their sermons on regular basis. As the goldsmith keeps the gold on anvil and hit it with hammer to give the shape, likewise the Guru keeps his disciple on the anvil and hits him with hammer of sermons and gives his disciple a proper shape. At that time the disciple must show his endurance, humility, humbleness and ensures that he keeps himself on anvil to allow Guru to give him shape as desired by Guru. The disciple should let his Guru give him a shape as wanted by his Guru. The disciple has to leave his intellect aside and allow his Guru to impart true understanding and wisdom to him.

Difference between philosopher's stone and saint:- Parasmani can turn only iron into gold; but it cannot influence any other metal or substance. But Gurus and saints can do welfare of anyone; the only condition is that the person should be under aura of them. Moreover Parasmani can convert iron into gold but it cannot make iron a Parasmani; whereas Guru can make an ignorant person, a wise person – a person with true understanding and knowledge.

Dog chews a piece of dry bone:- In temptation to satisfy hunger a dog chews a piece of dry bone. But what can it get to eat from the dry bone? Instead, the dry bone injures its gums and start bleeding, so dog gets the taste of its own blood. However dog thinks that it gets the blood from the bone hence he chews the bone more which result into more bleeding from its gums and so there is more taste of blood. This cycle of chewing bone more, injuring gums more and tasting more blood continues. Lastly blood flows out from its mouth but ignorant dog gets more joy of getting more blood from the dry bone. At last dog gets the fruit of its ignorance and foolishness. Due to heavy bleeding it faints. Then only dog's chewing of dry bone stops.

All perceivable objects for lust and pleasure too are like dry bone. The pleasure received from them is at the cost of longevity, health and eternal happiness. When senses become useless by excessive use of the perceivable objects and lust then only we are compelled to give them up like a dog's example mentioned above. If we give up lust with true understanding then it is considered as a penance and its joy is different and unprecedented.

Dashera – Das-hara:- The word **Navratri** is derived from Sanskrit, meaning nine nights - Nava (nine) Ratri (night). In Navratri spiritual practitioner performs Sadhna i.e. spiritual practices and attains divine power. With it they win over ten

senses. The next day of concluding day of Navratri is Dashera – Das-hara i.e. to win over all afflictions generated from the ten senses.

Begging is like death:- There is an inspirational content, translated it means – Begging is like death, so it is better to die than begging. This is the advice given by saints.

Hate towards beggar:- Hatred towards beggar is for once but who hatred towards those who deny beggars a beg is for hundred times. For, in the last birth you did not deny that is why you become giver in this birth. If you deny in this birth, in the next birth you are going to be beggar only. Hence beware!

The taker and giver – both are like inseparable parts of the universe. Even if the giver wants to give many things but if there is no taker then what would happen? And the taker wants to take many things but if there is no giver then what would happen? Thus both are inter-se confirmers.

AUM – (ॐ) with a dot on it:-

**Omkaram bindu samyuktam nityam dhyayanti Yoginah |
Kamadam mokshadam chaiva omkaraya namonamah ||**

“Great Yogis daily meditate on AUM – (ॐ) with a dot on it. In this way they fulfill their religious sites and manage economical affairs. Thus they accomplish their desires and achieve liberty.” Bindu Sanyuktum” means Bindu or a dot over the top of AUM. What is the difference between zero- 0 (Shunya) and dot- • (point)? Zero means “Shunya” or a circle with space in it like 0. But a dot • is a point and there is no vacant space in it. It is filled. A dot denominates Brahman as Brahman has no emptiness. Therefore zero (Shunya) can not represent it. But a dot represents Brahma. Dot represents that element (Tatva) known as divine being. This meaning is extracted from the statement viz., “Omkaram bindu samyuktam”. The sound of AUM includes the dot. If you remove the dot from the top of it, it can no longer be pronounced as AUM. It remains a mere figure of AUM. When dot is added on top, it will be completed as AUM (ॐ) and expressed its true sense. Then the meaning Ishwar will be gathered from the completed word AUM. The shape of a dot should be round. It is improper to show it in a square form or rectangular shape. If you do so the boundaries will remain circumscribed. Then one line has to end before the other will begin, hereafter the third and in the end the fourth. In other words where the lines end their boundaries get restricted. By using a dot we want to show the endlessness of frontiers i.e. boundaries without end i.e. remaining all pervasive. Its pervasiveness must be endless. This can be envisaged if the dot is made to look round. Roundness represents limitless boundaries. You move your finger and it will not stop anywhere.

Meaning of inspiring couplets:- When water starts sipping into a boat we

should start throwing it out of the boat or else boat would sink. Likewise, when we start becoming more and more wealthy we have to start giving with both hands then only we can become happy.

Though one bears the infinite pain and sufferings and instead of making complaints about it celebrates them like a great festival, for him the Guru is his ultimate universe still he does not carry ego! Bravo to such man who is owner of true wisdom.

How should your Guru be?:- This question is asked to three persons who have three different perceptions about Guru. The first one says – My Guru should be such who says ‘Yes’ when I say ‘Yes’. The second one says – My Guru should be such who says ‘No’ when I say ‘No’. The third one says – I like the Guru who says ‘Yes’ when it is required to say ‘Yes’ and says ‘No’ when it is required to say ‘No’.

The third one deserves to be congratulated and blessed because he carries true wisdom and courtesy. That wisdom would lead and inspire him to follow the path of salvation.

Subtle homage:- After the death of Guru-saint there would be a flood of devotees, followers and other people to have a last sight (Antim-Darshan). This way everyone nourishes their emotions and become happy. It is good thing. But – the true homage and tribute is that everyone should be engrossed themselves in the work entrusted by their Guru-saint. If you are doing so then even if you can’t remain physically present for paying homage that would do. If you are able to pay homage physically as well as subtly then it is excellent. Here the important issue is to nourish the emotions of the deceased.

What if... :- After doing many sins what if we had been to Varanasi (Kaashi)? After getting defamation what if we got away? When someone was unhappy we did not help what if we showed mercy after that? After earth’s crop was ruined what if there was heavy rain? During our appropriate age we did not think of learning what if studied after that? If we did not make our human birth worthy what is the use of our human birth taken from mother’s womb? Neither we eat nor we allow others to eat then what if we earned a lot? The poet Pingal says – what if we get rich at the time of our death?

Thus poet says, “During our necessity if we don’t get the required things then what is the use of them if we get them on later stage?”

Though we... :- Renowned Gujarati poet Akha Bhagat was very unhappy with the thinking of the then society so he used to express his thoughts in this fashion – Though we keep putting religious symbols on our forehead for years; though we keep counting beads of the rosary for years so that they are scrapped; though our legs are tired of doing pilgrimages we could not realize the God. Our ears are damaged due to hearing of religious and spiritual discourses for years but we did not attain the

ultimate wisdom i.e. Brahmgyana!

Raksha-Bandhan - festival of tying Rakhi (cotton amulet):- The sisters of universe, by tying Rakhi, ask from the brothers of universe – Please protect us. How would you protect use? You don't watch us with pervert and lustful feelings. Even if you observe only this much then it is fine. We would take care of other matters on our own. The biggest protection and care of ours is not to watch us with pervert and lustful feelings.

This is the true and philosophical meaning of Raksha-Bandha. With the practice and observance of it the upliftment of society is happened naturally.

Mental rape:- The crime of mental rape is said to be bigger than the physical rape. For, the one who has done the crime of physical rape can be arrested and punished by authorities but the one who has been doing mental rape can't be arrested and punished. Thus his constant downfall is obvious. Moreover, the root cause of physical rape is the mental rape. Hence sooner or later there must be downfall of mental rapist. The means to become free from the thoughts of committing mental rape are – perpetual following of virtuous, auspicious and pious thinking and ideology.

Quote:- By using courtesy and conscience we can save ourselves from the unwanted problems.

Old hymns:- We know how bluntly the bitter truth is catered in the old hymns! Not the educated but the experienced learned people say that – what is not to be done is being done and what is to be done is not being done.

Makardhvaj:- There is one episode in Ramayana – when the tail of Hanuman was burnt by soldiers of Ravana, he burned the whole Lanka with his burning tail by romping and jumping everywhere in Lanka. After that he went to sea to put off the fire of his tail. At that time, a drop of his sweat fallen in the sea which was swallowed by a fish; which consequently gave a birth to a boy. The name of that boy was Makardhvj, who was son of Hanuman.

Here, one secret is disclosed – even a drop of the sweat of a true celibate has a power of semen and with it not only female but a fish can also carry pregnancy and give birth. This divine, supernatural and miraculous science is proved since the days of Ramayana. The present day scientists are free to say something about it or believe it.

Gambling:- After completion of Kurukshetra battle Pandavas start preparing for the Himalayan pilgrimage. They give throne to sons of Abhimanyu and Karna. While handing over throne they give advice – 1) Neither play gamble nor allow gambling, 2) Neither drink alcohol nor allow others to drink it, 3) Neither insult any woman nor allow others to insult any woman.

Until true understanding prevails...:- The poem was written by me in Gujarati

language about 'True Understanding'. Let us explain it here in English for the benefit of English readers.

Unless and until true understanding is attained we keep drowning in the sea of unhappiness. The following are the examples of how we become unhappy with false understanding:

One who experiences pleasure in lust-perversion and when Guru warns him about the disadvantages of it, he starts preaching the Guru and thus tries becoming Guru's Guru! He does not give respect and does not serve the elder or family member who is alive but when the same elder or family member dies he performs rites of Shradha! He never sits at the feet of the true Guru or saint but keeps washing feet of frauds. He insults the one who gives rightful and virtuous advice and keeps them near who falsely praise him for their selfishness; and when they betray him then only he realizes about them. It is known fact that money is increased slowly and steadily, but he does not understand this truth and wants to increase money leaps and bounds miraculously. The one, who understands that the duals like joy and sorrow, loss and benefit, happiness and unhappiness are the parts of life, is the one who is graced by his Guru; all others are ignorant.

Michchhami... i.e. forgive me:- You tell me, "Forgive me." I too tell you, "Forgive me." Out of two of us, anyone says, "Yes, I forgive you"? Unless and until it is said, everything else is meaningless. Moreover –

Only by telling that "I forgive you" the crime can't be forgiven. The rule of Karma is infallible. One has to bear the fruits of Karma i.e. happiness for virtues and unhappiness for sins. But when we forgive someone whole-heartedly we feel relaxed and we get divine pleasure of doing a great virtue of forgiveness. And by asking for forgiveness too, we get relaxed.

There should be dot on figure of AUM:- There should be dot on the figure of Aum. Dot is round and not square. Round dot is symbol of Brahma. Brahma is unbounded and infinite. It is improper to show it in a square form or rectangular shape. If you do so the boundaries will remain circumscribed. There is also difference between dot (.) and 0; though both are round, dot is without vacant space inside it whereas 0 is with vacant space inside it.

Guru-Worship:- Let me explain the essence of hymn authored by me for the benefit of the English-speaking readers –

The true understanding of the things attained is considered as the Guru-worship; whatever the vices given up are considered as devotion to Supreme-Being. But see when, where and how one falters...

Just for the sake of hypocrisy one goes to attend preaching session but during the session he loves to tattle and considers it sweet whereas he considers the sermons

as bitter. As a part of hypocrisy one purchases spiritual literature to be the decoration of cupboard; thus he keeps storing the books for exhibiting the status, and the books are eaten by termites. One keeps hearing the sermons but never improves; irony is that, in the name of attending spiritual preaching he goes to watch the movie! When others are fully engrossed in hearing the discourse he becomes restless and starts napping. Everyone has to wait for him when spiritual outing is planned, for he goes to bed very late and gets up late in the morning and eats tobacco in the rest room to feel the pressure; thus he keeps other waiting and getting delayed. He comes late in the discourse, sits in the first row and leaves early before the completion of display; he never hears what saint says and keeps talking about his own views only. He keeps asking series of questions but never hears the answer, he keeps arguing with the saint just to showcase his ego. He keeps sprouting beard, mustache and long matted hair and also keeps increasing his vices; he runs far away from the virtues but when he starts getting the fruits of vices in the form of pain and suffering he starts weeping. Even if one chants Mantras for years but would not put essence of Mantras into practices and lives life accordingly then he has wasted his valuable time in reciting Mantra. The poet (Yogabhishekhu) says – many pretend to be Guru-saint and keep rushing to give sermons to others, to them Supreme Being Aum-Guru says, “Instead of giving sermons to others you ensure that your own afflictions are vanished.”

Deepawali:- Leave eating fried food and use firecrackers rarely. Lit a lamp of cow-ghee and thus help removing pollution. Firecrackers are harmful for everyone and they make the environment polluted; due to which the lifespan of everyone is reduced and birds/animals get untimely death. Take and give sweet which is symbol of spreading sweetness and lit a lamp of true understanding. By doing so remove age old bitterness and thus spread the sweetness of sweet. The one who celebrates Deepawali in this way, his day becomes auspicious. Celebrate Deepawali and New-Year by becoming savior of others.

Yogabhishekhu’s – Prostrate-congrats-blessings.

Three basic desires:- A human being is surrounded by these three desires – desire to have son i.e. Putreshana, desire to have wealth i.e. Vitteshana, and desire to have fame i.e. Lokeshana. Behind desire for son and wealth too, the desire for fame has been working. Everyone is under the control of the desire for fame.

Ashtonishment (Dakshinamurti Stotra -12):- Translated this Sanskrit verse means – What astonishment! Under the banyan tree, old disciples and young Guru have sat. The Guru delivers discourse silently i.e. without speaking and with the silence discourse Guru clears the doubts of disciples.

At the house:- At the house where ‘Guru’ rightfully sits, even Rahu-Ketu (astrological planets) can’t harm the people of that house. After understanding this, the one who recites Guru-Mantra he has not to recite other planetary Mantras. All planets and constellation are created by Supreme Being and they rotate around the

Supreme Being and in their own orbits.

Makes us:- Though we stay in contact of Guru-saint and keep hearing the sermons regularly, our six tenets i.e. Shadvikara viz. Kama-lust of desire, Krodha-anger, Lobh-greed, Moha-attachment, Mada-arrogance and Matsarya-jealousy are not vanished! But Guru-saint keeps trying like a goldsmith and hammered our tenets and makes us like them.

Had they been fed:- How can children inherit the lifestyle and culture of their parents? For they are imparted overseas learning by overseas government and they are fed milk of milk-powder stored in tins. Had they been fed with mother's breast-feeding and imparted education by their own Guru-saints then they were nurtured according to the faith and belief of their parents.

Give sacrament with the help of saints, establish Gurukul in every village. Yogabhikshu says – If this is ensured then only try to be a parent and attain happiness of having children.

Remains saint:- Though egoistic person hypocritically become saint-hermit, his nature never improves for good and he remains thug-cheat. Conversely, though a person is cobbler, tailor, or carpenter and does many related works but he never changes his saint like nature and remains saint forever. As we should value the sword and not the sheath; likewise don't ask the education of a saint, for his learning and wisdom is more important.

Guruji's grace:- We become very fortunate if the grace of Guru bestows upon us, for with his grace all our illusions and tenets are ran away. That is why I speak with one voice that – for the love and devotion towards Guru, be a true disciple. When you have found true Guru then what is the use of those thousands of people to whom you meet? The meeting of Guru is ultimate attainment.

Last demand:- Hey supremely kind and compassionate Almighty God! This is last and final demand: “Bestow such a grace so that we can understand about all the grace you have showered on us.”

Guru's vital-force:- When we prostrate and touch the feet of Guru and Guru puts his hands on our head this process happens – Guru's vital-force of the body enters our body through our hands which have touched his feet and the vital-force passes through our body; it enters Guru's body again through his hands which are kept on our head – thus the vital-force (i.e. electricity) of Guru's body completes one circle. Till this position continues the cycle of electricity circles are continued. Under such condition the Guru's body behaves like a dynamo and our body behaves like a bulb. With this process our body is enlightened with the knowledge and this effect remains for a longer period. With is enlightenment i.e. light of knowledge we attain the subtlest form of intelligence through which we can understand incomprehensible

subjects.

Satitva i.e. chaste and devoted womanhood:- Sulochana, the wife of Meghnaad tells Laxman, “Don’t feel proud and believe that you have killed my husband. Nobody and no power in the world were able and capable to kill my husband; he was blessed that way. But due to penance of Satis like Sita and Urmila – the chaste and devoted wives – my husband was killed.” From this episode of Ramayana it is proved that even the blessings of deities are failed before the penance of Sati.

Criminal:- There are two types of criminals – one that does crime of God and other who does crime of government. The first one has to undergo punishment; influence of nobody can save him; whereas the second criminal by corrupt practices, deceit or someone’s influence may avoid punishment and go scot-free.

In fact criminal deserves mercy and compassion because he is ignorant or lacks enough understanding. He does not know that due to criminal activity how much pain and suffering he has to undergo? Who else can deserve mercy than the ignorant? That is why saint (Jesus) had prayed, “Father, forgive them, for they know not what they do.” Here, the talk of mercy and compassion is not for the habitual heinous criminal.

- Atonement-repent are the infallible tool to become burden-free and relaxed.
- Only jeweler can truly evaluate the jewel.

Without desire of fruits of Karma:- The desire of fruits leads us to do Karma. Normal people lose the inspiration of doing Karma as soon as they leave desire of fruit. It is very big thing and status of high order to keep alive the inspiration of doing Karma without having the desire of their fruits. Hence it is called Yoga. There is no physical and thing to do but very subtle and true understanding is to develop to reach to the stage where Karma is performed without the desire of fruits of it.

What is significant:- It is rightly said that to climb a mountain with one’s own burden or to cross a river in one’s own boat is not significant. This world, full of both nectar and poison, takes its hats off only for those who climb upwards themselves and also help the downfallen to do so.

Common man versus graced/blessed man:- Hearing sound of peacock’s cooing in the jungle, everyone says “it is the sound of jungle’s cooing! Though dog’s mouth is bleeding, the dog thinks that the blood is sipping from the bone which it is chewing! Actually there is roaring sound of thunders but the lion thinks it is the sound of its own roaring! The lion sees its reflection in the water and feels that there is another lion! Likewise - a human being’s self-soul is the form of Supreme Soul but to find it out he runs here and there instead of looking inward! But the one who is graced and blessed finds out that there is no pleasure in the subjects of senses; the divine pleasure is in attaining the salvation only.

Nectar:- If there is substance-element called poison which can kill the living one then there has to be substance-element called nectar which can make the dead person alive; though we have not found it. As per the rule of equilibrium in the nature there has to be both – poison and nectar - there can't be only one substance. It is very easy to find out poison but very difficult to find nectar. As per human instinct and nature, the human would try to find out the one which is easier in finding and he would instantly and freely experiment it too.

Do charity without ego:- We must give water, food, buttermilk, cloths etc. to the needy people but we should never feel proud or egoistic about the charity we have done.

Receive nectar:- To attain God someone is ready to sacrifice his life. Some people are dead inwardly though look like living normal life whereas some live even after dying. Though some receive invaluable nectar during their lives but they never drink it.

Nectar-fruit:- Till date I was busy enjoying the physical lust and pleasures of material life but now I have decided to taste the nectar-fruit. I would learn the philosophy of life and the importance of human birth and I would ensure that the poverty of lustful life is removed and would attain wealth of spiritual life.

Bears pain and sufferings:- Disciple bears the infinite pains and sufferings with true understanding, celebrate them like a big festival, for by the grace of his Guru he is aware of rules of Karma and their fruits. Though for him his Guru is everything to him, he does not have proud of his understanding.

The richest person in true sense:- The one who has overcome his liking of cloths and taste of foods; the one who has overcome his ego from inwardly would become the richest person in a true sense.

Where even poet and sun can't reach:- Where even poet and sun can't reach, where even experienced veteran can't reach; there innovative philosophical streaming from invisible can reach.

Winter:- Due to extreme cold season, in winter digestive system gets milder hence it is difficult to digest heavy food. But during winter exercise can be done more as there is very less perspiration. If we work hard in winter then heavy food is digested. This secret is needed to be understood rightly. In summer, the scorching heat of sun helps digestive system more but even small workout can lead to heavy perspiration. There is a belief that in winter very nutritious food should be taken but this belief is only proved right if work hard and thus digest the food.

Conversion of intellect into wisdom:- Whatever the secondary benefits of celibacy are but the primary benefit of it is the subtlety of intellect; conversion of intellect into wisdom. Only with the help of wisdom the subtlest subjects like Atma

(soul) and Parmatma (Supreme Being) can be understood properly, subjects like birth and death are understood with profound thinking, the inclination can be generated to understand the supernatural subjects like living being, universe and Supreme Being. In Patanjali Yogadarshan it is said that by observing celibacy we are benefitted with semen.

At a great loss:- The most important human birth is attained to be free from the cycle of taking birth again and again, dying again and again, to reside in womb again and again. If this birth is wasted in running after the mirage of momentary happiness and pleasure in lieu of attaining the salvation then we would be at great loss which can never be compensated.

Extremely selfish:- Don't be ordinarily selfish, be extremely selfish i.e. don't be aspirant of material happiness, momentary happiness, momentary benefit but be aspirant of eternal happiness, salvation, emancipation.

Is this true or...?:- In his dream king Janak became beggar, When he got up he started thinking, "Is this true or was that true?!" means – Is this true that I am a king or was that true that I was a beggar? He asked this question to his officials and veterans but they could not give the answer. Sage Ashtavakra had given the answer...

"This is wrong and that was wrong too, the third one is right. As in comparison of awoken state, the dream state is wrong; likewise in comparison of spiritual awakening – the state of wisdom, the state of awakening is wrong."

To give this answer, when sage Ashtavakra came to king's palace the veterans laughed at him because he had born deformity of eight bends – eight handicaps. Ashtavakra too laughed at them. Veterans asked, "Why do you laugh?" Ashtavakra asked the same question to veterans. Veterans replied, "Looking to your ugly and handicapped body we laughed." Ashtavakra replied back, "I was under wrong impression that the veterans of Janak's court are all veterans. But today I find that the officials of Janak's court are leather-tanner!" The whole court of veterans stood up roaring, "Why did you call us leather-tanners?" Ashtavakra said, "All of you saw my deformed handicapped body but none of you could see my knowledge-wisdom! Leather-tanner's sight is only on leather of the buffalo, he can't see the milk of buffalo."

Janak-Videhi:- After hearing reply of sage Ashtavakra regarding his query – "Is this true or was that true?!" – The king Janak's curiosity was satisfied. Hence he offered golden plates full of golden coins at the feet of sage Ashtavakra. But sage Ashtavakra without having even a glance at the offerings went back to his hut located in jungle. After having ultimate wisdom Janak became 'Janak-Videhi' from 'Janak – The king'.

Eye:- Eye can see others but can't see itself. It requires the help of mirror to see

itself. Likewise – We can't see our vices, they can only be seen by others. We will be annoyed if others mention our vices with the feeling of hatred. But if some see our vices with the feeling of empathy and help us in removing them then they become the means of our welfare. Such work of welfare can only be done by saints, or those who do such work can be called saints.

Crow-Cuckoo:- Crow and cuckoo are of the same colors and almost same in a look so they can't be differentiated easily; but during spring season when they speak they are immediately identified. Poet Rahim has told great thing with minimum of words. When a human being sits silent his nature can't be identified, but when during distasteful occasion he speaks then immediately he is identified; whether he is a gentleman or bad-man.

Both are right:- Standing outside the jail we were looking at the prisoner behind the bars but prisoner was looking at us as if we are behind the bars! The prisoner feels that we are behind the bars and we feel that the prisoner is behind the bars. Who is right among prisoner and us? Both are right. He is imprisoned behind the iron bars whereas we are imprisoned behind the physical body. A prisoner will be released from the jail once his stipulated period of punishment is completed and we will be released from the jail of material life by doing virtues and auspicious deeds and attaining the fruit of them in the form of salvation; thus we would become free from the jail of the material body.

Senses:- Senses are extremely powerful. They never remain under control of courtesy, reason and intellect. Though intellect, reason and courtesy warn the senses to remain away from the harmful conduct, senses behave arbitrarily and thus harass all with their behaviour. This routine goes in incessantly! By the grace of God, only a few rare are excluded from this vicious routine.

Divine Exercise:- The subtlest limbs of the body too, can't remain healthy without proper exercise and hence can't work with their fullest efficiency and capacity. For the most physical-material limbs the physical exercise which generates some sweat is useful. For subtle limbs the exercise of Yogaasanas is useful. For more subtle limbs the exercise of Pranayama is useful. And for the most subtle limbs which are imperceptible to our understanding, the exercise of Mantra-chanting and Mantra-recitation is useful. Thus Mantra-chanting is divine exercise for the most subtle limbs of our body. Even in Mantra-chanting - oral recitation of Mantra (i.e. Vachik), murmuring of Mantras with lip movements (i.e. Upanshu) and mental (i.e. Mansik) Mantra-chanting are increasingly subtle respectively. Here, what we have talked is not about the spiritual importance of Mantra but we have talked about the importance of capacity of the most subtle exercise through Mantra-chanting.

The best spiritual practice:- Recitation of Mantra and remembrance of God

are very simple, natural, subtle and very valuable spiritual practices. During the last stage of the life, when living being is incapable of doing any physical practice; he can easily perform spiritual practice of Mantra-recitation and God-remembrance.

Dussehra–Vijayadashami Festival:- Duss-hara means defeat ten; to get victory over ten; to win over ten internal enemies. These ten vices behave like internal enemies viz. Speak lies, speak meaningless, slandering, theft, violence, immoral lust, pleasure, and sex, desire to get others' things, evil thinking, perversion. Neither have we had to get victory over Ravana nor over Kauravas. Only the victory over our internal enemies can give us true peace and happiness.

Who can be called Guru?:- Those who can remove our smallness, they all can be called our Gurus. Which type of Guru they are is considered on the basis of how much type of smallness and the proportion of smallness are removed by them. The greatness we attain after removing the smallness must be of our spiritual welfare; then only it can be called greatness and the one who gives it is called Guru.

Sadhana with each breathe:- Normally in 24 hours we breathe (inhale and exhale) for 21600 times. This way Mantra recitation is also done in equal numbers. Thus spiritual practice i.e. Sadhana is done easily and free from obstacles.

Curse to Ravan:- Ravana had raped wife of Nalkuber who was a son of Ravana's step brother Kuber. So Nalkuber had given curse to Ravana that – “If you touch a woman without her wish or you forcefully keep her in your palace then your head will be broken apart.” That is why it is presumed that Ravana did not behave perversely with Sita nor he had kept her in his palace.

Mother is mother:- This is the episode occurred before many years. At that time I used to stay in Borivali (Mumbai). At that time I was young with 24 years of age – very energetic and enthusiastic. I was selected in a film called ‘Jagadguru Shankaracharya’ and I was to play a role of one of his four disciples. The shooting was on in the jungle of Borivali. One day during shooting a person came with my telegram. In that telegram it was written that my mother's had a very bad health so come soon. I showed telegram to director of the film and told him that, “I am living for my village at once.” He told me to complete that day's shooting and then go. I said, “I am very sorry. As I am very upset with the news of my mother's health I would not be able to wait for even a moment.” After saying this I started removing the wig and cloths of the saint. As it was difficult to remove the facial make-up it was removed after reaching at my home in Borivali. Then I went to railway station and took the train for my village Halvad.

I reached Halvad. When I reached my home I found that my mother was tied up with her bed. I immediately untied her and started taking care of her. When she fully recovered she told me, “My son, when you untied me I thought that as you were

incarnated and revealed from the earth. You were in Mumbai! How did you come here?” (My mother had a neurological problem so when she went out of control we had to tie her.)

Richer than richest:- The one who has won over the liking and hobby of good clothes and good food; and who has left his ego has become richer than richest.

Would remain ageless-immortal:- Though the physical bodies of Guru-saints are no more post their death but the holiness, virtuosity, wisdom attained by their disciples due to herculean efforts by Guru-saints would remain ageless-immortal.

Madness:- The girl who betrays her parents, siblings and family members and run away with someone, will she be able to make someone happy? Will she not betray him too? It is surprising that such thought never comes in the mind of the boy due to whim of excitement and madness! And when that whim of excitement and madness vanishes it is already late.

Momentary excitement:- The boy who by forcing a girl to run away from her family and thus causes trauma to his parents to an extent so that his parents may suffer heart attack, how much pain and trauma can he cause to that girl? The girl does not even think that the boy can kill her to trap another girl because she is surrounded by madness of momentary excitement. But when that madness of momentary excitement vanishes what would happen? Sometimes she takes drastic step and thus both girl and boy are ruined and their families too are ruined.

Something has to be done:- Something has to be done by the social and educational institutions to ensure that the teens and adults get the auspicious and virtuous knowledge and understanding when they enter into adolescence and adulthood. If the households with madness keep increasing in the society then there will be wave of madness of momentary excitement society spread among the society and then there would be erosion of morals and values of the society.

Without Ashram:- One of the many Gujarati hymns written by me is explained here with English translation.

Though there is no Ashram of Yogabhikshu ji, he keeps the disciples together; the one, who befriended him, attains the salvation. The trio of Bhikshu viz. Sadgurusamarpambhikshu, Guruprembhikshu and Gurudhyanbhikshu has sounded bugle of the preaching of Yogabhikshu in the universe; thus they have intended to do the welfare work of all living beings. I request all the disciples to work hard for the auspicious and virtuous activities assigned by Guru and purify the body full of impurities by service to mankind. Looking to such activities Yogabhikshu prays to Supreme Being Aum-Parmatma to condone the vices and grace the Aumparivar (i.e. spiritual group founded by Yogabhikshu) with making of an Ashram.

Path of understanding:- Let us understand another Gujarati hymn – translated

it means –

The path of understanding is like an edge of sword; it burns hypocrisy, removes ignorance and finally reaches us to the destination of salvation. The intrepid holding a sword of virtuous erudition rushes ahead; he roars, keeps his mind stable and firm, and kills the desires. The one who believes that he himself is happy when he sees others in happiness would become like a Mahavira; he would uplift his family, improve all and thus brings the heaven on earth. Yogabhiṣhu is longing for such great warrior who can accompany him in his spiritual endeavor, for he has reached to an age where his devotees-disciples should take his burden on their shoulders.

Pleasure and suffering:- Couple of more inspiring couplets – translated they mean –

The one who understands the duals like pleasure-suffering, benefit-loss, etc. as a part of the routine life and tries to win over such duals; he is truly considered as graced by Guru and he only can enjoy the true pleasure of life.

The one who does not know the secret that the physical-material world is ephemeral would shoulder the burden of tiresome life perpetually.

The height of compassion:- A saint (Jesus) prays to Almighty for those who are involved in His crucifixion – “Father, forgive them; for they know not what they do.”

Guru-Gita:- There are many Gitas (ancient scriptures) but out of them ‘Guru-Gita’ is considered the best so far as describing the glory of Guru is concerned. It starts like this –

Shri Sutaji said in reply to the questions of saints – Once, on gorgeous Kailash Mountain, Mother Parvati with sheer devotion asked a question to Lord the welfare of the people, “Hey God of Gods! Please give me Guru-Diksha (Diksha translated as “preparation or consecration for a religious ceremony”, is giving of a mantra or an initiation by the guru (in Guru–Shishya tradition) of Indian religions such as Hinduism, Buddhism, and Jainism.) Hey omniscient Lord Shiva! Please explain me the glory of Guru which is considered as one of the best vows. What is the remedy for living being to attain Brahmāpad i.e. enlightenment-emancipation-liberation?” Lord Shiva said, “Hey Goddess! Such an auspicious question is never asked to me by anybody! Hey Parvati! The one who has ultimate devotion in God and in his/her Guru can be enlightened by the meanings mentioned in Vedas and Yogashastra.”

Thus in reply to Mother Parvati’s query whatever is said by Lord Shiva is this ‘Guru-Gita’. There are total 274 Shlokas i.e. verses in ‘Guru-Gita’.

Diksha:- (Diksha translated as “preparation or consecration for a religious ceremony”, is giving of a mantra or an initiation by the guru (in Guru–Shishya tradition) of Indian religions such as Hinduism, Buddhism, and Jainism.) The Guru-Diksha

asked by Mother Parvati from Shiva is very mysterious chapter of 'Guru-Gita'. The wife had a feeling of Guru in her husband so from now onwards she is going to attain what is to be attained from the Guru i.e. spiritual wealth; the one which was not attained due to her relationship as a wife. Likewise, whatever can be attained from the Guru as a disciple-devotee can't be attained by other relations and feelings! Whatever is to be attained as a brother, sister, niece-nephew, uncle, wife, parents, son-daughter, friend, etc. would be attained from the Guru according to the relation with Guru; but they can't attain spiritual wealth from Guru unless and until they have a relation of Guru-disciple. As and when they start believing him as a Guru they start attaining spiritual wealth from Guru. With the physical-material relation one gets material things and with spiritual relation one gets divine, celestial, eternal things. There are all types of elements-tastes in the earth, whatever you want you should sow in.

What would we pledge to leave - as an offering at the feet of Guru?
"Whatever we have to be taken pride of, it is gratefulness of Guru only." It is but natural that the devotees-worshippers of such belief would be highly enthusiasts to celebrate Gurupurnima festival. Indeed they are blessed.

On highly auspicious day of Gurupurnima, we all devotees and disciples offer gifts as per our capacity at the feet of Guru. This ritual is recommended by the scriptures hence it is laudable. But this ritual is for very common people. Distinct people should offer something special.

Whatever are the hurdles in attaining the ultimate satisfaction-content, they all must be given up as an offering to the Guru. If this sequence continues with fidelity and honesty then on the third Gurupurnima body-purification takes place, on sixth Gurupurnima Ojas (i.e. luster received due to celibacy) becomes visible, on the ninth Gurupurnima we are able to understand the profound mysteries of human life and on the twelfth Gurupurnima we finally attain the wealth of perpetual content and become truly wealthy of having right body, mind and wealth; thus we experience the spontaneous realization and become enlightened.

Except this, we keep on celebrating the great festival of Gurupurnima routinely for births and keep enjoying the ordinary pleasure.

After having wealth of content, do we want to attain perpetual happiness? Or do we want to bear infinite strokes of duals like happiness-unhappiness and joy-sorrow? We are independent in doing whatever we wish to do.

Does your Guru ever give you anything which gives you immense satisfaction and content? Or have you tried to gain such thing from your Guru? Unless we give such thing how will we get such thing? True Guru-saints will not have true joy with money or gold-silver; they would become happy only after making Laghu (small

one), a Guru. Have we ever offered anything at their feet so that they can make us Guru? When would we offer such thing? Then, when we lose everything and we don't have anything to offer?

Uniformly congruent:- If there is small dust particle is in the eye then we can't endure its itching; but if big lens is set in the eye then we don't have problem at all! Why is it so? If a small food particle is trapped between the teeth then it creates a problem; but a huge denture is fixed in the mouth we can wear it without trouble. Why is it so? Because lens and denture are uniformly congruent with our eyes and mouth hence we find them non-troublesome. Likewise, if a human being makes him uniformly congruent with the favorable and/or diverse conditions then he can attain maximum peace and happiness.

If good people get angry with us:- What will we do if our beads of pearls are broken more than once? We would collect them and rearrange them. Likewise - If relatives or good people get angry or not happy with us then even if we have to persuade them for hundred times we should do it and ensure that they are persuaded. We are talking of good people and relatives here. If bad people get angry or don't talk with us then it is advantage for us. Not only that but we also have to make efforts hundred times to keep them away.

Eternal happiness:- Those who are capable of giving us eternal happiness, from them we expect material happiness which is momentary in nature. Such a poor state of mind of ours!

Explanation of inspirational couplets:-

1. Standing at the doors of Guru, alms of Yoga I bring; as I share everything I have, seekers of salvation will surely have something.
2. Though after becoming saint, abbot or hermit one walks around with ego, but until the hypocrite nature is changed, he remains thug.
3. Though one works as a cobbler, tailor, produces and sells oil or in any other field and performs infinite deeds, but he never changes his saint like nature and remains saint forever.

Bapu Yogabhikshu – The blessing from eternity

Introducer – Prof. Ravi Dutt (USA)

It is encouraging to know that at the time when human society is going through its crucial phase of crisis in moral values, shattered faith and eclipsed social fiber, there can exist a perennial source of love and peace in human form in BAPU. He is dedicated to bridge ever widening gap between people and repair the path to inner peace.

BAPU's presence among us is the true example of the phenomenon which has been repeatedly emphasized in GITA – Wherever the spiritual values are at the

lowest and the devilish forces of human mind start ruling the society, righteous mentality becomes in minority, the eternal power manifests itself to save the human society.

BAPU is truly a blessing of that very eternity, who is dedicated to the cause of transformation of our lives from crisis to meaningful and harmonious living.

The vision of one human society based on the foundation of Yoga, dawned on BAPU in his early days of his journey. Since then he has been constantly working towards the fulfillment of this divine vision ordained by his supreme consciousness. His life has been one with miracles and wonders as narrated by his devotees. He has travelled crisscross in the country many times, accumulating the spiritual knowledge and has mastered the science of eight fold Yoga; HE modestly nods his head when asked about his spiritual achievement and mystic power.

BAPU is a person who amazes the mind; on one hand he commands the altered state of mind and consciousness and on the other hand is able to relate to the lives of the poor peasant in India. BAPU is a person with humanity and modesty manifested in its fullest extent. His concern for the poor and the less fortunate ones makes him a special preceptor of masses. His way of imparting the valuable knowledge is personal and intimate beyond doubt. BAPU has an enormous wealth of spiritual knowledge to give to all of us, but he is very discreet in picking the disciples. One can get the glimpses of his deep spiritual knowledge and inner peace by spending few moments with him.

To manifest this inner-vision, BAPU has started a mission in India known as AUM PARIWAR. The mission is committed to the cause of spreading the message of world peace and universal brotherhood based upon Patanjali Yoga across the world. BAPU is convinced that practice of Yama and Niyama will lay the foundation of morality and restore the moral fiber; the practice of Asana and Pranayama will eradicate mental tension and anxiety and constant practice of Dharana, Dhyana and Samadhi will lead to spiritual regeneration.

BAPU has contributed to the un-exhausting stream of spiritual knowledge by writing books on the deep esoteric experience of meditation and altered states of consciousness. His commentaries on Yoga-Sutras are one of the finest of its kind.

He is being very warmly received by different spiritual organizations. His discussions are very enlightening and full of spiritual wisdom.

For all those who are interested in personal guidance in spiritual journey and inner self development – BAPU is fortunately with us.

World-peace is at our feet:- The human being considers a living being his/her offspring who is born with his own semen/ovum, but it is his/her illusion. The semen/ovum is formed of whatever he/she eats. All food items are provided to all by nature. So who so ever we consider as ours or alien, they all are of nature, of Supreme

Being, of semen/ovum. Thus they all are ours. If one understands this secret then world-peace is at his/her feet.

Mother of universe:- Each and every living being takes birth from his/her mother and mother is woman-female. Hence woman-female is a mother of universe and she is omnipresent. If someone tries to keep himself away from such omnipresent element where can he find the place for that?

You yourself is a Guru:- There is a hymn created at the time of arranging “Gayatri Anushtan Sadhna Shibir” – translated it means –

Don’t consider Guru an alien, you yourself is a Guru. Aum- the Supreme Being has finalized the Paliad village and gave us the Nirvikalpa Muktidham – the place to chant Gayatri Mantra. The flages of Aum-Guru which are held by Somabhai and Mangalbhai are unfurled and the celestial beauty and sound emerged everywhere. Make a roar of Aum-Guru and chant Gayatri Mantra through every pore so that the ghost of illusion is broken into pieces and all afflictions are destroyed. Hey Guru Yogabhishtu! Please give us alms so that by chanting and reciting Aum Mantra we become the most virtuous and auspicious person; thus we reach to the stage of Guru from the stage of disciple. Whatever I had – the capital, principal and interest – I have given it to you; after doing so if unfortunates don’t awake then don’t blame me.

Note:- The planning of “Gayatri Anushtan Sadhna Shibir” to be arranged between 22.12.1978 and 31.12.1978 at Paliad was done by family members of staunch devotee Shri Amathabapa. At that time the hymn whose explanation is given above was authored. For nine days there was atmosphere of sheer spiritual joy amongst the participants and Gayatri-lovers of the programme. In the newspapers this Shibir was labelled as “Shibir of Satyuga”. When I had asked for a reason for such label the I was replied – “You don’t charge anything from any participant for 9 days. Lodging and boarding is free for all. Everywhere you have put signboard and notice regarding not to put money anywhere! Such Shibir is only possible in the age of Satyuga.” At the place of Shibir, in a village farm 100 green cottages were prepared from the grass. There were 100 participants who were reciting Gayatri-Mantra during stipulated time. The name of the venue was “Nirvikalp Muktidham”.

Kabir says:- The mission of Guru is to ensure that his disciples become illusion-free and make progress in their spiritual journey. If it is not being done by the Guru then disciple should leave his Guru at once.

Justice:- A king wished to construct a huge and beautiful pond in his city. He entrusted this work to the knowledgeable and experienced persons. After some days experienced people prepared and showed a wonderful map to the king and told him, “There is small problem. At the bank of the pond a small hut of a poor woman is located. That may spoil the beauty of the pond. If we remove the hut then we can

construct a beautiful pond. We tried our level best to persuade that woman but we were not able to convince her.” The king said, “Let us construct a pond but ensure that the hut remains safe. So make a curve near her hut. For the city, the pond would be like a feather on the cap and for the pond the hut would enhance the beauty of the pond. For, the hut would remain as a symbol of justice towards the poor woman. If we remove the hut and construct a pond then the viewers of pond would be happy after seeing the beautiful pond but the poor woman would be unhappy as and when she would see the pond. By making the helpless woman unhappy if we would try to make others happy then it would be a great injustice to the woman and our act would be considered as vandalism. In my kingdom everyone is absolutely free to take his/her own decision.”

Explanation of a few couplets:

- The spiritual energy and power accumulated through Mantra recitation and penance should be digested inwardly only.
- As the goldsmith keeps the gold on anvil and hit it with hammer to give the shape, likewise the Guru keeps his disciple on the anvil and hits him with hammer of sermons and gives his disciple a proper shape. At that time the disciple must show his endurance, humility, humbleness and ensures that he keeps himself on anvil to allow Guru to give him shape as desired by Guru. The disciple should let his Guru give him a shape as wanted by his Guru. The disciple has to leave his intellect aside and allow his Guru to impart true understanding and wisdom to him.
- Don't ask about the education of saint for his learning and wisdom is important, as one has to value the sword and not its sheath.
- Standing at the doors of Guru, alms of Yoga I bring; as I share everything I have, seekers of salvation will surely have something.

Question:- Curious asks – To make hundred people happy if one person is to be made unhappy; then can we do it? Can it be called a sin?

Answer: It can never be done. It is considered as heinous sin. Who has given us a right to make anyone unhappy? Had we been in place of that ‘anyone’? Then we never approve that deed. It is considered as we have taken nature’s law in our hand. If the permission is given by that person who is made unhappy then it is okay. Normally the ego deceives many with incognito disguise. Those who knowingly become ready to be unhappy or to be martyred to make others happy; how can one living being congratulate or bless them? The Supreme Being keeps that burden on His shoulders.

Explanation of a few couplets of Tulasidasji:- Tulasidasji says – Sweet language is a Mantra for spreading joy and pleasure everywhere. It is equivalent to Mantra of charm. Hence the harsh words and language should be avoided.

Tulasidasji says- Seeing the beautiful external dress not only stupid but the clever and intelligent person is also deceived and cheated. Just see the peacock, how beautiful its look as well as sound is! But what is his food? Its food is of snakes.

Virtue:- There is saying – Due to virtues the fruits of sins are pushed back but it is not proper and true. There is hard and fast and irresistible rule of Karma that everyone has to bear the fruit of virtues in the form of happiness and fruit of vices and sins in the form of unhappiness.

The helpless and dumb animals-birds are tortured limitless and unimaginably by infinite types of infinite experiments. With such barbarous experiments a human being makes some inventions and with those inventions the mankind is provided with many luxuries and comforts. The fruits in the form of happiness would be attained of the virtue of providing comfort to the mankind; and the fruits in the form of unhappiness are attained of the barbarous torture caused to the helpless animals-birds. Those who have availed the comforts of inventions too are partners in attaining unhappiness. The proof is also available of it in the form of increasing number of hospitals.

Friend:- There were two close friends. They were parted due to some misunderstanding.

There were two close friends. One friend had a sensitive nature. Due to difference of opinion he abused his friend and parted.

There were two close friends. One used to keep stick with him. Both had a quarrel so the friend made use of his stick and beat his friend. He did not have other thing to express his anger.

To express anger, one can use whatever is handy with him, it is but natural; the friend who has knife may use knife or the one who has gun may fire gun.

Only the friends who are virtuous, during the misunderstanding or quarrel may be parted ways by telling “you remain happy at your home and I would be happy at my home.”

So there is a saying – Drink filtered water and make friend after knowing many things about him.

True help:- It is good that if we help someone by giving money, cloths or other material things but such help would not work for the whole life. After some time the receiver of help would consume what is given to him and his condition would be like the one before.

Giving someone true understanding is a true help which would remain for the lifetime. If we help a person in such a way that he would remain self-reliant forever then it is a wonderful help.

The great Parshuram has planted a pillar of gems in courtyard of every Brahmin so that a Brahmin has not to beg from others. Then he went for penance. After some years he came and was shocked find that from every Brahmin’s home the pillar of

gems was disappeared and they all were in their original previous condition.

Thus, we may say that even pillar of gems is spent in a few years but the true understanding given to someone would remain with him forever.

Verse 44 of Gurugita:- Hey Parvati with a beautiful face! This body is full of worms, germs, ashes, excreta, stink, feces, urine, mucus, blood, skin, flesh, etc. if with such body of many impurities the people's welfare work is done then only it is worth.

Better to practice what is preached:- When I told which is already told by other, people said, "You are telling what is told by others!" When I told my own tale-sermon, people said, "He has told his own tale-sermon!" When I decided to keep mum by not telling what is told by others or what is told by me then people said, "He does not know anything." When some veteran told what is not told by me, you or others then people said, "What is told by him is strange to us!" Yogabikshu said, "What is told and preached until now has gone in vain." The moral of the story is – the habit of telling and preaching remains under all circumstances. That is why instead of telling infinite things to others it is better to do even one thing which is for the welfare of the people.

Natural Process:- Human, animal or bird; those who assumes the physical body is supposed to do virtues or vices-sins knowingly or unknowingly. And due to which he/she/it is supposed to bear the fruits of it in the form of happiness or unhappiness; and because of happiness and unhappiness, the joy and sorrow are to be attained by them. This is a natural process – just like childhood, youth and oldness. No one can avoid this natural process. Yes, one can get relief from the unhappiness. The one who remains alert and perform the vices-sins which are inevitable to live; the one who does not perform sins just for the sake of pleasure, taste and/or to satisfy physical lust then he/she/it can get the maximum relief from attaining unhappiness, pain and sufferings. The one who never looks back in performing vices-sins would get more pain and suffering. While doing routine activities of life like walking, cooking, bathing, washing, etc. whatever vices-sins are done they are considered as inevitable vices-sins.

Explanations of a few couplets:-

- When water is started filling up in the boat and money is started increasing in home then we have to start drawing water out of the boat and we have to spend money for the welfare of people.
- If an old person takes dip in the water of Ganges to attain the salvation then the chilled water of Ganges would not respect the belief of that old age person, chilled water may paralyzed him forever.
- To attain the Supreme Being must be your ultimate goal; and after doing that

observing God in each living being or helping others to attain Supreme Being should be your ultimate religion.

Verses of Gurugita:- I prostrate the Gurudev who has removed the darkness of my ignorance with the help of light-stick of knowledge-wisdom; thus opened my eyes.

I prostrate the Gurudev who helps me in getting realization of omnipresent and omniscient Supreme Being.

Doctor:- Question – Doctor gives bitter medicine to patient, gives injection, does operation on patient. Due to all these patient has huge pain and suffering. Does not a doctor be responsible for doing such sins? Answer – No, doctor is not responsible for such sins because he does treatment after taking consent of the patient and his family members. So doctor gets fruit of his successful treatment due to which a patient is cured.

Parents and Guru-saints:- Parents and Guru-saint never hesitate to sacrifice their own happiness to make their children and devotees happy. Likewise – children and devotees should not miss auspicious chance to serve to their parents and Guru-saints.

Birthday:- The birthday is the day to look into the fact that out of all inevitable Karmas which were to be performed for attaining the eternal happiness, how many Karmas we have performed and how many Karmas are yet to be performed.

Hint:- When you feel the meal very tasty and when you feel it very tasteless; at that time you have to understand that the body is giving you a hint; it cautions you for the betterment of the health.

Difference of thinking and opinion:- When a son got married and the daughter-in-law comes in the house. Now mother-in-law thinks – “My mother-in-law has harassed me a lot. I too harass my daughter-in-law in the same way. If I am harassed too much then why do I let my daughter-in-law be happy?”

In the house of neighbor too, a daughter-in-law arrives. But the neighbor’s mother-in-law thinks – “My mother-in-law has harassed me a lot, I am suffered a lot at the hands of my mother-in-law. Now let me take care of my daughter-in-law in such a way that she does not face any harassment!”

This is how a difference of thinking and opinion from person to person; many persons have a tendency of common thinking whereas there are exception who can be found once in lakhs of people.

Manifold more:- One fold of donation and thousands fold of virtue. If we donate one rupee then we may get thousand rupees in lieu of that donation. But if we snatch one rupee from other then we have to give hundred thousand rupees back to him! That is why it is said – the pain and sufferings received due to sins and vices are

manifest more than the virtues and happiness received due to auspicious Karmas.

What can Guru - Supreme Being do?:- If we are not alert and cautious then what can Guru (Supreme Being) do? If we don't recognise our true form i.e. 'self-soul', then what can knowledge of scriptures do? The eternal light of Brahma is omnipresent and all pervading, if our thinking of duality i.e. 'me and you' is not vanished then what is the use of our meditation? All veterans and composers are tired of thinking about the creator and creations of the universe, but it is very difficult to attain the creator for them then why those ignorant are having ego of their knowledge and wisdom? It is by the grace of God we attain the human birth but after getting human birth we don't worship then why should God say anything to us? The one who does not have compassion for all living creatures then how can donation, virtues and vows provide the required fruits?

Bitter Nectar:- Saints and sages do not write just for the sake of writing. But when their compassion cannot hold back within then it tries to come out in the form of letters, words and speech; their tears of compassion trickle like this. As the mother has to bear the responsibility to feed bitter medicine to her infant child, likewise the saints have to bear the responsibility of feeding "bitter nectar" to the society. This book is the best example of it. (From the preface authored by Dr Sadgurusamarpanbhikshu in the book "Bitter Nectar")

Businessman:- A thief entered into the house of a businessman. Businessman killed him intelligently. When night watchman came for the round of an area the businessman called him and told, "See watchman! This is the dead body of a thief. I want to give credit to you for the killing of thief so that you are praised, appreciated and rewarded. I too would give you a big prize. Is it okay with you?" The watchman was very happy to hear this. He felt, "Just for free I am getting credit and money both." So he accepted businessman's offer. Next day he was honored publically and was gifted a dhoti. When businessman's wife came to know about this episode she chided and told her husband, "Though you had killed a thief the gift of dhoti was taken away by watchman." On third day there was a sound of someone crying so wife asked her businessman husband, "Who is crying?" The businessman said, "A wife of watchman is crying because a watchman is killed by brother of the thief." Businessman's wife just shocked to hear this and showed her expression with her mouth and eyes wide open!

Belling the cat:- The fable concerns a group of mice who debate plans to nullify the threat of a marauding cat. One of them proposes placing a bell around its neck, so that they are warned of its approach. The plan is applauded by the others, until one mouse asks who will volunteer to place the bell on the cat. All of them make excuses. But one highly egoistic mouse roars and tells – What is big deal about it?

You all are coward. I will do that work. Then the mouse took the bell and walks in search of the cat but before he searches a cat, the cat searches the mouse and kills and eats it.

The moral of the story – All others mice in the group were not coward but they were intelligent and thoughtful; they were also aware of their strength and weakness. But the mouse who took the challenge was very egoistic and its ego had taken away the wisdom of it. So its ego resulted in losing its life.

Streaming:- If we abuse or slap someone, he becomes calm only after slapping or abusing us. But if he is incapable, he awaits his chance and when he gets it, he avenges his insult and quenches his thirst for revenge.

The human being is not the only one who is bestowed with the gift to avenge but each living creature is blessed with it. Else the equilibrium of universe would waver. The universe is a synonym of balance in imbalance. (From the book “Streaming from the invisible” – authored by reverend Yogabhikshuji)

The mouse with seven tails:- A little mouse with seven tails gets seven wishes from her grandmother. Upon getting teased by her classmates in school for having so many tails, she makes one wish everyday and ends up losing one tail. Finally, she is left with no tails at all!

Sum and substance – The mouse was needed to have understanding that its seven tails is the specialty! Hence others would be envied to see its specialty. Well! Though the mouse did not understand the above mentioned sum and substance, but it should have understood the fact that every other mouse had one tail so there was no need to be ashamed of one tail.

The moral of the story is – If we live our life according to what others say then unhappiness prevails in our life. We can get success if we apply our own intellect and wisdom to live our life and in case of need we can take the opinion and advice of our own people.

Streaming:- ... Perhaps all such talks will seem like putting the clock back! But friends, was there anything like a clock in ancient time? People used to have knowledge of time by the rising and setting of the sun. The clock has brought the perversion along with it! We accepted its company and rejected the Sun God! In the earlier arrangement the day’s work was begun with sunrise, people were easily benefitted with the gentle sunrays, full of life and vitality. The time for sunrise and sunset varies in different seasons. By working with the clock the benefit of sun is denied. (From the book “Streaming from the invisible” – authored by reverend Yogabhikshuji)

Theory of relativity:- Shri Rama, with his brother and wife, suffered a lot to make Bharat demon-free; despite demons were not fully destroyed. Where there is

deity, there is demon too; this is very natural thing. Whom can we tell deity and with whose comparison? If there is no demon then to whom can we say deity? If there is no night then how can we define a day? In comparison with black-marketers there are white-marketers but if there are only white-marketers and there are no black-marketers at all, how can we define white-marketers as white-marketers? It is impossible. The existence of demons and black-marketers would remain forever along with their destroyers.

The existence of all mentioned above is the natural process of existence of universe. The life becomes totally burden-less by assimilating the theory of relativity.

If the offspring is unhappy, then the father is unhappy too:- If someone comes to Vatsalyachand and gives him news, “Your son is very intelligent and powerful; he has hit deadly blow to his brother.” After gearing such news Vatsalyachand has not become happy. The father would be happy only if all his children would stay in harmony. For him, the blow hit to any of his offspring would be like a blow on his own heart. This fact is known only by sons/daughters with true understanding. So when they become parent, such understanding will be very useful to them. As unknowingly or with misunderstanding if someone puts his hand in fire then he/she would burn his/her hand. Likewise, unknowingly or with misunderstanding if someone makes his/her father unhappy by causing pain to his/her sibling then the echo of that pain makes he/she unhappy too.

It is but natural that the great father of all living creatures i.e. Supreme Being would wish to see His universe-family happy. When one living creature makes other living creature unhappy by any means then the Supreme Being becomes unhappy and so the echo of that unhappiness makes one unhappy who had caused unhappiness to other. That Supreme Being is addressed with different names hence there should not be misunderstanding due to the different names used to address the Supreme Being. The Supreme authority i.e. Supreme Being is only one, though addressed by different names.

Happy in true sense:- An obligation is reciprocated with an obligation is a routine deal; it is like giving back which is borrowed. But those who do obligation in lieu of disservice to them are happy in true sense. They only are taking benefit of worthy human birth.

Two sides of one coin:- Black and white, sins and virtues, bitter and sweet, demonism and divinity, etc. are couplets; they remain together. They are like two sides of one coin, they can't be parted. All these elements are resided in one body only. Whichever element is more than its counterpart, the name is give accordingly. Example – If a divinity is more in human being then he is called deity and if demonism is more, he is called demon. In bitter-gourd and sugar-cane all six tastes are present

but in bitter-gourd the bitter taste is more prevalent so it tastes bitter whereas in sugar-cane the sweeter taste is more prevalent so it tastes sweeter. All these are the creation of nature hence no one can make permanent changes in them.

Mother earth:- In mother earth there are all six tastes but we get the taste of the seed which is sown in by us. If we sow in bitter seed and we expect sweet taste from the fruit of it then it is against the nature. So we can't get success.

Our shadow in the mirror would exactly look like us so how we want to be looked in the mirror is in our hands; mirror is only the means.

My right on them:- Wealth, land and wife – in the phrase they are considered as the root cause of quarrel but actually they are not. Then what is the root cause of quarrel? The root cause of quarrel is belief of “my right on them”.

Sadguru:- We learn a lot and get experience from the efforts made and contemplation done to make ourselves free from mistakes and problems. Thus the experience is also one kind of Guru. Those who have more experiences can become a Guru of people who have fewer experiences. All these talks are of material experiences but spiritual erudition and experiences are different than material erudition and experiences. The one who guides disciples-devotees to attain salvation is different Guru; people address such guru as “Sadguru”.

Mind:- The mind of a human being is the reason for bondage and liberation. The mind which is in control of the senses is being the reason for bondage and the mind which controls the senses is being the reason for liberation, salvation.

The passing of stool and urine is controlled by the mind only; for that action body does not need any other physical means. As to get water from the tap we have to physically open and close the tap; we have not to do likewise for passing the urine. That tap is opened and closed by mind only. In the same manner –

With the long lasting and firm practice a whole body can be controlled by mind; and in the same manner –

With the long lasting, incessant yoga-practice done faithfully, the mind can be made such competent, powerful, and transparent so that it can move around in external and internal world and attain intimate insight of all the material and spiritual things.

Alas:- Very learned law-makers and lawyers, while making laws, don't care about the hardships and difficulties which are going to be faced by the ignorant and illiterates to follow the law of the land during their routine life. That care can only be taken by the illiterate; But –

Due to illiteracy the illiterate does not understand the law so he can't help other illiterates! Hence sigh of helplessness is felt by him and due to that the words come out from his mouth – When rich meets rich they meet affectionately but alas! They never talk about the poor!

Inspirational incident of Swami Dayananda:- Swami Dayanandaji went to a Shiva-temple. In the temple Bhang (cannabis) was distributed as a Prasada of Shivratri festival. Swamiji also took Prasada. After taking Prasad of Bhang, Swamiji rested his back on the idol of Nandi (Bull). After a few minutes Swamiji had a nap. In his nap he had a dream. In his dream he had Darshana of Lord Shiva and Mother Parvati. Mother Parvati extended her hand in the direction of Swamiji and told Shiva – “When will you get your son Dayananda marry?” Shiva replied to Parvati – “Don’t you see? He has intoxicated himself after taking Bhang. We should not get one marry who is addicted or in habit of intoxication. “ At that moment Swamiji woke up. He started contemplating on the episode of his dream and started repenting. At that same moment he took a pledge – “I would never take any type of substance which is intoxication in nature, though it is a Prasad of God.” The food or a drink which intoxicates you, how can it be called it auspicious? The one which enhances the virtues can be called auspicious and not the one which intoxicates.

Shivratri – Shilratri i.e. night of restraint, character-maintenance:- Shivratri or Kalyanratri means a night for welfare or night for auspicious activity; all other nights are spent in perversion, lust, laziness and idleness but during Shivratri the night must be spent in restraint, with auspicious activities and spiritual activities.

Let us also understand the philosophical meaning of Bhang which is served as a Prasad in Shiva-temples. The Bhang itself is a substance of intoxication so even as a Prasad one should avoid it. But the meaning of word ‘Bhang’ is ‘to break’ – so we have to break all the resistances which come in the way of our own welfare. If we remove letter ‘n’ from the word ‘Bhang’ it reads as ‘Bhag’ means run away - we have to run away from all substances which are used for intoxication which subsequently leads us addiction; they cause resistance in our spiritual journey.

There are many festivals in a year; out of which two festivals are of night viz. Shivratri and Navratri. During these two festivals the spiritual practitioners should perform such rigorous spiritual activities so the auspicious fruits of them would last for the whole year.

Theory:- There are many prevailing theories in the world but the biggest theory is ‘theory of utility-usefulness’. It is inevitable for the human being to be of use for his family, village, nation or the world. From whichever field he is proved useless he is immediate subtracted-discarded from that field; and if he is proved useless in all fields then he is fully discarded. So, let us try to be less or more useful by putting all our efforts by using our body-mind-wealth and thinking-speech-behavior.

Jesus Christ:- On a cross, with his whole body nailed Jesus Christ says - Father, forgive them; for they know not what they do.

Generally the person on a cross during crucifixion curses those who crucify him

but here that does not happen. Here, the person with his body nailed and the blood from the body is flowed says - Father, forgive them; for they know not what they do.

According to irresistible, hard and fast rule of Karma everyone has to bear the fruits of his/her Karma. But, the one who is crucified has not cursed anybody thus has avoided to go against the rule of Karma! Such understanding is the ultimate wisdom. From the whole universe to small family, such understanding is the infallible welfare-provider.

Inspirational maxims:- As the nature of water is to flow on the slop, the level of understanding of a common person is to catch hold of petty talks.

The Siddhis i.e. supernatural accomplishments are obstacles in the final stage of Yoga which is Samadhi but they are Siddhis during stage of distraction from Samadhi. Any miracle can't be happened going against the law of nature. An ordinary man calls an unconventional rule of science a miracle. But when the same rule becomes prevalent it is not called a miracle.

Knowingly or unknowingly everyone is reciting Aum-Mantra hence we consider every living creature as a part of Aum-Parivar.

What is spoiled with the drop:- The emperor was putting attar on his dress. At that time one drop of attar was dropped. As he was trying to take the drop from the floor using his finger Birbal entered. After having some talks Birbal left. Now emperor started thinking – “The Birbal saw me taking a drop of attar from the floor. That is why my reputation is spoiled. So to save my reputation I should fill my pool with attar and allow people to take bath in that pool.”

The emperor got his pool filled with attar. One by one people started taking bath in it and left the palace saluting and thanking emperor. Now came the Birbal's turn. He took bath. After taking bath he murmured in the ears of emperor – “Jahapanah! What is spoiled with the drop can't be improved by the pool.”

Note: Though ‘what is spoiled with the ‘drop’ can't be improved by the pool’ but at least the efforts were made to improve the reputation. It is better to make effort than not to make efforts.

Streaming:- Where the sphere of science ends, the land of unalterable truth begins. A scientist is the one without true knowledge. His achievements never bring him satisfaction and hence the race for new inventions continues forever. This is the reason, why he is called – the man without true knowledge. How can one be called learned, at whose threshold there is no trace of peace or contentment to complement his exertion. One may call him scientist or well-versed or a man whose knowledge has a limit. But it is mockery to call him a Jnani – i.e. a man with complete knowledge.

A Rishi – a sage is the one who beholds, perceives and practices the unalterable truth.

A scientist works hard and makes inventions. His desire is to be happy with those inventions. He does not have that much knowledge to understand that one cannot be happy with material finds and accomplishments. When during the course of his research he establishes some unknown rule, he halts to know and relish the fruits of his discovery; there his concentration breaks; it does not last till the ultimate result. (From the book “Streaming from the invisible” – authored by reverend Yogabhikshuji)

Rape:- Drinking of alcohol should be considered as bigger crime than rape. Rape is done by the human being under the attack of natural impulse of sexual perversion raised during the moment of rape whereas intoxication of alcohol is not a natural impulse of the moment; it is a human created contamination. Many a times the intoxication of alcohol plays a major role in creating pervert excitement and leads the addict to the rape. To surrender to the natural sexual impulse is a common weakness of human being whereas to control the lust and perversion is a herculean task which is the rarest of rare feat.

The form of AUM:- The form of AUM is a familiar and natural. This is not the result of some imagination on our part. Before the beginning of an age known as ‘Kalpa’ (there are four Kalpas of successive periods conceived by sages) - i.e. when the deluge (Pralaya) has come to an end and at the beginning when the universe was created, subtle sounds have emanated from the gross creative activity. It is alleged that the form of AUM has been the result of those sounds. Limitless forms fill the whole universe. The galaxies reverberate with the resounding divine sounds that create waves. At that time these forms are not seen by worldly eyes. But they can be visualized by the perceptions filled by truth. You drop a pebble in the placid waters of a lake. You will see ripples chasing each other to catch the coast of the lake. In rhythmic movements it spreads towards the shore. If you drop endless pebbles at the bottom of lake endless ripples crawl forming limitless circles and as they move towards the shore they get themselves lost by hitting each other. A similar phenomenon takes place in the case of the forms of AUM at the time of the new creation period. Thus the gross new creation gradually progresses forward.

At the second strata the forms of AUM resemble Ganesha – the elephant God and at the third they look like Hanumanji. Gaining change of forms it assumes different shapes at different levels. The ripples that rise in placid waters by the contact of a pebble cause vibrations that represent the form of a ‘Bindu’ or dot (•); hence original form of all shapes in the universe.

Streaming:- The myth says that when the ocean was churned, the last thing that emerged was poison. A scientist’s ability to concentrate is not strong enough to give him the revelation of the poison resting at the bottom. So in his happiness and desire for that happiness which is formed upon the wavered concentration, he repeatedly

becomes unhappy and makes others also unhappy. The unfortunate flux of his never comes to an end.

... Like the scientist a Rishi does not stop to relish the fruits of an abrupt, incomplete research. His concentration does not break there, it encompasses the final result. He does not expose before the world the secrets and happiness which are the products of his yet incomplete research. He rises well above the surface level, and penetrating all mysteries and secrets with his subtle but imposing sight concludes, "All this happiness ultimately causes pain." He grasps this truth with his able concentration. This is the only difference between a scientist and a Rishi. With a little change of direction, it does not take a long for a scientist to turn into a Rishi.

An imperfect Rishi is called a scientist whereas a perfect scientist is called a Rishi. The scientist is an incomplete discoverer and the Rishi is a thorough one. (From the book "Streaming from the invisible" – authored by reverend Yogabhiikshuji)

New Year:- Prostrate, greetings and blessings to all for the New Year. In this New Year let us do a new thing. What is that? Let us race for the attainment of the eternal happiness – Let us not look behind in doing virtues. The eternal happiness means the happiness whose reaction is not unhappiness. The reaction of all material happiness is unhappiness except the happiness of salvation-liberation.

Foundation brick of Ashram:- In the present time there is no dearth of people who do work with intense desire for reputation only. Currently, people with such wisdom and sense are needed who understand and believe that - "the efforts made for welfare of others are actually helping us in doing our welfare." Only such people can be the foundation of Ashram-monastery.

One, who controls tongue:-

One, who controls tongue, can win over universe;

One whose life is simple has better health;

Thrift is like heavenly cow which gives nectar round the clock

If eat less, comprehend more then be free from unhappiness.

Celibacy:- Restraint-moderation is a root of all spiritual practices. Eternal happiness and peace is the fruit of all spiritual practices. The king of all restraints-moderations is 'to be free from all desires'. The accomplishment of becoming free from all desires cannot be possible without restraint of preserving the semen – i.e. practicing celibacy.

Ultimate goal:- To attain realization of God is your ultimate goal. Realizing God in every living creature is your ultimate religion.

Bitter nectar:- Though our own son is worthless and rotten, and when he spoils other boys; we always feel that other boys are spoiling our son! And hence with the might of our influence and wealth the innocents are harmed. When innocent is punished

then there raises an invincible shrill tragic cry in his heart which converts him into a big criminal. And our 'so-called wise son' treats us very rudely and badly in our old age!

Become free from worldly troubles is welcome happening:- Narsinh Mehta – the great devotee and writer of hymns – when his wife died wrote ભલું થયું ભાગી જંગલ, સુખે ભજશું શ્રીગોપાળ - meaning “It is welcome happening that I become free from worldly troubles, now I can worship Lord Krishna happily.” Narsinh Mehta never wished that his wife dies; or he was never of the opinion that with only the death of wife, Lord Krishna is worshipped happily. But the situation of death of wife occurred – then what to do? Should he be broken with sorrow and frustration? No, we should be agreeable and accommodative to the situation. In other words, under the situation we are in, we have to find out that what is convenient and beneficiary and thus convince our mind that the situation has occurred to educate us and to benefit us. This is called skillfulness. If, at the earliest we don't adjust to the situation then there is greater loss. Sooner or later we have to adjust ourselves to the situation we are in; then why shouldn't we try to adjust to the situation as early as possible?

Homage:- Prayers to Supreme Being Aum-Parmatma that deceased Mrs Sudhaben Sureshbhai Joshi and Mr Harshadkumar Premshankar Dave rest in peace. Nobody can stop or resist what is to be destined. The separation planned by the destiny can't be stopped by anybody. To be united and separated under the pretext of any reason goes on perpetually, until we get liberated and emancipated.

Gayatri:- There was a poor Brahmin. He tried hard to avert the poverty but in vain. At last he went to a person who knew witch-craft. He told that person to let him be the disciple. He also requested that person to give him Mantra to avert his poverty. That person told Brahmin – You would not be able to perform the witch-craft recommended by me.” But due to ultimate solicitation of a Brahmin, he became ready to make Brahmin his disciple. He told –

“The Mantra which I would give, on a specific day you have to recite it sitting on a dead body lying on a crematorium and you have to keep alcohol and meat as an offering. On seventh night you would hear a voice to ask whatever you want. On hearing of voice you ask for the thing which you want to get.”

Due to heavy poverty the Brahmin had lost his courtesy and discretion so he started practicing what he was told. On seventh night he heard a voice. Brahmin thought it is an illusion but he heard the voice again and again so he opened his eyes but he could not find anyone. Hence he closed his eyes. Again he heard the voice so he opened his eyes and asked, “Why am I not able to see you? You come before me.” Then the voice came – “As you have put on sacred threads i.e. Janoi on your left shoulder I can't come before you. If I try to come before you I may burn myself

due to your sacred threads. If you remove the sacred threads then I would be able to come before you or else I would burn myself.”

The Brahmin became alert and started thinking – “If this element is not capable to come before me and face my sacred threads then how powerful my Janoi would be!” Thus he got the required spark and left everything there in crematorium and came back to home. After reaching home he started reciting Gayatri Mantra as a part of ritual called Anushthan. After completion of Anushthan he was able to remove his poverty and lived happily with content.

Five basic elements i.e. Panchmahabhuta:- Though someone is physically strong, mentally strong or financially very rich; though someone is a leader, actor or social worker; Though someone is a person of renunciation, ascetic, Yogi, pervert or patient, etc. etc. etc.; but all those mentioned above are made of Panchmahabhuta i.e. made of five basic elements. The characteristics of living creatures made of Panchmahabhuta are Kama (lust), Krodha (anger), Lobha (greed), Moha (deep emotional attachment, stupidity), Matsarya (envy) and Mada (pride, wantonness) which are called Vikaras. Unless and until the Vikaras get convenient and conducive environment they are remained suppressed but the moment they get convenient and conducive environment they break all limitations and raise their heads. Whatever Vikara gets conducive environment it would play havoc. This information and understanding must be memorized and remembered forever so that we don’t remain careless in future and we don’t lose our mental balance due to any of the Vikaras.

Holi and Dhuleti Festtval:- Holi should be celebrated with the hygienic Kesudo (Note - The flowers are of the tree Butea monosperma or ‘Kesudo’ in Gujarati, also known as Flame of the forest. They are soaked in water to make a deep yellow colour used for playing ‘Holi and Dhuleti.) Never celebrate and play Holi with chemically made colors.

For many traditions in Hinduism, Holi celebrates the death of Holika in order to save Prahlad and we see where Holi gets its name. When we go for the Darshana of burning pyres of popularly known as Holika-Dahan we have to remember one thing – Though the blessing of God is attained by someone, if it is misused then it gets failed. Example – Holika had a blessing that she would not burn even in the fire but she died on burning pyre and Prahlad survived.

Development:- More and more development is done! What is developed? Whose development is done? Development is done of diseases, lust, perversions, expectations, desires, wishes etc. Development is done of revenge, envy, feeling of retaliation, extremely destructive weapons which can destroy the universe within no time! Can science make the slightest change in the chronology of childhood, youth, old age and death? No, it can’t do. Even blood cannot be made by science till date! The inventions

which are invented to become happy, due to those inventions innumerable creatures suffer infinite types of pain and sufferings; does the science or development aware of the slightest of those pains and sufferings? No, they are not.

Only truth is worship of Supreme Being:- Lord Shiva tells Uma (Parvati) – “Hey Uma let me share my experience with you. The whole universe is a myth-dream; the only truth is worship of Supreme Being.” If the experience and wisdom of Mahadev i.e. God of all deities is ‘only truth is worship of Supreme Being’ then why do the experience of common person is different than that? If it is not different then only there can be welfare and eternal happiness of living being.

Verses of Gurugita:- Even if disciple may lose his/her life ensure that the wealth of Gurudev is not used if it is not given by him; and accept with sheer humbleness whatever Gurudev gives.

We should walk away or sleep or leave the place where our Gurudev is condemned. If we are capable and strong then we should cut the tongue of a person who is condemning our Gurudev – ‘cut the tongue’ means we have to make very strong arguments against the person who is condemning our Gurudev so that he/she would keep his/her mouth shut. But never hear the condemnation of our Gurudev. The moral of the verse is – we have to behave skillfully and tactically according to place, time and situation, that is called intelligence.

Uttarayan-Sankranti festival:- (Note: The festival of **Uttarayan** marks the day when winter begins to turn into summer, according to the Indian calendar. It is the sign for farmers that the sun is back and that harvest season is approaching which is called Makara Sankranti/Mahasankranti. In Gujarat on day of Uttarayan kite-flying takes place due to which most of the families would remain on terrace for the whole day.)

During kite flying ‘I cut your kite and you cut my kite’ is a general understanding. ‘My kite flies high in the sky and your kite too flies high in the sky.’ – That is the best understanding. ‘Though my kite is cut but your kite must fly high in the sky’ is the divine understanding, better than the best understanding. ‘I cut kites of all but nobody should cut my kite’ is the demonic understanding.

Sankranti – the other name of festival – gives inspiration to bring revolution in the common understanding. It gives message – ‘live and let live’; not only that but ‘die and let other live’ – the message which helps attaining the salvation.

To leave body Bhishm-Pitamah waited for Uttarayan – such is an importance of Uttarayan to practice the welfare and contentment.

Childish gesture:- “I cut kites of all but no one should cut my kite – I make everyone unhappy but no one makes me unhappy, everyone should make me happy.” – Such belief is absolutely unscientific hence it is never possible, it is perpetually

impossible. It is also against the irresistible, hard and fast rule of Karma ‘as you sow, so you reap’; hence impossible. Only during childhood such childish gesture is embellished; after becoming young it is inevitable to see that the intellect improves alongside the age. Otherwise invaluable human birth would go in vain and till our entire life we would be neck dip in the ocean of unhappiness.

Quotes:- Origination of living being is due to celibacy and not due to promiscuousness.

The Guru-saint who has a power and capability to make us happy by giving blessing to us, why can't they have power to give curse and makes us unhappy? It is their kindness that they don't give curse. Due to sheer ignorance and inertia this simple thing is not understood by us!

Persuasion-temptation...:- There are four limbs of politics-diplomacy viz. Saam, Daam, Dand, Bhed i.e. persuasion, temptation, punishment, and division. It is necessary to use any one of them at suitable time when it is required. That is why simple people who want to keep distance from deceitful behaviour keep themselves away from politics-diplomacy; and it is right too.

All-pervasive, all-knowing Supreme Being:- What is the reason for the pervasiveness of the Supreme Being? This Supreme Being is very subtle beyond our comprehension. We cannot quote any other substance which can be said subtler than him. Take the instances of Earth (Prithvi), Water (Jal), light-Brilliance (Tejas) or Fire (Agni), Air (Vayu) and Space (Akash) - the five chief elements of which every living being and every substance are constituted with and are known as Panchabhutani. In a subtle way each is subtler than the immediately previous one of all the five elements, the last i.e. space or sky is the subtlest. That is why it is most pervasive of all. If you take a liter of water its diffusion (Vyapakata) is very limited but when water is evaporated its expansion will be greater. The more a substance turn subtle and subtler its power also increases and its expansiveness will also increase. This fact is supported by science too. The Supreme Being is beyond any description. He cannot be reached by our sense perceptions. On the other hand He is very subtle. Because of this extreme subtleness He is said to have no form i.e. he is without a gross form. You may argue that if a substance exists it must have some kind of form. But Supreme Being has a divine form. It is transcendental and we cannot see with our eyes. It can be realized, experienced through meditation or when the grace of that divine being descends on us you may even see him in form. To see this form you must also develop a highly activated spiritual form. In this rule Patanjali has described the exclusive characteristic of Ishwar i.e. his all-knowingness. In the next he will tell us about more of his qualities.

Requirements:- The various kinds of inventions are done due to various types

of requirements.

Theory of Utility:- The biggest theory in the world is the theory of utility; nobody can ignore it.

It's never too late:- From one sunset to another sunset means one day is reduced from the age. We feel that we are becoming older but in fact we are nearing towards death thus our life is becoming small. If this secret is understood thoroughly then we can understand the value of each second of time and if that is understood then there can be radical change in the lifestyle. After that the celebration of birthday and marriage anniversary would be of different kind. Still we are not late, there is time left; it's never too late to start doing right thing.

All-knowingness:- Yogis can accomplish only certain capacity of "all-knowingness" through practices of Yoga. In comparison, their knowledge remains insignificant before Ishwar's omniscience.

Alms of Yoga:- Standing at the doors of Guru, alms of Yoga I bring; as I share everything I have, seekers of salvation will surely have something.

What to seek from Guru:- The most invaluable thing one can seek from Guru is to attain true understanding.

Divine Exercise:- Push-ups and sit-ups are physical exercise. By doing them one gets physical strength. The muscles become very strong with Push-ups and sit-ups exercise. The exercise of Yogasanas is subtle exercise. With help of Yogasanas subtle limbs and joints are well-managed. The impurities accumulated in joints are cleaned with Yogasanas and new impurities are not deposited in them. Though with Yogasanas muscles are not become stronger but they become swifter and one can enhanced his/her lifespan. And Pranayama and worship are the most subtle exercises, divine exercises. With them the most subtle cells are purified. The most subtle veins which carry life-force are activated due to which the intellect becomes so powerful that it can understand the most secret subjects like soul and Supreme-Being, past births and future births, etc. The formal practice of Pranayana can help us getting healthy long life-span.

Long lasting impression:- We are more engrossed into our senses. The experiences we get through our senses have more instant and successful impact on ourselves. Hence when we see Guruji in the physical form and when we get chance to serve him physically, that creates long lasting impression in our heart.

Kundalini:- What do we understand by Kundalini? It is the hidden power that lies dormant within the human system in a coiled form. This is the untapped bundle of energy in our body waiting to be awakened. We are unaware of its utility. What is utilized even by extra-ordinarily energetic people is only a small part of that sleeping Kundalini. The rest of it lies in a reserved form of energy without being used. The

method of awakening that reserved and dormant Kundalini energy is the purpose of Yoga.

Sacrifice:- When the progeny – the offspring will be produced with the feeling of ‘sacrifice’ instead of ‘enjoying’ the world will be quite different.

A person without dot-Bindu-virility:- If AUM does not consist of a ‘dot’ over it, it will no longer depict Ishwar i.e. Supreme Being. If a person walks around without adoring a ‘dot’ – Bindu on his forehead he is not fit to be required as a human being. A person without a ‘dot’ on his forehead, a person without virility (Virya), without abstinence (Sanyama) cannot be graded into a human being. He should be degraded to the category of an animal. A person without these qualifications plus lacking enthusiasm or virility may lead a life of dead person. He may prove a burden for the family, country and nation.

Mantra for attaining universal peace:- To make efforts for attaining true understanding and for trying to give it to others - it is great Mantra for attaining universal peace.

Hypocrisy v/s simplicity:- Community of ordinary people believes the one their Guru-saint who is hypocrite and keeps them in illusion forever. The one who keeps us out of illusion with ease and simplicity and shows us true secrets of life; our pervert mind would not believe him Guru-saint.

Faith:- Without faith we can’t initiate or conclude any work; and if we can’t initiate or conclude any work then there is no scope of success.

Knowledge of previous births:- The auspicious talks are being heard by infinite number of people since innumerable years, in spite of that everyone grasps such talks to certain extent and sometimes differently. What does it prove? It proves the knowledge of previous births.

Grasping:- Everyone grasps according to their right, aptitude and competence.

Yogi:- The decisions and findings of Yogi are completely true, because their wisdom is attained from the self-experienced truths.

Heterogeneity-impairity:- ‘I want to share what is yours but don’t want to share mine as it is mine!’ such selfish attitude is nothing but the root heterogeneity-impairity. From such understanding, many other impairities are raised.

Recognise errors as errors:- Many of us are unable even to feed ourselves and yet bring-forth seven to eight children in this world. What would be their condition? On top of this, we would defend ourselves by saying that “it is only God’s doing. Everyone has his or her fate. God has given teeth so he would also give something to eat.” Those of us who have little intelligence would even say that “the most populated country would rule the world.” When we say this we forget that there are fifteen persons in our house while there are only four persons in neighbors’ house and yet

we cannot rule our neighbor; on the contrary we are ruled by him. How can we be free from errors till we recognise errors as errors? . (From the book “I wish to awaken the society” – authored by reverend Yogabhikshuji).

True intellect:- The true intellect is – Identify true saints and never miss a chance to take benefit of their wisdom whereas keep ourselves away from fraud saints.

How can one save him?:- Our condition is like that of the man who beats himself and shouts to others to save him. The others tell him to stop slapping himself. But he insists that he should be saved even if he continued to slap himself! (From the book “I wish to awaken the society” – authored by reverend Yogabhikshuji).

‘Ashrama’ is that which offers shelter:- ‘Ashrama’ is that which offers shelter. Only he who can sustain the eternal sound of the Mantra (a spell) of tolerance and can accept Shramashakti as a great wealth and bestower of respect can give shelter. Without the waves of Shramashakti and friendliness, theories become useless, null and void. They wither away without the source of tolerance. Then only fearful, ghostly, dull and rigid rules of conduct prevail in the ‘Ashrama’.

Before blooming:- Being sensible, we would bear the burden of our brothers and sisters. We would be almost dead by bearing the burden of the whole family and yet we too, would have a number of children. We do not think as to what would be the condition of at least some of them. One of them would be the beast of burden and the other may wither away even before blooming because of our lack of understanding and sexuality. (From the book “I wish to awaken the society” – authored by reverend Yogabhikshuji).

Our home is better:- As the Gujarati saying goes – “Saap gaya ane lisota rahya” - meaning “snakes are gone, their marks are left.” – When the founders of Ashrams, monasteries and temples are no more; there remain only the rich people, laborers who work in such places without charging anything for their labor and people who eat more and more. When we find the opposite in the Ashrams which were established to uplift the people who were downtrodden or dependent, then we definitely feel that “our home is better than this.”

If we wish to go to heaven we have to die:- We keep our gates and close the holes; we may forget the disharmony that is unavoidable. But here we have to talk about those inequalities, distinctions, miseries, horrors, unquiet etc. which seize us for our lack of understanding, negligence, egoism, sloth, procrastination, quarrelsomeness, intolerance, discontent, jealousy, impatience and the habit of imitating others. Guru, saint or even God Himself would not be able to save us from these evils. We will have to save ourselves. If we so desire, others may give us guidance. So, it should be well remembered that if we wish to go to heaven we have to die i.e.

if we behave well, only then we can expect others to do so. (From the book “I wish to awaken the society” – authored by reverend Yogabhiikshuji).

Guidance to practitioner of Mantra-recitation:- The practitioner of Mantra-recitation has to ensure that he/she resolves of doing number of Mantras, he is capable of doing; his brain is capable of bearing it.

Gambling:- God never stops us when we practice vices. Otherwise Pandavas best friend and mentor Lord Krishna would have stopped Pandavas from gambling.

Auspicious resolution:- Auspicious resolution is very powerful. It completes the circle and absorbs from where it is generated. Thus the one who vows for auspicious resolution would also become happy.

Shadvikara i.e. internal enemies:- The one who gets victory over external enemies is called Vir i.e. valiant-gallant. The one who triumphs the enemies of home (i.e. family members and relatives) is called Mahavir i.e. great valiant-gallant. The one who gets victory over internal enemies viz. Shadvikara i.e. Kama (lust), Krodha (anger), Lobha (greed), Moha (deep emotional attachment), Matsarrya (envy) and Mada (ego, pride) is called Ativir i.e. extremely great valiant. Hey Supreme Being! You are selfless bestower of grace; please make everyone Ativir i.e. extremely great valiant.

Surrender to God:- It is not easy to surrender to Almighty God. If true understanding and satisfaction prevails in life then only one can surrender to God.

Our definition of happiness:- We have our own definition of happiness which is incomplete and improper; and when things don't happen that way we consider ourselves unhappy.

People believe them as God:- People believe them as God, those who sacrifice their body, mind, wealth, facilities, happiness, rest, etc. in making others happy.

Constant exercise:- We chant Gurumahima during our Swadhyay (self-study exercise), the last line of which is - કર્મ-કાષ્ટને બાળવા, સદ્ગુરુએ દીનો જાપ (Karma-kashtne baalva Sadguru e dino jaap.) While doing our daily routine work, knowingly or unknowingly we commit sins and vices. To burn the Karma-Kasht i.e. wood of karma, to balance the sins-vices which are performed unknowingly the Guru has given Mantra to be recited daily so that daily Karmas are not accumulated. Likewise, if we perform Yogasanas on daily basis, then the impurities in our body-joints would not accumulate, they will be purified daily.

Truly surprising:- Dog bites us and we bite dog!!!

Vidhi-Nishedh:- Scriptures are full of Vidhi and Nishedh i.e. dos and don'ts. If human being does certain types of Karma and keeps specific behavior then he/she gets happiness; it is called Vidhi. And Nishedh means – not to do this and not to do that because we get unhappiness due to these types of Karma.

Practice and detachment:- To get success in any work there are three preconditions viz. long drawn out practice, without any hindrance and with due respect. Whatever habits and hindrances we face during our journey to success we have to leave them – it is called Vairagya means to be without attachment.

Insightful:- One gets thorns from Babul tree and mangoes from mango-tree; likewise one gets unrest from unrest and peace from peace. By practicing virtues one gets happiness, and by practicing sins one gets unhappiness.

Abhyas:- We wish to get up early in the morning for practicing meditation and so we have put alarm; but as soon as the alarm bell rings we switch off the alarm and thinks that after ten minutes I would get up. As we are fast asleep the member of the family wakes us. We find that we are too late so after doing morning routine hurriedly we take breakfast and leaves for job. Such routine happens daily but without getting bored of it we keep trying till we don't get success – it is called Abhyas.

Vairagya:- We should try to find out the reason that though the alarm bell rings why we are unable to get up early in the morning. We used to have late night sleep due to entertainment like going to watch drama or movie or we keep gossiping with our friends till late night; or there is any other reason due to which we sleep very late in the night. Though we get pleasure in them we should leave those habits slowly and steadily. We should think that how can we love those activities which are the resistance in the success we want to get in our spiritual endeavor? We have to develop inclination of detachment towards the said obstacles. It is called Vairagya – to be without attachments.

Practice becomes ripened:- The Abhyas i.e. practice we make becomes ripened when it is carried for a long period, without hindrances, and with utmost respect. In spiritual field or in material field we can get success with the Abhyas with the conditions mentioned above.

Samskar Dukh or impressionable-influential unhappiness: Samskar Dukh means – the happiness we enjoy leave impression on our conscious and because of that impression the desire is formed. That desire pulls us towards that happiness; it inspires us repeatedly to enjoy the same happiness again and again and hence by making efforts we again go there. By enjoying that happiness again, it leaves impression on our conscious again, and again the desire is formed which pulls us towards that happiness. Thus, a water wheel like cycle is created - enjoyment of happiness, impression of happiness, desire due to impression, and because of that desire we pull ourselves towards that happiness again. Thus we fall in the trap of water wheel like cycle. Hence sagacious people consider that happiness as Samskar Dukh or impressionable-influential unhappiness.

Avadhuta:- The one who makes himself free from lust, desires and afflictions

i.e. Shadvikaras is called Avadhuta i.e. a type of mystic or saint who is beyond egoist consciousness duality and common worldly concerns and acts without consideration for standard social etiquette. Avadhuta is a Jivanmukta who gives his insight to others and teach them about his realisation of the true nature of the ultimate reality (Brahman) and self (Atman) and takes the role of a guru to show the path of Moksha to others.

Exhibition of love:- The introduction of foundation brick is given by others; the foundation brick would never give introduction about itself - it can't give. If it can give its introduction, it can speak to introduce itself then it is the proof that it is not buried under the foundation of building but it is a part of outside construction. And if it is outside then how can it be called foundation brick? Likewise, the heartily love and affection is not meant for exhibition. If it is exhibited then how can it be called love? Exhibition of it is shallowness, as it is meant to be for having experience. Love from heart is to experience the bliss and to be engrossed into it. The exhibition of love leads others to have envy-jealousy.

Saints and gentlemen:- To make effort to remove illusion is a miracle for saints and gentlemen and the same is an attainment and pleasure for them.

Love:- The test of love can only be done by abandonment. The one, who can whatever abandon without feeling of getting it back from the other is considered as that much love for the other.

The love is such a divine element that it can't be expressed with the external means. It can only be experienced with internal means.

At the time of self-realization of love, the Advaita i.e. non-duality is attained. When the status of self-realization of love i.e. Samadhi is broken then only we can experience that "I have attained the divine Samadhi of love."

Heartily love is the nectar of mortal world; it is the abstract of the whole life. The shallow love inspires the instinct for exhibition.

Maitri - Friendship:- Patanjali says - The mind achieves pleasantness - if you show friendliness towards a happy man, when you exhibit compassion towards an afflicted person; if you show gladness towards a pious man; if you are indifferent towards a sinful man. Here, let us talk about concept of 'Maitri'.

The word Maitri means friendship. Yogashastra gives great importance to friendliness in bringing down the fires of jealousy. When you happen to see happy people at any time extend a sentiment of friendliness towards them. It gives us pleasure. Since you keep friendly gesture towards happy people, do not believe that they will be equally friendly to you. May be that happy person will not return your gesture of friendship. If you anticipate reciprocation of friendship you are sure be disappointed. Anticipation will produce a desire to receive something in exchange or some of his happiness. If you treat him as your friend then you may claim that he

should share his happiness with you. But in all probability that happy man may not be even knowing that you are entertaining such a feeling or expectation in your mind. Now in what way the relations stand? He has nothing to do with your sentiments towards him. We have adopted this sentiment of friendliness to avoid the overpowering emotion of jealousy.

If we give rise to an improper desire that since we have adopted a friendly posture he should reciprocate same in some manner and that desire remains unfulfilled, you will have to pass through a lot of mental agony. Hence we should be careful as to how far we should proceed with our behavior of friendship.

Guru:- Guru exists eternally in the form of an individual, in the form of commune or in the form of element. With the small understanding one becomes small and with the large and big understanding one becomes Guru.

Don't believe Guru as an alien; believe Guru as our own; If we believe Guru as our own, the day would come when we ourselves become Guru.

Pleasantness:- Patanjali says, "The mind achieves pleasantness - if you show friendliness towards a happy man, when you exhibit compassion towards an afflicted person; if you show gladness towards a pious man; if you are indifferent towards a sinful man." If we live life accordingly mind remains pleasant so we can attain concentration and with it we can get success in our spiritual practice. Even in our material life if we practice them then they are useful in getting material success.

Fire of jealousy:- Even happiness has many faces. If you are deprived of it and others have it in excess, your heart will begin to scald with fire of jealousy. How can you expect to get any peace when your heart is on fire? It is not the happy man who is kindling the fire. It is our mean attitude and jealous tendencies which will destroy our peace.

Pray to God:- Let us pray to Almighty God that – "Hey lord! Please grace us with an understanding so that we can recognise the happiness given by you as happiness."

Maitri – Friendship:- . When you happen to see happy people at any time extend a sentiment of friendliness towards them. It gives us pleasure. Since you keep friendly gesture towards happy people, do not believe that they will be equally friendly to you. If we give rise to an improper desire that since we have adopted a friendly posture he should reciprocate same in some manner and that desire remains unfulfilled, you will have to pass through a lot of mental agony. Hence we should be careful as to how far we should proceed with our behavior of friendship.

Karuna - Compassion:- Karuna means compassion. When we come across any unhappy person we should show compassion for him. Never attempt to look at them with contempt or disregard. If we have any hatred towards unhappy people -

ultimately our mind gets agitated and in all likelihood we lose our peace of mind.

Mudita - Rejoice:- We should always keep the sentiment of rejoicing and delight toward those who have a virtuous disposition. May be we cannot lead a life of high-thinking, but we can hold some sound sentiments in our heart.

Upeksha - Indifference:- If you are indifferent to someone it is called Upeksha. You are advised to neglect evil doers. “Shun their association” is the warning given by sage Patanjali. To show a sentiment of negligence indicates lack of any effect on our mind. Indifference should not amount to disrespect. It only means that you should care least for such persons. You may hate sin but do not hate a sinner. He may someday convert into a righteous soul.

Keep ourselves away from evil.

AUM Mantra:- When you practice the Mantra of AUM with an understanding of its meaning, all the obstacles in your way will be cleared and you will be able to realize your own self (you will have a direct glimpse of your soul).

Extreme volatility of mind during meditation:- During meditation when we start concentrating on a subject or at a place then we feel that mind is very volatile. But in fact it is not like that. To feel more volatility of mind is a proof that slowly the mind is getting stable. Under the normal circumstances you feel that mind is less volatile. However at that time the volatility of mind is extremely higher. But because the extreme volatility of mind you cannot make note of it, for you cannot catch hold of that. Like the object with extreme velocity looks steady; when the velocity is reduced to a level where our eyes can take note of it then only it looks like a moving object (Ex – moving fan).

If mind's volatility is infinite then it is out of the limit of taking note of its volatility. Hence that stage does not look like more volatile to us. When we practice meditation then the mind's volatility is reduced to a high degree so as to enable us to take note of its volatility so we feel that mind is more volatile during meditation. Actually it starts reducing its volatility and slowly it would become steady and focus on the desired subject or a place.

Thus when mind is infinitely volatile how can someone take a note of it!? And due to our inability to take note of its volatility how can we say that mind is not volatile!? When mind becomes less volatile then we can make a note of it. Due to our ability to take a note of its volatility how can we say that it is very volatile!?

Such profound talks on meditation are understood on its own with the longevity of practice of meditation.

Dhaarana-Dhyana:- To fix the Chitta at one point-place of internal body or at one point-place of outside the body is called Dhaarana. When Dhaarana is performed unceasingly then it is known as Dhyana (meditation).

We put a dot (Tilak) between the two eye brows – that place is known as Agyachakra. Women also put a red Tilak on their forehead. I have already referred to this red dot. It represents the dot we place on AUM. This condensed edition is placed as a Tilak on Agyachakra by women. The dot placed on Agyachakra is helpful in doing meditation. See the Tilak i.e. dot placed on Agyachakra in mirror for some time. Then close the eyes and see it with imaginary eyes. Do it for four-five times and then sit for meditation and witness the Tilak with mental eyes. This tactic helps a lot in performing meditation.

The present tense is main, primary and valuable; for the present which is passed is called past tense and the present which is coming is called the future tense. Hence the present tense should be used rightly; that is called skill in performing Karma. The one who misses to make the right use of present tense has missed the invaluable human birth.

The remedy and means to be successful in all tasks:- By practice and by renunciation control of mind can be achieved. The method adopted or the efforts made to achieve a steady state of mind without activities are called practice. The practice we make becomes ripened when it is carried for a long period, without hindrances, and with utmost respect.

Instant fruit:- After performing the auspicious and pious Karma the divine joy we get is the cashed and instant fruit of it. We don't know that as per rule of Karma when would we get the fruit of the auspicious and pious Karma but the divine joy is the instant fruit of practicing this Karma. Who would sit and wait for the borrowed fruit leaving such instant fruit?

Shivaratri:- Though all other nights are wasted in dissipation but Shivaratri-Kalyanratri i.e. the auspicious night must be used to attain the Shiva-Kalyan, the self-welfare. At least one night in year must be for self-soul and not for the dissipation like all other nights.

Everyone insists:- Everyone insists to satisfy his/her ego and to get more with fewer efforts. To worship the past, disrespect the present, and to remain in eccentric notions of future; it is born out of above mentioned insistence.

Nadishuddhi (1):- Giving reference of Shankaracharya Maharaj, Swami Vivekananda has written in his book named 'Rajyoga' – If the practitioner practices Nadishuddhi Pranayama i.e. Alternate Nostril Breathing in the morning, noon, evening and night for 80 times each then within three months Naadi-Shuddhi i.e. body-purification is done. If 80 counts for above mentioned four times is not convenient for us then we can take benefit of this Pranayama by practicing it for three times with 40 counts.

How sharp our memory is:- When we try hard to forget something then only

we come to know that how sharp our memory is!

Nadishuddhi (2):- Inhale from left nostril and then exhale from right nostril, count it as one; then inhale from right nostril and exhale from left nostril, count it as two. Do this cycle for 10 to 40 times according to your capacity. Don't stop the breathing after inhaling or exhaling. Inhale with normal speed and fill the lungs fully and at the time of exhaling empty the lungs fully with normal speed of breathing. With this Nadishuddhi Pranayama we get more oxygen, the life force (Prana), with less breathing and when we use less breathing the breathing system would be used less and thus there would be less wear and tear of breathing system.

Unhappiness v/s happiness:- A human being feels even a moment of unhappiness as prolonged unhappiness and also feels that the longer period of happiness has passed very fast. Thus when there is more happiness then how fast the time has passed, he/she would not realize.

Nadishuddhi (3):- To carry Prana there are two Nadis (nerves), two nostrils. In Yogashastra these Nadis (nerves) are called Ida or Shita (moon system or cold) and Pingala or Ushna (sun system or hot). In human body Shitataa (coldness) and Ushnataa (hotness) should remain in equal proportion. As much as the equal proportion is imbalanced that much is unhealthiness; as much as the imbalance is increased that much is agedness; and the extreme imbalance causes death.

The equivalence of Shitataa and Ushnataa is maintained only if we inhale and exhale breathes in equal proportion. Nadishuddhi Pranayama makes it possible to maintain this balance. According to Svarodaya-Shastra the lifespan is considered not on the basis of years but on the basis of number of breathing. So the less the number of breathing, the more is the lifespan. Let us understand it with an example.

We have a capital of one thousand rupees. If we spend one rupee daily then our capital would last for one thousand days. But if we spend one hundred rupees daily then our capital would last for ten days and if we spend five hundred rupees daily then our capital would last for only two days.

We fill our lungs with the Prana – the life-force – through breathing from the nature's ocean which is full of Prana; and the poisonous gas of lungs are thrown into it. The less we do breathing the less Prana of nature is used and poisonous gas is thrown in less quantity in the nature. Thus we can be lesser debtor of the nature.

Such profound and mysterious matters are to be thought upon, contemplated and put into practice so that we can take maximum benefit of them; they are not for fallacy, debate or satisfy the feeling of win and loss.

True Ganges:- There are fishes and crocodiles in the river Ganges. Are they going to attain the salvation? The fishermen who used to stay on the banks of river Ganges kill the fishes in huge numbers on daily basis and after doing that they take bath in river Ganges. Are their sins washed away by taking bath in river Ganges?

No. Which is the true Ganges? The true Ganges is the Ganges of knowledge and wisdom; one should bathe in it.

Nadishuddhi (4):- In twenty four hours we breath for twenty one thousand six hundred times. The decrease or increase in the said number of breathing leads to increase or decrease of lifespan respectively.

During meditation one breathes less whereas during hard work or worries one breathes more. Due to bad habits and addiction one gets ill and during illness the breathing is increased quite a lot.

While inhaling chest should expand and while exhaling stomach should be pushed back.

Due to improper food and diet the body gets excited and breathing may increase,

The capital of breathing is a true capital. If it is not there all others capitals are vanished.

Test of Dhaaranaa:- The Yoga preached by sage Patanjali is called Ashtang Yoga i.e. eight fold Yoga. Yama, Niyama, Aasana, Pranayama and Pratyhara – these five folds are considered as external folds; and Dhaaranaa, Dhyana and Samadhi are considered as internal folds.

Witness navel with closed eyes i.e. imaginary eyes; also imagine the red dot of Aum on navel. During the breathing process experience the outward and inward movement of navel. Simultaneously, while inhaling chant Aum with count 1 and while exhaling chant Aum with count. Thus during every inhaling and exhaling process the number count would be increased. With imaginary eyes the navel is also being witnessed continuously. As the number count is increased the practice of Dhaaranaa too is prolonged, extended. If you miss the number-counting then start again from count 1. This way the duration of Dhaaranaa can be tested.

At night, before sleep too, such practice can be done. When instable mind moves away from the navel the number-counting will be stopped-broken. So start practicing Dhaaranaa again. Instead of Aum Mantra, other Mantra can also be used.

Note: Such talks are for introspection, not for debate.

Netherworld:- Patala, denotes the subterranean realms of the universe – which are located under the earth. Patala is often translated as underworld or netherworld. There are seven types of Patala and seven types of upward realms of an earth which are above the earth. The upward parts are called Urdhvalok and the subterranean realms are called Adholok.

In the body too, the upward part above the navel is called Urdhvalok and the downward part below the navel is called Adholok.

To move ahead in the spiritual path, the practitioner has to ensure that his inclination must be towards Urdhvalok; one has to be alert that the inclination is not towards

Adholok.

Spiritual practice:- The subtle science of spiritual practice is not a subject of exhibition. Its appropriation should be for the welfare and spiritual progress.

End of material-physical science:- Where there is an end of material-physical science, the initiation of spiritual Yoga-science starts from there.

Self-realization:- According to physiology the diaphragm is a thin skeletal muscle that sits at the base of the chest and separates the abdomen from the chest. It contracts and flattens when you inhale. This creates a vacuum effect that pulls air into the lungs. When you exhale, the diaphragm relaxes and the air is pushed out of lungs. This process runs constantly.

The power of self-soul helps creating a vacuum effect for the diaphragm which helps pull the air in the lungs and when we exhale the flattening of diaphragm is done as per the inert law. The creation of vacuum effect that leads to inhale is the proof of power of self-soul. Every breath-in is drenched with the power self-soul. That only is the first throb of Supreme Being.

Bias:- Because it is invented by the overseas people we call it science but the invention made by our people is considered as doctrinarism! When would we be free from such bias?

Bhagvad Gita says:- “One has to work continuously without expecting the fruit of the work done.” Even if we don’t expect fruits of our work (Karma), we keep getting fruits of our auspicious-sinful Karma. If it is so then why should we keep burden of the ‘desire of fruits’?

Jivan-Sadhna i.e. life-practice:- Life too is a great Sadhna (practice). Yoga is for life. So if we wish to live peaceful life and make our human birth worthy then we will have to live our life like performing a Sadhna. We will have to make our life itself a Sadhna. Even if we don’t give ‘Yoga’ a name to our life but our life is Yoga itself. So if we want to live peaceful life then we will have to live our life like a Yoga-Sadhna. Thus the life too would become Sadhna.

Shubh-Muhurta i.e. auspicious time:- Favourable and auspicious time is defined as a Shubh-Muhurta. If the sin or vice is done even during the Shubh-Muhurta then we don’t get the auspicious fruit of it. Likewise – If the auspicious work is done even if during inauspicious period its fruit would be auspicious. Hence the auspicious work is not to be postponed due to the inauspicious time i.e. Ashubh-Muhurta. Birth and death are two most important events of life but for them to happen, one can’t see the Muhurta – the favorable time. Then for all other secondary events of life what is the use of seeing Shubh-Muhurta?

Realism:- What is important and valuable must be perceived like it, even if it is received for free of cost. And if inauspicious is received even after putting hard

work and great efforts it must be perceived as inauspicious only. It is called realism – realistic approach.

Prana i.e. Life-force:- In Prana there is oxygen but in oxygen there is no Prana. Had there been a Prana in oxygen, then the dead body should have been made live with oxygen. But we know that it does not happen. If body is live then only the oxygen works. From the ocean of universal Prana all living creatures consume Prana into their lungs using nose. The body absorbs Prana and throws away the impure poisonous gas out of the body. This process goes on continuously. Despite we consume Prana from the nature and throw away the poisonous gas into the nature, the ocean of Prana keeps flinging perpetually. It is not affected by the poisonous gas dumped into it.

Covert feeling:- It is a weakness of human mind that it wants miracle all the time. Which is the covert feeling behind wanting the miracle? “Get maximum result with minimum efforts, or with no efforts.”

Miracle is an illusion of our mind, weakness of our mind. It is an inclination to get maximum result without doing hard work or doing lesser work.

Science of Yajna (1):- When the Mantra is completed the ghee (clarified butter) and divine herbs are offered to fire during Yajna-Havan. The offerings are burnt in the fire of Yajna and their atoms are spread to the farthest distance and help all living creatures increase their immune system. While chanting the Mantra the poisonous gas is thrown out from lungs and when Mantra is completed, the chant of ‘Svaha’ empties the lungs of the remaining poisonous gas which is burnt in the fire of Yajna. As this process is over we have to breathe in to chant another cycle of Mantra. At that time the atoms of divine offerings enter into lungs and instantly vitalize them. During the entire Yajna this process keeps running. So by attending the Yajna we can’t get full benefit of it; to get full benefit of Yajna it is inevitable for us to chant the Mantra.

Quote:- We will not be happy by just the hands of Guru-saint are put on our heads.

Science of Yajna (2):- When medicine is taken it goes to stomach first. As per physiology medicine in stages reaches to lungs, heart and blood thereafter. When it finally reaches to blood it starts giving result. If injection is used to inject medicine then it directly reaches to blood and gives result very fast.

As the chloroform reaches lungs through nose and instantly gives result, likewise with the help of Yajna the atoms of ghee and herbs reach directly to lungs through nose and gives result instantly. The scientists of Yajna perform different types of Yajna with different Mantras and different types of herbs as offerings and get different type of results. The earth is full of gems and it is also full of various sciences and

numerous scientists of each science.

Science of Yajna (3):- If dried chilies are kept before us they don't affect us but when they are pounded we keep on sneezing even if we are far off from the place where the chilies are pounded; it is the proof of the spreading atoms of pounded chilies. If even a small piece of chilly is put into fire then its impact reaches far off atmosphere and thus many people are affected by it. If patient is smelled with chloroform he becomes unconscious whereas certain substances are such which can help patient of epilepsy in getting consciousness. The current atom-molecule bombs are visible examples of creating effect on human bodies by sending atom-molecules to blood through breathing them by nose.

If there is a fire in the godown and the food grain is burnt in that fire then it can't be called a Yajna. For, in Yajna the offerings are made with a systematic process amidst the Mantra-chanting and with sheer dedication.

The mightiness Mantra envisioned by sages is incredible, supernatural, auspicious and provide infallible results.

Science of Yajna (4):- Saints and sages are called the seers and oracles and not the Mantra-inventor. For, Mantras were there since ages. The saints-sages see, find, explain and propagate those Mantras. The science of incense-lamp, Homa-Havan, Yajna etc. is ancient. Their inventions are done before centuries. Ravana, Meghnaad, etc. had done different kinds of Yajna and attained many accomplishments. King Dashratha too, had got children by performing appropriate Yajna.

Bhagvad Gita Lord Krishna says – I am Japa (Mantra incantation) Yajna among all Yajnas.

Who dares?:- Who dares to stop the impulse of copulation?

Disruption during Aasana:- Sage Patanjali considers the movements, fickleness and/or any type of activities done during practice of Aasana as disruption.

Science of Yajna (5):- If we don't take the Prasad-Bhojan (auspicious food) after conclusion of Yajna then we can't get complete fruit of participating in Yajna. If we don't offer food to our stomach then we can't have power to give offerings during Yajna. If we keep emotion of Prasad in the food served after Yajna then the fruits of Yajna increases manifold.

Success of Yajna:- The success of Yajna mainly depends on the priest who is performing Yajna and the host who makes offering as guided by priest. The pure devotion, faith, justice and moral soundness the host has and the more penance, renunciation, restraint and piousness the priest has; we have to consider more success of that Yajna.

Holi:- Though the blessing of God is attained by someone, if it is misused then it gets failed. Example – Holika had a blessing that she would not burn even in the fire

but she died on burning pyre and Prahlad survived.

Burning of lust:- During Holi festival the burning of Holika on pyre is the symbol of burning of lust. Next day is celebrated as Dhuleti as celebration of victory over desires. Holi should be celebrated with the hygienic Kesudo (Note - The flowers are of the tree *Butea monosperma* or '**Kesudo**' in Gujarati, also known as Flame of the forest. They are soaked in water to make a deep yellow colour used for playing 'Holi and Dhuleti.) Never celebrate and play Holi with chemically made colors which may damage our eyes or skin.

Size is not a big thing:- The large and huge size of a body is not a big thing. The giant whale fish is considered endangered species - the fear to be vanished very fast. But is the same fear applied to a very small size ant. Ants can never be the endangered species or vanished.

Guru-tradition:- The one, who does not believe in Guru-tradition directly, accepts it indirectly in the form of master or teacher or sir, or reliable friend or lord.

Maithilisharan Gupt says in his Hindi couplet:- Translated it in English – Hey weak woman, your's is a tragic story; you have milk in the breast and tears in the eyes.

Whereas I say – Hey strong woman, wow! Yours is an immortal story; there is Buddha – compassion in your heart and Mahakali (Hindu mother goddess of time, death and doomsday. She is the consort of Mahakala, the god of consciousness, the basis of reality and existence.)

Though both the narratives seem different but the reality of both narratives is existed in society.

Dedication:- If the base of true understanding, philosophical knowledge, and devotion is built; then only the dedication remains constantly-endlessly.

Nothing can avert:- No science of universe or no luxury of universe can avert youth, old age and death.

Scientists:- Scientists have made more inventions for devastation of living creatures than that of revival of them.

Why marriage:- The bride and groom are to be bonded with the marriage so that with the help of each other they get eternal happiness – the salvation.

Brave, very brave and extremely brave:- The one who make the law for prohibition of alcohol is considered as brave. The one who ensures the smooth implementation is considered as very brave. And the one who makes that law complied permanently is extremely brave. The societies who follow this law and ensure that the people are uplifted by following this law sincerely deserve congratulations.

Blind:- Even father of two sons is known to the facts that due to adverse thinking and ideology of sons how much painful frictions a father has to bear frequently; If so, is there an end of such frictions for a father of hundred sons? Then the ideology and

thinking of such father would become dull and his condition would be like a blind man. Everyone would call him blind or believe that he is blind.

Without asking:- Out of five Pandavas, Sahdev was ‘Trikal Gyani’ i.e. the knower of three times. But he was bound by promise – If someone asks for the advice then only Sahdev gives advice; even if the problem is related to his family members. That means: the one who gives advice without asking is disliked by people. In every family there is Sahdev but his advice is failed, for he gives advice without asking for it by any family member.

Relaxation:- One gets bored of same work being done for hours together continuously. Actually it is an indication of tiredness-fatigue. By leaving that work temporarily and doing some other work boredom vanishes. That is an indication that the rest is attained. To get relaxation there is no need to leave the work but to change the work. The limbs which are tired of the work get relaxed by changing the work.

Kabir says:- Till the six tenets i.e. Shadvikara viz. Kama-lust of desire, Krodha-anger, Lobh-greed, Moha-attachment, Mada-arrogance and Matsarya-jealousy are not vanished; the scholar and fool, both are same.

Quote:- “There are many who celebrate the victory but we are the only one who celebrate the defeat too.” **A. B. Bajpai**

Purpose of wealth:- The purpose of the wealth of excellent people is to eradicate the trouble of others.

Poet Kalidas says:- The flowers with fragrance are to be assumed on head, they are not to be crushed under feet.

Smallness:- The water and fertilizer irrigated in root of each tree is received back by mankind in various forms. Even if you do something without expecting anything in return of it, the nature would give you a fruit of it overtly or covertly. Then why should we exhibit our smallness-shallowness by asking something in return of what we have done.

Life:- “See that flower; with the touch of sun-rays it blossoms. How pretty it is! But when I see after a few hours it withers and falls. Oh! This life is also like that.”

A C Shastri

Swami Sachchidananda says:- As for pride and self-respect of life one needs courage and feat, likewise to live life respectfully and with dignity one needs money too. The people should be happy and thriving. Our ideal is of rich and thriving nation. A person like Sudama can be an exception; the whole community of people cannot be made like Sudama.

How our life is:- The importance is not of that how much we live but importance is of that how our life is. The life is a great lesson of humility. Till we have Prana i.e. life-force, soul in our body we should not be disappointed.

Neither friendship nor acquaintance:- Forget the friendship; we should not have even acquaintance with bad people. The coal burns us when it is hot and makes our hands black when it is cold.

Penance:- There is no better penance on this earth than to observe own self's vices-sins and virtues of others.

Albert Einstein says:- The formula of life is – don't keep unnecessary expectation; frankly speaking don't keep any expectation. The one who accepts whatever life gives to him/her is saved by many mental agonies of life.

Because of the efforts of innumerable past generations my today's life is fine hence I should also make efforts for the betterment of the future generation.

Vinoba Bhave says:- Without struggle and upheaval the life becomes dull, so to bear the coming distress and unhappiness of life is prudence.

Albert Bri says:- The lazy man gets tired even of thinking to do some work.

Igarsol says:- A hope is like a bee who produces honey without flower.

Gurugita (128):- The Prasad (auspicious food) received from the Guru is not to be shared with anybody. The command of Guru is not to be violated. The other thing than the Guru-Prasad is not to be accepted.

The law:- The law can stop us from illegal conduct but it can't stop us from doing what is outside the boundaries of law.

Three incidents:- The three incidents of human life are absolutely free from the controversies viz. 1. Birth, 2. Marriage, and 3. Death.

Life:- If you consider money as a means then the life will run smoothly but if you consider money as a life then you will be trapped in many crimes.

Lakshmi (Goddess of wealth):- The one who is enthusiast, not lazy, knows the method of chores, not addicted to any habit, brave, grateful, whose friendship is firm; The Goddess Lakshmi Herself comes to his/her house and stays.

Origination of excellent thing:- The origination of excellent thing is happened from the places of high order; the origination of lightening is not happened from the border of earth.

God helps:- God helps those who help themselves, He likes to allow lazy to die.

Laziness:- The laziness is root of carelessness, cradle of disease, ruin of time and death-bell of peace.

Fame:- For ambitious person the fame is like salty water; the more it is drunk, the more thirst it creates.

Birthday:- "To attain the eternal happiness (whose counter action is not unhappiness) what have we done and what is yet to be done" – the day to take a stock of it is birthday, very auspicious day. (All happiness except the Moksha i.e. salvation have their counter action as unhappiness.) - **Patanjali**

Ravindranath Tagore says:- To witness self in everyone is the only aspiration of soul.

Mother:- The semantic of word ‘Mother’ is found in the dictionary but the gist of word ‘Mother’ can only be found in the heart.

Erudition:- As by digging land we get water, likewise by serving Guru we attain erudition. Human being must remember that without doing service to Guru excellent erudition is not attained.

Anger:- Remember, when you get angry you become very weak, for the weapon of anger harms the one’s own-self who gets angry.

Israel scientist says:- If I am given one percent of population, one percent of intelligence and one percent of land of India I can whole world and rule the whole world.

Umashankar Joshi says:- Hey God! You have given me everything by giving me three things viz. heart, head and hands. Now I don’t want to ask for the fourth one.

Desire to get the best:- The one who has a desire of getting the best has to give up many good things which are received by him.

Victor Hugo says:- Dry happiness is like dry bread; though we fill our stomach but we never satisfy. Likewise we desire for an ordinary, useless but costly thing which does not give us satisfaction.

Success:- It is not necessary that we get success in every work. But if our mind is satisfied with what we have done then it is not less than success.

Hard working man:- The hard working man is harassed by one ghost but the lazy man is harassed by thousand ghosts.

Morari Babu says:- I read less but hear more. As I see a person I read him a bit. I also read listeners. I also read the visitors who come to meet me. But my regular reading is of Ramcharitmanas and Bhavad Gita.

Socrates Says:- He is not the only lazy person who does not do anything but also the one who can do the better work but avoid to do so in a better way.

Robin Sharma says:- Make an exercise a religion of yours and make a place of exercise a temple then only there would be your welfare.

Kabir says:- To win is to become an arrogant and to lose is to become humble. There would always be welfare of a humble person but not of an arrogant person.

The one who suffers at the hand of witch like worry can’t be cured by doctor.

J. Krishnamurti says:- An ordinary man is a slave of thoughts whereas composmentis is an emperor of thoughts.

Life is such a matter in which there is always reshuffling, new feelings keep arising. Today has never been like yesterday and that is the peculiarity of life.

With the word 'Ishwar' – the Supreme Being – every kind of physical and mental reaction start happening and hence we remain contented.

Intelligence:- What is the benefit if a mindless person has strength? With the strength of intellect a small rabbit leads lion to the well and by showing its shadow provokes it to have a fight with the shadow. As soon as the provoked lion tries to attack the shadow it falls in the well and dies.

Edible:- Consider the edible which is obtained with the help of violence, theft, betrayal, fraud, etc. as prohibited. And the edible which is obtained with pious and auspicious virtues should be considered as worth to be edible. – **Maharshi Dayananda**

Member of whole society:- The one who has endured household life for years, who has seen innumerable ascent-descent, who has experienced many successes-defeats should pass on the benefits of his/her experiences to the people of the society. But that can only happen when an individual becomes free from boundaries of his family and becomes a member of whole society. – **Maharshi Dayananda**

Blind beliefs:- The blind beliefs of many kinds have played a big role in the downfall, defeat and slavery of our nation. The demand of science and knowledge era is to make ourselves free from such blind beliefs and superstitions. – **Maharshi Dayananda**

Shri Krishna says:- When in Kurukshetra battlefield Bhima putting his legs on chest of Dushasana uproots both his hands, takes the blood from his chest in the joined palms, drinks the blood and pours the blood on the head of Draupadi, then Shri Krishna addresses the Duryodhana who is grievously hurt and reaches to the state of half madness watching the grim scene of killing of dushasana; Shri Krishna says–

Didn't you and your brothers have so much energy to work hard that you had to resort to gambling? Due to gambling one woman has to bath in her tears and today she has to bath with the blood of her relative!

Krishna continues his address to Duryodhana – The hands which are meant to defend the woman if disrespect the dignity of woman those hands would be uprooted; the one who would try to unclot the woman would be killed brutally; those who would witness such unjust act dumbly would become blind; the one who tilt his head before the evil command, his head would be parted from his body; the one who throws arrows towards those who are trying to defend religion has to lie down on the bed of arrows... Moreover –

As the improper and evil activity was not opposed, the elder brother has to drink the blood of younger brother and the body of younger brother was ragged, dragged and ransacked in blood. – **(from Gujarati book 'Suryaputra Karna')**

Hemchandracharya says:- All vows are extension of nonviolence only hence no vow can be against nonviolence; in fact any vow corroborates the concept of

nonviolence.

As with the help of belch, a food can be presumed; likewise with the help of speech an emotion can be presumed.

Vitraag i.e. Non-attachment is considered as deity, salvation. The soul which is controlled, won over by senses and infatuated with worldly desires is defined as Sansaar i.e. material world. The soul which has won the senses and remains free from attachment is defined as Moksha i.e. salvation.

The dog runs to catch the mud-stone instead of catching the one who has thrown the mud-stone at it whereas lion catches the one who tries to hit it with the gun.

“Our origin of infatuation is gone and we have attained the restraint; so the afflictions do not cause fickleness in us.” Never trust such belief.

Those, whose ‘Shad Vikaras’ i.e. basic afflictions and weaknesses like lust which are the causes of extending the tradition of worldly life are atrophied; if they are either Brahma, Vishnu, Mahadeva or Mahavira; I prostrate them.

Maharshi Dayananda says:- The one who believes that there is only one birth does not have an answer of a simple question – If there is nothing after the death of a human being then what is the gist of doing vices and virtues during the life?

We have to contribute whole heartedly for the prosperity of the nation, the elements and substances of which is responsible in making our body, body which is being made currently and in future too it is going to be made.

Lord Buddha says: The fragrance of flower, sandalwood and saffron is spread in the direction of the flowing wind but fragrance of virtuous, pious and auspicious people spread in all directions.

Mandodari tells Ravana:- Despite you speak with ten tongues not a single sentence of yours become ethics; and though the saint speaks with only one tongue his every sentence becomes scripture of ethics.

Lord Buddha’s preaching:- The sinful act does not create an impact instantly in our life; it works like a fire hidden under ashes which keeps burning constantly, likewise our sinful act keeps chasing us constantly.

As in the boiling water we can’t see our reflection likewise during anger we can’t see that what is good for us.

The sins and virtues a human being does are his/her capital; with that only he/she goes to other world.

Unless and until the living creatures are liberated from this world I don’t expect my own salvation-liberation.

The damage and harm caused by the enemy is less in comparison with the damage caused by the conscience of a person who speaks lies.

A human being can get victory in the war against thousands of people but a true winner is the one who gets victory over own self. The one who has got victory over

own self is a winner of senses (Jitendriya). His/her victory can't be converted into defeat even by the deities.

One day of a life of industrious person is the best than life of hundred years of lazy and useless person.

In the abstruse path of this worldly life if one does not get a company of another good person like him then he/she has to travel the path alone.

The eternal light is inside us, there is no need to find it outside. The one who is ignorant tries to find that light in auspicious deeds, pilgrim centers, shrines, caves, etc. but at last he becomes disappointed.

Kalpana Jajal says:- People go to Ganges to be pious but the Ganges comes at the feet of Guru to become pious. All pilgrim places and shrines are at the feet of Guru; the one who has bowed his/her head to the feet of Guru, he has a great life.

The one who does not have a Guru; his life does not start forever.

Chant name of the Guru so much that it trickles down to heartbeats. If you breathe then the fragrance of Guru comes. One addicts with the chanting of name of Guru so much that whether situation is good or bad, he always recites name of Guru.

Charles Wordsworth says:- Before the wisdom prevails that 'my father was right'; by that time the son starts thinking that 'my father is wrong.'

Fire:- When the fire of lust, hatred and ego is extinguished then only the heart becomes happy – **Lord Buddha**

Incomplete knowledge:- Incomplete knowledge is risky. Shallow water can't be drunk. The streams which are deep can be clean and pure. The one which seduces mind is not knowledge. The one which makes mind steady and calm is the knowledge

– **Pop**

Am I disciple or not?:- it is better to leave it to Guru to decide; let us say –

“I don't know whether I am disciple or not. So, hey ocean of compassion! It is my humble prayers that please make me worthy disciple. Inspire me to the extent that the discipleship is created and submissiveness-obedience is assumed by me. Please help me in making myself compatible to the way you want to mold me.”

This should be invariably our daily prayer. If we do so then only we will be prepared to make ourselves worthy for the grace of our Guru so that our life becomes successful. The completeness of prayer is in this that we do every possible thing to become true and worthy disciple. – **Swami Chidananda Saraswati**

Eternity:- Even if living being on his own toils hard till eternity he would never attain knowledge-wisdom by his own self. But the one who is adorer of command of components would get wisdom even by the end of his life. – **Shrimad Rajchandra**

True Aryan:- The true Aryan is not the one who is violent towards living creatures. The one who remains nonviolent towards all living creatures is a true Aryan. – **Lord**

Buddha

Jealous:- The one who is jealous does not become as much unhappy by his own failure than by seeing the success of others.

Satsang-Kusang:- It is better to have more difficulties in Satsang i.e. being in the company of truth than to be happy in the company of bad people (Kusang). –

Dada Bhagwan

Dada Bhgwan says:- “Don’t do theft by way of mind, speech and deeds.” The one who prays like this will have piles of wealth even sitting at home.

You don’t get anything free in this world; whatever is yours comes back to you.

If you spend money with free hands then it would do but never spend speech with free hand.

The best education is that peace prevails at home.

Till you are not intoxicated of wealth, the wealth keeps increasing but as soon as the intoxication of wealth starts increasing the wealth would decrease.

Sat, Chit, Ananad:- Sat-truth, chit-consciousness and Anand-bliss are form of god. Everyone wants bliss hence such deeds are to be performed so that the bliss is attained but we have to ensure that at the expense of our bliss, the bliss of others does not vanish. The attainment of bliss at the expense of others’ bliss is not a form of God.

Auspicious time:- It would do if you don’t do the work after seeing auspicious time. But after seeing helpless face of someone, help him doing his work. If you do so, the time would be converted into auspicious time.

Health:- To remove the stink of filth we have to remove the filth; we should not cover the filth with cloth. If we cover the filth with cloth then after some time the cloth would decompose and keep enhancing filth and stink. Likewise – unless and until the toxins of body are removed the health is no attained.

Dada Bhgwan says:- The sin of killing a person with intellect is more than the sin of killing a person with sword.

If family members remain blissful in the company of ours then understand that our behavior is okay.

The one which removes affliction is Katha i.e. religious storytelling; all other things are tiredness.

When Shamb and his friends took alcohol and went to make fun of a saint, the saint cursed him – “Who so ever takes birth through you would destroy the whole Yadava clan.” The pestle was born through Shamb. The Yadavas carried the pestle and went to Krishna and Balbhadr. After seeing the pestle Balbhadr declared – “This catastrophe has taken birth due to intoxication so from today onwards there is strict prohibition of making, selling and drinking of alcohol in Dwarika.”

Then the pestle was crushed to powder form and was thrown at sea-shore. And the whole Yadav clan, in the state of full intoxication, fought among them with the grass sprouted from the powder of the pestle killed each other. – (from Gujarati book ‘Suryaputra Karna’)

Swami Anand says:- If I can’t tolerate anybody’s interference or fault-finding in my own freedom then I can’t have a right to make interference in others’ freedom.

Bible:- The who delays his anger is highly courteous and discreet but who hurries his anger is worshipper of stupidity.

Ultimate happiness:- The health is ultimate benefit, the satisfaction is ultimate wealth, trust is elder brother and Nirvana is ultimate happiness. – **Lord Buddha**

Swami Ramtirth says:- The reason why the knowledge-wisdom is better than wealth is that you have to protect the wealth whereas knowledge-wisdom itself protects you.

Kabir says:- The Guru is like a potter and the disciple is like a pot. As potter while formulating pot, slaps on the outer surface but supports it from inside, thus he gives beautiful shape to the pot. Likewise to shape up his disciple the Guru too supports his disciple while shaping him.

Nature-lover Edwin Teale says:- To see to it that today’s tattletale reaches millions of people without delay, how many green-trees have sacrificed their lives.

Swami Anand says:- However great the person is but we can experience his stupidity at times.

Osho Rajneesh says:- There are two paths which lead to enlightenment; one is of Meditation and the other is of love-affection.

Dada Bhagwan says:- Whatever Karmas done for soul is yours and all others are for alien.

What helps us in leaving worldly affairs is called Satsang (**Satsang** is an audience with a Satguru for religious instruction) and what keeps us in worldly affairs is Kusang (bad company).

The religion is to defend, not the differences.

If you live like dead person then you will not have afflictions.

Except for the wealth of character no other things accompany you for upcoming births.

Death:- The death is sojourn between two births; it is nothing else than that. Death is a shadow of life. – **Osho Rajneesh**

Do we ever:- Do we ever stop to find the meaning of cuckoo’s song? Do we ever try to find the meaning of a flowing stream? Do we ever try to invent the message bring by the breeze? – **Osho Rajneesh**

Bhartruhari says:- It is better to roam around with animals in forests and

mountains then to be with fools in the heaven.

Be Joyous:- Don't carry the burden of mission. Whatever activity you do is itself an accomplishment. So do that activity with joy and keep your heart healthy and be such joyous so that the people surrounding you have healthy hearts. – **Osho Rajneesh**

Our People:- Our people always think opposite of what we think, behave opposite and conspire against us. Before you take any decision, they take another decision! Despite all these we have to keep in mind that they are our people. – **Moraraji Desai**

Anubhavanandji says:- More exhibition of knowledge and wisdom is not considered as good practice. The salt remains tasty when it is used properly in the food but if it is used more than required then the taste of food is spoiled.

Fame and wealth:- I would remain present in the saint who has no interest and desire for fame, wealth and woman; thus I would remain perpetually on the soil of this earth. – **Bhagwan Swminarayan**

Akho, the poet says:- There is a fool, who has a habit of worshipping the stone as a deity wherever he finds one, who has a habit of taking bath wherever he sees water, who has a habit of plucking leaves of basil (Tulasi leaves - considered auspicious in Hindu tradition) wherever he finds it. It is a disaster as God can't be many.

Criticizing others:- The time you waste in criticizing others, if half of that time you spend in criticizing yourself then you would become great. – **Vinoba Bhave**

Hey Lord Vishnu:- “If God is omnipresent then why should we worry for the food and water? If He is not omnipresent then who puts milk in the breast of mother before the birth of a child?” – Hey lord Vishnu! Thinking this again and again I spend my time worshipping you. - **Chanakya**

Shakespeare says:- Love everyone, trust a few but don't keep hatred towards anyone.

Mahavir Swami says:- Destroy anger with peace, win over ego through humility, destroy illusion-vanity with simplicity and control greed with contentment.

Worship of virtues:- Virtues are worshipped everywhere, not the wealth. The crescent is adorable than the full moon. – **Chanakya**

Insurance:- Insure your life with God. All other companies would betray you but the divine insurance company would not betray you. – **Swami Shivananda**

Ishwar:- Patanjali Yogadarsan – Samadhipaad – maxim 24 to 29

- That extraordinary universal consciousness, Supreme Being is God-Ishwar.
- Who is absolutely free from afflictions, actions, fruit of actions and desires.
- God-Ishwar is omnipotent, omniscient, all pervading.
- Since He is imperishable by time He is the supreme master (Guru) of all the

masters (Guru) of all the time (past, present, future.).

- Pranava (Aum – ऐ) is His name.
- Chant Pranava Mantra with meditation simultaneously upon its meaning.
- Chanting of Pranava with meditation simultaneously upon its meaning, one overcomes numerous obstacles and emerges to self-realization, super consciousness.

Tying sacred thread (Rakhi) to God:- Why don't you tie Rakhi to God? If you tie a Rakhi to human being then human being is full of limitations and inevitable vulnerabilities/ And when you really need help, it may happen that he asks for the help for himself. So if you need infallible help and security then make God your savior. – **Swami Chidanandji**

True Guru:- The one who sees and realizes God in every atom and whole universe, who feels that the whole universe is his own and who does not differentiate between his own relatives and the unknown people is the true Guru. In the company of whom our afflictions and perversion are alleviated, our mind feels peacefulness and our speeches become speechless then we have to understand that this person is not an ordinary person but is a true saint. Our pilgrimage to find the Guru is over. The God and Guru pull true disciple ipso facto towards them. The disciple feels that how come he has attracted towards them? But this is the result of grace of Guru and God. – **Ms Reshma Vora**

Glory of Guru:- By looking at him you must realize that how great your Guru is! The true service to your Guru is that you live your life according to the ideology preached by your Guru. Just by worshipping or praising Guru, his glory is not enhanced but by surrendering ourselves in the service of Guru for our spiritual development would definitely enhance the glory of our Guru. The meaning of service to Guru is not only to do his physical service – the meaning is not such parochial. But the true service to Guru is – to surrender him wholeheartedly, to eradicate the afflictions and to destroy the biggest enemy of spiritual path, the ego. All these would only happen if we understand with true awareness that – all these are being done by the grace of Guru-God and not by me. – **Ms Reshma Vora**

Desire to live:- All living creatures have taken birth with desire to live and no one likes to die – on this basic principle the Jain religion is formed. The subtlest form of violence is prohibited in this religion. The backbone of this religion is the compliance of thorough nonviolence.

Philanthropic:- When there are fruits on the tree, it bends; at the time of rain, the clouds come down; when gentlemen get wealth they become more humble. Philanthropic has a nature of remaining humble and bowed down. – **Poet Kalidas**

Journalism:- Literature and journalism are complementary to each other. They

both are important in life. They are like lighthouse. The literature which does not rise in the life is momentary. The journalism which remains away from the contemporary issues lacks the religion of journalism. – **Jehan Daruwala**

Last message:- When Ravana was breathing his last, Rama sent Laxman to him for taking Ravana's sermons. Ravana preached Laxman very useful sermons, out of which one was – The person who wins over his ego does not require to win over any other thing in life.

Sulochana:- When war of Lanka was over Shri Rama went to Ashikvatika to meet Sitaji. There, Surpankha spoke in very bad language for Sitaji. Hence Sitaji became very unhappy and decided to enter into the fire to prove her pious character. Many people who were present there tried to persuade Sitaji for not doing so. Among those people there was Meghnaad's wife Sulochana. She told Sitaji, "If you enter into fire now to prove your pious character then in future women will have to face many difficulties. All would ask for such proof to prove women their pious characters." (Excerpts from "Siya ke Rama")

Bravo Sulochana! You are not only with the beautiful eyes (the meaning of word 'Sulochana' is – woman with beautiful eyes) but you are thoughtful, visionary and have great foresight. - **Yogabhikshu**

Chanakya says:- The person who wants lust should not go to get erudition; the one that is desirous of attaining academic erudition and wisdom should leave the lust and pleasure of life. How can desirer of lust get academic erudition and wisdom and how can desirer of wisdom gets lust?

The person who is wealth-less should not be called inferior-object; in fact he is rich. But the one who is inferior-object of jewel of academic erudition and wisdom is inferior-object; actually he is the most inferior of all things.

Haribhai Kothari says:- The great person is the one, who limits the lust with restraint, decorates penance with worship, decorates work with Karma-yoga and quiets the craving with content.

Swami Ramtirtha says:- It is difficult for you to have realization of God if you have a habit of giving advice to others, or show others their vices, or blame others.

Composmentis:- Stupid people wastes time, energy and money to get object-lesson and experience whereas composmentis learns object-lesson from the experience of others and save himself from the losses occurred by the stupid.

Kabir says:- The one who tests the virtue can understand the value of it and respects it very much. Those who don't recognise the virtues, for them the virtues have no value; that is why they insult the virtues and virtuous people.

God says:- The sun gives light externally but the saint bestows divine light-vision to experience and realise the Supreme Being. The saint is gracious deity and benevolent friend; he is the form of Me. – **Srimad Bhagvat**

Chanakya says:- Sacrifice one member to protect the clan, sacrifice clan to protect village, sacrifice village to protect the country, and sacrifice country to protect the soul.

Yogabhishek explains – An effort is being made to understand that how much important and valuable the soul is! The soul is very valuable, divine, incomparable and matchless in comparison with any other substance of universe. So whatever we do is being done for the welfare of the soul.

Kanaiyalal Munshi says:- Hindi is not to be made national language; it is national language. Great civility never dies.

If you are true/right:- If you are true then there is no giver of your name in the world. If you don't give unhappiness or you don't have feeling of giving unhappiness to anyone then there is no one who can make you unhappy. – **Dada Bhagwan**

Wrong person:- If good resources/tools go in the hands of wrong person, bad person uses good resources/tools then the goodness of these resources/tools is made functional in the wrong way.

So called heaven:- The study of Upanishadas is to be done for the pleasure, not for attaining heaven post death. There is no truth in the story that the one who does not get pleasure in this birth gets so called heaven post death. – **Gunvant Shah**

Form of Mother:- There is a woman in the root of the nation. The home is the breeding ground of the nation. A woman formulates/shapes not the body of the nation but she formulates/shapes the mind, morality and soul of the nation. A woman cheers during her phase of girl kid, teenage girl and wife and attains perfection/completeness as a mother. Vedas and scriptures have established her as a mother. – **Kanaiyalal Munshi**

Your secrets:- Never tell about your secrets to a person who discloses secret of others to you. For, the way he discloses secrets of others to you, likewise he would disclose your secrets to others too. – **Hazrat Ali**

Applaud:- After so many years of experience I feel that it is more important to make surrounding people happy than to get applaud of the world. - **Chandrikaben**

Celebrated in true sense:- On Saturday, during video conference Shri Gopalbhai told Guruji – “Gurudev! We are happy, for during Gurupurnima the whole family had taken pledge that we would not eat fried food and sweet food. Due to this vow body remains light, active and vibrant. Moreover we used to consume seven tins of oil; whereas now we would consume only two tins of oil.

After hearing this, Gurudev, while giving blessing said – Bravo! You have celebrated Gurupurnima in true sense i.e. you have taken the full benefit of Gurupurnima festival.

When Gopalbhai was in Umreth, he used to run a centre of Aumparivar. Currently he stays in America and runs the centre there and celebrates Gurupurnima in America

regularly. – **Compiled by Bhavesh Raval**

Oil of knowledge:- A lamp can be lit by burning lamp, not by doused lamp. If so, then how can a lamp lit without oil into it? First, fill the oil of knowledge into the lamp of mind. After that you will find that with the flame of lightened lamp the series of lamps would be lit. – **Gurudutt**

Make the body a farm:- Make the body a farm, make the mind a plow, work hard honestly and watered the farm, then sow the seeds of name of God, make the farm flat with content, protect the fence with humility; after that perform the deeds of love. Then the shoots would come out and start growing. – **Guru Nanak**

Presence:- The one who is afraid in our presence would hate us in our absence.

Guru Nanak say:- If you are be able to keep your brain at peace you can win the world.

We will be justified with our deeds.

When you lack the strength or when you are not able to do any work the surrender to God.

The blood of all animals is same. Be it cow or goat, be it saint or prophet; everyone has to die one day. So to maintain and sustain our body don't kill the living being.

Churchill says:- I am optimistic, for there is no benefit in becoming pessimistic.

Tulasidas says:- Non-adventurous, lazy and coward person does nothing in the name of fate but never works hard.

Protest without reason:- It is not good to protest without reason against these nine entities viz. armed man, the man who knows the crux, owner, master, rich, medico, blazoner, poet and cook.

Dominance:- In the Hindu culture, out of husband and lord-God, the dominance of husband is more. – **Kanaiyalal Munshi**

In the name of ideals:- I don't keep faith in the religious-leader or preacher who in the name ideals, hit the spontaneity of life very hard. – **Gunvant Shah**

God is inside you:- As there is fragrance in the flower and reflection in the mirror likewise the God resides in you, thou resides interstate in you; You should find Him there. – **Guru Nanak**

Petty ego:- As the seed as much dissolves itself, that much large tree it becomes; likewise as much petty ego is dissolved that much knowledgeable experience of 'I am Brahman' is realized. – **Bapu**

Bapu says:- Whenever frustration occurs, remove that devil by chanting hymns at that time.

Kabir says:- As soon as there is sunrise the darkness vanishes; likewise ignorance vanishes as soon as the knowledge-wisdom is attained from the Guru. Due to extreme greed, the wisdom to differentiate between the good and the bad – courtesy to

differentiate between the permanent and the impermanent is vanished. And due to ego the worship is destroyed.

Tulasidas says:- Not a single person is born in the world who has not become egoistic after receiving huge wealth and very high position.

Suriram says:- The thoughts about material world is called worry and the thoughts about Atma i.e. soul is called contemplation.

After becoming journalist:- After becoming journalist Gandhiji stated about journalists-authors – “The way uncontrolled flow of water submerges villages and destroys the crop, likewise the uncontrolled flow of pen destroys many things. If the command comes from external resources to pen the reports then it becomes more poisonous than the uncontrolled pen. Only the command comes from within is beneficial. – **Dhirubhai Thaker**

Serve whole heartedly:- One of the beliefs of my religion is that if you serve needy, poor and distressed people whole heartedly then you will reach very near to Supreme Being. This notion seems reasonable to my intellectual mind. I must say that during critical period in my life I get help from unknown sources. What can we call it; miracle and/or fate? - **Dr H L Trivedi**

Poet Karsandas Manek says:- To attain light of wisdom I read many books, bathed in many places of pilgrimage, had Darshan of statues made of stones in many temples, washed feet of many saints-abbots, saw many repositories of intellect and treasure of innumerable visionaries but lately I found that “Hey Mother! You are the reservoir of lights.”

Path for remembering God:- Reverend Gurudev has shown very simple path for remembering Supreme Being. While inhaling and exhaling if you recite the name of God then with such worship one day you will understand, recognize and attain the God. – **Kabir**

Picture of Aum (ॐ):- There is a beautiful picture of Aum (ॐ) before me. Many times I experience sentimental trance after sitting near that picture. Previously this picture was with Gandhiji. I have also contributed to prepare that picture. The painter who made this picture had gone to Gandhiji before making it. Bapu said him, “You meet Vinoba and prepare the picture as suggested by him.” The painter came to me. I told him, “The light of Aum (ॐ) enlightens all seven upper worlds of universe. Prepare such painting so that the same concept is realized by looking at the painting.”

– **Vinoba bhava**

Become alert:- We should become alert before the energy-power which is generated due to auspicious and spiritual practices purifies channel (i.e. Naadis) and starts extroverting. For, we have not to waste that energy-power, instead we have to digest it introvert so that with the help of it we can make further spiritual progress.

Kabir says:- Though people talk of love-affection hammer and tong but no one knows about the auspicious form of true love. The true love is the one which helps reaching to god and realizing Him. With such love an eternal happiness is attained.

God-realization:- I experience God-realization everywhere in the universe. I am different from the inert-numb element; why so? For, I feel pain due to pain and unhappiness of others. There is more consciousness than inertness in me and this consciousness is there in everyone. In each and every thing of universe I realize the presence of Supreme-Being; Bhagvad Gita identifies it with realization of Supreme Being. – **Vinoba Bhave**

Guru Nanak says:- Make the love your pen, Make your heart the author and start writing what your Guru say.

Caste and race:- One prankster young asked Acharya Kriplani, “Which caste and race do you belong?” Acharya Kriplani said, “Hey young friend, hear me. I do my morning routine of defecation so I may be called Shudra by caste. Before going for teaching I clean my shoes so I may be called cobbler. As I teach students I may be called Brahmin by caste. Every month I accept my salary so I may be called Vaishya by caste. And when I rush to help poor, helpless and unhappy people I may be called Brahmin by caste.” - **Acharya Kriplani**

Empathy:- To show empathy to a drowning person does not mean that we should drown with him; that also does not mean that we should drown with him. But we should try to save him from drowning. – **Vinoba Bhave**

Prayer:- There is an integration of destynism and effortism in prayer. The humility of destynism and the feat of effortism – both are needed. Prayer ensures that they both are met and integrated. – **Vinoba Bhave**

Laziness:- Laziness and ego charge more fine than monarchy and parliament. – **Benjamin Franklin**

Stumble:- Human being does not have a desire to learn from the experience of others. He likes to stumble and get injured himself. – **Vinoba Bhave**

On your own:- You have to decide on your own that whether you would like to live in Kali Yuga (age) or Satya Yuga. Your Yuga (age) is with you only. – **Vinoba Bhave**

Gurugita says:- Invitation to abstract-unexpressed, immersion of omnipresent, all pervasive, worship of idol-less and meditation of formless-incorporeal can't be done.

Hey Goddess Parvati! I am satisfied with the thing which is offered to Gurudev. The footwear of Gurudev, the posture-imprint given by Gurudev and the root Mantra given by Gurudev should be kept secret by the Disciple.

There are many Gurus who kidnap the wealth of disciple but there are a few Gurus who eradicate sufferings of disciple.

Hey Goddess! All the vows, penance, Mantra-recitation and other spiritual-religious practices preached by scriptures of billions of births can be made successful just by giving satisfaction to the Guru.

The one who does not believe in Guru that preaches him about Ekakshara i.e. Aum (ॐ), would take birth as a dog for hundred births and then born in Chandala's house i.e. in the house of a person who deals with the disposal of corpses.

In universe there are seventy millions of Mantras but they all are create illusion in the mind; The best Mantra is the 'Guru' (Guru is a Sanskrit word which has two letters) Mantra of two letters.

True beauty:- The beauty of woman is not in the ornaments and cloths she wears, for after leaving the body i.e. death the physical body becomes useless. The true beauty and majesty of a woman is in her humility. Due to her humility and culture she becomes august and revered. The prosperity would become maid of the family whose women members are ornamented with humility, culture and have strong character. – **Swami Chidananda**

Mantra Incantation:- The benefits of Mantra chanting and Mantra incantation are innumerable. It makes mind pious and auspicious by destroying the vile lust and thoughts. It gives courage, energy, peace and knowledge-wisdom. The names of gods mean the words of energy. They are great source of strength. The continuous recitation of these powerful words provides new style in of method of thinking process and creates a new path to let the flow of knowledge stream. Swami Shivanandaji in his own words:

“Mantra is the God, hidden in the bag of sound. As the atom bomb blasts and the mammoth energy hidden into the bomb rushes out, likewise the dormant energy comes out during the recitation of Mantra and reveals the God. – **From “Chidananda Jyot**

With devotion:- Even Mantra recitation done mechanically like parrot also gives many benefits. But after having knowledge of meaning of Mantra, if it is recited with devotion then the effect of the Mantra is manifold. To have debate or argument over which Mantra is more powerful is like exhibition of ignorance. Each and every Mantra provides identical benefits. – **From “Chidananda Jyot**

Composmentis:- Truly composmentis man never blames others when he gets pain and suffering but he tries to find out where he makes mistake. - **Vivekananda**

Oliver Goldsmith says:- The law rules the poor and wealthy people rule the law.

Prayer:- We should form a habit to contemplate on the qualities of Supreme Being in silent prayer. We used to remember the name of Supreme Being in our mind. The importance of taking name is that it works like a mother. When kid remembers the name of mother it gets lots of help and warmth. - **Vinoba Bhave**

In own language:- Now, everyone will take the name of Supreme Being in the language of their mother tongue. The language in which mother's name was called during childhood days, everyone would remember mother's name in that language only. If I am in habit of calling mother 'Ma' then calling her 'Mummy' now would not create the effect of calling her 'Ma'. That is why, despite other name of Supreme Being is better human being would not leave the name which he liked the most. -

Vinoba Bhave

Our own anger:- It is simple to weave the universe with one string but to win over our own anger is extremely difficult. - **Vinoba Bhave**

Religion:- If the religion is woven into the life then all problems will be solved. – **Shri Pramukh Swami**

Ordinary Man:- An ordinary man tries to prove others guilty for his own faults; the man with a little knowledge would blame himself and a person with wisdom blames none.

Difficulties:- Hey God! Give me a power so that I can accept the difficulties with affection; I never ask for your blessing not to give me difficulties; I become the difficulty for the difficulties of life. Hey God! Keep the light of life always lit. – **Shri Haribhai Kothari**

Kindness:- As Lord Shiva assumes the crescent moon on his head, likewise we should also develop kindness to assume the virtues of others on our head. That person is great who enjoys the greatness of others. – **Shri Haribhai Kothari**

Resolve doubt:- In reply to a question Guruji said, "As you have a query many others would have question but they may not be asking it.

My left eye is small; the reason for it is an operation of cataract. That may be due to unskilled doctor, doctor's carelessness or my fate; any one of them or all three reasons for that. At that time some friends had asked that can't that eye be made okay? I replied, "Yes, when another eye would be operated then both would look same." I thought that when I would go for the operation of second eye then the second eye would become small too, thus both would become of the same size. But that did not occur. The second eye remained of the same size!!! Whatever God has done is fine. - **Compiled by Bhavesh Raval**

Vinoba Bhave says:- The wealth, by accepting which the sin is established and increased, or the life becomes blameworthy; don't accept such wealth.

The woman is Goddess:- Sometimes I feel it pathetic when I see women of elite society losing their virginity. For, at that time they lose the attributes of women race such as humility, shyness, tenderness, politeness, forgiveness. These are such attributes which make woman a Goddess. Instead of such grand attributes if the women of a house are rash in nature, always remains angry, have a bitter tongue, are

full of hatred then that house would never prosper. Also the prosperity would not be there in the house where women are trying to be like men. Yes, they can make a claim to be like men in some matters but not in all matters. When woman in her obsession while trying to be equivalent to man she loses politeness, tenderness and culture; the most valuable things graced by God. In Vedas it is also said – Where the women are worshipped, the deities habitat. When women themselves loses the right of being worshipped due to their harshness and ruthlessness; then there will be no prosperity and whatever prosperity exists would not be sustained. – **Swami Chidanandji**

Gurugita:- Hey Goddess! When ego crops up in human being, the ignorance is generated.

Due to the grace of the one, a spiritual knowledge about soul is generated is named as a ‘Guru’ i.e. such great person is called Guru.

Rule of the world:- After taking money for performing religious ritual if Brahmin leaves his host; after attaining erudition disciple leaves his Guru; likewise every living creature including human being leave this world after completing their work. –

Chanakyaniti

Kabir says:- If a Guru is greedy and a disciple is covetous then they both keep making efforts to cheat each other. The status of both is like sitting on a boat of stone; they both drown.

Chanakyaniti says:- If a sinful is shown a sin then sin can be stopped. For this action king, Guru and husband are proved useful.

It is useless to stay at a place where there are no rich people, no scholar who recites Vedas, no king with compassion and no doctor for medication.

The most important Guru-Mantra is not to tell your secret to anyone, for that would cause your destruction.

One should not feel shy to attain knowledge though it is given by lower class person.

Akha Bhagat says:- How much a human being remains alert, sooner or later he would be the victim of sins and weaknesses in his life. If he is able to remain absolutely faultless then how can he be called human being? Weaknesses, in the form of sweet knife, cut the throat. Once entrapped in the weaknesses then it is very difficult to come out of it, one is addicted to them. If one tries to come out of it, then he would be further trapped like the one who is trapped in a mud; at that time only with the help of philanthropist who has stood away from mud one can come out of it. Multi-faceted weaknesses, with their different forms deceive us in many ways. Many wise people and veterans are deceived by the illusion which takes the form of knowledge and wisdom. Illusions take the form of things in which we are very much

interested, and wherever we go they would come there before us.

Shri Haribhai Kothari says:- There is no one here who gives you happiness or suffering; here they are attained according to your Karma. The person who needlessly blames planets (as defined in astrology) for everything wrong is himself is his own obstruction.

Hey God! Let me have holiness of Ganges in my speech; let me have practice of conduct as mentioned in Bhagvad-Gita in my life; let me have luster of Gayatri Mantra on my forehead; ensure that there is no cover between me and God when I meet God.

Secret of being unhappy:- The secret of being unhappy is that you have a time to think that whether you are happy or not. – **George Bernard Shaw**

Purification of mind:- If the one who performs lawful and honest deeds and never expects to get fame then his mind becomes pure. – **Vinoba Bhawe**

Renunciation:- The capital of sin is paid using renunciation and interest of sin is paid using donation. – **Vinoba Bhawe**

Never be happy:- The one who spends blindly i.e. who spends more than his income and the one who quarrels with others without any reason never be happy. – **Vinoba Bhawe**

Bliss:- Bliss (i.e. Anand - divine pleasure) itself is Brahma i.e. Supreme existence. All living creatures are generated out of it and absorbed into it.

Three arrows:- Self-confidence, morale and volition – the one who has these three arrows in his quiver can pierce the toughest aim-target.

Right knowledge:- The only one with right knowledge can understand the universal form of Gurudev. As the blind can't see the sun, likewise the ignorant or a person with less knowledge can't see the true form of Gurudev. – **Gurugita-82**

Nonviolent:- He becomes violent after killing others and the gentleman becomes nonviolent by preparing himself to be killed. – **Ratnasunder Vijayji**

Surrender to enemy:- By surrendering to enemy one may get the wealth; it is better to be poor than to have such wealth, the death is better than such life. – **Chanakyaniti**

Swadhyaya:- The one who practices Swadhyaya (i.e. self-study) with true understanding has a unique shine. When the scriptures are practiced and lived in life, the speech has a glimpse of God. – **Shri Haribhai Kothari**

Company of self-soul:- The one who has a company of self-soul has a company of Ishwar (Supreme Being). With the power of devotion victory of universe is handheld. Hey brother! Have morale in the heart and name of Lord Rama on the lips; never be lazy in doing that. – **Shri Haribhai Kothari**

Poverty:- The intellect is needed to struggle with poverty. With the power of intellect only, one can be from the curse of poverty. – **Chanakyaniti**

ॐ Rama ॐ:- If the recitation of Rama Mantra with prefix and suffix ॐ is done for three million times then it is equivalent to the recitation of only Rama Mantra for ninety six crores. – **ShriRama Upanishada**

Fools:- Those who try to dominate people with their power and authority are fools and ignorant. - **Guru Nanak**

Vinoba Bhave says:- You would become great if even half of the time is spent to criticize yourself than the time you spend in criticizing others.

Location is one:- As soon as the sun sets various types of birds would come and sit on a big tree. Though they are from different breed but their location to spend night is the same. Likewise there are people different race live in this world; they take births at the stipulated time and died when their time is over. – **Chanakyaniti**

Keep yourself away:- We should keep the distance of five hands from the bullock cart, ten hands from the horse and hundred hands from the elephant. And if the sinful, fraudulent-deceitful and selfish man is met then there is no limit to keep oneself away from him. Even if you live the country for such person it would be better. – **Chanakyaniti**

According to fate:- There is no better path for man than to follow the path of content-satisfaction because each and every human being is given according to his/her fate. – **Chanakyaniti**

Saint Kabir says:- To lose means to become egoless and to win means to become egoistic. Only the egoless person would get the benefit of welfare, not the egoistic person.

Humanity:- Till I am alive, I will not allow nationalism-patriotism to win over humanity. (The essence - nationalism-patriotism is for protecting the humanity. If there is no humanity then there would not be an existence of human; and if there is no human then how can there be nationalism-patriotism?) – **Ravindranath Tagore**

Bharat Mata:- There is no material-physical-corporal form of “Bharat-Mata”. The people of Bharat are Bharat-Mata. If one wants to serve Bharat then he/she has to serve the people of Bharat, give them happiness and facilities.

If we want to garland the Bharat-Mata then where is the neck of it? As a representative of Bharat Mata we can garland the representative of people. - **Yogabhikshu**

Worry:- The witch in the form of worry is eating the liver; unless and until one gets away with it one can't be benefitted even with the help of doctor and medicine. – **Kabir**

Rahim says:- Live the life very carefully and cautiously. Make sure that the bitterness in relation with any one does not happen. For, once the relation is spoiled then it is very difficult to improve it. It is like; butter can't be made from the spoiled

milk though how much you try hard. Even if you join the broken glass, the joint will always be visible.

The biggest worship:- The second name of the biggest worship of human being is work-action. The person who works whole heartedly gets success assuredly and remains happy. – **Chanakyaniti**

In his own path:- The one who keeps lamp behind him brings his own shadow in his own path. – **Ravindranath Tagore**

Pervert:- Cultured household person is better than pervert celibate; content household person is far better than insatiable hermit. – **Shri Haribhai Kothari**

Capacity:- We should have natural capacity of good character like the natural breathing so as to enable us attain what is required to be attained and abandon without disquiet what is required to be abandoned. – **Ravindranath Tagore**

Guru Gita:- The one who has opened the eyes of living being by removing the darkness of ignorance with the help of light of knowledge-wisdom; I prostrate such Guru. – (**Guru Gita – 47**)

Guru Nanak says:- One becomes free of intoxication of cannabis, Datura (thornapple), hashish, marijuana etc. within short time, but the addiction of name of God would remain round the clock.

Worship of soul:- Don't undervalue the power of soul, for soul is immortal. Don't afraid of the pain and suffering and unhappiness, for such situation is momentary so by toleration such situation we can get control over it.

By leaving the worship of soul, don't go after the nation-worship. Stick to the soul-worship; that is advantageous, beneficial, and extremely beautiful and of welfare. – **Ravindranath Tagore**

My only ambition:- The one which is invisible in light and experienced only in darkness; to attain Him is my only ambition. – **Ravindranath Tagore**

Thirst:- Except for the bodily thirst there are other thirsts too; they are of music, painting, literature etc.

One person can be an ocean of kindness; in the mob there can't be a drop of kindness. – **Ravindranath Tagore**

Virtuous:- To be virtuous one has to face many difficulties and abandon many things. To get success students must abandon these evils – lust, anger, pervert thinking, greed, tasty food, excessive sleep, etc. – **Chanakyaniti**

Never:- The wealth, whose acceptance leads to increase of sins or leads to guilty life, should not be accepted. – **Vinoba Bhawe**

Anger:- Anger makes human an animal and he starts behaving like an animal; thus makes own self derogatory in the eyes of others. – **K B Narayana**

Blaming others:- It is very difficult to attain God-realization if we are in habit

of giving advice to others or showing others their vices or blaming others. – **Swami Ramtirth**

Cupidity:- There are wrinkles on the face, hair become white, all the limbs have become fragile; but still the cupidity keeps becoming younger and younger. – **Bhartruhari**

Creation of human being:- Laws are formed for the human being but creation of human being is not for laws. – **Swami Ramtirth**

Shri Guru Gita 65-67:- There is no element or knowledge of Brahma more than Gurudev; there is no penance more than Gurudev; there is nothing more than Guru-philosophy – I prostrate such Gurudev.

Gurudev is the root of all aboriginal and so eternal, the Gurudev is the extreme divinity; The Guru-Mantra is the best Mantra of all Mantras – I prostrate such Gurudev.

Pride:- The one who has a sense of pride and dignity, that person keeps wishes to attain the things with his own hard work instead of getting it free from others. – **Swami Ramtirth**

Self rule:- We should leave the hope to get help from others. Where there is no hope from others, there is Swaraj i.e. self rule. – **Maithilisharan Gupt**

Shadow:- You can't see yourself; whatever you see is the shadow of yours. – **Ravindranath Tagore**

Harsh grace:- Hey God! I work very hard and whole heartedly to fulfill many of my desires but you save me by depriving of those desires. This would be your harsh grace. – **Ravindranath Tagore**

Talent:- The meaning of talent is that always there is flow of the new thoughts in our intellect. New imagination, new enthusiasm, new inventions, and new inspiration – These all are different streams of our flow of thoughts. – **Vinoba Bhave**

Swami Ramtirth says:- You remove your eyes away from the Supreme Being and the enemy attacks.

True composmentis:- True composmentis never indulge in debates, for the debate too is a state of ignorance. – **Saint Kabir**

Chanakyaniti says:- Never make friendship either with people of higher status or people of lower status; such friendship would never make us happy.

Out of all our senses, the eyes are very important, for without eyes the whole universe is like black darkness.

Chain:- Chain is chain – be it of gold or of iron; that makes you slave. – **Swami Ramtirth**

Ravindranath Tagore:- It would do if male is shabby but female should try to look good and beautiful because their work is to give heart and to take heart.

Newspapers:- At present, newspapers are run with the intention to earn profit and not to serve to people. Of course, it is not meant for every newspaper but

particularly in English newspapers it is found more. Mission is gone now and only motive left is to earn commission and profit. – **Jehan Daruwala**

Inherited right:- There is no one's inherited right on truth and knowledge; all the religions and the universe is yours. – **Swami Ramtirth**

Heart without love:- If our heart lacks love then the whole world will look like a jail to us. – **Ravindranath Tagore**

Faith:- If your heart is full of faith then not one enemy but the whole world would put their weapons down. – **Swami Ramtirth**

Happiness:- To find happiness in worldly things is futile. – **Swami Ramtirth**

Sculptors:- Saints are great sculptors. They awake society and the whole universe with their contemplation. They give inspiration of “Paraspar Devo Bhava” (i.e. regard the other as a divine being. Have strong, steady and inextinguishable faith that you and all others around you are divine.) They prophesy that the life-force of upliftment of universe is devotion.

Devotion and power of Guru:- Devotion is such nectar that after attaining it a human being becomes content and accomplished.

The power of Guru makes an impact on hearts of disciples and inspires them for the upliftment of the society.

Head:- What do you see and read in book? Better see the head, for all the books come out from the head. – **Swami Nityananda (Bade Baba – Ganeshpuri)**

Always remain satisfied:- Those who live in the forest, have the meals of fruits-vegetables and everyday perform Shraddha i.e. ritual to pay homage to their ancestors and parents – such people are called composmentis and Mahatma (i.e. great people); for such composmentis always remain satisfied and content. They never have infatuation in any of the worldly matters. - **Chanakyaniti**

Creator of universe:- The creator of universe, after creating it, lost on His own; I also want to see that creator after losing myself. – **Shri Haribhai Kothari**

Vinoba Bhave says:- The value of service done without ego increases more and vice versa.

Dependency is birth right of children. For every matter they have to rely on their parents.

Shri Haribhai Kothari says:- If you live life with smile and pleasure then the world would seem different to you. If you live with a burden on his head then the life would become withered. Only then you are a true youth when there comes a life in a stone in your company.

Swami Ramtirth says:- The one who is popular is lord of lord. But when one starts getting popular his plight starts with his increasing popularity.

To keep virtuous thoughts is true internal beauty.

Shri Guru-Gita 117:- It is duty of a disciple till he/she is alive he/she has to keep memorizing his/her Guru and even after attaining knowledge and wisdom if Guru punishes him/her he/she should not disobey the order of Guru.

Disgrace:- To get cheat by not believing the story of disgrace of female is better but there is no benefit in believing it and become partner in that sin. – **Sharad Babu**

Shri Guru-Gita 121:-Never drink non-drinkable substance, never behave badly, never give Diksha (initiation), never give lectures and never boast in the Ashram of Guru.

Responsibility:- There are many classes in the world; many inequalities too. But mainly they can be classified in two categories – succeeded and failed. If we are in the first category of succeeded people then our responsibility is to take care of failed people. – **Manubhai Pancholi**

Heart of tiger-lion:- The people who don't appreciate their champions they can't do any heroic thing. I tell Gujaratis that despite you are weak physically; you keep the heart of tiger-lion. Keep strength in your heart to die for the self-respect. – **Sardar Vallabhbhai Patel**

Live life with head high:- If anyone has a right to keep his head high and live proudly on this earth then it is a farmer who produces the food grain from the earth. The whole world is fed by farmer. The sustenance of the whole world is on the shoulders of two groups – the farmer and the labor. But they are the one who are the most oppressed because they bear the tyranny without raising their voice. I am a farmer. I can read his heart. And that is why I persuade them that they themselves are responsible for their misery. A farmer is frustrated. He has started believing – “What can be done against such vast power-authority?” I would consider my birth worthy if I would lead them to live life with their head high. – **Sardar Vallabhbhai Patel**

Pessimist:- The one who worries about the cost of roof when God is ready to give infinite wealth through his roof of the house is a real pessimist.

Saint:- The person who is a saint never sees ego, he sees soul only. Such person must be called Mahatma – great soul. There is light of wisdom in his life. – **Ravindranath Tagore**

Vice:- The vice is like a hole in the bottom of ship. Whether that hole is small or big the ship is to be sunk.

Age:- The age of bright people is not to be seen.

Gayatri Mantra:- To describe the glory of Gayatri Mantra is beyond the capacity of human being. To have intellect is such a great deed that its comparison can't be done with any other deed of the world. The intellect received through divine vision of

attaining Atma-Gyan i.e. knowledge about soul; its inspiration is received from Gayatri Mantra. Gayatri is an aboriginal Mantra. – **Reverend Adi Shankaracharya**

Ornament:- Despite lotus is surrounded by algae it looks beautiful. Though there is blot in the moon it looks beautiful. The sage-girl wears cloths of flowers still she looks radiant. For truly beautiful individuals ornaments are immaterial. – **Poet Kalidas**

Nature-maid:- If a person wins over initial difficulties and temptations then the nature would become his maid. – **Swami Ramtirth**

The one who has healthy body and sound mind has hope; and who has hope, has everything. – **Arabian maxim**

Compassion:- If one thing which is always desirable, deserving and sometimes deserving to get from other is compassion. – **Albert Camus**

Method of ruling:- We can't change our rulers but we can change their method of ruling.

Ego:- The mind of human wishes to select the easy path but when it joins with power of action and when the ego mixes with them then ego would choose the hard path instead of easy path. – **Kantilal Kalani**

More informed:- The one who does not even have a glance at newspaper is more informed than reader of newspaper. For, the one who does not know anything is very near to truth than the one whose brain is full of lies and falsehoods. – **Thomas Jackson**

To children:- Parents should make such efforts so that their children understand the realities of life. It is to be conveyed to children that world would not run according to our wish. – **Prakash Gajjar**

Feel proud:- If people try to drag you down then feel proud because one thing is for sure that you are above than all of them.

Walk:- The sleep is compared with Kali-Yug, laziness is compared with Dvaapar-Yug, To get up and stand up is compared with Treta-Yug and to walk consistently is compared with Sat-Yug; so walk, walk and walk continuously. – **Hemant Raj**

The biggest penance:- The biggest penance on this earth is to see our vices and virtues of others. – **Swami Santshri**

Company of composmentis:- The company of scholars and composmentis is enough to meditate and realize God. To make effort is a faith. If human has faith then nothing is impossible. – **Chanakyaniti**

Fame:- To get fame many good virtues are to perform but to get infamy one vice or bad work is enough.

Tragedy:- The universe is like a comedy for those who do think and for thoughtful people universe is like tragedy.

Theft:- To use more things than necessity is theft. – **Kaka Kalelkar**

Hungry:- Politician with empty pockets and hunger can't be a true advisor. -
Albert Einstein

Self-religion:- The self-religion is not to be found. Whatever work is before you do it with love. Does not it anointment of consciousness to water the flowers-plants?

Experience:- When you come in contact of different people, at different places, under different circumstances and due to these what is constructed and concluded is called experience.

Lust and desire:- The root cause of the suffering of human being is lust and desire. The use of the things which are inevitable for the body to sustain is not lust or desire. When temptation increases for the thing then it is called lust-desire. When there are sprouts of hope in the mind of a person then he feels good about it but at last that desire eats that person, his life is destroyed. – **Acharya Chatursen Shastri**

Successful life:- To have truthful and successful life it is necessary to be free from old belief and conventional thoughts; and to work with full of energy and active thoughts. With new thoughts you will experience new freshness. - **Norman Vincent Peale**

Napolean says:- I am more afraid of three newspapers with dissent than of lakhs of guns.

Nitse says:- It is better to be ignorant than to have incomplete knowledge.

A human had to burn so much in the fireplace that in the helplessness he had to invent laughter.

Volatility of mind:- Normally monkey is very much volatile and if it has consumed alcohol and in this state if it is bitten by scorpion and then a ghost enters into it then how much volatility is increased in it? The volatility of mind is compared with such monkey. But even after that, such volatility can be controlled by practice and detachment.

“Guru will do everything”:- Some people remain with their misleading illusion and imagination that “Guruji will do everything.” They don't have enough understanding to behave like what Guru says; and they don't even have alacrity and passion for doing what Guru says; they don't even have affectionate and devotional feeling towards their Guru; nor they have enough wisdom to make use of Guru's knowledge – despite all these to have imagination that “Guruji will do everything” proves barren. – (from “**Hariom Gunj**”)

Albert Einstein says:- Punishment-fine-penalty is justice for unjust people.

Because of hard work and efforts of the innumerable past generations my present life is full and complete. Hence I have to work hard and make efforts for future generations.

Disease-free:- The one who regularly has controlled diet and jaunt, works thoughtfully with understanding, does not have addictions; the one who is bountiful, have balanced intellect, follower of truth, merciful and remains in contact of scholars and people of wisdom; he can remain free of diseases. - **Charak**

Fashion:- If to expose more is called and considered a fashion then animals are far ahead in such fashion. - **Swami Vivekananda**

Ego:- Where there is ego, all the doors and windows are shut down; neither light, nor air and sunrays come inside. – **Acharya Mahapragna**

Albert Einstein says:- It is good thing to experience what is extremely deep laid and mysterious. It is the source for science and art.

Autobiography:- For anyone, it is very difficult task to write autobiography. For, if he criticizes himself then it comes as a shock to him and if he praises himself then it hurts the readers' ears. - **Abraham Cowley**

World means:- The world means the slavery of senses – subordination of afflictions like anger, honour, illusion, greed, etc. – **Suriram**

Desire:- The root of desire is resolution. As one resolves so he desires; and to fulfill that desire he performs Karma accordingly.

Guru-saint:- The philosopher's stone converts all irons that come into its contact into gold but it can't make them philosopher's stone; whereas Guru-saints make numb and living being, philosopher's stone, the only condition is - they have to touch, come into contact of Guru-saint.

Aum... Aum... Aum...

ॐ... ॐ... ॐ...