



Today's Food for Thought – II

- Yogabhiikshu

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Means –

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

Yogabhiikshu

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

16.07.2019

Bhavesh Raval

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372: Desire: A human being keeps rotating around three basic desires – Putreshana (desire for son or progeny), Vitteshana (desire for wealth) and Lokeshana (desire for fame).

373: Desire: The desire to have son, the desire to have wealth and the desire to have fame; these three desires knowingly or unknowingly stick to a human being like a leech. Out of these three desires to have fame is considered as the main desire. The other two desires viz. desire for son and desire for wealth are actually for the fame only.

"What do people tell about me? Do they praise me or not? Do they believe me guru or saint or not?" etc. Such thoughts rotate around in the human mind.

Perhaps someone may get control over the desire of having son or wealth but his desire for fame would remain alive forever. Due to support of the desire for fame he can have controlled his other two desires.

374: Desire: A saint abandoned everything and went to jungle for stay. He also abandoned regular meals and started taking two morsels of food in a week. On his birthday he used to be honored and worshipped by the state. Once on his birthday Tulasidasji came to the palace of king of that state. Seeing the preparation Tulasidasji asked king about it. The king told Tulasidasji everything and praised the saint for his abandonment. After hearing the story Tulasidasji said, "If you believe me, let us go to honor him tomorrow." Everyone agreed and went to hut of saint next day. They found that saint was lying dead. Tulasidasji explained, "The saint was living on the desire to be honored by people. Yesterday was his birthday so he waited for long for all of you but he could not find anyone. Hence he was so frustrated that he died." After hearing this explanation all came to know about the truth and they became free from illusion. That is why it is said

that the desire for fame is very powerful.

375: America-1: If equal labor done in India that is done in America, then? Why should one go to America? Is it because one earns lots of money, happiness and comfort there? But the merit and competence require going there and the labor and efforts are required to be made there, if same amount of labor and efforts are made in India then everything can be gained in India too.

After settling down in America if lonely son is going to call parents there then it is understood. But till he gets fully settled down by then his parents may become very old or may be died. And even if parents reach there they may be harassed or remain in trouble; for, son and his wife would go to their respective jobs and due to ignorance of proper English language the position of parents would be like house-arrest. They can't go out and meet somebody, nor can they go to temple. They have to prepare food for their son and his spouse. If their son has children then parents would be like baby-sitter! With the old age they can't do all these things efficiently. Hence eventually they ran away back to India. But... when they come back they realize that now they don't have house or farm. Everything is finished in son's education and sending him to America.

Thus son can't make his parents happy nor can he take priceless benefit of serving his parents. Even though, he can't leave his infatuation towards America; because since his childhood the feeling of infatuation towards America was instilled in him. Even the relatives would not give true facts though they have visited America and would only talk of the things due to which there would be more greed and infatuation to go there.

However big degrees and education you have in India would be in vain in America. After reaching there, whatever job you get you should accept it or else you have to remain hungry. The appropriate job according to our education may be received after some years. In India we would be in denial mode if we get the job which is not suitable to us but after reaching America we would accept the job cheerfully though that job is not appropriate. And now – whatever Mr. Donald Trump says we have to agree to it whether we like it or not. It is like - “the monk of our village is considered as ordinary but monk of

other village is considered as accomplished!”

The above mentioned talks are general talks. We don't say that all who visit America have to face the same problems. There are many other aspects of this chapter too.

376: America-2: The loss of job in America is considered as a disaster because though we don't have job the invoices of various services are going to come; so we feel the loss of job as disaster! And if we have to stay at hospital then our entire savings and capital are spent, such costly are the hospitals and medical treatment in America! People don't know who their neighbors are! If a father lives on the ground floor wants to meet his son staying on the first floor then he has to call his son in advance then only he can go and meet his son. If a daughter visits her father's house and if she makes a few calls from there then she would pay the call charges and surprisingly no one feels odd about it.

At the noon if lovers keep making romantic gestures while walking on the road then others don't even care to look at them.

If infant becomes child then there will be separate room for him/her. If child cries in his/her room then parents would come to know about it in other room with the help of microphone and they come rushing to find out what is wrong with the child. Child's room used to be full of toys. And the toys are speaking-toys so the child learns many things while playing with the toys.

There, people used to talk jokingly that one can't rely upon three Ws i.e. work, wife and weather; means – no one can predict the weather that when and how it is changed; everyone knows about work (job) – next day when he/she would go for job he/she would come to know that the job is gone, he/she is fired; and if wife has gone for job then till she does not come back from job one can't rely that whether she would come back or not.

377: America-3: In America, when the children become adult they are separated from parents. After staying separately they would come to meet their parents on father's day and mother's day. There, father's day and mother's day are celebrated because only on that day children meet their parents. In India, every day is father's day and mother's day due to culture of joint family.

Here in India, the work which is done by male, in America the same work is done by female. In America, male used to do hard and adventurous work. There is no specific rule that certain work is done only by male and certain work is done only by female. Everyone observes punctuality thoroughly. All believe in phrase “time is God”.

I have visited America thrice. On every Sunday we used to perform ‘Gayatri-Maruti-Yajna’ at spiritual friends’ houses in different states and used to conclude the Yajna with spiritual discourses to impart true understanding to spiritual friends, devotees, disciples, etc. Friends have cooperated very much there. When I used to come back to India, at least 15 invitations used to remain pending. After coming back to India they call us back to America with so much love and affection and I too have visa to go there but now I deny the invitation because now I am running 89th year so there would always be some health issues and if I visit America again then my spiritual friends would be in trouble because of my age and health. Though they are such that they don’t mind to be in trouble, they would whole heartedly be ready to help me there but I don’t find it okay to put others into trouble.

378: America-4: In America, it is very much necessary to know English language and car driving; those who don’t know are just like dumb and lame. The venue of job is far off. A person with ordinary job like sweeper too has to use car to reach the venue. Though people have ordinary jobs of sweepers in motels they don’t let others know about it. Before departing for the job everyone has to check the weather news. In winter there would be heavy snowfall due to which even whole car can be vanished under cliff of snow. Even ministers drive their own cars. Normally people don’t keep drivers, servants, cooks, etc. From rich to poor, general groceries are used.

I had visited a company of my friend. There, the manager had a talk with me in English which was translated in Gujarati by my friend. At last he told, “America needs people like Yogabhihshuji.” He took us to his home which was located nearby. His old wife offered us snacks. When she found me thinking for a while she informed me that there were no eggs in cakes and biscuits hence I should take it. I ate a few biscuits and a cake. I was very glad.

In winter one would feel that what to do in this severe cold. Despite

such extremely cold weather I used to go for a walk as part of my evening exercise. I used to wear thermal, dhoti as lowers and for uppers I used to wear heads up, two sweaters, thick long coat, double monkey caps, woolen hand gloves, socks, and boots while going for evening walk; despite all these I used to feel that my fingers and feet are freeze. But to digest food I must go for a walk. I can't afford stomach pain due to indigestion of food.

One I went to store with Vasuben. She met her friend at the store. She told Vasuben, "Tell your Guruji to wear pent. Here, dhoti would not do, he would get sick!" Vasuben replied, "We don't need to tell Guruji about that. He would wear pent when it is needed." After that I started wearing pent and overcoat for the whole winter.

379: America-5: Though one has degree of doctor, engineer, professor or other such degrees he can't job of his line at once. Till he/she gets appropriate job, he/she has to accept whatever job he/she gets be it of servants in motel or laborer in factory. If one waits for the appropriate job for long time then what about routine expenditure? If he/she is billionaire then there is no problem of survival. But why a billionaire should go there? Only greed and temptation of dollars have lured them to go there.

The one who is competent and has attained merits is not afraid or worried of losing job. For, if he loses one job there would be other companies eagerly waiting to give him job offer. If one is not meritorious and competent but would go to America senselessly following others has to bear heavily. After reaching there, though he is in trouble, hypocritically he would portray himself as a happy go guy. Everywhere there is good and there is bad too. We call it bad whichever we don't like and we call it good whichever we like. And our definition of what is good and what is bad too keeps changing.

The Almighty God has created universe full of inert and conscious things, virtues and vices. As the swan drinks the milk and leaves the water, likewise the saints adopts the virtues from the universe and leave vices.

Note: If we are ready to face adverse conditions then only we can think of leaving our own country and go abroad.

380: Congratulations: Gayatri Yajna was concluded

enthusiastically. The joy and pleasure of all devotees was at the peak. Prostrate – congratulations – blessings to all devotees.

381: America-6: The friend of American company whose episode is described above said, “If you settle here permanently and construct one Ashram then I donate all my property and asset to you.”

I replied, “I am extremely happy to see your devotion. But if I feel need of settling down here then I don’t hesitate to do so; you don’t need to donate anything, your extreme devotion and love is enough.”

He said, “Guruji! Wherever we go your shadow is following us! Let me explain an incident. We had gone to Yogananda Ashram in one state (they were followers of Yogananda). There surprisingly we had seen your photos.” After hearing this I started thinking. How can my photos be there? Suddenly I remembered that one saint from Yogananda community came to Ahmedabad (Gujarat-India) from Ranchi and his lecture was arranged in Maninagar, in which I was also called to deliver a lecture. During my lecture there was huge clapping. That saint did not know Gujarati language hence he requested to give him the papers I had in my hands. I told him that all these papers are in Gujarati language. He told me in sign-language that after reaching Ashram he would he would understand everything written in the papers.

As soon as I remembered that incident I could understand what my friend meant to say by telling me – “Guruji! Wherever we go your shadow is following us!”

382: America-7: We went to Madrasi Hotel at one place with friends. Accept Madrasi Hotel, you would not find pure vegetarian breakfast. When we were eating, two persons sitting on counter kept signing at me while talking with each other. After finishing our breakfast we went to counter to pay the bill, at that I asked about the reason that why were they signing at me. One person told me, “I had edited the video lecture which you delivered with saint of Ranchi at Maninagar.” When we started giving money he did not accept it.

When that friend came to Ahmedabad he visited my place to meet me. In prostrated gesture he requested me to come to America again. I told him about my physical condition. He told me very emotionally, “Either you are in America or I would be in Ahmedabad.” His wife

told me that there is huge similarity in the literature of yours and Yogananda. The only difference is that yours is in Gujarati and Yogananda's is in English.”

Such was the devotion and love of my spiritual friends lived in America, beyond imagination!

383: America-8: We went to meet a saint-yogi who was known as Swami Buvaji at his residence in New York. At that time his age was of 108 years. He had applied ash (Bhasma) on his forehead, arms and chest. On his left shoulder there was Janoi i.e. sacred thread. There were enough wrinkles on his body so as to enable us to presume his age. His aura was such that after seeing him we feel reverence towards him. He welcomed us very well. He offered a seat which was installed for reverend saint-yogi. He was teaching Yogasana to his disciples. All disciples were American. When he started teaching difficult Aasana one of my Madrasi friends failed to do the Aasana. He said jokingly, “Sweet-ball lover Brahmin!”

When Aasana's session was over he took us to his room. There were many photos of different saints. He asked me to give him one photo of mine. As my photo was not available with us at that time, my friends sent him one on later days.

He used to remove air from eyes; he also used to play conch for very long time without stoppage. He used to say jokingly that in America all are Brahmins; as and when American sits in a car he used to put on seat-belt on left shoulder. The king of Iran had called him for teaching Yoga. The king used to serve him (Swami Buva) the costliest mangoes and king invited him for a meal and himself prepared food for Swami Buva.

I had seen chart of 84 Aasana (Yoga postures). Swami Buva had a chart consisting of one thousand Aasanas. He was acquainted with Khechari Mudra. He told me that he can offer excision ritual if I would like to be acquainted with Khechari Mudra. In just one meeting he became very much affectionate with me.

After hearing from Swami Buva I started thinking that I had wandered mountains to mountains in search of a genuine Yogi who could teach me Khechari Mudra. At that time I could not find a single Yogi; and now when I attained a stage where I detach my mind from

all accomplishments such Yogi met me with an offer to do excision ritual necessary for Khechari Mudra. Veterans rightly said – Such is the fate that when you ask for something you would not get it; and when don't ask it would come on its own.

384: America-9: (Note: *Khecharî Mudrâ* is a Hatha Yoga practice carried out by curling the tip of the tongue back into the mouth until it reaches above the soft palate and into the nasal cavity. In the full practice, the tongue is made long enough to do this with many months of daily tongue stretching and by gradually severing the lingual frenulum with a sharp implement over a period of months.)

There is a great importance of Khechari Mudra in Yogashastra. The one who has accomplished Khechari Mudra is not affected with even poison. He/she does not have senility or senility may come at very late age. (Swami Buvaji died at 116 years.) Buvaji used to say, “One night thieves came. I got up and told them to take away whatever was needed by them. They took precious gifts which were received by me from the kings and rich families. I felt very relieved”

Swami Buvaji's feet were slightly deformed. He had clarified about that – “Before many years I died in my country. People put me on pyre and burn the funeral woods but suddenly I stood up. At that time my feet were slightly burnt. My family members did not allow me to enter the house, for it was their belief that people of the house would suffer and become unhappy if a deceased who was turned alive would be allowed to live in the house. Thus, my destiny brought me in America. Here I became Yoga-Guru and made everyone happy. He used to say that all my disciples are Americans. I don't have any Indian disciple. Indians, instead of taking interest in Yoga, take more interest in my personal life.

I, my friends and Buvaji went to attend spiritual discourse of famous saint who had come from India. We sat on the back rows. Saint was on stage and we were on the floor, hence keeping our neck on upward direction resulted in neck-pain so we used our palm to rest neck on it. The saint saw it so he asked why so? We told him that our neck was paining. By the time he recognized me and invited me on the stage. I thankfully denied. As soon as the lecture was over we met him. He told me, “You should sit on stage next to me.” I told him, “Sitting

with public seem more relaxed for us, instead of sitting on stage.” When we went out we found that Buvaji’s footwear were lost. After lots of efforts we found them.

385: America-10: The entire friend circle and family members of the house where I mainly stayed during my America visit were full of devotion towards Guru-saints. On every Sunday during Gayatri-Maruti Yajna in different states the entire family would accompany me. Though the children had vacation, they too took active part in all my spiritual activities. The lady of the house used to go for job at 5am in the morning but before that she prepared flour so that Roti (bread) can be made easily. Her pupil-son prepared Roti in the noon and used to serve my meal. In neighborhood his cousin was living; he used to come to wash the utensils and during my rest time he used to go back to his house. At present, both children are managers in well known companies and they too become father of children. Though a human being serves without expectation of earning any fruit out of it, he gets fruits of his expectation-less service; it is unbreakable rule of nature. Their selfless love, affection and devotion bring tears in my eyes.

At New Jersey I was invited by a friend for a respectful visit. I stayed for 3-4 days at their place. I came to know from friends that since last five years the wife of my host was in India, for she could not get visa. When I asked the host friend in this regard, he told, “Guruji! Nothing can be done in this regard as the visa issuing authority has put red mark under her name.”

During my stay at New Jersey, I was invited by a friend of my host for a respectful visit. The inviter was a staunch follower of a certain sect so it may be possible that my invitation was out of shame and fame. At the time of our departure I started giving Prasad (i.e. spiritual gifts in the form of blessing) to all persons who were present in my spiritual discourse. When host’s turn came, I gave him two photos. Those photos were of two great saints of his sect. He was extremely happy after seeing those photos. The friend who used to arrange my bag during my visits to different places was very much surprised, for while arranging my bag he had never seen these two photos. I clarified that he might not see these two photos while arranging my bag.

After New Jersey visit we came back to our sojourn. After a week we received a call from New Jersey and came to know that wife of the host who was not getting visa since last five years got visa. He told on phone, “Guruji! My wife has got visa. She is coming. I am going to airport to receive her.” For Supreme Being it is said in scripture – Parmatma i.e. Supreme Being is the one who makes it possible which is impossible and makes it impossible which is possible.

386: America-11: A student boy who was preparing Rotis got married in Ahmedabad. His wife came to know about above mentioned talks so she told. “Let us prepare meal and request Guruji to eat it.” But due to my old age I had stopped going out except for emergency. So they came to my house with prepared flour and made Rotis at my place and dined me. After that they went back to America. They have excellent job there and enjoying life with their kids.

I was invited by a friend for respectful visit at his place in Kearney city. The lady of the house was a doctor having Indian degree in Medicine. My friend was a bank manager in India. He had very good job in America too. Both were very much affectionate towards Guru-saints. My friend himself cooked food and dined me. Instead of flower-garland he offered Dollar-garland to me. After that we came back to our sojourn. Next day he telephoned us and told, “Gururji! Huge amount was given to somebody but we were not expecting to receive it back, but surprisingly we received a cheque of full amount yesterday. His brother-in-law was living in other state. Perhaps he was an editor Vishwa-Hindu news paper. They took us to his place. In that city most of the houses were like farm-houses built in farms. In his farm there were apple trees. In the morning many apples were there under the trees. Nearby there were small hills which were full of streams. There was fascinating display of beauty of nature.

In the name of ‘Satyanarayan Katha’ he had arranged my spiritual lecture. Once the religious ritual of ‘Satyanarayan Katha’ was concluded my spiritual lecture started. The entire Nagar-family (Nagar is a Brahmin caste) was very civilized and cultured. Whenever they visit India, inevitably they would come to my house to meet me.

387: Brahman (Highest universal principle – Ultimate reality):

Mundaka Upanishada says - '*tad vijñānārtham gurum eva abhigacchet, srotriyam brahmanishtham*' - *Mu.Up.*- I.2.12, meaning - 'to know that (Brahman), one should go to a Guru who is a '*Srotriya*' (one who has studied the Sruti traditionally), and '*Brahmanishtha*' (whose only pursuit is Brahman).

It is better if Guru is Brahmanishtha and Brahma-Srotriya both. It will do if Guru is only Brahmanishtha but if Guru is only Brahma-Srotriya then it will not do.

It is better if someone can describe the taste of jaggery but if he is dumb or illiterate then he can't describe the taste of it. But if he has jaggery then he can put it in our mouth and let us have self experience of the taste of jaggery. After that there is no need of the description of taste of it. As soon as jaggery touches the tongue in the mouth we get the self experience of its taste.

Those who want to give lectures on Brahman it is necessary for him to be Srotriya. Shri Ramkrishna Paramhansa, Shri Raman Maharshi, etc. were Brahmanishtha.

388: Success of Yajna: The success of Yajna mainly depends on the priest who explains host how to perform the rituals of Yajna and the host who actually performs the rituals according to the guidance of priest. The more pure devotion, faith, justice and integrity the host has and the more penance, renunciation, restraint and rule the priest has; the more success of Yajna is understood.

389: Protein: The weak and old-aged people keep insistence to take more protein and it is prescribed and recommended too.

It is true that Protein is nutritious but when? If it is digested then only it can play role of nutrition. The weak and old-aged persons have weak digestion power. If they eat heavy food then it would not digest properly and so they don't get nutrition. And the body has to work more to dispose of the non-digested food. Hence they get more weakness. But due to lack of such understanding people get more pain and sufferings.

Naturopathy says that after the age of 40 to 50 years along with other limbs the digestion power too gets weak. So people should avoid the pulses or should pulses in less quantity. There can be an exception in a rule that after certain age the digestion power gets weak.

The human nature is such that he can't understand the value of what is attained freely.

390: Rosary – Money: When during Mantra-recitation we rotate the beads of rosary our mind is roaming at many places but it is not so when we count the money because it may lead to loss. In fact we may be in more loss if our mind is diverted from the Mantra-recitation. The loss is material in money-counting so we can see it easily but the loss is subtle in Mantra-recitation so human being remains careless.

Such things happen at many places in life and we have to bear heavy losses. But because we are unaware about it so we remain reckless.

391: America-12: During extreme winter season one of my friends had arranged non-stop Gayatri Japa-Yajna i.e. Gayatri-Mantra-Chanting for seventy two hours. On the opening day of Yajna there was very heavy snowfall due to which all roads were blocked and parked cars were under snow. The Japa-Yajna was to start at 11.00am. We decided that if other people were not able to come for Yajna then the family of 7-8 people and I would do Mantra-chanting for 72 hours. But, by the grace of God many friends and relatives arrived.

Seventy two hours were completed with great enthusiasm and zeal. As seventy two hours of Japa-Yajna concluded a query was raised by someone – Who would perform Aarti? (Aarti is a Hindu religious ritual of worship, a part of Puja, in which light (usually from a flame) is offered to one or more deities. Aarati(s) also refers to the songs sung in praise of the deity, when the light is being offered.) I informed them, “In India Aum-Pariwar has a custom that the family who announces to do maximum Gayatri-Mantra chanting would take benefit of offering Aarti.” In America too, we did follow the same custom. After that all devotees insisted to do auction of dollars for performing Aarti. I allowed them to do so and they did the auction and again performed Aarti.

At his place I performed Gayatri Laghu (small) Anushtan (Anushtan is a worship of a higher order in which the devotee is bound by many restrictions and has to follow specified rules and regulations.) Then I went back to my sojourn. After some days that friend called me from hospital and informed me that his wife had

given birth to a son. Later on his wife used to tell me that her two daughters were born with the blessings of a saint and we had a son with your blessings.

Both husband and wife was true saint-lover. For certain period they used to give their service in the Ashram. As and when they find chance they invite saints for respectful visit to their home. They also arranged many tours of mine. After coming back to India we are in regular contact. When first time I entered his worship room they ensured that there was showering of flowers on me.

392: America-13: During my first visit to America there was a problem on the airport; my lock was trapped in the belt at the time of checking the luggage so the authorities had to open the belt. After that they did not check my second bag. The friends who came to airport to receive me could see me from outside but I could not see them from inside the airport. I don't know English; I had put on Dhoti, so people used to see me and my dress and moved away. After some time that portion of airport was empty. Now what should I do? When my thought process was on I found a Negro coming towards me. I was double confused. Why would he come to me? Did I do something wrong? He was six and half feet long and very well built. He came to me and saluted me! Hence I was slightly relieved of tension. Then he took out a photo of me from his pocket and explained everything to me in signed language. He took my luggage and we came out of airport. All friends were joyfully cheered my arrival. Looking to such warm welcome Negro-bhai too became emotional. All cars were decorated with flowers. We started moving in the cars; other passerby people in their cars Looked surprisingly towards our caravan of cars which were fully decorated!

When the Negro-bhai came to me inside the airport I had felt as if Hanumandada was incarnated. Even today that scene is still in my memory afresh. I congratulated Negro-bhai and a friend who had carried my photo and given it to Negro-bhai for identification. After reaching my sojourn I ate a meal with sweets and dry fruits.

393: America-14: A friend who had given my photo to Negro on airport took me to a motel of his friend. There were approximately 100 rooms in that motel. We all stayed there for eight days. The owner

of motel called a priest to meet us. The priest did circumambulation (Pradakshina) and told me, “You will be successful in your objective for which you are touring in America.”

The family of motel-owner was very religious and they all were followers of the sect of Pramukh Swami. They were large hearted. They had a huge circle and network in America. As and when they arranged my respectful visits in his circle he used to alert his friends by telling, “Guruji is a genuine spiritual preacher. Those who really want to hear sermons of true understanding; they only come to Bapu-Guruji.”

In another motel we had performed Gayatri-Maruti-Yajna. During Yajna, we talked a lot about true understanding and how to become free from illusions. At the time of farewell that friend had put a blank cheque at my feet as a gift. I told him, “So far as gift cheque is concerned I can’t write amount in it. You have to write the amount according to your wish.” But that did not happen. I carried a blank cheque with me. During my stay at my sojourn he called me two-three times and asked me, “What did you do with cheque?” I keep stressing that he had to write the amount. Then he found a remedy. He prepared 4-5 chits with different amounts. Then he told her daughter to take one chit from the lot. His daughter picked up one chit from the lot. He read the amount written into it and sent me. Thus the chapter of blank cheque was over.

In unknown country and among unknown people; the love, affection, respects and honor we receive is nothing but called a grace of God only.

394: America-15: We had a chance to meet and American lady Ms Contractor. We had a great philosophical talk. At last she told, “It would have been better if you would have known English language.” I replied, “If you would have known Gujarati or Hindi language then it would have been better.” She requested me to stay in America permanently as she was of the opinion that she required philosophical and spiritual dose every fortnight. I told her, “After some time I would go to India. For your fortnight dose please come to India and become Indian.” She said, “I am extremely happy because of our conversation.” I told her, “Had you been so emotional and joyous

that you would have stood up and clapped then I would have assumed that you have understood my talks thoroughly. But because it has not happened so I assume that the translation would not have done correctly! You are extremely appreciative.” After that we exchanged shake hands and departed.

We also had an occasion to meet another American lady who was Professor of English language and her name was Ms Mirna Smith. After completion of our conversation she told, “In my whole life I have never met the most humble man like you. After meeting you I feel as if I am meeting Jesus of Nazareth.” That lady had given this thing in writing on her letterhead paper.

After having such divine experience I felt that how much great, compassionate and appreciative the external world is!

395: America-16: That entire city is located on hills and mountains. Many universities of the world are established here hence there was more population of students. My friend’s house was also on mountain. When you go out from home you have to get down slope and when you come back you have to walk up the slope. Both husband and wife were very gentle, compassionate and saint-lover. I stayed there for eight to ten days. The house had four stories. There was a huge garden surrounding the building. The thick forest would start once the boundary of garden is over.

I was on fourth floor. One day I saw a big snake in the garden. I called my friend and told him about snake. He informed me that it was a rubber snake specifically kept there so that other small creatures would not come.

The lady of the house would accompany me for roaming around. Her husband was working in municipality. The lady was expert in computers and used to work till midnight in cellar. Sometimes I and Dr. Kantibhai Patel used to go to cellar to try our hands on computer. The lady was having most of the work of police department. The lady told us, “The police department used to suggest that if you go outside keep a few dollars in your pocket, for if a goon happens to meet you on road and does not find money in your pocket then he gets angry and may kill you. But if a goon finds a few dollars in your pocket he may hit you couple of slaps, take your money and runs away.”

We had performed Gayatri-Maruti-Yajna at their place too. After that the couple had two children – a son and a daughter. One day when we were roaming around my friend said, “Guruji! We should go home as you have to eat made of my hand!” We all laughed. I said, “You should tell ‘Guruji has to eat Rotis made of my hands.’ If you keep ‘Roti’ silent then inn Gujarati the meaning of the phrase you said is Thappad i.e. a slap.”

They were Hindi speaking couple. Their conduct, etiquette and modesty towards saints were matchless. As and when they visit India they used to come to meet me.

396: America-17: They were parents from a small village. They were not conversant even in their mother tongue Gujarati. But they ensured the best education to their children. The son was so competent that he had not to afraid of losing a job in America, for other job would be ready the next day.

The mother never went out from her small village. She was totally illiterate. She was prepared to go to America. A chart which was carrying all the details was prepared and handed over to her. Relatives from India had explained the old mother to show the numbers for different routine activities like going to washroom, requirement of food etc. She was also told that if she would show the chart and tell the number then the staff of flight would help her. That old mother reached America without any difficulty. I had gathered courage to go to America from the incident of that old mother.

The mother felt that in America the milk was very costly so she would not use the milk or as and when required she used it with parsimony. As she was told the price of the milk not in dollar but in rupees, her parsimony behavior can be understood by us. I told his son, “If you would have converted your salary amount in rupees and told her that you were earning this much salary then your mother would have used milk very freely.”

I stayed for some days to that friend’s residence too. He had served me a lot. He took me to office. In his office, there was a large computer of a size of a small room. The friend was a programmer at that time.

The friend’s family believed in a specific sect, but his father was universal believer. In his village when different saints came to temple

of the village they used to ask the old man, “Why don’t you visit temple regularly?” He used to reply, “I forget to do so.” Saint: “Why don’t you forget to eat?” Friend’s father, “Frankly speaking, sometimes I forget to wash my hands after going to washroom.” After hearing this, Swamiji never asked anything to him. The old man was very candid, truthful and quick witted. One day while eating, one person had praised sweet-ball a lot so the old man told, “If you put Ghee and jaggery in dung, even dung would have tasted sweet; then this is sweet-ball so it has to be tasty!” Thus friend’s father used to present his sentiments very originally.

397: America-18: We went to Shankaracharyaji Maharaj Ashram. The whole area of Ashram was full of nature and greenery. Wherever we would go we would feel like standing there only; as if we keep on watching the auspicious beauty of the nature with our eyes wide open!

The manager of the Ashram was American lady-monk. We sent message to her in her cave about our arrival. We got the reply that she did not meet anyone. When we requested to meet her for two minutes we got permission to meet her. After our meeting she forced us to stay for half a day.

She personally accompanied us to show the whole Ashram. At one place there was idol of Lord Ganesha. I showed her sacred thread on the idol and asked her that what was that? She replied that it was Yagnopavit (sacred thread) and she also recited two Sanskrit verses. She forced me to stay in Ashram on permanent basis. She told me, “I request you to remain present and grace the camps conducted to impart Indian culture to Indian students.” I told her about my illiteracy of English language and also my need to go back to India.

I was happily surprised to see that she had the responsibility to manage all the activities of Ashram, she was very young, she used to wear saffron clad, she had sound knowledge of Indian deities, Indian culture and Sanskrit language.

Though we did not want to depart, we departed after exchanging auspicious wishes and words – Om Namō Narayanay.

398: Whether to eat or not: When question arises in your mind that “Should I eat or not?” then decide not to eat; and when question arises in your mind that “Should I go to washroom or not?” then

decide to go to washroom.

The second rule is – The number of meals you take, go to washroom for that many times. According to physiology whatever you eat would go to stomach, from stomach it would go to small intestine, then to big intestine, then to rectum. If the excreta in the rectum is not disposed off in time then it would rot and generates poisonous gas which in turn cause many diseases. The food would take 16 to 20 hours to reach to rectum hence it is said - number of meals you take, go to washroom for that many times.

402: America-21: When I first visited America I had got visa for 3 months. At the airport in America the authorities put the stamp on my passport for 3 months stay. After completion of three months my visa was extended for 3 months more. Second time too, the visa was extended for another four months. After extending visa for four months the authorities told us that now the visa would not be extended; the limit is over.

Thus I stayed in America for 10 months. After coming back to India we tried again to get the visa but in vain. I was told by the authority that my previous visa was extended twice and I stayed there for 10 months. What is the guarantee that you would not stay in America permanently? We were not aware that the concerned office in America used to extend the visa according to their law but the US consulate in India considered my extended stay as against law. Who knows that the laws which are made for convenience of the common people would push you in the ocean of pain and unhappiness?

The Gujarati assistant of that officer told me, “You apply again after three days.” After hearing this I was sure in my mind that I was denied visa wrongly; next time I would definitely get visa. After three months I applied again and got the visa.

403: America-22: (Note - *Charanamrit* is a mixture of two words, namely *Charan* and *Amrit*. *Charan* signifies God's or Guru's feet and *Amrit* is the divine nectar of the Gods. Thus it is the divine nectar of God's feet.)

I had visited an Indian Ashram of Gururji of an Indian Yogi who met us in America. There a Negro devotee came and met me. He asked a question, “Here in India there is a custom of taking

Charanamrit of Guru-saint. If a question is asked in this regard in America then what should be my reply? Because in America people believe that hygienically if we do so then there are chances of infection.”

My replay: “firstly I would like to say that it is better that you get the answer of this question from your own Guru. But as you have asked me I may say – If we get infected by the things used by sick person who has infectious disease then why can’t we be healthy by using things of healthy person.”

Such was the shortest reply of mine to that Negro devotee. In the company of virtuous person we become virtuous and in company of a person with vices we too become man of vices sooner or later.

This Negro devotee met me in America too.

404: America-23: I had to accompany my friend to dentist’s clinic. My friend had a problem with his tooth. Once his treatment was over he introduced me to the dentist and told him, “This is my Guruji. He had removed his 5-6 loose and paining teeth himself.” Dentist surprisingly stared at me and then said, “I don’t believe it.” My friend told him that it was absolutely true what he said. Dentist said, “I believe you only if he removes a loose tooth before me.” I told my friend, “If I remove the tooth in his presence what would he give me? He would only say that what you said was true. Frankly speaking I don’t need certificate from him as this is not the matter of exhibition, it is an art. Do you understand? But you don’t translate it in English and tell dentist about what I have told you. This is for your satisfaction and understanding only.”

Removing loose tooth is not a miracle. When the tooth has weakened and become very loose then we are afraid that when would it move out from its root and fall. Under the circumstances we keep waiting for the tooth to fall. It is not possible to hold the tooth with fingers and thumb so I take a strong lace or strong string and prepare a tight noose around the tooth and then pull the string with force and the loose tooth is out - removed. Then on the root of that tooth under the gum press the tongue for couple of minutes so the bleeding will be stopped. However when the tooth is very weak and become lose there will not be much bleeding. Just to explain you that it is not a

miracle I have to describe the process.

The readers are requested not to do this experiment on your own after reading this chapter.

405: America-24: I had an extensive correspondence with America Yogi. I had invited him to our sojourn. In reply to my invitation he wrote, “Had I visited India I would have definitely come to your place but as you are on goodwill tour of America you should come to my place.” As told by him, he had stayed on Girnar Mountain for 7-8 years. He was worshipper of Dutt. He had also sent Dutt-Mantra to me. He told me that he believed in certain school of thought of Vedanta. I wrote him, “Whether you believe in Dvait Vedanta or Advait school of thought or Trait philosophy or Visishtadvait philosophy; that does not make much difference to me. You are always welcome from my side.”

In America, three-four dentist friends had also cooperated well. One friend had celebrated Gurupurnima Festival; he had prepared sweet made of cashew nuts. At the residence of Dr. Patel I had performed Laghu-Anushthan of Gayatri Mantra. We had also performed Gayatri-Maruti Yajna; many of his friends had participated in it and took spiritual benefit of it. He had a huge friend circle. Whole family of Dr. Patel was very simple and humble. In America my friends used to distribute some gift articles as a Prasad in the memory of Gayatri-Maruti Yajna.

406: America-25: My Indian friends were of the opinion that during my goodwill tour of America if any of my Indian friend would have accompanied me to America then he could be of good help in assisting me. For that purpose Doctor Bhikshuji applied and got the visa. But he felt that had Niruben (Doctor Bhikshu’s wife) been there with him it would be more convenient to Guruji. So Niruben applied for the visa but she could not get it. When she re-applied the authority I asked her, “With whom you are going?” She replied that she would be going with her husband. Authority asked another question, “Did your husband get visa?” She said, “Yes, my husband has got visa.” Authority told Niruben to go out and get his visa. Niruben took visa papers from Doctor and gave them to authority. That officer took the visa papers, and put ‘cancelled’ stamp on them and gave it back.

Now even Doctor Bhikshuji could not accompany me. So I had to go alone to America. After reaching there we tried a lot for getting Doctor's visa but in vain. When we inquired with the Senator we came to know the reason from him, "During her first appearance the lady told that she was going with her Guruji and during her second appearance she told that she was going to America with her husband. Due to this conflicted replied how can authority grant visa?"

Was this called a reason? She was to go with her husband and Guruji so what she had told authority was truth. But how could an officer say yes when once he denied? It described his arrogance for denying the visa. Once I too had such problem. The officer asked me, "In your form you have mentioned that your spiritual friends are inviting you and now you are telling that your devotees are inviting. Why did you mention such conflicting versions?" I had to explain him, "I thought you would not understand the word 'Bhakts' i.e. devotees properly hence I used the words 'spiritual friends' to ensure that you would understand it properly." He agreed to my explanation and got my visa.

407: America-26: When Doctor Bhikshuji's visa was cancelled my spiritual friends were disappointed. The wrong note made in the consulate office must be rectified. After eight years Doctor and Niruben had applied for visa, both of them got visa and they travelled to America too but they had to travel without the company of Guruji. As such they did not want to travel but they had to due to dilemma of the visa process.

After coming back to India I used to apply for visa every five years but could not travel due to old age. Due to insistence of my spiritual friends I went to get visa for the last time. Friends were of the opinion that this time Guruji might get visa only for one year, for though he had the visa, he could not travel last time.

We were five to six people who reached Mumbai for American visa. We stayed in five- star hotel which was near to US consulate office. As I was shivering in the AC room we had to switch off the AC. The hotel management was charging 100 rupees for one glass of buttermilk. The locks of the washrooms were such if you were not alert you might not come out of washroom. My friends thought that

Guruji would have comfortable stay at five-star hotel so they booked the rooms there, but.... The meal came from other hotel. In early morning we reached consulate office.

Jigarbhai had got the permission to take my wheel-chair up to the interview-window. As I was in wheel-chair I found the window at more height. I was also having hearing problem due to ageing process. So it was slightly difficult to hear what the officer was asking. The officer asked, “How many disciples do you have and how much money do you earn?” I took some time to reply so Jigarbhai replied. The officer got angry and told Jigarbhai, “I am not asking you. If next time you would make the same mistake everything would be cancelled.” I requested the officer to speak loudly as I was having hearing problem. He replied that he would not make the mistake again. Then the officer asked, “Do you also identify with another name?” Again I took time to give reply so he extended the question – “...as a saint?” I replied, “Yes.” The officer was fully satisfied and gave me visa for ten years. Even today I have visa for five years but what to do of it? Just to be happy after seeing it!

408: America-27: As the consulate office had sent me a letter to visit their Mumbai office and friends insisted me to take visa I had gone to Mumbai. The friends were of the opinion that Guruji would get visa only for one year but I got it for ten years. The officer might have thought that I would not be able to travel at this age so he might have given visa for ten years.

We had gone to see the White House in Washington. There was a very long queue. We too stood in queue. I saw a trash-box which was kept at some distance. The beggars were trying to find out some breads and other leftover food. I was surprised to see this in America. I remembered a proverb – crows are black everywhere!

When our turn came we went inside the White House. We enjoyed a lot. There was absolute cleanliness everywhere and the best arrangement too. Everything inside the White House was very attractive.

The spiritual friends had made an arrangement of my lecture on Chicago Radio. The subject was “Bhranti Darshan” from Patanjali Yogadarshan. (Note: In Yoga Sutra I-30, Patanjali describes nine

obstacles that create distraction and inconsistency in Chitta (consciousness) and prevent the aspirant from progressing in his/her spiritual path. “Bhranti Darshan” (blindness/erroneous views) is one of those obstacles.) That group of friends was from originally from Dakor (Gujarat-India). We stayed at their place for 5-6 days. The whole family had shown great love and affection towards me.

409: Nutrition: One has to suffer more damage due to exaggeration of intake of nutrition than the less intake of nutrition. But exaggeration of nutrition is such an addiction that it would keep in dark even the stalwarts.

When taste of mouth is spoiled then it is an indication that stomach must be given rest and a fast is to be observed. Instead, we make the food tastier and eat more and feel proud on our intellect and culinary skills.

410: America-28: We had gone to the Ashram of Baba Muktananda along with my friends. The Ashram was like a piece of nature. I had a great experience of Swami Nityanand’s intimacy there. They arranged my lecture too. All devotees and disciples were Americans. I spoke in Hindi language and Swamiji translated my lecture in English.

Years back I had gone to Ganeshpuri Ashram of India to have Darshan of Bade Baba Nityanandji Avadhuta. In my lecture I had narrated whole incident of my Ganeshpuri Ashram visit. Everyone was extremely happy hearing that episode. On a wall in front me there was a huge photo of Avadhutaji. While speaking I was looking at that photo. That episode is very interesting and Baba Muktanandji too liked to hear it as and when we met. (I would try to write that episode separately.)

When I concluded my lecture Swami Nityananda told his devotees and disciples, “Yogabhikshuji is one of those who know our three generations!”

After completion of my lecture they took me for a meal and served the meal very affectionately. At the time of bidding farewell one American female devotee put Chandlo i.e. sacred circle-mark, on the forehead, prostrated and put gift at my feet. I denied it so Swamiji told me, “Take the gift, you can use it in your Ashram.” Swamiji was

not aware that – “I am Yogabhiikshu without Ashram.”

One of his disciples had asked Swamiji, “There is a saint who has come from India. Should we call him in Ashram?” Swamiji replied, “That person is not saint, he is only a narrator –story-teller.” After hearing this one can make the difference between a saint and a narrator.

At present they have many Ashrams in America. In Valsad (Gujarat, India) too there is a big and beautiful Ashram in which many welfare activities are going on. I got news of all Ashrams from Swami Komalananda.

411: America-29: During my first visit of America one spiritual friend came to meet me. He had tried three times for CA’s examination but failed; on the fourth attempt he could get success. He asked a question, “What is the meaning of ‘theory of relativity’?”

My replay: Let us understand it with the example of ‘Gyan Mudra’. In some photos of God’s incarnations their one hand is shown in the form of Gyan Mudra (gesture of consciousness). Bring the tips of the thumb and index fingers together and form a circle. Keep the remaining three fingers stretched – it is called Gyan Mudra. There are many secrets hidden in this Mudra. If, out of three stretched fingers, we show a ring finger and ask the audience – “whether the ring finger is long or short?” Then half of the audience would say that it was short and others would say that it was long. Then to prove their contention they quarrel with each other. At that time a saint persuades them – “Brothers! In a way both of your contentions are correct. In comparison with the smallest finger the ring finger is bigger but in comparison with middle finger the ring finger is shorter. If we think vice versa then both groups are wrong.” To understand the theory of relativity the simplest and unfailing mean is Gyan Mudra. Where we are not right and/or wrong for the said matter then why should there be a quarrel and unrest?

If we develop an understanding and wisdom to look at universe with the perspective of ‘theory of relativity’ then our life would become very convenient.

412: Mobile: Political leaders suggest that every youth should have mobile phone in his/her hand whereas religious leaders say that we should ensure that every youth leaves mobile phone and should

start visiting temples and religious places. What should youngsters do after hearing such contradicting opinions of leaders?

413: Tribute: On 17.04.2017 the great devotee of Guruji Shri Kanubhai Shankarbhai Pandya had departed for heavenly abode. He was the oldest member of Aum-Parivaar and the foundation brick. His sad demise is a great loss for all of us. His family members are also devotees of Guruji; by means of his family members we would feel and experience the presence of Kanubhai. Such auspicious people keep inspiring us whether they are physically present or not. May God help all the family members to remain strong and pay him tribute!

414: America-30: After coming back to India I received a gift-cheque sent by my CA friend. I remitted in my bank. After some days I received a message from the bank that my cheque was not cleared. When I went to bank in person and checked then I was told that my friend had not sufficient balance in his account. I could not believe it. I told to my friend about this matter. So he sent me his bank statement. I showed the statement to my bank official but he was not ready to accept the statement as a proof. After trying to persuade my bank official for a few time I told my friend that as my bank is not accepting the cheque you withdraw your cheque. He replied, “Guruji! It can’t be done that way. You have to deposit the cheque. After four days you visit your bank, in the meantime I talked with my banker and your bank official.” After four days when I visited the bank, the official immediately accepted the cheque without any argument! I was very much surprised!

After some days I asked him about how the problem was solved. He replied, “I informed bank official through telephony that though everything is okay at my end why don’t you accept the cheque. Now if my Guruji comes and you don’t accept the cheque then I will have to take legal action on you and your bank. With my notice to the official everything is resolved.”

Such things keep happening. The past, present and future of this world is like that only.

415: Intelligence: The one who can recognise the great man who stays overseas is called an intelligent. The one who can recognise the great man of his own country is called super intelligent. The one who

can recognise of the great man of his own city is called wise. The one who can recognise the great man of his own society is super wise. And the one who can recognise the great man of his own family who stays with him/her is super fortunate.

416: Only he is Intelligent...: Only he is truly intelligent who can sit at the feet of Guru-saint intelligently becoming ignorant.

Only He is intelligent who on his every birthday takes note and account of the sins-virtues performed during last year and makes firm resolution to perform maximum virtues.

‘Only he is intelligent who understands that if even after enjoying many worldly pleasures and lust he does not get satisfaction then he would never get satisfaction from upcoming pleasures.

Only he is intelligent who after taking a sip of ocean-water concludes that the whole ocean is salty, any part of ocean can’t be having sweet water.

Ek saadhe sab sadhe, sab saadhe sab jay;

Jo tu seve mul ko, ful, fale, aghay.

Explanation: To send the water to branches and leaves of a tree, a root of the tree should be watered; not each branch and leaf of a tree. Firstly it is impossible to water all the leaves but if an ignorant after making herculean efforts water some leaves then also it is fruitless; for the leaves of a tree don’t get nursed by it but they start rotting. The easiest way of watering all the leaves is to water the root.

417: Facebook friends: Some people are facebook friends because they think that they take the benefit of the content posted under the head “Aajnu Bhatu i.e. today’s food for thought” and also get the information about events organized by Aum-Parivaar. Such facebook friends are truly called curious.

Some people are facebook friends because they think that they take the benefit of the content posted under the head “Aajnu Bhatu i.e. today’s food for thought” and also get the information about events organized by Aum-Parivaar. And they can propagate the content and literature they like. Such friends too are called curious.

Some are becoming friends so that they can publish their own literature on some people’s timeline; their own thoughts can be thrust upon others. Such friends would never like our posts or would never

make comments on our posts. I doubt that whether they ever check the content of “Aajnu Bhathu i.e. today’s food for thought”. Such friends are very less in numbers. What can they be called? Anyways, every friend is thanked and welcomed!

418: Extreme love: A drop of ocean cherished its existence when it is merged with the ocean. When the pain reaches to the extreme so that it becomes unbearable; that would itself become medicine of itself. (English meaning of famous couplet)

420: No attraction in the body without soul: Though after having pleasure in physical lust of attractive body of bones-skin and perverseness after it we are never satisfied; we have ever thought that why there is so much attraction in the body made of bones and skin. In fact the attraction is not in the bones and skin but it is in the soul. Nobody is ready to have sexual pleasure with dead body. The moment soul goes out of the body which was praised for its beauty when he/she was alive we would like to ensure that its funeral is done at the earliest.

423: Divine love: A drop of ocean cherished its existence when it is merged with the ocean. The drop which is detached with the ocean must have a wish to hug the ocean; his desire is to abandon its smallness and adopt the vastness of the ocean. Likewise why the living being likes to be small? He too likes to be a Guru; he too likes to be Shiva. The ultimate goal of Atma (soul) is to become Parmatma (Supreme Being). Where the love for material and physical world is ended the love for divine spiritual world is started and that love would carry us to the eternal happiness. After that, the physical lust (i.e. Bhog), the things to be enjoyed and cherished (i.e. Bhogya) and the one who enjoys it (i.e. Bhokta); don’t remain.

425: Grihasthashram (i.e. household) is blessed: Grihastashram (i.e. household) is said blest, why? Grihastashram is not a license for shamelessly enjoying the sexual perverseness. The Grihastashram is meant for maintaining the human ancestry eternally and to produce human being with humanity and that is why it is said blest.

426: Grihasthashram (i.e. household) is blessed - 2: Before becoming mother and father one has to attain plenty of eligibility and competence. The society should have such arrangement that those

who pass through the eligibility criteria to get marry and have child.

To get sweet and proper fruit one has to take care and responsibility of sowing proper seed, watering it and put fertilizer into the plant. The life of the tree, its health and its efficiency to give sweet and proper fruits depend on the water and fertilizer given to the root of the plant.

How the coming generation would become depends on the present Grihastashram. The society would become like how the new generation is and the world would become like how the society is.

427: Grihasthashram (i.e. household) is blessed - 3: The worth of tree is not valued on how many fruits it is giving but its worth is valued on how healthy and variety of fruits it is giving. It is like quenching the thirst from the mirage to have greater expectation from the infant and child who do not get the milk of her mother and sacrament of his/her father. The child which is not cared and looked after by his/her parent, after getting young would not take care of others and live languished life and lastly turns antisocialist.

428: Grihasthashram (i.e. household) is blessed - 4: The word Grihasthashram is made of two words Grihastha and Ashram - Grihastha literally means “being in and occupied with home, family” or “householder”. It refers to the second phase of an individual’s life in a four age-based stages of the Hindu Ashram system. The word Grihasthashram means – stay in home and live life like the life of Ashram (monastery); to live the disciplined life; to live with kindness and compassion; to live life with an effort to make a feeling of “world is my family” stronger. In Grihasthashram there is no place for chaos, rampant, wayward, and self-indulgent life. By the grace of God let the Grihasthashram of all be blest.

429: The fame remain forever: The famous Gujarati couplet – The wealth would not remain forever but the fame earned from performing the virtues and auspicious deeds remain forever. The palaces made of bricks and mortar is destroyed but the palace of fame and glory would never be destroyed.

430: Kabir says: Your (kabir’s) hut is near butchers’ houses hence you will have to watch the bio-violence. But don’t be sad; as one sow, so he reaps. The essence is – In spite of our best efforts if we

can't stop the sins-vices then it is advisable to compromise with the situation instead of becoming sad or frustrated.

431: Kabir says: Kabir tells Kamal – There are two prime things in life; worship God and feed the hungry. The essence: The worth and success of human life is to attain the liberation from the births i.e. salvation. But to do worship one needs to have food to sustain the body. Hence the worship is primary and the food is secondary.

434: Bindu (dot): At the time of writing anything when you put pen on the paper the first thing which is established on the paper is the Bindu (dot); and the smooth form of such endless dots are letters, words and sentences.

435: Blind imitation: The love towards parents is not a subject of exhibition; it is a subject of experience, enjoyment, absorption and engrossment. That love is to be kept hidden as much as possible. If it is exhibited then it can be a matter of people's envy and hence it is withered.

We are believers on joint family; we are the believers of 'world is our family'. It is but natural that the intimacy is exchanged round the clock. Like the overseas people we have not to exhibit the exchange of intimacy on a specific day of the year. It is mere exhibition of ignorance and showmanship. Overseas people right from their childhood live separately and away from their parents, hence they have to decide a day in a year to meet each other. We have not to do so. We have to enjoy the culture of joint family.

Note: It is observed that old-age homes are in the big cities only and the in those homes you will find the old age people of cities only.

436: Exposed through eyes: The meaning of Gujarati couplet - On the holes of eyes the lids of glass are kept. That is why what is transpired in the human mind is exposed through two holes of eyes.

438: The meaning of Gujarati couplet – In the closet of eyes, laying the bed of pupils, closing the curtain of eyelid, I have made my beloved glad.

Explanation: Closing my eyes, practicing meditation I have realized my beloved soul – Supreme Being and after having His Darshana I am elated and blessed.

439: 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.

The Parasmani shows its effectiveness, it has converted iron sword into gold sword; but sword does not leave its characteristics of sharp edge, striking power and shape. It is rightly said that natural traits never change.

440: Relativity: Happiness-unhappiness, sin-virtue, small-big etc.; these twins are relative, not independent. Like – the small is small in comparison of big; but in comparison of extreme small the small is also a big.

442: Ignorance: When Guru becomes sure that even after slapping us, pushing us, telling us harsh words we would not run away; we have become such worthy, we could understand the value of spiritual welfare; after that he ensures that our ignorance is vanished. And for doing so, if the anger is required he would be angry on us and if the slap is required, he would slap us. Hence let us be so worthy, intimate and eligible that Guru can dare to be angry on us.

443: The importance of feeling-emotion: The parents are taken care of by their children as well as by the servants or care-takers, but the feeling and emotion of both of them are different and accordingly the fruits are different too. But if the feeling of children is like a servant and the feeling of servant is like children then the attainment of fruits are reversed. In the attainment of fruits of service the feeling and emotion are everything.

444: Yoga: At present there is lot of hue and cry on subject of Yoga. If asked, what is Yoga then some would say that Yoga means Aasanas! And they also believe that the one who practices difficult Aasanas is greater Yogi!

The Yoga preached by Patanjali is called Ashtang Yoga i.e. eight-limb Yoga. The eight limbs are Yama, Niyama, Aasana, Pranayama, Pratyahar, Dharana, Dhyana and Samadhi. According to Patanjali the definition of Aasana is – Sthirsukhmaasanam. Meaning: The one which gives stability and happiness is called Aasana (posture); the one which gives stable happiness is called Aasana. Except for this Patanjali has never told about any other Aasana. The Aasanas

described in Hatha-Yoga are for the healthcare purpose. It is extremely high kind of exercise. With the practice of Aasana extremely subtle net of veins are impressed and affected. The salvation which can't be attained by any other thing can be attained by Yoga too. Hence if we define Yoga as merely Aasana then we will be at great loss.

445: The relation with Guru-saint, parents, sisters, daughters, and nephew-niece is not a deal but it is one-sided relation. We have to help and serve them without expecting anything in return. We have not to see that what they do for us. We have to only keep in mind that what we can do for them. I help you and you help me; I do your work and you do my work is called a deal. The relation with Guru-saint, parents, sisters, daughters, and nephew-niece does not come in the category of deal. It comes under the category of one-sided commitment.

Gujarati couple rightly narrates this – What is big deal if you reciprocate obligation with obligation. When you oblige someone who has never obliged you then only it will be called a real service, real help. And if it is done so then only you are called extremely blessed person.

446: Eligibility: Enhance our penance and eligibility to such an extent that giver (Supreme Being) Himself has to say - “Ask! Demand for anything.” How can it be believed that giver would not be aware of our requirement? When giver is ready to give us anything and everything then will we ask according to our wish or will we use our intellect to ask for something. How much intellect we have? How will be our choice? It will be like dust and ash.

447: Truly intelligent: We can be called truly intelligent if we consider it appropriate which is given by the person who is more intelligent than us; and let us make it of our choice, let us believe it auspicious for us. That is called a true gesture of a person of utmost competence.

448: Bad Company: Rahim says – Those who are of excellent nature and strong culture and sacrament would never be affected by bad company. Example: Though the snake stayed wrapped on the tree of sandalwood, the tree is not affected by the poison of snake.

449: What do I say?: In the kingdom of Supreme Being everyone

gets according to his/her eligibility and privilege.

450: This is an old story. I had gone for having Darshan of a saint. In the wilderness there was a small pond, and in the center of it there was a hillock. The saint stayed there. There were 4-5 dogs too staying there. The dogs were getting food from saint and because saint was not getting the dogs out, the dogs used to stay there.

When I had gone there the saint was sitting the company of a few devotees. From the nearby village a devotee came and put the box of sweets at the feet of saint. Saint distributed sweets to all devotees and dogs too. The dogs ate the sweets and then came near to devotees to get more sweets. The dogs started licking the face of devotees in expectation of getting sweet. The devotees tried to push the dogs away. Looking to this the saint got angry and told devotees – “Why are you pushing dogs away? Let them lick your face. Why do you your wives to lick your face?” How can devotees reply such profound question?

Essence: After reaching to the highest level of wisdom, perhaps the guru-saint would never differentiate between human, birds and animals; for him they are all living beings – souls.

451: Bhakt cheats world: There is an inspiring couplet. Its meaning is – The Bhakt (i.e. devotee of Supreme Being) has the most valuable and priceless thing i.e. Supreme-Being; nobody tries to attain that but getting material things from Bhakt they are deceived and cheated. Bhakt is considered cheated only when the follower of Bhakt tries to attain Supreme-Being from him. And then only we can get the fruits of thousand Yajnas.

452: Naman i.e. prostrate: The meaning of another inspiring couplet is - Hypocrites are valiant in prostrating. But their prostrate are like Cheetah, thief and arch – when these three bend or bow more, it is for hunting, stealing or killing respectively. Thus there is difference in the bow down process of each one. The only obeisance which is considered virtuous and sacred and proved to be for own’s welfare is the obeisance which is done with the understanding to dissolve the ego.

453: If crow imitates the walk of swan then it forgets its own walk. A bird flies over pond to catch fish; as soon as it sees fish it

dives in water catches the fish and flies away. A crow was watching the activity of bird. It has water in mouth watching a bird catching fish like this. It too dives after seeing a fish in the water. But that part of the water was full of algae. Hence it could not come out of water; its head is trapped in algae in the water and its legs remain outside water – an upside down position as if Shirshasana is performed. Watching a crow in upside down position, an experienced person who was standing on the bank of pond utters a few lines –

करता होय ते कीजिये, और न कीजिये कग;

माथुं रहे शेवाणमां, ने ठांया रहे ढे पग!

Meaning: Hey crow! You do whatever you are mastered to do; don't try to imitate the activity of other birds. Or else your head would be trapped in algae of the water and your legs would be out of water – in the position of Shirshasan. You may lose your life too in imitating other bird.

456: Mobile... Rishi (sage) and scientist: Steve Jobs said – I-pod and I-pad are invented and marketed in the society with a good purpose but I know they can be proved demon by destroying the internal power of the youth and that is why I have prohibited their use for my children.

Yes, this is the only difference between Rishi and scientist. The scientist due to his madness for inventing new things or due to temptation of getting fame out of his inventions make destructives inventions and also market them; whereas –

Rishi never market the destructive inventions in public, for they know that how much control common people have on their minds.

Rishi is the one who does not market his invention if it is destructive and scientist is the one who can't digest his destructive invention and hence market it in public.

457: Friends...: Dear friends, you read my posts with sheer love, enthusiasm and understanding, hence my enthusiasm too enhances which inspires me to write more posts which are more useful to all of you. Before a few days I had received a notification from Facebook which reads as-

Yogabhikshu, your posts are liked by 3, 00,040 people, the credit of which goes to your love and affection.

It is said that the beauty of peacock is due to its feathers and the feathers are beautified by the peacock. How can a body of 90 years such tremendous work if it is not inspired by selfless love and affection from the friends like you.

My prostrate, greeting and blessing to all of you.

Note: Those who want to become friends on Facebook should give their photo and brief identification so that it is easy for me to accept their friend requests.

458: Poor...: A poor man desired to be rich so he went to the rich businessman to seek the advice from him. The businessman was busy doing his work on the table. He made a gesture with sign of hand to convey the poor man to have a sit. When he finished his work he asked the poor man, “Why have you come?” While asking a question he put off one of the two candles. The poor man said, “Actually I had come to take your advice but now it is not needed.” Businessman said, “I don’t understand what you mean to say.” The poor man said, “I had come to seek advice to how to become rich but when I saw that as soon as you finished your work you put off one of the candles; that was enough for me to understand how one can become rich.”

464: Diksha...: “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 Brahmavidya i.e. enlightenment-emanicipation-liberation?”

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.

465: Path of spiritual welfare: Someone is eagerly ready to even sacrifice his head but we are not inclined to take even single paisa from him. When our status of mind is such then we have to understand that we are traveler of the path of spiritual welfare.

466: Convenience-inconvenience: There are going to be some convenience and some inconvenience in the life. Those who take note of only inconvenience become unhappy and those who take note of only convenience become happy. And those who take note of both can live like a lotus in the water i.e. they are not affected by routine jugglery of life. They can't be affected or made unstable by the duals like happiness-unhappiness, shock-reaction, etc; this is called a great achievement.

475: Mother: Hey Mother! If you want to give birth to a child then gives birth to the devotee or gives birth to the intrepid; or else remains child-less. For, the whole world is full of common people, don't add one to it. Don't waste your penance, ovum in giving birth to a common child. It is better to remain child-less instead.

476: Muktanandji: I stayed for some time in Ganeshpuri in the company of Muktanandbaba. This episode is of that period. I asked Baba, "As your literature is published in English language, those who don't know English can't get benefit of your literature. He replied, "See Yogabhikshu, majority of my devotees know English language. If the literature is published in Hindi or Gujarati then how would they be benefitted? In entire Ashram both I and you don't know English."

477: Numerous diseases: The scientists and researchers have invented the medicines for hundred diseases or thousand diseases. That means the disease is among those hundred or thousand diseases the medicine would work but if the disease is not of those diseases then what to do? The invented medicines don't work.

The diseases are numerous. As many pores are there in the body, that many diseases are there. It is considered that in a human body there are seventy two crores pores.

When disease is dormant in the body we would not come to know about it but when the disease is in awaken state we would come to know about it. But if that disease is not from the thousand diseases then it would be fatal for want of non-availability of medication.

478: Bigger disease (i.e. Guru-roga): The disease of Guru i.e. rich would be bigger and disease of Laghu i.e. poor would be smaller. There is Gujarati couplet the meaning of which is – Ishwar – Supreme Being knows who is rich and who is poor. It gives each one according to his/her merit.

479: Atonement: A disease is a sin and medicine is atonement. Hence we should start medicine of the disease at once of whatever branch viz. naturopathy, allopath, Aayurved, homeopath etc. we believe in.

As we live in the world and have routine life we are going to do sin but we have to be alert so that knowingly we don't commit sin.

480: Yogiji: I visited Yogiji Maharaj and after prostrating him, requested him to give more guidance about Yoga. He laughed and told me, "Myself and Yoga!! Actually I had travelled in Girnar for some time so people started calling me Yogi. I don't know anything about Yoga." We talked a while. While leaving his place I prostrate and he tapped my back three times with his hand and gave me fruits as Prasad i.e. sacred food. I just took his leave while ruminating on this episode.

481: Debtor: When someone is helping us a lot then it is difficult to decide that whether he is debtor and that is why doing help or by helping us he is becoming our creditor. Moreover –

The happiness and convenience we are enjoying, whether they are fruits of virtues of our past birth or it is the new deeds for the attainment of the fruits for coming birth; that too can't be known. This matter is for the ordinary people and not for the extraordinary people.

482: Parshuram: Great idol of penance Maharshi Parshuram used to sharpen the edge of his weapon axe on his chest's hairs. How would be his body whose hairs of chest are such? Who can imagine toughness

of such body? Why don't his believers take inspiration from his tough body? They only shouts and rants in the meetings and surprisingly they get tired even in shouting about Parshuram's toughness. If the body is main instrument for practicing religion then body is an instrument of other things too.

Let us make our own bodies, our near and dear ones' bodies and other bodies so tough like iron, full of vitality and gorgeous that with only the presence of such bodies the demonic elements run away hiding; we don't need other weapons to destroy such elements.

489: Kuntamata: Before going to famous Chakravyuha war of Mahabharata, Mother Kunta had tied a Rakhi on the wrist of Abhimanyu. In that war Abhimanyu was surrounded by great warriors of enemy, his whole body was pierced with the weapons of enemies but he did not die because there was a thread of Rakhi stuck on his wrist. Even Shri Krishna could not do anything due to that thread of Rakhi. Krishna took a form of rat and removed the thread of Rakhi; then only Abhimanyu was killed. Thus the author of Mahabharata has tried to explain the importance of Rakhi.

490: Prefix and suffix Mantra with Aum: In "Aum Guru Aum" the word Guru is Mantra which is prefixed and suffixed by Two Aum Mantras. Like this, any other Mantra if prefixed and suffixed by Aum and recited for 5 million times then it is equivalent to the 900.6 millions time recitation of that Mantra without prefix-suffix Aum. You will understand the gravity of importance in uttering AUM from what has been mentioned in Shree Rama-Upnishd 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.

The seed of all Mantras are called Bij-Mantra (Rim, Shrim, Klim, etc. are Bij-Mantras) but the seed of Bij-Mantras is Aum. That is why "Aum Guru Aum" is very powerful Mantra.

491: Vitamin: Doctor Kantibhai made a phone call from America and asked about my health. I replied that I was fine.

Kantibhai: Okay, I would not talk much, for you will have difficulty.

Myself: Arrr! Why won't you talk? My vitamin A, B, C and D are in communicating with you.

Kantibhai asked fearfully: Gurudev, I don't understand what you tell.

Myself: What is there to understand in it? To talk with devotees intimately is more nutritious for me than the vitamins.

He laughed loudly and switched off the phone.

492:- Five million: In "Aum Guru Aum" the word 'Guru' is Mantra which is prefixed and suffixed by Two Aum Mantras. If "Aum Guru Aum" is recited for 5 million times then it is equivalent to the 900.6 millions time recitation of Mantra 'Guru'.

493: Shravana....: Shravana means to hear. The month of Shravana is to hear auspicious and sacred stories and to ensure that these stories are memorized for the whole year. During Shravana month the diet should be easily digestible, highly nutritious and to ensure that the digestive system becomes so efficient that for the whole year we remain healthy. During Shravana month the auspicious Mantras are to be recited for maximum time so that the subtlest pores (Naadis) are purified thoroughly and become so strong that the transcendental elements and subjects are grasped, understood and realized easily. Thus Shravana month can be made successful and fruitful.

494: Contiguity: Nityananda Baba used to sit on his seat in blissful state, there used to be a long queue of devotees to have Baba's Darshana, all eagerly wait for their turn. I (Muktananda) used to witness this ethereal scene standing in a corner. When Baba makes hmmm... sound I reach to him running. When the work gets over Baba makes hmmm... sound again and I rushed back to my place in a corner.

In a queue there used to be ministers, wealthy people, actors, doctors, judges, poor people, sick people, etc. They used to come for Darshana to ensure their miseries and sufferings are removed. After watching all these I was mad sure that the true happiness lies elsewhere. Baba has preached me such Mantra with his silence that how the human life is made worthy. In company and contiguity of saint such wisdom is attained so that we get everything, now there is nothing left to attain.

To attain such contiguity is sheer grace and bliss. Baba used to be in his own blissful state. It is his sheer grace that though our presence

distracts him he allows to remain in his contiguity.

How amazing! Underneath a banyan tree, adjacent to the stem, one young Guru and an old pupil were sitting side by side. The Guruji was commenting silently to the queries of his disciple. – Dakshinamurti Stotra

496: Ganeshpuri: Many years back I had stayed at Ganeshpuri in contiguity of Muktanand Baba; this talk is of during that time:

After every week I used to ask, “Baba, should I go back to Ahmedabad?”

Baba: “Why? Is there anything which is available in Ahmedabad but not here? If it is not here then I will bring it here. This Ashrama is made for the spiritual practitioner (i.e. Sadhak) like you. The difficulties I had faced during my stage of Sadhak, the other Sadhaks should not face the same and that is why this Ashram is made.

Now you don’t need to do Sadhana (i.e. spiritual practice). You have attained Siddhavastha i.e. the stage of salvation but you don’t know about it. By staying in this Ashram you will be convinced about that. After reaching to the cliff of mountain if we keep walking then we would go down the hill.”

After a few days I was searching for something in cupboard and I saw a notebook in which my experiences of my spiritual journey were noted. I was of the opinion that the notebook was stolen with my bag. I was enjoyed with this incident.

502: Why Brahmin can’t be king? : The land which Parshuram used to give to Brahmins, Brahmins used to give that land to the king. Why was it so? Did Brahmins were not capable enough to run the state? No, Brahmins were capable of running the state but –

To run the state one had to adopt the policy of “persuade, purchase, punish and exploit the weakness” but Brahmins were not ready to adopt such policy. Leaving the penance and renunciation to adopt such policy was not acceptable to them. They used to think that it is like going a step down on the spiritual ladder. For Brahmins the ring of couch grass was like a ring of gold, the cloth around the waist was like a gold ornament and the Gayatri Mantra was like a Kaamdhenu i.e. the holy cow.

The kings were also used to run their states according to the advice

and guidance of Guru-saints. And when they missed to do so they used to face the difficulties.

According to belief of Brahmins, to become king is to get down one step from the top of the ladder of their penance and renunciation; to adopt the politics and diplomacy instead of adopting the policy of penance and renunciation; to be seduced by lust and pleasure due to abandonment of penance-renunciation, etc. Hence Brahmins neither were ready to accept kingdom nor did they want to become king. And the wives of Brahmins and sages were such they used to feed their children with the flour absorbed in water if they could not afford to give milk to their children but they never forced or compelled their husbands to beg for anything for their family.

503: Baba: The fleet of cars of Baba departed for Tryambkeshwer from Ganeshpuri. Everyone had to take injection before entering the place. Everyone got down from the car and stood in a queue. I was very much confused. I did not want to take injection. Now I was fifth in the queue. There was huge tumble in the mind – “I don’t want to take injection. But then I would not get the entry and Baba would be offended. Now what should I do?” Exactly at that time there was an announcement that now there is no need to take injection. I was relieved of great burden. Everyone had a Darshan of Tryambkeshwer Mahadev and on the hillock we enjoyed fully in the contiguity of Baba.

504: Baba: Baba was very sick and everyone in Ashram was worried. The devotees came to a conclusion that Baba should be hospitalized. But Baba was not ready for it. When devotees insisted forcefully Baba said, “I don’t have a wife that is why all of you are forcing me for hospitalization; if I had one she would have favored me. I categorically say that I don’t want to go to hospital.” After hearing this argument devotees had given up their insistence and concluded that whatever medical equipments were required must be brought to the Ashram at once. Immediately it was implemented and Baba’s treatment was done in Ashram.

I salute the loyalty and devotion of the devotees of Baba.

505: Baba: Baba said, “As there was a command from Badebaba and also to ensure that the difficulties I had faced during my period of

Sadhna, other spiritual practitioners would not have to face such difficulties the Ashram is made.

Baba used to have a walk in Annapurna hall when all used to take their meal. Mostly all devotees were about to complete the meal but I used to take my own time to take my meal. Baba used to come to me and tell me, “Don’t worry, chew your food well and take your own time.”

Baba used to sit in the way which leads to Annapurna Hall. Everyone used to prostrate Baba at the time of going to hall for the meal. Sometimes Baba used to give gift-present to some people when they went back after taking meal. On one day after taking my meal I went to Baba to prostrate. Baba extended his hand to wrap the scarf on my body. I moved back a few steps. Baba said, “Don’t afraid, I am not giving you Sanyas. This is the scarf made of original Chinese silk.” I came forward and he wrapped-up scarf on my body. For many years I kept that sacred Prasad with me.

506: Amma: I asked Amma, “What is your daily routine?” She said, “To take care all requirements of Baba for the whole day is my daily routine; nothing else except that.”

A very well known astrologer from Vadodara had come to Ashram. Everyone in Ashram was eagerly rushing after him to know about their future. I had no interest at all in astrology. I was confused. If I would not go to astrologer then people would think that I am an atheist. I went to Amma and explained her about my feeling and asked her about what to do. Amma laughed loudly and said, “Yogabhikshu, we don’t need all that; that is for the common people.

On another day I asked her, “Everyone is experiencing the Shaktipaat activities, when would I be able to experience it?” she replied me, “We don’t need external activities related to Shaktipaat. We experience it subtly within the body.” Amma was truly blessed.

(Note: Amma means Prof. Pratibha Trivedi. She was a professor of Sanskrit language. She had surrendered herself in the service of Baba for lifetime. She was celibate. Later on she took Diksha of Sanyasta.)

507: Baba: During my stay in Ashram I had a wish to meet saints used to stay nearby places. Baba knew about it used to call them in

Ashram. When I used to tell Baba that I wanted to make that saint his reply would be, “Why do you need to go? We will call them in Ashram.” Then he used to call that saint in Ashram and makes an arrangement of our meeting in separate room. When our meeting used to conclude, Baba used to respectfully give gifts to the saint. Then he used to tell me, “I don’t think that there is anyone in nearby places who can guide you, for you have reached to such a stage. Anyways, when you meet all saints you will come to know about it.” He had also arranged my meeting with great gentleman Shri Nikam Guruji.

In the opposite river bank of Ashram there used to stay one Hathyogi Shri Ramdas. He used to perform Samadhi for days in the river water. He was too called in the Ashram and my meeting was arranged with him. At parting time Baba gave him many gifts. Shri Ramdas had invited me so I had gone to his Ashram and stayed there for three days.

510: Baba...: When I was in Gaaneshpuri, during that time Shankaracharya Maharaj was invited there. The whole fleet had gone for a mile to welcome him. With great fanfare he was welcomed in Ashram. After his departure Baba said, “We should not give our introduction to the guest from our own mouth. The guest himself knows everything about us and gets our introduction by observing how graciously and pompously we welcome him.

Shankaracharyji used to walk around in the garden and Haariprasad Vyas too used to walk near the garden side. I prostrated Shankaracharya with Sastang obeisance. Vyasji must have seen my gesture. When I went to my room vyasji said, “I have learned a lot in your company but what I have learned seeing your humility and non-eroticism behaviour is unique and unparalleled.

I have told Vyasji, “During my stay in Ashram I have never eaten Khichadi (Gujarati recipe made out of rice and lentil). As I am habituated in eating Khichadi on daily basis sometime I remember it very much.” Surprisingly on that same day Khichadi was cooked in the Ashram.

511: Tirupati: We had gone to Tirupati many years back. Our team members stood in queue since early morning. Rohitbhai (Gurudhyanbhikshuji) had inquired with the authority of the temple

and he had found that our turn would come in the evening only. Rohitbhai thought that Guruji would not be able to stand in a queue for so many hours so he sought my permission to make an arrangement for early Darshana. I told him –

“If we have Darshana when our turn would come then only it is called true Darshana and then only we can the fruit of Darshana. The penance we observe for standing in a queue would compel God to give us fruit of His Darshana. So let us free our mind from useless stress and be in a queue patiently and recite Mantra. If we feel hungry or thirsty we will make arrangement of food and water here only.”

In the evening our turn came for Darshana. Even before we have the Darshana the priests forced to go out! So hardly for a minute we could have Darshana.

513: Tirupati: After having Darshana we had gone for local sight-seeing. We had stayed in a very good hotel. Next day morning everyone was ready after completing his/her morning routine. The devotees were discussing where to go today. In between we had a Satsang also. I said –

“There is one who has taken shower and put on non-washed cloths and the other one don’t take shower but put on fresh cloths. The viewer would feel that the person who has worn non-washed cloths is dirty and the other one is clean. But in fact it is vice versa.

“In Yoga, the internal purification is considered as primary and the external purification is secondary. It is better if both types of purification are maintained but it is mandatory as well as necessary to maintain internal purification. Internal purification means to practice virtues firmly and external purification means to clean the external body.”

As the tour concluded we came back to Ahmedabad. As we reached home the interview letter for getting the visa of USA. I went to Mumbai for that and got the American visa easily.

514: Dayananda: When Swami Dayananda put some cloves at the feet of his Guru Virjananda as a Gurudakshina (ritual of offering something to Guru once the spiritual learning is completed by devotee) then Gurudev said that he had wanted many more things as Gurudakshina. Swamiji Replied, “I am a hermit, I don’t have anything

more to offer; if you ask I can give my head.” Guruji said, “I don’t need your head. But I want you to propagate the Vedas so hard that the sunset of Vedas is ended and the sunrise of Vedas takes place again. I also give my blessing that you will become “Kaaljihva”. (Kaaljihva means the master of debate, argumentation with loads of examples and arguments; no one can beat him in debate).

After that, Swami Dayananda took part in many debates on scriptures country wide and ultimately sunrise of Vedas took place in all corners of the country. Thus he gave true tribute and Gurudakshina to his Guru.

515: Patient of cough: The patient of cough thinks - “let me start medicine prescribed by allopathic and Ayurvedic doctor simultaneously so that I will be cured fast.” But that would not happen and his suffering would continue. Why is it so? Due to lack of complete knowledge it is happened. With the allopathic medicine the cough is dried and with the Ayurvedic medicine cough is trying to thaw. Due to this contradiction the disease is extended instead of cured. Who will explain this to patient? Such secrets are very useful to understand.

516: extremely outward and material Dhyana : Modern destructive science is the result of extremely outward and material Dhyana. The outward Dhyana increases external activities so much and to such an extent that apparently wise looking person has reached to an insane stage. Whereas an inward Dhyana leads a human being to a stage where he/she becomes competent to achieve true happiness and peace and subsequently reaches to a stage of self-realization and emancipation.

517: Japa-Yajna: The start of physical righteous acts happens with subtle righteous thoughts and subtle righteous thoughts get strength from the Mantra-Jaap (i.e. Mantra recitation or Mantra chanting). There is huge importance and glory of Mantra-Jaap in Kalyug i.e. the age of downfall. Mantra-Jaap is considered as equivalent to Yajna i.e. ritual of worship. In Mantra-Jaap-Yajna there is no need of money, nor need of fire; there is no need of offerings into sacrificial fire, nor need of erudition. Recitation of Mantra can be done at any time and at any place; hence benefit of Mantra-Jaap must indeed be taken in Kalyug by practicing it.

518: Science: As far as possible we try to explain everything scientifically; by taking support of science. And that is why during our tour to America one engineer devotee had told – “If you want to make the educated atheist a believer then the Satsang (preaching) of Yogabhikshuji is very good.” I tell you this story because this age i.e. Kalyug is the age of science.

519: Gurupurnima: In USA the Gurupurnima was celebrated at Purviben Shah’s house. During the celebration Gurudev Yogabhikshuji had given his discourse through telephony, which is as under.

“You all are welcomed. It is a proof of deep understanding that every year you celebrate Gurupurnima festival with fanfare and enthusiasm. The one who knows that after passing through the cycle 84 lakhs of births in different species one attains human birth and the one who tries his/her best to make his/her human birth worthy is deserved to be called a true human. The others are like animals without tail and horns. If we involve ourselves in the virtues like pious Karmas and try to ensure that we don’t be trapped in the cycle of 84 lakhs of births then only we can be called humans. Let Supreme Being bless us with true understanding; that is my prayer.”

Gopalbhai vowed for not eating fried and sweet food from the period between Gurupurnima and Aumjayanti. That is why I congratulated him and told him that he had taken the full benefit of celebrating Gurupurnima.

521: Tribute: Our tribute to our beloved devotee Shri Omkarbhai Raval who has rested in heavenly abode. He was 69 and from USA. His entire family is like a people of Satyuga era. It is a great loss for us.

522: Human birth: Animals, birds, insects, etc.; what did they do? They ate food, enjoyed sex, gave birth to offspring, lived their life and died. Does human has to do same things? The human birth is attained after going through the cycle of taking birth in 84 lakhs species. When human takes birth he has experience of the life of all 84 lakhs species. By the time he/she takes human birth he/she has concluded that entire sea of life is salty only. He/she has to search sweetness somewhere else.

Has the human birth is to forget all these and again to live routine

life and die? Once again he/she has to be in the vicious cycle of births in 84 lakhs of species? Has he/she only this much intellect? Is it the only science he/she has learnt? Is this the only development he/she has experienced? In fact, the biggest development is the one which helps human being lift out from the vicious circle of taking birth in 84 lakhs species.

We have taken human birth to attain something special. We have taken human birth to attain eternal peace and happiness which can never be destroyed. This thing must not be forgotten under any circumstances.

523: Santaram Temple: Out of my twenty five books the first one was “Gurumahima” in which reverend Shri Narayandasji Maharaj (Mahant Shri, Sanatram temple, Nadiad) had given his blessings by writing foreword of it.

I went to him with the manuscript of the book “Gurumahima” and requested him to write blessings for the book. He read a few pages and told me, “Tomorrow you will get the blessing in the form of foreword at your place.” When I had asked for his permission to leave he gifted me a shawl, closed cover and Prasad (sacred food).

Next day his student came to my place “Dharmamegh” in heavy rain and handed over a cover to me. In the cover there was a letter in the form of blessing and a blank letter-head with a signature of Maharaj Shri. There was a small chit in which it was written, “If you don’t find the blessings convenient then you may write whatever you feel suitable.” After reading a chit I was consumed in the admiration. I felt –

“People give blank cheque but I find first great person in my life who has given me a signed blank letterhead paper with permission to write whatever I wish to write in his name!”

That was my first meeting with Maharaj Shri. From this episode I thought that he had measured me and my virtues at the first sight.

After that occasionally I used to visit Santram Temple, Nadiad. As and when I visited the temple, at the time of leaving temple after having Satsang with him he used to tell me to give Darshan to him. I told him with smile, “I always desire to have your Darshana which leads me to visit your place but the welcome gesture of yours is so

pompous that I don't dare to visit this place often.”

We have published his foreword as it is, written by him in the book “Gurumahima”, for we require his opinion only.

524: Astrology: There is famous Gujarati couplet, the meaning of which is – Even Lord Rama was not aware about what is going to happen tomorrow then what authority has the astrologer to not to allow what is going to happen.”

And even if some astrologers know about the future, can they avoid-stop it? They can never avoid it or stop it. If an astrologer tells you that after two months you would face disaster then what will be your situation? Though the misery is to come after two months but your suffering would start from today itself! Thus one suffers more after learning about his/her future.

The rule of Karma says – after undergoing the fruits of Karma one can be free from it.

525: Dashara: Next day post a Navratri festival is Dussehra festival. After practicing true worship for nine days, after becoming powerful and energetic the practitioner has to defeat the ego generated due to ten senses. During Navratri the victory over senses through upward journey of Prana i.e. life-force is to be celebrated as ‘victory festival’ i.e. ‘Vijaya-Utsav’ on the tenth day. If we celebrate Dashara in this way we can get full benefit of it.

527: Bhogya-Bhokta-Sarjak: The Supreme Being has created infinite number of elements and substances but if there is no living being to enjoy it then? Hence the importance of the Supreme Being (Parmatma) and living being (Jivatma) is equal. Parmatma is believed to be as ageless, immortal and eternal; likewise Jivatma is also believed to be like that.

534: Ravana...: (An original perception) - Had there not been the kidnapping of Sita there would not have been the chance to exhibit the enormous feat of Lord Rama and Hanuman. It is also not to be forgotten that Ravana was fortunate to be the cause of exhibition of the feat of them. The secret greatness of Ravana is also unique and unmatched. Ravana has made Rama-Hanuman worthy of devotion in each and every house.

To make hero praise-worthy role of villain is not at all less. The

villain at the cost of his appreciation showers all the glory on hero.

538: Guru-disciple: A poor guy came to Guru of Amir Khusrau with some expectation. As Guru had nothing other to give, he gave his wood-sandal to the poor. The poor was going with the intention to sell the wood-sandal and he met with Amir Khusrau. Amir came to know about the story from the poor so he purchased his Guru's wood-sandal in exchange of the wealth loaded on back of seven camels. Then Amir Khusrau went to his Guru and put the wood-sandal at the feet of his Guru. When Guru knew all the facts he became extremely emotional and felt, "As I have got such deserving disciple I don't need anything else."

Lastly Guru prepared a will and mentioned in it – "Make a grave of my disciple nearby my grave so that my disciple would never depart and move away from me."

539: Umbilicus-Navel: Rectum, urethra, umbilicus, mouth, nostrils, eyes and ears; these are very useful and valuable limbs of the body. Their cleanliness and purification is the basis of the Good health. Umbilicus is like a beam of the body. Less importance is given on cleanliness of it.

In the womb of the mother the embryo is connected with the umbilical cord and embryo is nurtured through the umbilicus. Till the infant is born umbilical cord is connected with mother. Once the infant is born the cord is cut and thus the conduit is removed.

The navel is the centre part of the body. The downward part of the navel is called lower part and the upward part of the navel is called upper part. The practitioners are commanded that their mind should not be allowed to go to the lower part, it should remain on upper part.

In the Puranas and in the Atharvaveda, there are 14 worlds, seven higher ones (Vyahrtis) and seven lower ones (Patalas), viz. Bhu, Bhuvah, Svar, Mahas, Janas, Tapas, and Satya above and Atala, Vitala, Sutala, Rasatala, Talatala, Mahatala, Patala and Naraka below.

The navel cavity must be kept very clean and pure because it remains in the center of the 14 worlds of the body and keeps the body in balance.

540: Prisoner: 1) We see prisoner behind the bar but prisoner see

us behind the bar. 2) The rich feels that poor is unhappy and poor feels that rich is unhappy. 3) The person who has abandoned everything feels that the one who is enjoying lust is unhappy and the one who is enjoying lust feels that the one who abandoned worldly pleasures is unhappy. 4) The one who is fully fed feels that he does not need to take food anymore and the hungry feels that he never satisfies his hunger.

Though these couplets look strange but they are true in their own sense.

541: Breakfast: In English the morning intake of food is called breakfast, the meaning of it is to break the fast. The whole night is passed without taking food hence it is considered as fast. But in reality it is not called fast. For, in the sleep it was not necessary to take the food. If body wants the food and we understandably don't give food to the body then it is considered fast. The fast is also considered as one kind of penance. The philosophical meaning of 'fast' is to live auspicious life.

542: Shishyapurnima: Question: Why is there a Gurupurnima festival and not the Shishyapurnima festival? Answer: Though the festival is given a name 'Gurupurnima' but in fact it is 'Shishyapurnima' only because on that day the work of Shishya (disciple) is done. According to ancient culture disciples visit Guru's place and stay for three nights in company of Guru and get the guideline for the spiritual practice to be practiced in future. During last year what Sadhna they did, what were the obstacles they faced, what success they got, what to do to avoid the obstacles, etc; the disciples get the guidance in these regards. In the coming year what are the changes to be made in performing the Sadhna; it is also understood by the disciples. Looking to all these, in fact the Gurupurnima festival is Shishyapurnima festival only. However at present this tradition has become extinct.

543: Towards slop: What is surprising if water flows towards the slop? It is water's nature. If it flows against the slop then it surprises is, for that requires external efforts.

What is surprising if mind becomes pervert? It is but natural. If mind remains non-pervert then it is surprising, for to make mind non-

pervert the efforts are needed.

The movement of water is on the downward side and the movement of the fire is on the upward side; it is their nature. If we want them to move against their nature we need efforts.

544: Responsibility: Knowingly or unknowingly if wrong doing is done by us then we are not the only one who has to suffer the setback but our parents, our friends-relatives, our Guru-saint; all have to be ashamed. That is why we have not to be licentious. We should also have a controlled freedom. It is not to be forgotten that with our good or bad behaviour entire society is associated.

He is the true human who understands his responsibility completely and performs it well. If it is not so then there is no difference between human and animals-birds; animals and birds too eat, drink and produce offspring.

545: Intelligent: One can say a person intelligent who drinks a sip of water from the sea and concludes that the whole sea is salty, there is no need to have another sip of water from any part of the sea.

Despite tasting water from numerous places of the sea if one can't conclude that 'whole sea is salty' and keep tasting for the whole life and keep tiring and getting defeat; it is called the lack of intelligence. Likewise –

He is intelligent who concludes in a single birth that the human life is salty and it is advisable not take human birth again.

And the one who keeps taking birth after birth but does not conclude that 'the root cause of all pains and sufferings is the human birth so now I should not have another human birth' is ignorant – unintelligent.

546: Eternal happiness: If we keep very attractive wooden toy and unattractive gold toy before the child then it would take wooden toy only, for it does not know the value of gold. He took the toy which was very attractive and liked by its eyes. Likewise –

We too run blindly after the transient and enticing happiness, pleasures. As we don't know the value of gold like but unattractive eternal happiness we are totally careless about it; that is why we remain in the cycle of 84 lakhs of species.

548: Baalkoba: Many years ago I stayed at Naturopathy Ashram in Urulikanchan for the treatment of my mother. On one day during

my stay I went to meet Shri Balkoba Bhave (a brother of Shri Vinoba Bhave) in his room. I prostrate and sit. He was writing something. I observed that he was writing on the blank sides of the posts he received. After some time he looked at me. His left eye was closed. I had never seen him before. So I thought he might have lost his left eye. He talked with me for a while. He mentioned that national must be used very economically. He was referring to his writing on the blank sides of the posts. After routine talks I asked his permission for meeting in the evening and left his room.

When I met him in the evening I was very surprised looking at his face! Currently his left eye was open and right eye was closed. I started thinking hard with the feeling that I might have made a mistake seeing him during morning. As our meeting concluded, to clear my doubts I asked him, “In the morning your left eye was closed, and now...” Before I had finished my query his reply was short and simple – “Why should one use two eyes when he is able to do his work with one eye?” For me it was shockingly happy reply. Even while writing this article I visualize that episode before my eyes.

550: Rest: Though in a whole day we eat nutritious foods as well as we take medicines of vitamins and of other nutritious value we become tired in the evening. Why is it so? Moreover during whole night we don't eat anything despite we get up in the morning very fresh. Why is it so? Because –

Because during whole night all the senses give up their subjects-matters so they get complete rest. If eyes-ears start seeing-hearing work then they have to work hard by putting subtle efforts for their work. If hands-legs start their work then the subtle effort is the maximum.

“If senses give up their subject-matters then they get maximum rest.” We should make good use of this understanding. In the dream there are subtle senses and subtle subject-matters.

551: Guruprembhikshuji: Guruprembhikshuji used to say, “For me all twelve months (24x7) Gurupurnima celebration.” He wrote to his friend, “Now I am friend of none. Those who believe in my Guruji they all are my Guru-brothers and Guru-sisters.”

He invited me to visit USA. He informed all family members in

the house, “We have invited Guruji. Guruji will stay here with full freedom. It would not happen that the persons we like, Guruji must visit his place and the person we don’t like, Guruji should not go to his place. If Guruji receives invitation from a person or a family whom we don’t like then we have to go with Guruji gladly. If all of you are ready to accept these conditions then only we would call Guruji to visit USA.”

Such was his devotion towards his Guruji and such was his precaution and foresight. I stayed at his place for ten months. His wife and two children were fully devoted and remained at my service during my stay. The winter in USA was very chilly.

I was invited by a devotee who was the owner of hundred motels. Though he was so rich he was religious and secular in nature. If someone comes to invite us he used to tell, “Guruji don’t talk, believe or encourage superstition and useless talks. Those who want to hear preaching of true understanding, they only come to Guruji.”

552: Laxmanji: To win Indrajit one has to win his senses first like Laxmanji. And to become Laxmanji one has to abandon the food and sleep for 14 years and observe strict celibacy. If you have control over diet then you can have control over sleep and if you have control over sleep then it would help you to observe celibacy. Laxman’s abandonment of food and sleep for years is very big secret. If that secret is solved then many curtains can be raised and useful information can be un-earthed.

554: Laddu (Sweet-ball): In naturopathy Ashram of Urulikanchan the therapist used to say – First you keep eating Laddu, then Laddu will keep eating you.

All six tastes are required for the body in right proportion. But we take sweet taste more and don’t take bitter taste at all. That is why due to diabetes we have to stop taking sweet taste and bitter taste more.

In earth there are all six tastes; people get the taste of choice by sowing the seed of that taste.

Guru-saint also has everything; people get according to their merit and competence.

555: Learning: Shri Ram learned a lot due to his wisdom so he

became God; Ravana studied very much but did not have wisdom hence could not leave monstrous nature.

Ram could take the benefit from enemy-demon and got the Yajna performed by enemy. Though Ravana was demon, but he was a scholar; so to take benefit from Ravana's erudition, Ram forgot the enmity.

Ravana could not take benefit from Lord Ram because though he had studied more he had not learned more and had no wisdom.

560: Friend: When King Prithavi Raj Chauhan was presented in the court of Mohammad Gori as a warprisoner he could not see anything because Mohammead Gori had already made Prithviraj Chauhan blind. In this critical situation Chand bardai ,the courtier poet and friend of Prithviraj had recited this poem and through this poem he had given him clue about the exact distance of Sultan Gori from him “Char bans chaubis gaz angul asta praman ,aite pe sultan hai mat chooko Chauhan “. Meaning of this poem is like this: Sultan is at a distance of 4 bans(66 feet),24 gaz(72 feet),8 angul(6 inches) from Chauhan and poet advised Chauhan not to miss this golden chance to kill him. Blind Prithviraj Chauhan, who was expert in art of archery of hitting the target by merely hearing the sound, followed the direction of Poet Chand bardai and hit the arrow in the chest of Sultan Mohammad Gori whose angular position and linear distance was now known to him and he successfully killed Sultan Mohammad Gori. And before soldiers of Gori harassed them and killed each other with knife.

Hats off to their friendship! Chand Bardai had authored “Prithviraj Raso”.

561: Lamp: Those who see two burning lamps would not know that which lamp has lit another lamp but both lamps know that which lamp was lit first and helped other to be lit. The best example is Guru and disciple.

562: Advancement of all: A person who is very regular and punctual in maintaining health and restraint hence his health is extremely fine and he can live for hundred or more than hundred years. But those who are careless about their own health and their family members' health may live for seventy-eighty years. If such

thing happens then what would happen to a person who lives for more than hundred years? He would not be survived with those who were his near and dear ones. Then his life would become dull and bleak; not worth-living. Now he would start feeling that his restraint and regular life is in vain and futile without his near and dear ones. To see that such thing does not happen he should prepare his near and dear ones to live the ideal life. Then only all his near and dear ones would have longevity and they would get mutual help and support; and then only they would feel life worth-living.

That is why Swami Dayananda used to say one should not be satisfied with his own advancement only. Our advancement is based on the advancement of all.

563: Let all be...: As much care we take of our own-self to become happy, that much care must be taken to ensure the happiness of family, neighbors, own village, own nation and own universe; and then only this Shantipath (the Mantra of peace) become meaningful –

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिददुःखभागभवेत् ।

ॐ शान्तिः शान्तिः शान्तिः

Aum Sarve Bhavantu Sukhinah, Sarve Santu Nir-Aamayaah |
Sarve Bhadraanni Pashyantu, Maa Kashcid-Duhkha-Bhaag-Bhavet |

Aum Shaantih Shaantih Shaantih ||

May everyone be happy, may everyone be free from all diseases, and may everyone see goodness and auspiciousness in everything; may none be unhappy or distressed! Aum! Let there be peace, peace, and peace!

565: Giving up addiction: One old man died at the age of ninety. He kept sound health and looked rosy till the last. Some cashew nuts and almonds were found from the pockets of the gown on his corpse. A habitual scandal-monger exclaimed, “He would look rosy because he used to eat cashew nuts and almonds!”

Oh brother! Who prevents us from eating such dry fruits? We earn thousands of rupees but spend the amount after cigarettes, tea and opium. Who is to be blamed for that? That old man earned only three hundred rupees per month and yet he could afford to eat ten almonds

every day, because he was not addicted to anything. Please tell who else but self can remove such a contradiction?

566: Disease: That person has no addiction what so ever then why does he get sick?

Answer: There are many reasons to be sick and there are many types of diseases too. Hence it is certain that the disease of that person is not due to addiction. Even if one does not have addiction he can be sick if other hygiene rules are not followed. Just for time being assume that there can be ten reasons to be sick due to the disease and out of them the addiction is one of them. So it can be concluded that the sickness of the person is not due to addiction but it can be due to one of nine other reasons; they can be unrest in the house, loss in the business, a shock of an event, worrying nature, etc. So –

“Why does non-addicted person get sick?” Don’t make such fallacy.

568: Taste: The person who is in habit of eating more salt in the food would feel the food tasteless if it has less salt; and vice versa. Taste is more in habit than the food –

Then why should not we make a habit which makes us healthier?

Due to habit the cigarette, tobacco, alcohol, etc; though they are bad in taste are tasted good; and due to habit of vegetable ghee we feel the pure ghee stinking. This is only a general example.

570: Soham...: When we inhale the air we drawn in makes the sound of ‘So.’ While we exhale, breathe the air that moves out makes the sound ‘Ham.’ When we join the two words we get ‘Soham.’ When we remove ‘S’ from the confluence of the ‘So’ and ‘Ha’ from ‘Ham’ what remains is OM-AUM. Thus the OM-AUM is the condensation of the form Soham and the dot • is the condensation of the form of AUM.

571: Health: When we eat firstly the Kapha (which is responsible for nourishment & lubrication) is formed, then the Pitta (which governing digestion, absorption, assimilation, nutrition and metabolism) is formed and then the Vata (which regulates all activity in the body, mental as well as physiological) is formed. In the morning quantum of Kapha is more, in the noon quantum of Pitta is more and in the evening quantum of Vata is more. In the childhood quantum of Kapha is more, in young age quantum of Pitta is more and in the old

age quantum of Vata is more. This is general rule.

574: Briefs of ascetic: A person had a bout of abstinence. He went to jungle, made a hut and started staying in hut. There were only two briefs in his luggage. After some days one underpants was taken away by rats. The ascetic kept cat to stop the nuisance of rats. But the cat needs milk every day. What to do now? So he kept cow to get the milk. But who would take care of the cow? So he got married to a woman. The woman wants kids. So they had kids. How awesomeness of briefs! After leaving society and ascetic ran away to jungle but there too he had to start household life and the whole purpose of abstinence was lost.

Hence true abstinence is not in the jungle nor it is in the society; it is in true understanding.

The renowned Gujarati poet Akha Bhagat has described the impact of illusion and infatuation in following lines –

ઝીણી માયા છાની છરી, મીઠી થઈને મારે ખરી;
વળગી પછી અળગી ન થાય, જ્ઞાની પંડિતને માંહથી ખાય.
અનેક રૂપે માયા રમે, જ્યાં જેવું, ત્યાં તેવું ગમે;
આખા માયાના ઘણા છે ઘાટ, જ્યાં જુઓ, ત્યાં માયાનાં જ હાટ.

Zini maya chhani chhari, mithi thaine mare khari;
Valgi pachhi alagi na thay, gyani panditne mahyathi khay.
Anek rupe maya rame, jyan jevu, tyan tevu game;

Akha mayana Ghana chhe ghat, jyan juo tyan mayana j haat.

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.

576: Auspicious blessings: The blessings of Reverend Narayandasji Maharaj in brief –

Saint Shri Yogabhikshuji has explained profound spiritual secrets so simply that an ordinary spiritual practitioner too would attain vast knowledge from this book “Gurumahima”. By studying this book thoroughly the reader-practitioner would easily understand the profound hymns penned by ancient saints and progress immensely in the path of spiritualism.

The book which describes the glory of “Gurumahima” is being released on the auspicious day of Gurupurnima; may this spiritual book is graced with the blessings of divine and eternal lamp of Yogiraj Avadhut Shri Saantaram Maharaj.

Nadiad – Thursday dated 9-7-1981

Narayandas – Guru Shri Santaram Maharaj, Mahant Shri Santram Temple.

581: For all: The efforts are made to make the auspicious literature useful for all which is catered under the title “Today’s food for thought” (Gujarati title “Aajnu Bhathu”). This section is very useful for children, youth, old-aged people, lesser literate, scholars, rich, poor, middle-class people, etc.

The content presented in this section consists of health, ethics, principles, morality, conduct, thoughts, virtues, exercise, Pranayama, Yoga, individual, and society. It may also contain the content regarding allopath, homeopath, naturopath and Aayurveda too. There may be literature regarding peace at home, world-peace, atmosphere, environment, etc. And there would be lot more on material science, the science preached by Rishis and spiritual science too.

Out of such human welfare content everyone would attain something or the other.

582: Pankaj: Shri Pankajbhai (Guru-paad-pank) used to tell, “I fear a lot when I have to do some work done at Guruji’s place but simultaneously I get to learn many more things.” In Dharmamegh (my residence) all renovation and repairing work used to be looked after by Pankajbhai. He used to instruct the labors to go out of compound for smoking. Those who are more responsible to administer

the work are explained by him – “Take care while talking to Guruji. If Guruji asks something then answer his queries after understanding the query properly. If you lie to Guruji then he will immediately know that you are lying. Guruji also knows the work of engineer too. Whatever I do, I used ask him first and then do the work.”

He had requested a lot to install air-conditioner in Dharmamegh but I used to avoid him by saying, “If you would install air-conditioner in Dharmamegh then after using it for some time I will be habituated with it and then I would deny going out from my room. And hence I can’t come to your place or avoid going to other devotees’ places.”

After his departure to heavenly abode the air-conditioner was installed in my room and due to it his memories remained afresh in my mind.

583: Miracle: This incident is of those days when Guruprembhikshuji was in India.

One reporter has gone to his house and told him, “When last time we had visited Guruji’s place he had given me a coin with a red dot on it. After reaching home, for some work I bend from my waist to take something from the floor and suddenly along with the coin which was given by Guruji there was a heap of coins on the floor. Hence I want to go to Guruji for his Darshan.”

Guruprembhikshuji told him, “Never ever tell this incident to Guruji; or else Guruji would never allow us to enter his house. He used to explain the word ‘Chamatkar’ like this - The word for miracle in Gujarati language is ‘Chamatkar’ – Cha+mat+kar i.e. don’t do miracle. This meaning is very propitious. What is prohibited would never be desirous. Hence don’t do miracle, don’t desire for miracle. For you, yourself is a big miracle.”

Brahmanandji rightly said in his hymn – Hey Almighty God! You have done wonders just like that! Without paper, pen and color you have created innumerable statues. Then you put soul in each of this statue and made them look more and different with just one soul.

If we find and understand the value of the miracle in above mentioned couplet then there is no bigger miracle in the world than this.

584: Art and erudition: Reverend Guruji used to tell, “A human

being should know and learn many arts and eruditions. If we know and understand materialism of the world then the attraction toward material things can be given up on its own, for the curiosity towards material things are rested. That is why the interest and inclination towards spiritualism is increased automatically. After that, if we hear the praise of sweets we would not have attraction and curiosity towards them. At that time we feel that – “I know the truth about heaven, but as amusement for the heart, the thought is pleasant - Ghalib.”

Unless and until we have a cycle, we are attracted towards it but once we get it the attraction is no more. Likewise attraction of all material and physical things remain no more.

Reverend Guruji has attained many arts and eruditions. He knows art of tailoring, smithy, carpentry, masonry, etc. etc.etc. He knows horse-riding, shooting too. He can perform Japa-Yajna and normal Yajnas too. He knows cooking very well which is considered as fifth Veda. His original subject is the practice of Ashtang Yoga. He used many types of cameras too. Now a day he used smart phones too and gives us benefit of this “Today’s food for thought i.e. Aajnu Bhathu” on the social media platform of Facebook. He knows weaving and embroidery too. He never misses Mantra recitation using rosary. He is also an expert in swimming too. Practicing Plavini Pranayama he used to float in the water for hours without moving his hands and legs.

What is the reason to present above mentioned arts and eruditions Guruji has learned which actually is like a drop of ocean? Just to see to it that we get inspiration not for boasting.

Content by – Sadgurusamarpan Bhikshu

586: Art: At the sea shore of Marine Drive (Mumbai) there was Kaivalyadham Ashram. There the diseases are cured by Yoga. The members are allotted the lockers to keep their goods. There were some lockers which were jammed and the locks were not opened. When Gururji had a chance to go there he repaired all locks and lockers were start functioning properly. His manager praised Gururji by telling, “You are like machine to open the jammed locks.” Then he gifted a hand-drill to Gururji. Gururji used to tell the devotees that this art of repairing locks should not be taught to anyone. At present Gururji

used to preach how to open the lock of the door of salvation.

After concluding Chaturmaas (four auspicious months) in Kedareshwar Guruji directly went to Gurudhyanbhikshuji's house. There was a cupboard in his house in which there silver utensils kept. The family members of Gurudhyanbhikshuji were not able to open it since many years. The day Guruji went there and tried for some time the cupboard was opened.

After some years Guruji went to Kaivalyadham Ashram and met Kaivalyanandji Maharaj to seek some guidance for Yoga-practice. As the conversation was over Maharaj Shri told Guruji, "You are at a stage where I can't guide you for further Yoga-Sadhna but I make you alert that never visit the Ashrams with huge boards hanging at the gates. You are at so high a stage that those Ashrams will not be able to guide you for further Yoga-Sadhna." Then the question-answer session was started which is as under:

Question: Then what should I do?

Answer: Ishwar-Sharnagati i.e. surrenders to God

Question: Why didn't you marry?

Answer: (Laughingly) nobody gave me bride hence I didn't marry.

Kaivalyanandji Maharaj had Ashram at Lonavala too. During those days too he had x-ray like machines through which he was able to watch the construction of inner body and movement of Prana (life-force). Maharaj's personality was so pious that as soon as you look at him you feel like prostrating him.

591: Letter of Guruprembhikshu: 10-08-83, Hoboken, USA

I liked one thing in the content of Dhyana – Why is India poor country? The reply is very good. Moral values are given up! Due to desires before Guru-saint the poverty comes. To understand the saints one has to have competence.

We pray to God that by grace of thou Guruji attains long life of hundred years; for the spiritual welfare of devotees like us.

Doctor Bhikshu is Sevadasji, Dhyانبhikshu is Sevabhikshu, Naishadhji is Hnumanji and twenty four hours – ever ready is Bharatji Desai. My 'Jay-Narayana' to all. We should not miss the opportunity to serve for the welfare of people or else the spiritual loss will be felt.

Yours obediently – Prostrate from Guruprembhikshu.

594: Asatyanarayan: As the Satyanarayana katha was concluded the host asked his friend, “Why did you come so late?” friend replied, “As to reach in time I was about to start, the guest arrived hence I got late.”

It is sheer lie. In fact there was no desire to attend Katha but then thought came that if he would not attend Katha people would criticize him hence he came to attend Katha. And –

Reply was given to the question - “Why did you come so late?” by telling lie tale!

595: Development: Development... Development... Development... the material development is primary stage of spiritual development and the ultimate stage of spiritual development is salvation-emancipation. If material development is never abandoned then that development is in vain.

601: Similarity-Commonality: In animal, bird and human; in all four races, in every cast, creed and community; in rich, poor, literate and illiterate, etc. the following are the commonalities-similarities:

Food, sleep, fear and sex are common in all; Kaam (lust), Krodha (anger), Moha (infatuation), Matsarya (envy) and Mada (pride, wantonness) are common in all; all feel tastes similarly; all have their bodies made of five basic elements i.e. Panchmahabhuta; All have similar senses; all have common feeling of cold and hot; all have common feeling of joy, sorrow, happiness and unhappiness; all have common feeling of affection; All have similar desire of long life and feeling of fear of death; all require sleep and rest; all have red blood though their skin color is different. Except for these other similarities and commonalities can be counted.

603 – 604: Are Indian saints not needed in India? Question: Every Indian saint would like propagate religion in abroad countries and subsequently would like to settle there permanently. My queries are – don’t we, the people of India require saints? Or don’t we have a spiritually curious people in India?? Or do people living abroad are better qualified, eligible and meritorious than the people of India???

Answer: Every saint of India does not like to propagate religion abroad or does not like to settle there permanently but some saints have done so and have been doing so. Media focus more on those

saints who go abroad hence people come to know more about them. But we do not come to know about those saints who stay in India and their names and activities are never published by Indian media. In fact, we have never bothered about the saints who stay in India. We never try to identify and recognize the saints who live in India. We keep note of saints who visit abroad or stay abroad but we don't know anything about the saints who stay in India. Why so?! Would such questions arise, had we been aware of them? We do not know or take care to know about those saints who are so thoroughly engrossed in the spiritual and welfare activities that their separate existence doesn't visible. Why so!?! Due to our crass and laziness we don't need Indian saint if we get overseas saint; we don't need saint from Himalaya if we get foreign return saint; and we don't need saint of Mount Abu if we get saint of Himalaya; and we don't need saint of Ahmedabad, if we get saint of Mount Abu; and we don't need saint of Maninagar (suburb of Ahmedabad) if we get saint of Ahmedabad; and we don't need.....Such is the deterioration of our mind! Such is the poor state of our intellect!! We don't allow those saints who on their own come to us for our welfare; but when the same saints come with a foreign return labels and certificates received from abroad countries then we would be ready to stand in a queue for hours with offerings in our hands for their glimpse! So the saints who want all these should at least make one foreign visit, even by borrowing money; for later on they are going to earn huge sum of money and wealth from the people with poor state of intellect. But the saints who do not want all these but who want our spiritual progress and welfare, too are forced to take one foreign trip with a feeling that - "If I don't have a 'foreign return' label then this big long row of caravan of intellectually bankrupt people would never value my sainthood and would never come near me; then how would I give them sermons?"

607: Catch hold of opportunity: A Brahmin from Halvad came back from pilgrimage. He heard that there was Brahmchorasi (auspicious ritual to feed many Brahmins together) in Ahmedabad so he went to Ahmedabad to have a Darshan of Brahmchorasi. In Brahmchorasi all Brahmins had put on silk Kurta and crown. The Brahmin from Halvad had put on cloth and scarf made of thick

ordinary cloth; his body was robust; he had long hair and beard. Other Brahmins did not let him sit with them for taking meal. The self-respect of Brahmin was hurt. He had string, jar and clay pot with him as his goods. He thought, "I need to show other Brahmins strategically that I am too a Brahmin of Halvad." So he went away from other Brahmins and knowing fell down; His clay pot was broken down. He started crying loudly. Other Brahmins asked him, "What happens? Why are you crying loudly? We will buy you a new clay pot?" Brahmin from Halvad replied, "The clay pot which is broken was like my mother hence I need to arrange Brahmchorasi after it. If all of you agree to it then only I will calm down." He was allowed to arrange Brahmchorasi. The Brahmin sent these news to Halvad, called all Brahmins from Halvad, hosted Brahmchorasi and personally served food to all Brahmins who had put on silk dress and who had not allowed him to have meal with them.

The moral of the episode is – those who are brave, only they can create an opportunity for doing virtues and pious things, thus live his life meaningfully. Those who lose the opportunity would not gain anything.

609: Tigers are made jackals: Vasuben, wife of Guruprembhikshu, said laughingly, "Guruji has made three tiger like roaring persons (viz. Prembhikshuji, Doctorbhikshuji and Kanubhai) like a calm jackal. I used to reply, "I have not made them like that, they themselves with their love, affection, loyalty and spontaneous understanding made them like jackal – meaning they become traveler of the path of virtues, humility and spiritual welfare.

615: Virtuous deeds: This is very old story when Motabhai (my elder brother) was alive. Gurudhyanbhikshuji had come from Dakor. When he got chance to talk to Motabhai when no one was around. He told Motabhai –

"Motabhai! Our business is running very well. By the grace of God we earn a lot but Guruji does not know about it; hence when he used to stop me when I spend money in his services. So I kindly request you to inform this to Guruji so that he gives me opportunity to spend money in his services."

From this tale it is understood that how much anxious and

enthusiast gentlemen are to spend their wealth and money in the virtuous deeds! They create an efficient cause to spend their money in auspicious deeds.

617: Parents: Parents think that children are moving towards adulthood but they are totally inattentive about the fact that they are getting older too!

Own daughters are to be sent to unknown house and daughter of unknown house is to be brought into our own home. As a result of which –

They have to be prepared themselves for all types of adversities to come. If there will be less adversities or no adversity then the joy would prevail; and if have they believed that there would be lots of convenience then they would be broken if there would be even less adversities.

618: Red cloths: There is red sand in Halvad village so the cloths would become red and if you work in farm under striking sun you would become black. So there is myth that - when people meet a person with red cloth and black mouth they would ask “Are you from Halvad?”

During those days all Brahmins of Halvad used to have their own farms. Usually the farms are far away from the houses. The Brahmins used to depart for farms early in the morning. They used to wear small and thick lower cloth of the knee high and other such cloth would be wrapped on upper body. The holy strings would be made of very thick strings. Every night they used to wet one kilogram of millet and in the morning they put it in the cloth bag. By the time they reach to the farm they eat all the millet! As per tradition they don't carry cooked food outside the house. In the evening they come back to home, take bath, do worship, take dinner and go to bed.

619: Break heaps with plow: Goldsmith prepares ornaments by striking gold-silver with very delicate hammer; carpenter uses big hammers to hit the nails, blacksmith hit iron with huge hammer; During those days Brahmins from Halvad used to break the heaps with plow.

620: True saint: Question: But where can we find true saint. Answer: When the mind is reconciled and contented there will be

end of raising queries and arguments; and if the mind is reconciled and contented then there would be no need to find the true saint.

621: Defeat and win: Only those who are enormously brave can digest the defeat and win. The common would be broken down in defeat and become proudly in win. The one who can digest the defeat easily then it is considered as one type of win indeed.

622: Nugaro i.e. a person who does not have Guru: (Note – The word Nugaro is considered as insulting word for those who don't have Guru) When Changdev entered into room he found Mukataba taking bath; so he was about to come out of the room and he heard the voice of Muktaba, 'Arrr Nugra!' After hearing this Changdev stood at one facing his face towards the door and asked, "Why did you call me Nugaro?" Muktaba replied, "What else do I tell you? You are twelve hundred years old. Moreover you have a great Guru like Gyandev; despite all these you could not come out of the difference of gender, you still consider the physical body of man and woman differently!"

623: Uttarayana: (The term UttarayaGa, is derived from two different Sanskrit words – "uttara" and "ayana" – thus indicating a semantic of the northward movement of the Sun on the celestial sphere.) Uttarayana means the day Bhishmapitamaha made his journey to heavenly abode. Devavrata had taken a formidable pledge of observing celibacy for the whole life to fulfill the desire of his father, hence he was called Bhishma. His father gave him blessing to have a death as per his wish-desire. Sleeping on the bed of arrows he was waiting for the Uttarayana – he sustained his body till Uttarayana was commenced. In Bhagvad Gita too it is mentioned that - The one who dies during Uttarayana attains Moksha i.e. salvation, emancipation, liberation. As Uttarayana is the day of leaving body by Bhshma who had taken formidable pledge of observing life-time celibacy we should celebrate the day of Uttarayana as great festival of liberation of Bhishmapitamaha.

624: Urdhvaloka i.e. Heaven: The kite is sent towards sky on the day of Uttarayana; that means our motion should be towards upward and not downward. The mind must be contemplated towards upper side of navel, not lower side of navel.

625: Kite: By flying towards sky the kite gives us inspiration to move towards heaven. After taking inspiration from kite the enormous effort should be made to go towards heaven.

629: Court of Supreme-being: “Despite we do crime we would not be considered as criminal due to our relationship with the influential person.” With this belief we do crime and if the influential person denies helping us, then what would happen? Then we will get the punishment and go to jail. And suppose after taking help of his relation, though we are proved innocent in the court of law of government, we must remember that there is also a court of God which is called rule of Karma and we will be proved guilty in that court. And so there would be bundles of pains and sufferings.

632: This incident...: A sage, riding his healthy horse, was going to nearby village. In his path he found a lame person lying. Sage asked him, “Where do you want to go?” He kept crying and told that he had wanted to go to nearby village. So sage got down from his horse and helped the lame person to ride his horse. After some steps the lame man said, “Don’t you recognize me? I am dacoit Khadagsinh. To loot your horse I was doing drama and acted like a lame person. What is need of such horse for sage? In fact we dacoit need such horse. I bid goodbye to you.” Sage said, “I am giving you my horse with a request. Don’t tell about this incident to any one; otherwise after hearing this story nobody would help needy people.” After telling this important message sage started walking towards his destination. Hearing the heart-melting message of sage the dacoit started repenting. After a few days he left the horse. The horse went back to sage.

633: Extend ancestry: Why do we need to marry? We need to marry to extend our ancestry. As we become parents we have to live the remaining life with restraint. This is the gift of Vedic culture; this is the ideal of Vedic culture.

637: Visarjan - a ritual of immersing the clay idol of Ganesha in a water-body: How beautiful and lively the idols of Ganesha, as if they speak just now! Even though after stipulated time we immerse those clay idols in a water-body. That teaches us –

All the things - be they inert or live made of five basic elements – immerse like this when the time comes. The second message of

Ganesh-Visarjan is be Aparigrahi i.e. practice non-greed and non-attachment. Except for the inevitable things, don't hoard anything.

639: Shiva-Shakti: Shiva is ingenuous and Shakti is fickle. Shiva is stable because He is powerful. Shakti is fickle because She is not steadfast. Stability is an indicative of Shiva and instability is the indicator of powerlessness. In each and every body the Shiva and Shakti are resided. The seed of Shakti is ovum and seed of Shiva is semen. In each and every body the ovum and semen are resided. Their amalgamation in the body itself is a secret Vajroli Mudra or an accomplishment of Vajroli Mudra. (Note: Vajroli mudra, the Vajroli Seal, is a practice in Hatha-Yoga which requires the Yogin to preserve his semen, either by learning not to release it, or if released by drawing it up through his urethra from the vagina of "a woman devoted to the practice of yoga".)

643: Constitution: We know and learn about the constitution of the nation but we never try to know and learn about the constitution of the body i.e. physiology. If the constitution of body is understood thoroughly then the universe is known and understood in its real form. As with the help of x-ray the internal limbs-parts of the body can be seen, likewise if the construct of the body is understood thoroughly and philosophically then it can be distinguished that how the Panchmahabhuta i.e. five basic elements which are engrossed with the universe.

644: Shiva: See the photo of Lord Shiva. He puts on poisonous snakes and scorpions like an ornament; whereas we – the so called devotees of Shiva would kill even the non-poisonous living beings like rats, cockroaches, ants, etc.

645: Our Puppy...: When we were young we used to break the stone with our fist but when we become old we can't sit without the support. Hence when we have courage, wealth and place we should do what we want to do or what is preached by our Guru. We own building and maintain family; what is so big in that? Even dog too maintains its puppy and to ensure its own puppy's life it kills other puppy too. Would we too behave like this only? Would we never learn that our puppy would live and others' puppy too would live?

647: Mother...: Hey mother! Give birth either to worshipper

or to donor or to brave; Or else remain childless and don't lose your vitality.

How significant the above said lines are? Hey mother! If you want to bear a labor pain, wish to give birth to a child then give a birth to such child who would be either worshipper or donor or brave (Mahavira); else don't give a birth to insignificant and coward child and add one to the number of such infinite children already exist . If your aura (ovum) is lost for giving birth to the brave and worshipper child then it is worth to lose your aura or else don't lose it; it is better to be childless. If a savior could not be born at the cost of losing the wealth of character and aura then what is the meaning of getting life time poverty by losing the wealth of character and aura?

648: Sraddha....: By remembering dead ancestors and follow the Sraddha ritual we express our love and faith into them; as a part of ritual we offer a food (particularly milk and Roti) to crows. Leave aside the debate on what would happen with that ritual but one thing is for sure that after eating the offering the crows are satisfied with enough food they would not kill small creatures. The believers of nonviolence, by feeding crows during sixteen days of Sraddha, would earn great chunk of virtues by saving the small creatures from crows.

649: Bhartruhari: The king Bhratruhari gave the immortal-fruit to his beloved wife Pingala; Pingala gave it to her beloved horse-keeper; horse-keeper gave it to his beloved prostitute; and the prostitute in greed of earning lot of gifts gave it to king Bhartruhari. When Bhartruhari saw this immortal-fruit his eyes remained wide opened in surprise and shock! At that time only, the seed of abstinence was sown in his land of conscious mind. And from that seed of abstinence the tree of book "Vairagyashatak" was flourished.

650: Wah!...: I don't love the one who loves me; I love someone else! Someone else does not love me; he loves other one! Thus the chain of paradox keeps extended! Wah! Hypocrite world!

651: Atheist: Question: You don't believe in temples; then why do you go to temple? Answer: Though I don't believe in temples, but I believe in my family. As my whole family believes in temples, I go to temple so to give happiness to my family.

652: Mirror: Let us make our mind like a mirror and not like a

roll of camera. The image gathers on roll of camera sticks to it but the image reflects on mirror does not stick to it. Likewise the reflections of Raag (anger and arrogance) and Dwesh (illusion and greed) gathered on mind must not stick to it. To develop mind in such a way we used to go in Satsang, Swadhyay and at the feet of Guru.

655: Science of Mantra: If we speak ‘smile’ then a photo will be clicked in mobile camera, if we speak ‘video’ then the video will be start playing, if we show palm then a photo will be clicked. Wow! Surprising!! Then –

Why there will not be an effect if Guru-saint-sage-monk raise his hand or put his hand on the head of devotee and give blessings; or curse someone? Those who are seers of Mantra, their influence will always be there.

As there is a response to the programmed words, likewise the words visualized and invented by the seers will definitely have an impact.

The human brain has become corporal, for spiritual subtle science is out of his reach, hence it remains engrossed in material and physical science only.

657: Live sermon: Rajnikantbhai and his son came carrying Tiffin which contained the Prasad (sacred food) of Yajna performed at Doctor Kantibhai’s house. The Prasad was catered and I was called to have it. I started eating Prasad. Darshan also came to cater. His hand hit the glass full of water. The water spilled in my plate. I raised the plate from one side, put dry cloth on accumulated water on one side. The water was soaked by cloth. In a bowl of Chutney too there was spilled water; I poured the water out from the bowl. Rajnikantbhai said, “I am bringing another bowl of chutney.” I told him, “No, don’t bring another bowl of chutney. As chutney was spicier, with the spilled water it is now eatable for me.” (What is the moral of this episode; let the reader conclude. But those who were present there and experienced entire process had all joy, pleasure and learning.)

659: One Roti: Chhagan eats one Roti but Magan eats three Rotis. But Chhagan with one Roti needs Daal-rice, vegetable, salad, Raita, one sweet, one pulse and fresh fruits too; whereas Magan needs only one vegetable with three Rotis. Even though it is said that Chhagan eats only one Roti.

660: Rush: If it is concluded that for so many births and so many years the things after which we have ran madly is nothing but mirage then now we should stop running after it, now we should stop and be stable.

662: Miracle: In the recent time we have been hearing about the miracles of such as -by the grace of Guruji a son is born, or a case is won, or an examination is cleared, or a marriage has take place, or a disease is cured, or gets the job, etc. etc.

These are true stories. These things would have happened. Why should people speak lie? But all those miracles are done by me is not truth. Whatever has happened is due to their hard work and destiny. Had they be done by me then I would have known about it before it happened. But I don't know about it. Only when someone tells me about that, I come to know about it.

666: True love: As foundation brick does not say – cannot say that I foundation brick; likewise true love does not does not need to exhibit – it can't be exhibited.

True love can't be limited to a few days or to a specific place. In fact; true love is so pious elements that can be experienced with each breathe. The one who possesses true love would always remain in the state perpetual joy.

The love which can be exhibited is actually only a means to mutually deceive those who are attracted with pervert feeling.

668: The celebration of 90th birth year of Guruji was concluded with great fanfare in Govindpura. The enthusiasm of all devotees was to be seen to be believed. Everyone was talking about huge expenditure made by Shri Damodarbai; it was as much as the expenditure one would have made for his son's marriages. It is true that the one who understands the true value of spiritual festival can only celebrate it with such a great fanfare and take the benefit of spiritual welfare. Such subtle understanding and wisdom can only be attained by the blessings of Guru-saint. Let there be grace and blessing Supreme Being on all of us.

670: Machines: We know that the new machines are invented with the help of material science on daily basis; are they invented to give rest to human being? No, it is not for the rest of human being; it

is to get maximum work from the human being. Why should he be free for some time to take rest! Hence – we need not be happy and brighten up with the news of invention of new machines.

671: Karma: There is great importance of Karma performed without expecting fruits of it; that is okay but in fact no Karma is such. While practicing virtues, while serving parents and Guru-saints there is a desire of attaining salvation. But by fulfilling that desire one attains eternal happiness; that is why those Karmas are desirable.

672: Komalanandji: Reverend Swami Nityananda, Baba Muktananda Paramhansa, Baba Nityanand Avadhuta (Ganeshpuri) – By the grace of God I had a privilege to have a Darshan and Satsang of all these three generations. The Ashram (Shanti-Mandir – Swami Muktanand) of Swami Nityanandji is in Valsad. Since many years there are many welfare related works are being done by the Ashram. They have many Ashrams in USA too. When I had visited one of their Ashrams in USA I had a memorable experience of their warm welcome, affectionate intimacy.

Recently a lady disciple of Baba Muktananda, Reverend Swami Komalanandji is looking after the Valsad ashram. Two days back she came to meet me. On 25th we would be meeting during Yajna to be performed at Valsad.

673: Life-period: We keep track and take extra care about how much we spend from our bank balance but as the sun rises and sets one day is gone from our life; we always avoid paying attention towards that!

674: Tribute: We pay tribute to Shri Jyotishbhai Shantibhikshu Pandya (Nadiad) as he made his journey for heavenly abode. Many years back –

There was a severe drought. The devotees of Aum-Pariwar had decided to arrange Gayatri Japa-Yajna non-stop for one month. Shri Jyotishbhai has supported that Yajna whole-heartedly with body-mind-wealth and with thought-speech-behavior. In his town Umreth this spiritual activity was arranged, celebrated and concluded very successfully. On the last day of Japa-Yajna the dinner namely Brhamchorasi was arranged. When the concluding offering to Yajna was being done the clouds started thundering and there was heavy

downpour.

With such great memories Shri Jyotishbhai always lives in our memories.

675: Motivating souvenir: This tale is of past many years. Manibhai was a great devotee of Gurudev. He was a man of Satyuga era. He was a hermit in white cloths. He was giving service of proof reading of Guruji's literature. It is a tale of one occasion.

There was an occasion of farewell celebration of Bharatbhai who was going to USA. I was reading an article. While reading I said, "I corrected this word for three times. Despite, I don't who is changing this word?" Hearing this, Manibhai stood up among the congregation, put his hand on his chest and told, "That word is changed by this stupid man." I told him, "Whatever you have rectified is correct but that word is from the opinion quoted by someone, that is why it was to be published as it is; and not in the corrected form."

Moral of the story – The one who knows that he is stupid, how can he be called stupid; the one who realizes that he is less intellect cannot be less intelligent!

677: Yogadarshan – nectar-maxims: The maxims 16, 17, 24 and 25 of Sadhanpada of Patanjali Yogadarsan are like nectar. These four maxims are the essence of whole Yogadarshan. Having carefully analyzed all the scriptures, having contemplated over them again and again, we arrived at the conclusion that Yogashastra is the supreme of all - And sum and substance of Yogashastra is to present the said four subjects. Let us understand the meaning of these four subjects briefly.

Heya or worth abandoning i.e. sufferings: Heya means worth abandoning. Here, Instead of 'sufferings' or 'unhappiness', it is described as Heya - 'worth abandoning', i.e. worth avoiding, i.e. not to be obtained. What is to be abandoned? Sufferings and five afflictions are to be abandoned.

Heyahetu or reason of sufferings: What is to be abandoned should be abandoned. But how can they be abandoned? A reason should be known for it. Heya means sufferings and Hetu means reason – one should know the reason of sufferings, then only they can be abandoned. Why sufferings are to be abandoned? Because something

else is to be obtained; something ultimate is to be obtained hence what are to be abandoned are avoided. As sufferings and afflictions torture us, that is why they are to be abandoned and eternal-perpetual happiness is to be obtained.

Haan or solitude – salvation: Haan means salvation. Here, instead of using the word Kaivalya, the word Haan is used. We have to obtain the salvation by abandoning sufferings and afflictions and by making ourselves free from the bondage of them.

Haanopaay or remedy of salvation: What is remedy of Haan-Kaivalya i.e. salvation? What should be done to obtain Kaivalya? The sufferings and afflictions should be abandoned. There is no worry of the sufferings which are already endured. There is no need to abandon them which are already endured. The ongoing sufferings are for sure to be endured. They cannot be abandoned without enduring them. Once endured, they are not going to stay for even a moment. What is the remedy to make ourselves free from whatever Karmashay is formed? The remedy is to endure them. There is irrevocable law of Karma that without enduring the suffering we cannot escape them. In Bhagvad Gita it is told that – “Gahanaa karmanaa gatih”. The principle of Karma is profound; it cannot be understood fully. There are many types of Karma viz. Shubh Karma or virtue, Ashubh Karma or sin, Mishrit karma or assorted Karma of virtue and sin. Because of these Karmas, a Karmashay is formed and because of Karmashay what is decided is to be endured. After enduring them the Karmashay can be made extinct. ‘Ashay’ in the word Karmashay means repository, stock. How is repository of Karma which remains subtle? It is an incomprehensible and mysterious place in which the impressions of Karmas are stored in subtle, subtler and the subtlest forms of desires and after enduring them one can be free of them. Virtue which is accumulated by doing virtuous deeds and sins which is accumulated by wrong-doings are to be endured in the form happiness and sufferings. By enduring them one can be free from them. The one who holds the body; be it an incarnation of God, or great human being or Yogi will have to endure the fruits of Karma and then be free from them.

It cannot be predicted that at what time, which karma would rise

to give us its fruit in which form. The pace of Karma is transcendental. Nobody can understand it. It works on its own with prescribed rules. So the suffering we endured has become of past. There no need to worry about it. The current fruits of Karma which we are enduring right now would also become past once we keep enduring them. By passing of time we would be free from them. Now what we have to do is told in sixteenth maxim. We can make efforts of to stop and eradicate sufferings which are yet to come or likely to come in the future. There is no effort needed to make ourselves free from the past and present sufferings. No efforts would work for those sufferings which are already endured in the past and present. The efforts can only work and be fruitful for the sufferings which are yet to come.

The possibilities of the sufferings which are likely to come in the future can be averted. We make such efforts in present; we practice such activities in the present, so that no new sufferings are invited. Till date whatever Karmas we have already done will have to be settled by enduring the fruits of them. But it is in our hands that we don't repeat those mistakes again. We have not to run away from what we have already done. Those duties and responsibilities are to be completed fully and mandatorily. Even if you don't want to do, you will be compelled to do. The principles of Karma will ensure that, hence you cannot run away from it. All those fruits of Karma will have to be endured to be free from them.

Currently we perform such Karmas so that future sufferings are not invited, future bodies are avoided. If a body is obtained then the cycle of sufferings goes on but if there is no body then liberation from all sufferings.

679: Downfall: If the feeling of ego or infatuation arises in Yogi's mind due to lots of invitations by the households, innumerable visits to devotees' places, the service and devotion experienced then there would be downfall of Yogi in his spiritual journey and he would back to square one in his Yoga-Sadhna.

680: Sin-Virtue: How with huge repository of information the computers and internet are filled with! Whatever question arises in mind and one asks, the instant reply is provided by computer-internet. Those who have not experienced the power of internet they may not

believe it but we have the self-experience of its power. How ethereal would have been the brain of those who have invented all these! But–

How would He be who has created the human brain? His name is Parmatma – The Supreme-Being. To describe him there are no words available hence in Vedic culture the words used are Neti...Neti...Neti i.e. there is no end... no end... no end... in describing Supreme-Being.

681: Vehicle of deities: Mahadeva's bull Nandi, Kartikeya's peacock, Ganesha's rat, Brahma's swan, Vishnu's eagle, Yamraja's buffalo, Amba's lion, Bahuchara's rooster, Indra's Airawat – white elephant, Gange's Makara whose head is of crocodile and tail is of dolphin, etc.; thus vehicles of all deities are either bird or animal. Actually they may be vehicles only but vehicles' shape must have been given of animals or birds. It shows and suggests the love of deities towards the animals and birds!

682: Eternal dwelling: The one who helps in gaining material happiness is helper. The one who helps in attaining the eternal divine happiness is Guru. And the one who holds the finger or carry one on his shoulders and get one reaches to eternal dwelling of happiness is Sadguru. And the one who is devoted by Sadguru is Param-Guru, Parmatma, and Supreme-Being who is Guru of all Gurus of past, present and future; His name is Pranav-Aum.

684: Though accomplished: Though one is accomplished (Siddha), mystic (Avadhuta), enlightened (Paramhansa), incarnation of God or an ordinary human; their bodies are made of Panchmahabhuta (five basic elements). Hence they all have to pass through childhood, youth, old age, disease and death, for it is an inevitable nature of Panchmahabhuta. If they are above it then how can they be made of Panchmahabhuta.

685: Ardhnari-Nateshwar: In the picture of Ardhanari-Nateshwara - popularly known as Ardhanarishwara in Indian Scripture (Sanskrit: अर्धनारीश्वर, Ardhanarishwara) - is a composite androgynous form of the Hindu God Shiva and his consort Parvati (also known as Devi, Shakti and Uma in this icon). Ardhanarishwara is depicted as half male and half female, split down the middle. Let us try to unveil the transcendental secret of this picture of Ardhanârî-Natesvara.

Ardhanârî-Namçúhwara means in every male body half body is of female and in every female body half body is of male. Hence in male body, also there is ovum and in female body, also there is semen. Thus, in my opinion, in both – female/male bodies there are ovum and semen. When we get ovum and semen of our own body to meet-amalgam, and get them assimilated into our body; that is called Vajroli Mudra - an important Yogic Kriya in Hatha Yoga.

This is possible with the right guidance, prolong execution and by the grace of God.

In male body structure there are testes and in female body structure there are breasts; in male there is beard-mustache and in female there is womb.

The element which is required to create a new human body is generated in the testes and they are the storage limb too. And to nourish, maintain and sustain the newly created body, the breasts are the limbs in which the nourishment fluid is generated and stored.

If, semen of the male body and ovum of the female body meet, amalgam and conceive in a female body and can create a miracle of generating a divine new body, then-

Who can measure the miraculous cycles of amalgamation of the stored semen and ovum (the divine body regenerating fluids) in a single human body (either a male body or a female body) which is referred as Ardhanârî-Namçúhwara!!!

(Note: Yogi Swatmaramji in his book “Hathyog Pradipika” has described the glory of Vajroli Mudra at length. He has mentioned in this book that a Yoga-Sadhak – the person who pursues and accomplishes the Vajroli Mudra can achieve divine power without observing rules of restraint and abstinence.)

**In my opinion the philosophical, safe and non-hazardous form is what is described above; also it is the right one.

The theological meaning of Vajroli Mudra is already mentioned above.

687: Language of maxim: The essence of all scriptures is – By speaking truth one becomes happy. To make such scripture concise the volume of Satyavadi (truth-speaker) Harishchandra was written. That volume too was looked like lengthy hence the “Satyanarayan-

Katha” was authored. But people of the Kaliyug era don’t have much time so to sing the glory of Satya i.e. truth, Chopai and Doha (i.e. couplets) are created and in Sanskrit language, Shlokas and maxims are created. The purpose of these creations is to tell what is to be told in minimum words. If one sees the voluminous scriptures or books they get afraid or become lazy of reading the whole scripture. When people had very long life-span the voluminous epics were looked like small books. The scriptures were created in the form of maxims. Maxim is like the whole ocean is in a pot – very concise form. If the literature is full of sermons with very simple and concise language then maximum people can take benefit of it; for that the simplest way is to create maxim.

691: Tug of war: The elephant was drinking water from the lake. At that time crocodile caught its leg. Terrible tug of war took place between elephant and crocodile. The elephant was losing battle and was dragged in the dip lake. It drowned fully so it raised the trunk above water level. Now only its nostrils are above the water level hence there was no escape. As there was no remedy left elephant prayed God and God saved the elephant.

Moral: If after trying-using all the power and strength provided by Almighty God if one calls-prays for the help of God then only God will come for help. Even Draupadi had also prayed for the help at the last moment and Krishna had helped her.

692: Blind majority: In the story of seven blind men and an elephant every blind person had described elephant but they were wrong. The description of elephant done by one person who had two eyes and was able to see the elephant was right description. Because-

Though it was true that the blind persons had the majority but that majority was blind whereas the one with the eyes was in minority but that minority was not blind.

In the ancient time there was a tradition to appoint Rishis (sages) as a Kul-Guru (Guru of clan) and Rajya-Guru (Guru of kingdom). That tradition was due to the visionary nature of sages and the sages had self-experience of intellect and wisdom.

693: Selfishness: Though our kid and the lice in our head, both are produced from our sweat, we kill the lice but bring up the kid

with love! Why is it so? For, we experience selfishness in the kid but not in the lice. But –

Let us understand that in every creation of creator there remains selfishness and charity; poison and nectar simultaneously but due to the difference in vision of the viewer there is not overall view.

694: Ruta: There is one Vedic Statement - “Tatra rutambhara pragya”. It means “when the intellect touches subtlety it turns out into wisdom.” Just as Pragya stands for subtlety of intellect so also Ruta signifies subtleness of truth.

The word “Rutambhara” mean! “Complete with subtle truth”. Here truth does not indicate the worldly truths we hear about. These are revealed truths to us while in deep meditation. These are the experienced truths.

695: The enormous form of Supreme Spirit: “Unlimited universes swing around in the pores of Supreme Being in the form of a miniature atom” thus acclaimed the scriptures. If you have the opportunity to read the commentaries on this statement you will understand a little about the vastness of Supreme Being. When you concentrate on this aspect of his vastness and power and compare yourself, your ego will be set aside or it will begin to melt.

The scriptures assert that a human body has seventy two crores of pores. And we were talking about the pores in the body of Supreme Being. When the scriptures state that unlimited globes of universes fly around in a single pore of that divine person, you can imagine how vast that single pore could be. And imagine at least 72 crores of pores in this vast body of His and guess how vast it could be. Perhaps if you have knowledge of the vastness of a complete universe you may perhaps have an idea of this concept.

Your house is so many times bigger than your body. The society you live in is many times bigger than your home. A town is bigger than your society. A city is bigger than a town. A state is bigger than a city. A nation is bigger than a state. The world of nations is bigger than a nation. Earth is bigger than moon. Sun is bigger than earth. Stars are many times bigger than a sun. The sky is littered with such unlimited stars.

When something beginning with an individual and ends with

limitless star is envisaged in a single unit; that unit is called a “Brahmand”. When unlimited “Brahmandas” are envisaged in a single pore of this Supreme Being and jump around like balls of atoms you can guess how vast this single pore could be. If that body consists of seventy two crores of pores is it possible to imagine the vastness?

695: The enormous form of Supreme Being - 2: In villages we find tiled houses. The rays of sun filter through the tiles into the house. Then you see small spots of light thrown on the ground. You will also see thin projections of light drifting from the tiny holes of the tiles. You will also observe millions of minute atomic specs flying in that concentrated light. Imagine the minuteness of those flying forms. Perhaps from this you can form idea of the atomic name of the “Brahmandas” in the pores of Supreme Being.

Here the scriptures are not referring to a single “Brahmanda” or endless of them. They are talking about endless crores of such “Brahmandas”. They assert that just as we see millions of atomic specs flying in a thin ray of light in a house, so also limitless crores of “Brahmandas” fly in the single pore of Supreme Being in atomic size.

The next important aspect to note is: “these limitless crores of” Brahmandas are mere atoms compared to that vast pore of Supreme Being. If you keep this principle in mind then you can have an idea of the all-pervasive-character of Him.

Amongst the millions of stars a single star appears a tiny shining object compared to sun. But in fact sun is smaller than it. When you count down to yourself with this mighty phenomenon you will be million-billion-trillion times smaller than them all.

You can ask yourself a question. What status do I have when compared to that mighty spirit called “Paramatma? Your ego will have no place before that Supreme Person.

Scriptures have denominated him with a name. It is AUM. When you repeat this Mantra over and again you will be remembering him. Then only the worship of AUM will bear its fruits. I used the words “worship of AUM” purposely.

696: Development: Everyone let his/her whims of mind allow to think about phrases used to describe development viz. development

has gone made, development is stopped, development has slept, whether development would create debacle or save us, etc. It is but obvious for human nature. But what is the ultimate goal of development? The ultimate goal is to take development to the extreme peak so that the cessation from development is attained. The spiritualism is the first step of cessation and the peak is Kaivalya i.e. solitude, detachment.

697: Jealousy: Today, though you instigate us to fight each other but remember you are not made of gold-silver; you too are made of Panchmahabhuta (five basic elements). Your jealousy will make sure that you fight with each other.

703: Shri Ram: Shri Ram did not hunt deer but he killed demon Marich who was Ravana's maternal uncle and due to pressure of Ravana he had taken to form of deer so that Ravana can kidnap Sitaji.

The hunter goes to the place of prey to hunt him; prey would never come to the place of hunter to be hunted.

708: Jealousy: To ensure progress of our friend we work very hard whole heartedly for many years and looking at his progress we would be very happy. But surprisingly –

When we come to know that he has been progressing much more than the limit we had decided then what would happen to us? Actually we should be more happy, instead we start becoming jealous of him; because –

We were helping him not for his progress but to satisfy our ego, though we were not at all aware of that matter.

The element of jealousy is like a hidden demon hence it is inevitable that both of them, the one who is getting help and the one who is helping him must be alert. The example of friend is mere an example but we should understand it thoroughly and for all walks of life.

709: Beliefs: What we believe yesterday, today we feel it is wrong-false. Today's belief proves different tomorrow; and then on coming month, coming year, coming birth there would be radical change!

During childhood the thing, matter, food which was looked like true, which we like the most, which we savor more; during our adulthood it was changed and during old age we started disliking it. That is phenomena of change!

Sanskrit maxim - Brahma satya Jagat mithya – Its simple direct English translation is only Brahman is the truth and this world is false/illusion or delusion.

709: Lust: Sanskrit maxim - Kamaturanam na bhayam na lajja. Lust has no fear, no shame!

The addict of alcohol knows that the alcohol is injurious to health despite he can't give up his addiction of alcohol. Alcohol is material and external thing but six afflictions are subtle and natural; and out of six afflictions the lust i.e. desire for sex is very powerful affliction. Hence fear, temptation, torture, etc. can't stop the desire for sex and lust. During that desire person becomes so pervert that his/her intellect and wisdom die down. Once his desire for lust is satisfied or perversion is reduced then only his/her courtesy is regained. But by that time it is very late – what was not to be done is already done. So the punishment of death or other severe punishment to rapist would remain forever.

It is humanly impossible for ordinary human to avoid the pervert feeling and desire. But one should not leave the efforts to overcome the desire for lust. In fact, since childhood the children must be trained to control the desire for lust by imparting sacramental values and thus how to control the mind during pervert feeling and desire.

710: Brahmcharya i.e. Celibacy: Deities with penance of Brahmacharya (chastity, celibacy) killed death i.e. got victory over death. (Atharv-Veda)

The ejaculation of semen is considered as death and to assume-behold semen is considered as life. (Hatha-Yoga Pradipika)

By establishing celibacy, there is a benefit of semen. (Patanjal Yogadarshan)

Lord Shiva tells Parvati – “Hey Goddess! There is no accomplishment in the world which can't be accomplished if the celibacy is established. My glory is due to celibacy only.

710: Birth-place: The atmosphere of our birth-place is more suitable and convenient to us. The influence of birth-place is much more on the body, for as the birth takes place and breathing starts we breathe in that atmosphere; that is why in the structure of body the molecules and atoms are mainly from the atmosphere of the birth-

place.

711: Nectar: If there is an element like poison which can kill the living being then there has to be an element like nectar which can make the dead one alive; though we have failed to find it.

According to rule of equilibrium of nature there has to be poison and nature both in the universe. If one is there the other has to be there. But it is very easy to find poison and extremely difficult to find nectar.

According to nature of human a person would find the easy one first and experiment the easy one at once and experiment it without hesitation.

711: Dog: What is the difference between dog and us if dog bites us and we bite dog? There is only one difference i.e. dog has bitten us first and we later; it has made crime first and then we have made; it must be punished first and we later; but punishment will be done to both.

It is the task of a human being and not of animal to understand such routine truth and try to be happy by putting it into practice. The happiness would not stream from the invisible so we should never be deceived by such invisible happiness.

712: Thousand fold: if we sow one seed in the earth, the earth (nature) would give us thousand grains in return; if we give happiness to nature, the nature would give back happiness manifold; if we give unhappiness to nature, and the nature would give back unhappiness manifold.

If we assign one thing to nature, we get back thousand fold. If we don't assign it to nature and tries to settle account on our own then we may get one in lieu of one. Hence after having better understanding of this rule we should transact.

713: Garbha-Sanskar i.e. educating the mind of fetus: The Garbha-Sanskar rules the body, mind and the whole life of a human being. Other education remains secondary. Hence – if we want to have radical change in the society, if we want to make coming generations virtuous then we will have to make Garbha-Sanskar a foundation brick. Kindergarten is considered the next step. That is why it is also suggested not to forget the sixteen Sanskars i.e. set of

observances preached by the Vedic seers.

714: Condemnation: If someone is appreciating us then there must be someone who is condemning us too.

If someone loves us then there must be someone who is condemning us too.

If we understand this rule of action-reaction thoroughly and subtly then the extreme contentment would prevail in our life.

715: Human nature: The human nature is such that it would forget the help done for ninety nine times but it would remember one incident when we could not help him. If someone has surrendered his whole life in social services, welfare of people and if he commits a mistake then society would stop for a moment to throw him out. Since ages this trend continues. So –

The volunteers should take pledge to serve the society after giving great thought, sheer cautiousness and with complete preparedness; not for getting fruits out of their services and welfare work. They should have a desire of being philanthropic for the attainment of their own joy and pleasure.

715: Brahma Satyam Jagat Mithya: A sentence which summarizes for Hindus the entire teaching of Advaita Vedanta: **Brahman** is the real reality; the world is deceptive (because its apparent reality is superimposed on **Brahman**.)

Mithya is a term widely used in Advaita analysis to denote a reality of lower order, which is experienced but has no real existence of its own. Though not totally unreal, its reality is dependent on the one absolute reality. Thus, it is a dependent reality, i.e. it is relatively real and not absolutely real.

716: Happiness-Unhappiness: Knowingly or unknowingly sins and virtues are going to be performed whether we wish it or don't wish it. But if it is decided that the sins are not to be performed then there would be less sins performed and so there would be less unhappiness in the life.

According to physiology of the body some perversions and lusts would always be there in the body even if that body is of saint, abbot, sage, seer, Yogi or incarnation. In the live body of five basic elements i.e. Panchmahabhuta there will always be everything which are called

good or bad things; yes, in a dead body or iron statue they will not be there.

The body of everyone whose birth is assumed through parents are made of Panch-Mahabhuta i.e. five basic elements.

716: Exhibition: With the display of our body, mind, wealth, beauty, rank, progress or harmony there would not be any good; instead we will be a victim of people's jealousy. People are awaiting the chance of being jealous. It is the nature of all living being. How can we imagine that the jealousy of people would be faced by us in which form and under which disguise which would devastate and destroy our growth and progress?

717: Janoi i.e. sacred thread: There was a Hath-Yogi in New York, his name was Swami Buvaji. I met him twice. During my second meeting his age was 112 years. He used to have love and affection on me. He also had kept my photo in his room. On his left shoulder he used to wear Janoi i.e. sacred thread; he used to apply ash (Bhasma) on his forehead, arms and chest. He looked gorgeous and had a great personality and influence. He used to say jokingly—

In India only some people wear Janoi but in USA everyone wears it. As soon as one comes out of house and sits in the car he/she wears seat belt – safety belt.

His joke had some element of truth as Janoi protects the one who wears it and also the seat belt does the same.

He was Hindi speaking person. According to the last news received, he died at the age of 118 years. The king of Iran had called him for teaching Yoga. The king used to serve him (Swami Buva) the costliest mangoes; king invited him for a meal and himself prepared food for Swami Buva. He was full knower of khechari Mudra.

719: Gayatri Mantra: With every offering-Yajna the atmosphere is getting cleaned. If such Yajna is performed with chanting of Gayatri Mantra then along with atmosphere the intellect is also purified and sharpened. Shri Ram, Krishna, Sahjanand, Hanuman, Ganpati, Bhishma, Parshuram, etc. were given Yagnopavita-Samskar (ritual of wearing sacred thread) - means they were given Diksha of Gaayatri Mantra.

Thus since ages the glory and majesty of Gayatri Mantra is sung

eternally. With it the intellect is purified hence it is rewarded as Maha-Mantra.

722: Aum Ram Aum: If 'Ram' Mantra is prefixed and suffixed by Aum (Aum Ram Aum) and recited for 5 million times then it is equivalent of reciting only 'Ram' Mantra for 960 million times; such is the mightiness of Aum Mantra.

723: Swami Buva: Swami Buvaji's feet were slightly deformed. He had clarified about that – "Before many years I died in my country. People put me on pyre and burn the funeral woods but suddenly I stood up. At that time my feet were slightly burnt. My family members did not allow me to enter the house, for it was their belief that people of the house would suffer and become unhappy if a deceased who was turned alive would be allowed to live in the house. Thus, my destiny brought me in America. Here I became Yoga-Guru and made everyone happy. He used to say that all my disciples are Americans. I don't have any Indian disciple. Indians, instead of taking interest in Yoga, take more interest in my personal life.

724: Swami Buva: Swami Buva said, "All my disciples are Americans. They are only interested in learning Yoga; they are not bothered about other material things. I don't have any Indian disciple. Indians, instead of taking interest in Yoga, take more interest in my personal life.

I was given a high and tall seat with a back-rest to sit. He was teaching Aasana i.e. postures. When he started teaching difficult Aasanas one of my Madrasi friends failed to do the Aasana. He said jokingly, "Sweet-ball lover Brahmin!" After some time I was tired even I was sitting on comfortable seat but Buvaji did not tire though he was teaching postures in standing position. At last he asked me, "Is everything okay with my teaching of postures?" Such an humble person he was!

He used to remove air from eyes; he also used to play conch for very long time without stoppage. I had seen chart of 84 Aasana (Yoga postures). Swami Buva had a chart consisting of one thousand Aasanas. He himself cooked food for us and served us food with love and affection. I think Bharat Desai was with me at that time.

725: Four types of human nature: (1) if a book or article is being

read then some people concentrate on where the errors are and how many errors are there. (2) Some people tries to find out what is good in the content. (3) Some people observe what is good and what is bad in the literature. (4) Some people just read for the sake of reading; they are least concerned with what is good and what is bad; they just read to satisfy their ego.

726: Swami Buva: Buvaji used to say, “One night thieves came. I got up and told them to take away whatever was needed by them. They took precious gifts which were received by me from the kings and rich families. I felt very relieved”

Buwaji had a great wish to teach me Khechari Mudra, (Note: *Khecharî Mudrâ* (Sanskrit, खेचरी मुद्रा) is a Hatha Yoga practice carried out by curling the tip of the tongue back into the mouth until it reaches above the soft palate and into the nasal cavity. In the full practice, the tongue is made long enough to do this with many months of daily tongue stretching and by gradually severing the lingual frenulum with a sharp implement over a period of months.) He was acquainted with Khechari Mudra. He told me that he can offer excision ritual if I would like to be acquainted with Khechari Mudra. In just one meeting he became very much affectionate with me.

After hearing from Swami Buva I started thinking that I had wandered mountains to mountains in search of a genuine Yogi who could teach me Khechari Mudra. At that time I could not find a single Yogi; and now when I attained a stage where I detach my mind from all accomplishments such Yogi met me with an offer to do excision ritual necessary for Khechari Mudra. Veterans rightly said – Such is the fate that when you ask for something you would not get it; and when don’t ask it would come on its own.

Buvaji used to drink warm water adding lemon and honey into it.

727: Routine work and artfulness: As much less our household is that much less the routine work and artfulness in life; hence we get more time in practicing virtues and then only the human birth is made worthy.

728: Guru-saints: our Guru-saints wish to give us extremely valuable and precious thing but we consider that thing extremely worthless! What is the remedy of this?

We would be benefitted if we trust those whom we believe more intelligent than us.

729: Actor: We see the actors in the film who play the roles of Ram-Krishna, Hanuman-Ganesha, etc. There is huge paradox in their played roles and original life. Ex.

I had played a role of one of the four disciples of “Jagadguru Shankaracharya” – the film with the same name. The role of Jagadguru Shankaracharya was played by one Bengali actor. He was a chain smoker and always used to keep a box of cigarettes in his hand. I am sure Aadya Shankaracharya Maharaj might not have seen the cigarette.

We too have to live through such paradoxes. We have to play many characters in the life. Different relations, businesses, professions, etc. are the different types of characters only. One person may be a father, son, uncle, nephew, aunt, niece, daughter, wife, sister, etc. These all are characters-actors of great drama of universe.

730: Question: Bhavesh Raval asked a question, “Gurudev, what do you do when you don’t feel well?” I replied, “Perhaps the question you have asked must be a question of many others. So listen carefully – If I don’t feel well or feel sick my first remedy is, I would leave breakfast; second remedy is, I skip one meal. My third remedy is medicines; naturopath, allopath, homeopath, Aayurveda and Gurupath; whenever and whichever is more convenient.

There is general rule of naturopath – if you feel whether to eat or not to eat then don’t eat; if you feel whether to visit washroom or not then always visit washroom.

731: Evil past: It is an advantage and benefit for the society to accept a person smilingly if that person wishes to give up his evil past and desires to start the auspicious present; not in remembering his evil past and scold him consistently.

732: Culprit: It may happen that the culprit is perhaps forgiven by his parents, relatives, friends, or even by Government but he is punished by the nature. The nature’s rule is resolute and unbending that –

The fruit of virtuous deed is auspicious and the fruit of sinful deed is inauspicious. The common human being can’t understand that when and how the fruit of such deeds he would get. But if a person with

subtle intellect tries to observe it subtly then he can have some idea of nature's rule and then he can become cautious too while performing the deeds.

734: Compassionate: A criminal, before the execution of his capital punishment wishes to meet his mother as his last wish before death. When his mother came he told his mother, "Mother, please come near I want to say something in your ear." When his mother came near, he bites her mother's ear and said, "You did not stop me from stealing when I was a small thief, instead you encouraged me. That is why I became a big thief and later on I became a habitual criminal; the result of which is capital punishment."

The nature makes our books of accounts clear by giving punishment for our sins at proper time; so there will not be accumulation so big so as to save us from capital punishment. Hence the nature is called compassionate. The pains and sufferings of our sin is borne by us in this birth only so the cause of worry to bear them in the coming births is avoided.

736: From navel: Downward movement from navel to sexual organ and subsequently generate progeny is called "Cycle of infinite birth". And upward movement from navel to brain to generate new creation and absorb oneself for welfare is called "Journey to salvation.

740: Labotaory: Our body is huge, supernatural and divine laboratory than all the laboratories existed on the universe. It is matter of our control; it depends on our intellect and strength that what, how much and when we should take the benefit of our laboratory.

741: Anklet: Lord Shri Rama gives ornaments of his wife Sitaji to Laxman (Rama's younger brother) to identify whether they are Sitaji's ornaments or not. Laxman identifies the ornaments of feet (i.e. anklet) only because Laxman has never seen the face and other limbs of the body of Sitaji; he always uses to serve the feet of Sitaji. We take proud of this tale but we never think that why Shri Rama has to give Sitaji's ornaments to Laxman for identification! Shri Rama was not aware of ornaments of any limb of Sitaji because his life was full of abstinence and modesty. For Rama, Sitaji was not only wife but she was Dharmapatni i.e. religious wife. Thus Shri Rama has explained the ideals of living life of Gruhastha-Ashram and not of

ordinary householder.

742: English: It is okay if the expert of English language writes letters to all in English but it is surprising if he writes letters in English to those who don't know English at all! How is this language-slavery! But when someone writes him a letter in Urdu language then only he understands his mistake, if he possesses the intellect of discoverer.

743: By the time we reach seventy years of age our parents, in-laws, uncles, aunts etc. – the fleet of near and dear ones and family members are departed for heavenly abode. And who so ever are left can't share our pains and sufferings.

It is certain that one day we too have to depart for heavenly abode, for we have lived long enough, now we are left with only a few years. We should consider the past years as many years of life and understand that what is left is small number of years because we don't know that for how many more years we are going to live. Whatever life is now left we have to be appreciative, we have to forget about all the vices we had to face and we have to remember only the virtues done to us by others. Thus we have to take advantage of whatever life is left and start making repository of the virtues for the next birth of ours.

744: During young age: During young age we wear ornaments made of the metals like gold, silver, copper, brass, etc. and chanting the names of husband-wife; likewise during old age we should wear rosary of Rudraksh (Elaeocarpus ganitrus), sandalwood, holy basil, etc. and chant-recite the Mantra of Pranav-Aum.

If everything changes according to the age then there would be great convenience. Even nature, for the benefit of living creatures, makes changes in seasons.

746: Satisfaction-contentment: Satisfaction-contentment is not the thing to be asked from others. What is the value of the thing which is requested from others? Satisfaction-contentment is to be taken from inside by doing virtues and attaining auspicious and philosophical understanding.

747: Intelligent: The intelligent is the one who can sit at the feet of Guru intelligently like an ignorant.

748: Doctor: It was happened to meet Dr. Omprakash Modi Saheb (MD) at the residence of Doctor Bhikshuji. His nature is such that

from his speech affection flows. The patient is half cured by hearing his speech only. In fact the treatment starts with the affection of doctor towards his patient. He said, "I want to meet you at your residence once." I told him to come any time. He said, "I don't want to meet you as a doctor there but I want to meet you as a patient." I told him, "Whether you come to my place as a doctor or as a patient; you are always welcome." He used to praise a lot the welfare and spiritual work being done by the Aum-Parivar.

749: Dr. Zaveri...: Dr. Suresh Zaveri Saheb (MD London) had written to me with greetings, "you live for hundred years." I replied back – " To witness the fruit of your blessing your presence is required. If the well-wishers travel for heavenly abode then our life of hundred years would become staggered." He was the director of conference held in Ahmedabad on the subject "Prevention of violence". In that conference I was guest speaker. During his last phase of life he started believing in naturopath.

During the time we live for hundred years, if most of our aged family members are died then what is the fun in living for so long? Hence along with our efforts to live for hundred years we should also ensure that our family members too try their level best to live longer.

750: Pramukhswamiji: The blessing and opinion of Pramukhswamiji Maharaj in brief – To Yogabhiikshuji, We have received the book "Streaming from the invisible"... Bhagwan Swaminarayana has also asserted the principles mentioned in the book. Those who follow the principles mentioned in the book would attain the root of the peace. – Jay Swaminarayana by Swami Narayanswarupdas.

751: Dr Sharanprasadji: Dr. Sharanprasadji of Nisargopachar Ashram which was established by Gandhiji in Urulikanchan village near Pune used to say, "First you eat Laddu (sweet-ball), later on Laddu will eat you." Meaning – If you eat more sweets then you will be suffered with diabetes; to control diabetes you need to eat many types of medicines that means now Laddu is eating you.

752: Janoi (sacred thread): Sacred thread (Janoin) symbolizes Gayatri Mantra and Gayatri Mantra means purification of intellect and not the increase of intellect. For, with the increase of intellect a

person wants returns in exchange of services rendered even to his parents and Guru-saints.

753: Two ears: As the small tenure of life remains we have to be attentive in attaining virtues. In a short spell of time we have to accumulate virtues for the upcoming birth. We have not to live our remaining life with the mind full of vengeance, hatred and other sins. After getting our brain and heart purified we have to make our journey for heavenly abode. That is why it is said that – the god has gifted one tongue but two ears so as to speak less and hear more.

754: Naishadh Vyas: Naishadhbhai used to say – there is a general saying “jack of all but master of none.” But for our Guruji Yogabhihshuji I would like to say “Jack of all but master of Yoga.”

All our spiritual literature could be published is due to Naishadhbhai’s enormous hard work and matchless devotion towards Guruji; blessings to Naishadhbhai.

755: By piecemeal work...: Mother-in-law told daughter-in-law, “In a corner of the room there is huge vessel full of food grain. You have to grind all the grain of the vessel.” After hearing this daughter-in-law started crying. Mother-in-law told, “You have not to complete that work today itself; everyday you to gring 1kg of grain.”

If we too vow to do some virtues everyday then we can be eligible to attain salvation. Great objectives are achieved by piecemeal work.

756: Yogabhrashta: (Note: if Yogi leaves his body before salvation then he is called Yogabhrashta)

Arjuna: Hey Lord Krishna, what happens to the Yogi who leaves his body before completion of practice of Yoga? Does his Yoga-practice destroy?

Krishna: No, that would never happen. Such Yogabhrashta soul takes birth in the pious, happy and affluent family and there he would complete his Yoga-practice.

757: Self-realizaion: After having self-realization the Yogi would live till his lifespan and perform all Karmas-actions selflessly or desireless. Out of sins-virtues which are accumulated from his actions; his reviler would get the fruits of his sins and his adorers-devotees would get the fruits of his virtues. The Yogi’s state is like a cotton flock. As the cotton flock flies in the direction of wind without its

own insistence, likewise Yogi lives rest of his lifespan awaiting the completion of his lifespan.

758: Dayananda: Swami Dayanandaji was given poison. Doctor checked him and said, “Who is this man? He is given deadly poison and poison is so deadly that human can die immediately but this man is alive and talking!” Such was the power of true celibacy!

761: Attraction: How do we know that the sheer love-affection between husband and wife, male and female is there due to physical attraction or is it attraction of two souls? If both of them take a pledge to practice celibacy and even after that the love-affection and attraction between them remain the same then we can say that their attraction is of two souls or else it is a physical attraction.

762: One opinion: There was fire in a jungle. Jackal saw it from faraway and it ran. In nearby trees there were some birds living and in a trunk of a tree a rat was living; they were friends of jackal. The jackal advised its friends to run away. The rat said, “I don’t need to run away, for I have hundred escape ways in my burrow.” All the birds said, “We too have hundred escape ways in the sky. The jackal thought that he had only one way to escape so he ran away very far. When the fire of the jungle was doused the jackal came back to jungle to inquire about its friends. He saw that the trees were burnt, the birds were burnt hanging upside down and the rat too was burnt to death. After seeing this, the jackal became very sad and murmured – The one who had hundred escape ways is burnt and who had thousands escape ways are hanged upside down; I had only one way to escape so I ran away from the jungle and could save my life.

Likewise – till a person is alone he/she has only one opinion. He/she lives his/her life as per wish without any resistance. As he/she is married there are hundred opinions, for along with the two there are many in-laws. Once they have kids then they have thousands of opinions. And where there are thousands of opinions then we know what happen from the above mentioned example.

763: Gurukul: (Note: What is a Gurukul System? It was a residential schooling system whose origin dates back to around 5000 BC in the Indian subcontinent. It was more prevalent during the Vedic age where students were taught various subjects and about how

to live a cultured and disciplined life.) During time of Gurukul System once the education is completed and if some students decide to observe celibacy they would stay in the Gurukul. And those who decide to start the household life would go back to their homes after taking blessings from the Guru. But they don't bother about what to do for the earning; because they have learned many breadwinner arts in the Gurukul. One develops the art according to his liking to earn livelihood.

This is the only difference in ancient Gurukul system and present schooling system.

764: Dayananda: Reverend Swami Dayanandaji used to say – “I know scriptural and weaponry both. Though I don't use weapons but if needed I can tap the back of my Kshatriya disciple and make him ready to fight to the one who challenges for the battle. Hence think twice before coming for the battle.”

During severe cold of winter Swamiji was sitting there with only lower cloth on. A chaise passed from there. In the chaise there was an English man and his wife. They went to Swamiji and asked, “Why don't you feel cold? Though we have put on cloths from head to toe we feel cold!” Swamiji replied, “You have wrapped your whole body with cloths but your face is open; you don't feel cold there, for your face is habitual of it. In the same way my whole body has a habit of cold so I don't feel cold at all. There is nothing miraculous about it.”

765: From mango tree....: During discourse I said an idiom, “From mango tree a mango is received and from babul tree only thorns are received.” One wiseacre friend wrote to me – From babul tree we can also get a Daatun (babul stick) which is used to clean teeth. I replied, “Yes, from babul tree we can get Daatun, gum, etc. but we can never get mangos from the babul tree.” The one who wins the battle of debate is the hero.

766: God: The God is very kind and gracious. He gives joy and suffering according to the bearing capacity of human. If He gives more pain and suffering than the capacity of a human being then a human being would become very unhappy. If He gives more joy and pleasure than the capacity of human being then also a human being would become very unhappy. But a human can understand about

unhappiness in pain and suffering but he never understands about the suffering in more joy and pleasure. Example: He keeps eating very hot chilly with hiss and tears in the eyes and the painful result of it is the disease of piles.

767: Brothers and sisters: Dear brothers and sisters, we should not miss to go through thoroughly the divine content catered under the heading “Aajnu Bhathu (i.e. Today’s food for thought)” on social media platform of Facebook. For, the literature served is unique, divine and it is meant for all. We are lucky that Guruji is preparing ourselves sitting in our homes. In the ancient age how much difficulties a spiritual learner had to undergo living in Ashrams located in jungles.

In “Aajnu Bhathu (i.e. Today’s food for thought)” very minute and subtle content is served which help us in solving many material, spiritual and Yoga related problems and many of our queries are resolved with the content published in it.

- **Doctor Sadgurusamarpanbhikshu**

771: Grace: Hey Almighty Supreme Being! Hey Pranava-Parmatma, Hey Guru-Saints! We humbly request you not to put us on test because we are surrounded by the six afflictions (i.e. Shad-Vikara). We are under control of these Vikaras, we are slaves of our senses hence we can’t pass in your examination. If you wish to see us failing in your examination then only you take our examination. Accept the prostrate of ours who are surrounded by six afflictions – Shad-Vikara.

773: Phrase “Saam-Daam-Dand-Bhed”: Saam means to explain. Daam means to give temptation. Dand means to give punishment, to torture, to give pain. Bhed means with the help of polarization deceit the people and force them to act according to our wish. These four traits are inevitable to rule the state. Those who want to live simple life would never like to be in politics. It is his/her illusion if someone thinks that he/she would not use the above mentioned traits despite being in the politics and if the time comes to use them he/she would leave the politics. Hence for those who want to live simple life should remain far away from politics.

774: Miracle: This incident is of those days when Guruprembhikshuji was in India.

One reporter has gone to his house and told him, “When last time we had visited Guruji’s place he had given me a coin with a red dot on it. After reaching home, for some work I bend from my waist to take something from the floor and suddenly along with the coin which was given by Guruji there was a heap of coins on the floor. Hence I want to go to Guruji for his Darshan.”

Guruprembhikshuji told him, “Never ever tell this incident to Guruji; or else Guruji would never allow us to enter his house. He used to explain the word ‘Chamatkar’ like this - The word for miracle in Gujarati language is ‘Chamatkar’ – Cha+mat+kar i.e. don’t do miracle. This meaning is very propitious. What is prohibited would never be desirous. Hence don’t do miracle, don’t desire for miracle. For you, yourself is a big miracle.”

Brahmanandji rightly said in his hymn – Hey Almighty God! You have done wonders just like that! Without paper, pen and color you have created innumerable statues. Then you put soul in each of this statue and made them look more and different with just one soul.

If we find and understand the value of the miracle in above mentioned couplet then there is no bigger miracle in the world than this.

776: Ninety nine: Disciple asked Guruji before taking hundred camels for grazing that what would be his time for lunch and rest. Guruji Replied, “When all camels remain busy in grazing you take your lunch and when they take rest you also take rest.

In jungle all camels were grazing so disciple took his lunch. It was a full moon night so he took all camels near a huge tree. He stood with the support of stick and started counting the camels. It took midnight to ninety nine camels to sit and rest. Now the disciple got confused and started thinking – “One camel is not sitting and resting so when would I take rest?” So he tried out one trick. He tied a thick rope to one leg of camel and pulled the rope. The camel fell down with a loud thud. Hearing this sound the camels which were seated stood up! From this incident a phrase was made popular – While forcing one to sit, ninety nine stood up. In fact, the last camel had a thorn in its foot but the disciple did not try to find out the reason that why the last camel was not sitting.

The moral of the story – While exhibiting obedience one should not follow the order blindly instead he should be alert and vigilant.

777: Diamond: When someone went to vegetable vendor to get his diamond evaluated the vendor offered him 1 Kg. vegetable. Then he went to shepherd, Shepherd offered him 1 liter of milk and told him that he would tie the diamond round the neck of his goat. Thus he went to many people to get his diamond evaluated but when he went to jeweler then only he could understand the true value of the diamond.

The diamond would not remain for long time with the one who does not know the true value of it.

But the diamond is not at all bothered about the value made by jeweler. It remains extremely glad and joyful in its bliss.

What is the life of borrowed pleasure? One has to attain the eternal pleasure in bliss.

778: Father's day: Hey ultimate gracious, ultimate Guru, ultimate father Supreme Being! Though we celebrate father's day with fanfare, we are no capable to pay even drop of your debt. However in self-deception we persuade our mind that we too have celebrated the father's day. What a huge surprise it is!

779: Trouble: "... Let us show our existing troubles and difficulties that our Guru is much bigger to guide us through these troubles and difficulties." The philosophical meaning of this sentence is –

We are not moved or affected by the troubles and difficulties of routine life. We live our life like a lotus living in water but not affected by it. By seeing our efficiency to digest the troubles, our tricks and strategies to observe and win over the troubles, poor troubles would start thinking – We would not succeed here, for his Guru is full of wisdom and his Guru has prepared him for how to fight the battle of life and how to win that battle so it is better to leave from here."

780: Supreme preceptor: Purveshamapi guruhu kalenavachchedat (maxim 26 of Samadhipaad of Patanjali Yogadarshan). Ishwar is the preceptor (Guru) of preceptors. Passage of time cannot modify-extinguish him. Pranava is the word that signifies Ishwar. His name is Pranav-Aum.

781: Milk price in dollar – converted into rupees: They were

parents from a small village. They were not conversant even in their mother tongue Gujarati. But they ensured the best education to their children. The son was so competent that he had not to be afraid of losing a job in America, for another job would be ready the next day.

The mother never went out from her small village. She was totally illiterate. She was prepared to go to America. A chart which was carrying all the details was prepared and handed over to her. Relatives from India had explained the old mother to show the numbers for different routine activities like going to washroom, requirement of food etc. She was also told that if she would show the chart and tell the number then the staff of flight would help her. That old mother reached America without any difficulty. I had gathered courage to go to America from the incident of that old mother.

The mother felt that in America the milk was very costly so she would not use the milk or as and when required she used it with parsimony. As she was told the price of the milk not in dollar but in rupees, her parsimony behavior can be understood by us. I told his son, “If you would have converted your salary amount in rupees and told her that you were earning this much salary then your mother would have used milk very freely.” His son did so and the mother started using the milk.

782: Small lie: If a small lie is confessed then the loss is very small but to hide the small lie one has to speak five lies; and to hide five lies, fifty lies are to be spoken and thus subsequently one has to speak innumerable lies and do innumerable wrongs. Thus once it reaches mountain like volume then it can't be hidden. As a result either there is lifetime imprisonment or sentence to death.

783: Irrational: Parent sends their son to USA for better studies. The son gets addicted and dazzled with the pompous lifestyle and habituated with living with friends of opposite sex. As a result son stays in US permanently. For that too parent sells their property and makes an arrangement for his son's permanent stay and subtly behaves proudly and believes that they have sacrificed a great deal for their son. But due to their irrational thinking they don't understand that they have deprived his son from the divine thing; that is – the son is deprived permanently from the invaluable and divine service of his

parent for which even the deities are eagerly waiting! It can't be called love or affection; it can only be called infatuation and irrational.

784: Difference between 'told' and 'asked': Let us understand two sentences – 1. I had told Guruji to go out of city; 2. I had asked Guruji to go out of city. There is a big difference between 'told' and 'asked'. 'I go out of city' means without taking permission and just after informing Guruji you go out of city. Whereas if you ask Guruji, "May I go out of city?" and if Guruji says 'yes' then you go and if Guruji says 'no' then you don't go.

785: America: This incident was happened during my stay in America. There was a Professor of English. He was a great devotee of mine. In a very short span of time he could understand me very deeply. He received a telegram from country (India). There was news of sad demise of his father. While reading telegram he just spoke intuitively with sheer feeling of grief– "I have to pay very heavy price due to my infatuation of living in America. At the time of last moment – last breathe of my mother and father I could not remain present."

We can say that he was very understanding. For, in today's time nobody considers such matters emotionally.

786: Wounded: Though a person looks ugly due to many wounds on his face people give him respect. The other person too has an ugly face but people insult him! Why is it so? Because the first one was wounded to defend and save the woman from the rapists and the second one was wounded in a clash when he was trying to steal something.

787: Guru and disciple went for alms. The alms they receive from the first house were to be abandoned by the pious people. However the disciple ate it. Guruji did not like the behavior of disciple. He decided to explain disciple tactfully. Next day they went for alms. Guruji straight away went to blacksmith's shop. The blacksmith got angry and started murmuring, "This monk does not know that this is shop." He decided to teach a lesson so he came with extremely hot melted iron. Guruji took it in a vessel but disciple ran away. What he learned was – Disciple should do what is preached by Guruji but they should not do what is done by Guruji.

790: Ravubha Bapu: Shatavdhani, Balbrahmchari Bhakt Shri

Ravubha Babu used to say – Devotee is always first – be it going to jungle or fighting a battle.

Babu used to multiply figures with hundred digits mentally; not only that he used to say any digit from the vertical and horizontal lines of the multiplications and used to remember these innumerable digits for many days.

As and when he used to visit Ahmedabad he used to come to my place to meet me. I too used to visit his place in Bakrana village. Currently we are satisfied by remembering his fond and pious memories. Jay Ramji Ki.

792: Unhappy: A person with a bliss who is fast asleep after having a simple meal of Bajra-Roti and onion is being proved unhappy by so called literate, elite and happy person! Owing to this a person with bliss runs after mirage of happiness and in the end becomes very unhappy. And he does not even know that he has become unhappier than before! And at that time so called literate happy person does not meet to prove that you are unhappier!

793: Sweets: Disciple: Guruji, there are many confectioners among your devotees. Guruji: Yes; that is why we receive many sweets in Prasad (sacred food) and hence there are many doctors too among visit us and so we have to consume many medicines and injections.

794: When Naishadhbhai and Girishbhai had been with me, many devotees arrived after concluding spiritual celebration at Nadan village.

I asked Vajubhai, “At present who is the oldest person in village Govindpura?” Vajubhai replied, “Vitthalbhai is the oldest person, he is of seventy five years of age.” I said, “Vithabhai? Seventy five years!!!” Then I remembered, “If I am of ninety years of age then he should be of seventy five years of age. But why don’t I remember that I am of ninety years of age! Perhaps there is nobody who can call me a ‘Father’ (Guruji is staunch celibate and devotees call him Balbrahmchhari). Those who have a family and household are called ‘father’ by their children and thus help them in reminding that you have become old now. But I don’t have anybody to remind me the same.”

796: Audio machine of Mantra: One hundred audio machines

of Mantras and hymns written and sung by Guruji (Yogabhiikshuji) himself are prepared. One machine will be given to each family as a gift on the day of Gurupurnima. The condition to receive this machine is that the family which is receiving this gift has to recite Gayatri Mantra for 100x108 times (i.e. 100 Malas). It can be done by one member of the family or jointly by entire family. There is no stipulated time limit to do so but if it is done within one or two months then it is good. You have to register your name on mobile numbers 9327066537 – 9825443246. It will be distributed on first come first serve basis.

The cost of machine is Rs. 500/- but the manufacturer of machines, devotee Shri Dineshbhai Shastri have given us on no profit no loss basis so the manufacturing cost of the machine is Rs. 270/-. However machines are given to Guru-brothers and Guru-sisters as a gift and the cost will be borne by Shri Rameshbhai Pandya and Shri Kiranbhai Patel on the condition mentioned above, hence register your names as soon as possible.

- Organizing Committee, Aumparivar

797: total number of Mantra recitation: In view of celebration of Guruji Yogabhiikshuji completing ninety years of age it was resolved by the devotees of Guruji to recite Gayatri Mantra for 9 million times. At present, as per the information submitted by the devotees the number of recitation of Gayatri Mantra reaches to 13.8 millions. We convey our prostrate-congratulation-blessing to all.

800: Our Guruji: Our Guruji explains: If we look with philosophical angle then it is understood that when we are cheating others we get cheated ourselves but due to our inertia we don't understand that and that is why we are in great loss.

801: Joy and sorrow: As extreme grief-sorrow is fatal, likewise extreme joy is fatal too. If we have attained this much philosophical understanding then we can control our joy and sorrow in all convenient and adverse conditions and so the life is not disturbed much and remained in control. This is called "Yogah karmsu kaushalam" i.e. Yoga is perfectly skilled action or behavior.

802: (Read with 796): Question: Though someone takes audio machine of Mantra but fails to fulfill the conditions of reciting 100x108 Gayatri Mantra then what to do?

Answer: Then that person knows what to do. We have nothing to do with that. In the books of accounts of Supreme Being his name would be posted on the debt side.

804: Fashion: At present there is a competition of who is more fashionable, who is more forward looking! The perception is developed that those who wear less and sexy cloths and exhibit the body; who show the courage of remaining naked or wear less cloths are more fashionable – more forward looking!

810: Curse: On a day of Gurupurnima Guruji has a curse! On that day there the whole time table is disturbed – prayers, exercise, bathing, lunch, rest, etc.; every schedule is disturbed because for the whole day devotees used to come for the Darshana of Guruji! Guruji has to be joyous and enjoys the pleasure of devotees! And in that condition too Guruji remains happy!

811: Documentary film: There is good news for the devotees and disciples of Guruji. Guruji’s autobiography is released is a documentary film. Its name is “Amar Yogi ni Amar Katha”. It is being telecast on Sunday i.e. 29.07.2018. It is being telecast on Shubh channel between 8 pm and 10 pm. – Organizing Committee, Aumparivar.

812: Affection: Grandfather tells grandson, “You have affection with the kitten but in later stage you will face difficulty. Sooner or later you both have to leave each other. During that time both of you will be unable to bear the mutual separation, for you have affection on each other. So from now onwards try to keep distance so as to enable you to save from the big trauma.”

In this way one has to keep controlled infatuation and affection with family, friends and relatives; and accordingly with his own body too. Then only one would make fast progress in his auspicious and spiritual journey.

813: Who is swallowing? Your father?! During our childhood we had read a story. Though the story was very simple but its substance and essence was highly inspirational. The story goes like this –

There was a businessman who was living very happy life. He was fond of good food. His wife was obedient and had tendency to render selfless services to her husband. Every day she prepares favourite

dishes of her husband and fed serve him with affection. The businessman had huge wealth and was very foodie hence he was obese. He was not able to move around much due to his obesity. Generally he used to take rest in his lavish bed. As and when the food is prepared his wife fed him with her hands. On one day the businessman fell sick so even though he was being fed by his wife with his favorite dish he started sighing. So wife naturally asked – “To avoid your hardship I put the morsel in your mouth and to avoid much chewing I have prepared your favourite sweet dish which you can eat even without chewing; then why are you sighing?” The husband gave very short reply with full hatred – “...Who is swallowing? Your father?!” Hearing this wife felt crying.

It was not possible for wife to swallow the morsel put into the mouth of her husband. But perhaps she could have done the swallowing of morsel then her husband would have said – “Who digests... your father? Who passes the stool... your father?? Who cleans the hands post latrine-process... your father???....” etc. etc. Thus series of questions would have been many, if we would not stop them with true understanding.

It is but natural that we feel hatred towards such businessman – such person. But the said example is applicable to all of us, though not exactly in the same form. If we try to find it from our own behaviour we would find it at different occasions, in different forms.

As the businessman was not aware of how improper and impossible expectations he was keeping from her wife, we too keep wish and expect many types of such improper, impossible, violent, and limitless expectations; and we are not at all aware of it. And even if when we come to know about, by then we are so habituated of such expectations that we don't feel ashamed of it. Then day after day we keep on becoming so seasoned about the belief that we start believing – “Whether I don't do anything for anybody but all should do everything for me! I have right and authority on all!”

From individual or universe, from family or society, from Gurus-saints or disciples-devotees; we keep improper and impossible expectations and when they are not fulfilled we become unhappy and accuse others for it! Because of that, those few who are our

sympathizers try to move away. Thus we hit axe on our own legs!

God has given enough happiness but due to our foolishness we can't enjoy that happiness as happiness and we create unwanted sufferings and unhappiness. What can others do if we don't know about our own happiness and even if know we are not able to protect it?

Entire world is full of happiness and unhappiness, joy and sorrow. Wherever we live is also a part of the world and hence we live among the happiness and unhappiness. So if we develop the skill of looking happiness then we would experience happiness whereas if we develop the skill of looking unhappiness then we would experience unhappiness. To attain the eternal happiness we will have to find out the portion of happiness which is hidden in unhappiness.

The unhappiness and suffering which was destined has come. It was not in our hands to stop it. But it is in our hands to develop such understanding so that that the unhappiness is not increased manifold due to less or wrong understanding. What would we get if instead of trying out the remedy which is in our hands we keep on making vain efforts to avoid the destined unhappiness? We would only get more pain and distress!

When all remedies are failed to remove unhappiness and all efforts are failed to get happiness then we should try out remedy of praying God – of getting grace and blessings of Guru-saint. The God's grace – Guru's blessings means cultivating true understanding. Firstly we should think that as the happiness is gone; when the tenure of unhappiness is completed the unhappiness too would vanish. And if the unhappiness is not gone then have feeling of penance in bearing the unhappiness. When a human being performs a tough Aasana like Shirshasana or does jogging in the morning how much pain they cause? But he does not feel that pain as suffering, for there is a spirit of exercise behind it. Thus when unhappiness becomes permanent feature then one should cultivate a feeling – "I am practicing penance". If we have such feeling during our unhappiness then even though the unhappiness remains it would not increase manifold. If we keep on sighing then our unhappiness would increase manifold and our well-wishers would be unhappy and those who hate us would be very

happy.

It is not easy to do above mentioned things but there is no alternative. As much as we can do it we can get that much relief; and if we can't do it then our pain and suffering would increase. Unless and until we don't find better remedy, we try out the said remedy.

Let us pray to Almighty God to give us understanding to consider unhappiness as penance and give us power to bear it.

816: America: Like every year, this year too Gurupurnima was celebrated with fanfare in Ahmedabad and America by Aumparivar.

In America, family of Sheelaben Gopalbhai Shah who are devotees of Guruji have celebrated Gurupurnima. While giving blessing discourse Guruji said many things philosophically about significance of human birth to be made worthy. Sheelaben and Gopalbhai vow not to eat fried food and food contains sugar. He used to say – Guruji, if we don't eat fried food and food with sugar then we feel more energetic and there is no fear of diabetes too. Moreover instead of five oil-tins only two oil-tins are used. By giving blessings Guruji said, “You are the one who is taking true and full benefit of Gurupurnima.

817: Friend: There is a saying – Drink water after confirming its purity and make friend after knowing a person. If there is one person to be made friend then we can make him a friend after knowing him. But if there are countless friends how can we know each of them? Then we may face difficult time. In fact it is not of importance to have more friends but what is important is to maintain a lifetime friendship with the one who is our friend. And it can be maintained only with the one to whom we have known thoroughly.

818: At last: Where did we born, where our nursery was, where our school was, where our college was, where our service was, where we get married; where our old-age home would be, where our funeral place would be??? Does someone know anything about it? There is one reality we are made from soil and we would merge with soil. Why is it told? Not to scare you but to make you warn, to make you alert and to make you aware.

820: Domain: The work which can be done by lion can't be done by jackal and vice versa. Everyone is great and powerful in their

domain. That is why Poet Rahim has rightly said – After seeing big and strong don't avoid small and weak; for where you require needle what the sword would do?

821 – 822: Facebook: Request: Those who are sending friend request on Facebook are requested to give their introduction using Facebook message or other features. It is informed that with a heavy heart we have to reject the friend request of those who have not sent their introduction.

Those who have already become Facebook friends are also requested to inform their friends in this regard. – By Executive Committee

825: Akshranandji: An opinion received dated 10.02.1988 for our book “I wish to awaken the society” from reverend Dr. Swami Akshranandji (Yogashram, Jorsinhgadh, Post Palitana) is as under –
Reverend Shri Yogabhikshuji,

As I receive from you one flower after another in the form of a book, the temple of my heart is filled with its unique fragrance. It is not possible to describe through these petty words the taste of your sacred offerings of love.

“I wish to awaken the society” – this single sentence reflects: Your lofty ideal * Your firm determination * Your solemn patience which can imbibe an ocean * The compassion of your saintly heart.

Your words are like stinging arrows but if properly understood, they taste like a glass of nectar. If put into practice in the field of service then they can lift one to a sublime plane.

The booklet “I wish to awaken the society” is like Geeta to all those persons who have dedicated their lives to the service of the society and are working tirelessly for its welfare.

A pocket-size edition of the book should be published so that it can be kept close at hand for daily reading like the Red-Book of Mao-tse-tung. What compliments should I give you!? Those who live under your soothing shadow and drink the nectar of your speech are indeed fortunate. Saints are giving munificently but where are the takers?

I shall consider myself immensely lucky if I can contribute even partially in your movement undertaken with a tranquil mind to bring about a revolution in the thinking of people.

826: Wealth, land and wife...: Saying goes - Wealth, land and wife; these three are root causes of the quarrel. But it is not fully correct. We may say that the feeling of rights over these three things is the root cause of the quarrel.

827: Truthful: The more intellect is needed to become untruthful and not practicing truth than to become truthful and practicing truth; despite this one can't give up lie because – as though the addict knows that the addiction is harmful and injurious to his health he can't give up addiction, likewise untruthful too is habituated and addicted to speak lies.

Duryodhana said – “I know what is true and what is untrue but I can't give up untrue and can't accept truth.

828: To be worshipped: One practices many virtues to be worshipped whereas other practices virtues and virtuous life and so he is worshipped.

829: Service: The one who does service to get fruit of it; so when he does not get fruit of his service then the service is left by him? And the one who does service for his joy and pleasure; his service-work would sustain for the lifetime and keeps giving him joy and pleasure perpetually.

830: Foundation stone: The foundation stone of a structure is not visible and if it is visible then it is not foundation stone.

834: Advice: The friends and devotees have decided that on which day who would visit Gurudev. Some devotees would visit Gurudev daily, some would visit twice in a week and some would visit once in a month.

Doctor Bhikshuji used to come twice in a week. Once I told him on telephone to bring six oranges. He thought that Guruji would ask for fewer oranges so he told his wife Niruben to bring twelve oranges. Niruben is Doctor Bhikshuji's wife so she also thought in the line with Doctor's thinking and took twenty four oranges!! Guruji received 2 dozen oranges instead of half a dozen oranges.

There is a definitely a moral in this episode. And refer to following story –

One person bought pent. When he tried it he found that the pent was 5-6" longer in size. He told his wife to make the pent shorter by

5-6". His wife told him that she was very busy. So he told his sister, his mother and other family members the same thing. All of them replied that they were very busy. So that person has thought to go to the tailor next day. Next day when he saw them he found that his pent was made half pent! For, during night all family members had completed their responsibilities with integrity.

This incident too teaches us something.

835: Even birds become parents of 2-5 offspring; as a human do we have to do the same thing? No, never; then what is the difference between them and us? We have to be parents of every living being. Try to be introvert and contemplate on this secret; by doing so this secret will look like a natural and normal. Vasudhaiv kutumbkam i.e. the whole world is one family.

838: Guru: To have a desire to become Guru is a proof itself that we are Laghu (i.e. small), for Guru never desires to be a Guru.

840: If we fill a plastic bag with more trash than its carrying capacity then it will be burst likewise if it is filled with more jewels then too it will be burst. Heart too is burst when it fills with joy or sorrow more than its capacity.

841: Upvasa: The Upvasa i.e. fasting is given a definite place in all cults and sects to move forward in the path of spirituality, to be stable in the path of spiritual prosperity and to attain knowledge so that the value of spiritual orientation is understood. The simple meaning of Upvasa means 'to remain very near' i.e. to sit very near to spiritual prosperity; to hear virtuous tales which help attaining spiritual prosperity, to speak virtues and put the virtues in practice.

During Upvasa people used to eat 'Faral' or Farali food. The actual word is 'falahaar' means to eat fruits on the day one observes fast. If we observe fast by eating only fruits then we get total benefit of fasting; the auspiciousness is flourished and we keep away the laziness and lethargy.

On Krishna-Janmashtami festival we play such a gamble that we attain the salvation. We play such a gamble only once so that we have not to play gamble again! This time we have not to be deceived, not to be eluded, not to be behaved like a 'Nugro' i.e. a person without Guru; this time we have to prove that we are 'Sugro' i.e. a person

with able Guru.

842: Wrestler: Apparently one looks wrestler but if he would see baby lizard in the bathroom then he would not go to bathroom. The second wrestler would kill the baby lizard and then he would go to bathroom. The third wrestler would not kill the baby lizard and would also go to bathroom. The third one was not only a wrestler but he has also attained true understanding.

If people start killing living creatures for no reason then how can there be an existence of living creature in the world!

843: Eloquence: The content and literature which is written and published to educate people about the harm caused by gambling and addiction of alcohol are read only by those who are not gambler and don't have addiction of alcohol. Those who are arrant gambler or severely addicted to alcohol would avoid reading it, for they feel that as a foolish advice. The authors must take this profound and intimate matter into consideration while writing so that neither they nor the reader would be disheartened.

846: Guruji's: In every spiritual festival celebrated by Aumparivar there would be nine to ten different recipes in Bhojan-Prasad i.e. meal of sacred food. Under the circumstances how can host and his/her cook pay attention to the taste of only one i.e. Guruji's and not the taste of others? Thus the Prasad comes to Guruji would be more salty and spicy but Guruji eats the food with no chilly and very less salt. But there would be couple of sweet recipes too in the Prasad. So Guruji eats them in the meal. Then in the evening meal Guruji eats non-salty and non-spicy food. The moral of the story is – One should develop a skill of adjusting himself/herself with whatever is available at the moment.

847: Michchhami Dukkadam:

aC: One friend said another friend, "Please forgive me." The other friend reciprocated, "Please forgive me." But none of them said, "Yes, I forgive you." Had they said it, the work would have completed, the purpose would have served. As no one said that they had forgiven the other each one had to believe that the other had forgiven him. Even in saying "Please forgive me, forgive me" one need to have great understanding.

848: Bhakt: Once Bhakt Shri Ravubha Bapu told me, “Yogiraj! You are Yogi, so you are elder son of God. I am Bhagat (i.e. devotee), so I am younger son of God. The elder son must take care of own himself. The God (mother) takes care of younger son. Example - If younger son pees in the lap of mother, she would never get angry; she would clean her son.”

I said, “Bhagat Ji! Your statement is indeed right. But mother would never wish that her son would never get elder and keeps peeing in her lap forever! The mother too wishes that her son gets elder and helps her in household activities. Am I right Bhagat Ji?” Bhagatji started laughing and simultaneously I too started laughing and devotees too!!!

850: Kabir: Kabirji in his couplet rightly said – The spiritual practitioner who is in pursuit of attaining salvation; his condition is such that he would never have an infatuation with anybody but would inquire about the well-being of all.

851: Subtle: The foundation brick of the physical body is the subtle body. If we keep on feeding very healthy food to the physical body but we starve the subtle body then the physical body will be collapsed like a building without foundation bricks. The nutritious food of the subtle body is Satsang (spiritual discourse), philanthropy, virtues, welfare, auspicious contemplation and meditation, forgiveness, nonviolence, truth, non-stealing, non-possession, etc.

852: Saints: Saints in their discourses ensure that their critics sit in the front rows. If they sit in the front rows then they will hear the discourse properly and attentively then their inertness would vanish and so their spiritual welfare would be ensured. But the critics of the saints would think that as the saints are afraid of them the saints ensure that their critics would sit in the front rows.

853: Sraddha: The sixteen days of the Sraddha rituals are fixed to do something for those who are alive, to make ourselves free from their debt hence we don't miss this sacred opportunity and privilege. (Note: Sraddha is a Sanskrit word which literally means anything or any act that is performed with all sincerity and absolute faith in it. In the Hindu religion, it is the ritual that one performs to pay homage to one's 'ancestors', especially to one's dead parents.)

854: Earth full of jewels: This is a tale of famous saint of Kashi

(Banaras). –

As routine the lessons of Bhagvad Gita was going on in the morning. During that time there was a sound of cry from the first floor of the house. The devotees asked about it. They got reply from the saint, “My daughter was very sick, she might have died.” The devotees were shocked. The saint said, “You keep reading your lessons of Gita. We do our work and the family members would do their work.” After hearing this devotees went away. Next day devotees came and asked Guruji, “Don’t you get shocked on such sad and tragic occasion? Guruji replied, “I too get shocked my shock is not severe like you. As if the bullet of a gun hits on the hard stone then it would fall after hitting the stone but it would hit the clay then it would penetrate the clay.

858: Kashmiri: In ‘Rashtrabhasha Ratna’ syllabus there was a lesson named ‘Kashmiri Seb’ i.e. Kashmiri Apple authored by the great Mnshi Premchand ji. The gist of the lesson is as under –

The apples he bought from the market were all stale and rotten. For that he considered himself guilty. He thought, “As I had trusted the fruit seller and did not check the apples such thing happened. Due to my carelessness and laziness I gave a chance to fruit seller to betray me, I tempted him for the betrayal. The moral of the story is – One should not get a excuse, pretext, encouragement, temptation, allurements for wrong doing.

It is considered appropriate that we too should keep our behaviour, practice, costume, makeup, etc. such so that others are not attracted for inappropriate action.

862: Obligation: Those who read our posts on Facebook are obliging us. During ongoing Kaliyuga and with low lifespan who has time to spare? The Vedas are forgotten, scriptures are forgotten, spiritual discourses are dizzied, even Satynarayan Kathas (sacred story-telling) seems too lengthy; so there comes the couplets of saints; shorts, sweet and profound. Example: in place of scripture of Harishchandra and Satyanarayan Katha a small couplet arrives:

सॉय अराअर तप नहि. जूड अराअर पाप,
जकि हृदये सॉय हे, ताकि हृदये आप.

Meaning: There is no penance like speaking the truth; there is no

sin like speaking the lie; The one in whose heart the truth resides forever, hey Almighty God you resides in his heart.

As much as the content is short and philosophical so much more it is proved useful to the readers.

864: Worthless: Does Narayana i.e. God Vishnu afraid from the worthless? No, but Narayana remains away from worthless, for Narayana has Lakshmi (Goddess of wealth) with him and worthless must not get Lakshmi, hence Narayana stays away from the worthless. And the second reason is – The one with whom Narayana stays becomes blissful and auspicious! So it is to ensure that the worthless remains non-blissful, Narayana stays away from him.

865: Crooked: Everyone is afraid of crooked person. If so, then do we be crooked? No, for, everyone condemns crooked in his absence and looks for a chance to teach a lesson to crook.

870: Eternal: The eternal happiness which we can't attain with the power of our intellect, to attain that the grace of Guru is required. But the grace of Guru is not to be sought for attaining material happiness; for that we are blessed with the complete body; Go has not made us deaf, dumb, or lame.

875: Blessing: In Hanuman Chalisa it is mentioned that mother Sita had given blessing to Hanuman that not only he would be in possession of Ashta-Siddhis (8 Accomplishments or super natural powers) and Nav-Nidhis (9 treasures) but Hanuman would be capable to give same blessing to others also.

877: In giving or in taking: The one who misses to modesty in giving everything to other or in taking everything from others then him misses the equilibrium of life and once he misses equilibrium the only madness is left.

882: Devotion towards Guru: Gopalbhai Shah and Sheelaben (Umreth) told me, “Guruji! If you are not happy about our going to America then we don't want to go there; we cancel everything.” I told them, “I am more happy than unhappy if you go to America, for even after going there you are going to do spiritual work of Aumparivar.”

Within one year they owned a house, car, good job, good business, etc. Whole family was very happy. Now more than five years have

passed.

After 10 to 12 years you get a chance to go to America permanently and if you let go that chance for the sake of your Guru then it is called a great understanding and valor. Hats off to such devotion towards Guru with full of understanding. Such devotees deserve blessings.

883: Memoirs: The remembrance of old memoirs makes us heedful. We used to go on top of Girnar Mountain running and with one punch we used to break brick-stone. And now we have reached to a stage where a threshold of a door or gate feels like a mountain to cross and outskirts of a village feels far like reaching to overseas. Now make use of this body in practicing virtues till the end of life and accumulate them for the next birth. The childhood, youth are passed and the old age has also been passing very fast hence make use of the remaining lifespan in accumulating virtues. Thus the old memoirs make us alert and heedful but to those who are inclined to be alert; for others the births in 84 lakhs different species are awaited.

896: Indian culture: There was a question from a Facebook friend. I had sent the following reply which may be a reply of queries of many other friends and devotees:

The four Ashramas are: Brahmacharya (student), Grihastha (householder), Vanaprastha (retired) and Sannyasa (renunciate). Under the Ashram system, the human lifespan was divided into four periods. The Vanaprastha (retired) and Sannyasa (renunciate) are the stages which are meant for penance, abandonment, and restyaint-celebacy only.

The Grihastha (householder) Ashram is to ensure that the ancestry-lineage continues. Once this work is done then the husband and wife have to live the life of restrain. That is why the Indian culture is considered the best.

ब्रह्मचर्येण तपसा देवाः मृत्युमपाघ्नत (अथर्व 11-4-19) Means – The deities killed death i.e. The deities won over death with the penance of celibacy. (Rigveda)

मरणं बिन्दुपातेन जीवनं बिन्दुधारणे तस्मादति प्रयत्नेन कुरुते बिन्दुधारणम् Means – spoiling sperm is the death and retain it is the life. Hence with the hardest efforts one should retain sperm. (Yogashastra)

There is a maxim in Patanjali Yogadarshan, ब्रह्मचर्यप्रतिष्ठायां वीर्यलाभः
Means – by practice of celibacy there is gain of sperm.

899: Priceless: Semen and ovum are such divine and priceless elements that a human body can be produced by them. Hence except producing human body the misuse of it in any kind of pervert action is like making us bankrupt. The wise people say that by wasting them in a sexually pervert deed once would cause a loss of power-repository of one month. Such priceless and profound secrets are needed to be contemplated more.

906: Excuses: Someone says “I could not remain present in our spiritual festival for I was sick or I had guests in my house or I forgot the date or I had a work in the office, etc. I feel sorry about that.”

Generally I used say that it was okay but I used to murmur in my mind – “Brother, why do you narrate excuses? The one who really wants to come, no one can stop him. Example – On the previous night of Aum-Gurudev-Jayanti festival Shri Vijaybhai and his wife came from America to remain present in the festival; and that too in which condition?! Vijaybhai’s right part of the body is paralyzed. What would have happened to him during his plane journey? To travel from the gate of my home to my room he had to use wheel-chair and required help of four persons. No reason could stop those great warriors i.e. husband and wife to reach to his Guruji. All these are not written to criticize others but it is written to inspire others.

It is a kind of criminal act if don’t appreciate and praise the praise-worthy persons. There is very thin line between the appreciation and adulation.

909: Separation: The husband and wife take divorce as they were not happy with each other; two friends break their friendship; two partners have difference of opinion so they dissolve their firm; father and son don’t accommodate each other so they are separated; mother-in-law and daughter-in-law have no tolerance so they started living separately. Thus there are many reasons for separation-departure but the main reason is completion of garnishment. And these separations are secondary but the primary separation is the separation of physical body and soul.

912: Solthambhi (at Halvad): Before some years we had gone to Halvad with with Guruji (Yogabhikshuji). We had a Darshan of Bhavani Bhuteshwar in Rajeshwar. Then we sat under Solthambhi and chanted a Swadhyaya. While the spiritual discourse of Guruji was going on I saw a line of black ant coming towards me from a distance of 4-5 feet. Seeing that Guruji spoke blissfully – “The one towards whom the line of black ants go, he would become wealthy; and those who have done Swadhyay under this Solthambhi all of them would happen to go to America.” It happened just like that; the person towards whom the line of black ants went became very wealthy and all others had to happen to visit America for one reason or other and some of them resided there permanently – **Dr Sadgurusamarpan Bhikshu**

914: During impregnation: When during impregnation, in the mother of our womb we suffer awful pain we had prayed to God, “Hey Almighty God, please release me from this awful pain. I promise you that I never forget you and I sing hymns of you for my whole life.” If we don’t want to be trapped in the vicious cycle of taking births in 84 lakhs of species then on this auspicious day of New Year we consider our promise as primary goal of our life and everything else secondary.

915: Wisdom: “As sun rises and sun sets one day is reduced from the lifespan – New Year has come and gone; one year is reduced from the lifespan.” The wise people and sages celebrate New Year by contemplating on such talks and exchanging such views with others.

916: “I am not the only strong and courageous person but everyone is strong and courageous in his own thinking.” If we behave and think in this way then there would be fewer occasions for the mind to be disturbed and restless.

918: Name of father: It is observed that some Facebook friends don’t post their profile pictures and some don’t write their father’s name. If there are more friends with the same name how can one identify them? At present there is fashion of avoiding father’s name! There is also a fashion to send old parents into old age home! Hey Almighty God, ensure that there would be no fashion to keep the old parents hungry.

919: Miracle: Himaben Joshi made a phone call from Surendranagar and said, “During celebration of Yagnotsav in Halvad you deliver spiritual discourse for one hour and forty minutes, despite this you never had a cough for once! This is truly called miracle!” I said, “Yes, it is true; but you travelled a long distance i.e. from Guruji’s ancestral house to Sharneshwar Mahadeva by walk! And under what condition you walk too far? Despite your both knees are replaced in the operation done in the recent past and you were not able to walk for a few steps under normal circumstances! This is called a true miracle!!” She said, “Now I came to know that I can walk for a long distance. I will attend all programs now.”

Such is the power of Almighty God. Thou are capable of making possible which is impossible and vice versa.

920: Hypocrisy under the guise of Reform: At present the one who gives up the modest, breaks the limit, exhibits the body with bare minimum clothes are called the reformists. To behave freely with father in law is called reform! Then there will be envy and jealousy between son and father is also a reform!! After that, if out of jealousy son kills father or father kills son is will be considered as the biggest reform...!!!???

921: Worshipped: The snake like poisonous creatures are worshipped only when they are on the body of Lord Shiva; but what would happen to them when they are not on Shiva’s body?

Excrement, mucus, cough, blood, flesh, etc. are worshipped too till they are inside the live body; but what would happen if they are made visible to the external world?

923: At the age of 91 years: Question by devotee, “Guruji, at the age of 91 you are healthy! At the age of seventy I become weak. Why is it so?” Guruji’s reply, “You have said that you have three children – one is of 15years of age, second is of 16 years of age and the third one is of 17 years of age. Make a sum of these three figures, it would be 48. Now add 48 to your age i.e. 70. Thus your age has been 118 years. It is but natural that at such age everyone would be weak hence don’t ruminate and discuss such talks any more.

925: Critic: It is necessary to have a critic nearby. If there is neutral and honest critic then a human being would be and can be remained

cautious and alert.

926: Swimming: One devotee from Halvad town came to meet me. He said, “Guruji, do you know me? You had taught me swimming in the Bhammaria well of Nilkanth Mahadeva in Halvad.” I told him, “Yes brother, you are right. At present too I teach my devotees and disciples how to swim. But in the past the well was small and the water was very less. At present the well of material life with routine activities is enormous and the huge volume of water of difficulties keep emerging. The learning of how to swim in the well of universe is going on and simultaneously the teaching of swimming is also going on.”

Every student is taught in the same manner by the teacher, but everyone grasps and learns according to his/her capacity of grasping.

927: Lotus: Pandavas had entrusted the gold-distribution work to Duryodhana in the Rajsuya Yagna. Why? For, Duryodhana had lotus symbol in his palm. It is a myth that a person with a lotus symbol in his/her palm receives back infinite times of what he/she donates. Like Duryodhan all have lotus symbol in their palms but they are unaware of it. This is a hidden secret. This is merely a hint mentioned in epic Mahabharata for those who want to who want to be cautious about it. If everyone is aware of the lotus sing and its usage then they would become very rich. But because of the unawareness about the lotus symbol, a person remains miserably poor. A miserly person does not become generous, but looks at the universe with his own eyesight, measures it with his own yardstick. Looking others behaving generous towards others, he burns himself with envy. Because of his foolishness he considers other generous people as mad and fools and considers himself with full of virtues. For, he is extremely miser. There is extraordinary artifice of nature. It has given lotus symbol to every human being but do not make them aware of it. Just like the eye which can look the entire universe but for itself; to look itself it requires mirror. In the same way human being cannot see its own lotus symbol, cannot understand about its importance. Unless and until it is told and explained this secret by the Guru, we cannot be aware of it.

930: Left hand...: The experienced and wise people have said – “The virtue and charity done by the left hand should not be known by

the right hand and vice versa.” Why have they said so? Because –

The indivisible two hands of one body too would become mutually jealous and envious about the virtues and charity done by them. If it is so for one body then why can't there be an envy and jealousy towards the virtues done by one person by other person? The jealousy and envy is obvious. Hence beware; there should not be an exhibition of progress made by us. If the progress is exhibited then the jealous person would pull your legs and would ensure that you are fallen and in the process he too would fall.

Maharshi Patanjali has said – Don't feel jealous about the happy people; that means the element jealousy and envy is but natural in every human being so one has to be cautious about that.

931: Saliva: The digestion process of food starts from mouth itself. The saliva in the mouth is digestive enzyme. The food is not digested properly if it is not properly chewed in the mouth and half chewed food is sent to stomach. So even if you eat nutritious food you can't get proper nutrition. It is said by naturopaths – Drink the food and eat the liquid – Meaning: Make the food like liquid water by chewing it more and more and then slowly let the liquid food pass to the stomach.

933: Accomplishment: To become famous is easy but to become accomplished is tough and to become proven accomplished is extremely tough. Proven accomplished is the one who uses his accomplishments in the benefit of others – in the welfare of others.

934: The piece of three-yard cloth can be made useful in many ways viz. it can be worn, it can be used as bed sheet, it can be used as turban, it can be used as bundle, it can be used as a water filter, etc. But if the shirt-pant is made from that cloth then the usage is limited to wearing it; it cannot be used as other things mentioned above. Likewise –

If a person is labeled with caste, creed, race or any other thing then his/her position is like a shirt-pant made from the cloth. Then his field of thinking, field of service comes under a limit.

937 with 928: Gayatri-Maruti Yajna – USA – Dhavalbhai: On the occasion of birthday of Dhavalbhai Gayatri-Maruti Yajna was arranged. The hosts were devotees Shri Bharatbhai Desai, Smt. Arvindaben Desai and Shri Dhavalbhai Desai.

As the venue was in America, even if we would have wished to remain present we could not; hence from here in India we convey Dhavalbhai birthday-wishes. I stayed at his home during my goodwill tour of America. During my stay for six months Dhavalbhai used to cook my food for both the meals. At that time he was a student there.

Today on his birthday I try to recollect a few memories –

Early in the morning between 5am and 6am his mother Arvindaben used to go for a job. Before leaving for a job she used to prepare dough for Rotis and keep it for later use. I used to get up according to my schedule, complete my morning routine, after my morning-routine I used to do my prayers-worship, then exercise and Pranayama. Once this routine is done I used to read for some time. Then Dhavalbhai used to call me to take my lunch. He used to prepare very good Rotis from the dough which was prepared by his mother in the early morning. Though I used to praise the Rotis prepared by him he used to remain dissatisfied with his preparation of Rotis. I started using digital gazettes from there. Dhavalbhai had taught me how to use digital diary and digital watch.

940: Appreciation: If we are addicted to hear about appreciation then it is considered as good. For, when we do virtues and service to mankind people appreciate us; so we keep on doing the good work. But we should never have an addiction of flattery and adulation; and if we are addicted to them then that addiction is the worst than the addiction of consuming alcohol.

The appreciation is done only for the good work but the flattery and adulation is done always for the purpose of cajolement. Example – If we tell the miser that you are very bountiful and you are doing much social work then we are lying to him; for, by lying to him we wish to get benefit from him, our motive is to cheat or deceive him. Moreover, when a person is falsely considered millionaire by people despite he does not have even thousands of rupees then he may be murdered some day.

941: Flattery: There is a saying – Flattery is liked by even God too. If flattery is liked and loved by God too then it must be liked by devotee too. We have heard the stories that some demons by way of

penance flattered Lord Shiva asked some accomplishments as a part of blessings and Shiva blessed them too and then He and other deities were in trouble. If flattery harms Lord Shiva also then how can it leave the common person?

There is a thin line between flattery and appreciation and anyone can be misled by them.

942: Birthday: On birthday it is to remember that today I become these many years old, now approximately these many years of life are left; what has remained pending to perform for the welfare?

It is not remembered due to the deception of worldly routine life that we are fast approaching the death. Birthday celebration is to remember that beware and be alert, perform as many virtuous deeds as possible to have the repository of their fruits for next birth. The death-God Yamaraj would not wait for a moment hence – “What is to be done tomorrow, do it today, what is to be done today, do it now; when will you do, for the time would not wait for you.”

944: Service: Those who have vowed to spend their lives in the service of others, for them it is inevitable not to be careless about their own health; because, doing service can only be possible for them, if they themselves are physically fit. Thus, not for selfishness but for the welfare of others they must serve them first. Then only their vow of doing service to others would be successful.

Though such talks look like ordinary talks but by profoundly observing them one can understand true essence of such talks.

945: Mirror: By seeing often in the mirror during young age the ego increases hence it is better that when there is utmost essentiality and need one should see in the mirror.

During old age one should see in the mirror often. For that would remind us, “Now very short span of life is remained. The young age is wasted in wrong thinking and wrong doing. Now, without shame, the mirror cautions-warns us to be attentive and by reflecting the truth it reminds us to live the remaining life in virtues.

946: Extraordinary: We consider ourselves extraordinary but we too enjoy the same happiness which is enjoyed by the ordinary people. Those who are extraordinary, for them the happiness too should be an extraordinary and divine.

947: Alarm: Though we ourselves had kept the morning alarm, we did not like to get up when alarm rang, hence we switched off it. Thus we shut the mouth of the one who was assigned the work by us. If want to understand then these are the talks of our life only, not others’!

948: By chanting Gayatri with its meaning in mind the intellect is purified and sharpened; that purification reaches to the ultimate stage of wisdom i.e. spiritual wisdom. There is one Vedic statement - “Tatra rutambhara pragya”. It means “when the intellect touches subtlety it turns out into wisdom.” Just as Pragya stands for subtlety of intellect so also Ruta signifies subtleness of truth.

949: Property of nation: Many years ago I stayed at Naturopathy Ashram in Urulikanchan. On one day during my stay I went to meet Shri Balkoba Bhawe (a brother of Shri Vinoba Bhawe) in his room. I prostrate and sit. He was writing something. I observed that he was writing on the blank sides of the posts he received. After some time he looked at me. His left eye was closed. I had never seen him before. So I thought he might have lost his left eye. He talked with me for a while. He mentioned that national must be used very economically. He was referring to his writing on the blank sides of the posts. After routine talks I asked his permission for meeting in the evening and left his room.

When I met him in the evening I was very surprised looking at his face! Currently his left eye was open and right eye was closed. I started thinking hard with the feeling that I might have made a mistake seeing him during morning. As our meeting concluded, to clear my doubts I asked him, “In the morning your left eye was closed, and now...” Before I had finished my query his reply was short and simple – “Why should one use two eyes when he is able to do his work with one eye?” For me it was shockingly happy reply. Even while writing this article I visualize that episode before my eyes.

950: The best: The Yogic exercise is considered the best, for it does not require other physical means like stick, Mallakhamb (wresting pole), club, Lezim or any others instruments available in the gymnasium. For doing Yogic exercise our body is the only requirement. We need to remember this excellence of Yogic exercise.

951: Stitches of love: There was a staunch devotee of Shreeji Maharaj. He was a tailor. He stitched such a wonderful jacket for Maharaj ji that even during winter the jacket could protect Maharaj ji. He put the jacket at the feet of Shreeji Maharaj. At that time a businessman devotee was present there. When tailor devotee came out from the place of meeting, the business devotee too came out. He requested tailor devotee to stitch a jacket for him and offered a large amount of money as stitching charges. The tailor devotee replied, “Mister, that jacket is priceless. You can’t evaluate that with diamond and jewels, for each stitch in that jacket are of sheer love and devotion.”

952: If one does not know that how much happy he is in comparison with others then how can one make him happy?!

If one is not skilled and intelligent enough to judge that how much free he is due to his fondness of loneliness then how can he enjoy his loneliness?!

956: True Understanding: The great devotee Kumari Jayshreeben used to search the literature of Guruji and post it on Facebook regularly. Sometimes I don’t remember and think whether it is written by me!? Then I used to ask her, “From which of my books or our magazine did you find this?” Then she explains that from where she has taken the content.

Such things only happen when one has true understanding; one has understood the objectives, motives, purpose, etc. of the life of Guruji and also observed the virtues and auspicious deeds of Guruji. And the devotee, who has completely surrendered to Guruji to practice his objectives, understood the worth of human birth, tried to leave his/her ego completely can have such true understanding.

Jayshreeben has inherited such virtues and values. Her father had kept his name as Kripabhikshu on his own. Kripabhikshu ji used to perform Shodashopchar Puja (the traditional sixteen-step worship ritual) as and when Guruji had visited Umreth. He himself was Vedantacharya, Jyotishacharya and Sangitacharya. His whole family was very pious, just like people of Satyuga.

958: Devotee of Guruji: In the beginning Navinbhai was running a Paan-shop. He came into contact of Guruji with the help of Kanubhai

Pandya. Originally he was cultured living-being so he caught hold of this opportunity. He gave up his Paan-shop and started performing work of religious rituals. He used to be always ready for the work of Guruji. If he is booked for ritual in advance and Guruji entrusts him some work on the same day he manages to cancel his professional work and always prefers to give priority to Guruji's work. Wherever Guruji goes he accompanies him.

He came to have a Darshan of Guruji after sad demise of his wife. He prostrated and put a small package at the feet of Guruji. Guruji asked, "What is this?" He replied, "These are ornaments of my wife. Now I don't need them." Guruji replied that he too did not need them. Navinbhai kept forcing Guruji to accept the ornaments. Guruji told him, "Okay, I accept the ornaments but I give them back to you as a gift for future use of your children." Navinbhai accepted the ornaments.

We remember such fond memories of Navinbhai and enjoy the subtle presence of him. After his death his son took over his work and currently he is working in full swing.

960: Love: butterfly has great love for lamp. Does it jump into the lamp due to its love towards lamp? Or the lamp has great love for butterfly that is why it is attracted towards butterfly? Or is it happened due to their mutual love for each other? In fact it is very difficult to decide that.

963: Supreme Being: At the time of pain and suffering the sought shout out for help to our Guru-saint at once reaches to Supreme Being and we start getting the help. Then why should not we ask for the help directly to Supreme Being? Let us understand that in this way –

Assume that Supreme Being is 100 kilometers away from us but our shout out is such that it can reach to a few kilometers far. Our guru-saint is in radius of a few kilometers from us. So we convey our shout out for help to them and they convey it to Supreme Being. This is the material example to understand the main subtle tale.

964: Happiness and peace: Where Guru-saint are invited and welcomed with love and affection there would always be harmony and unity. And in which house there is unity and harmony Guru-saint would like to be invited and welcomed.

965: Many years back I had gone to Jagdish Ashram in Limdi. There the disciples, devotees and trustees of Acharya Maharajshri had given me a warm welcome. I was very happy and satisfied by experiencing their intimacy and affection. At the time of my departure they requested me with folded hands to take control of Ashram so that the devotees and disciples are revitalized and rejuvenated. Hearing these words my pleasure was at its peak. What reply should I give to them? I replied with folded hands –

“I don’t understand how I can thank all of you for your intense faith in me to take over the responsibility of heading the Ashram. For that I can only prostrate all of you. Otherwise, the seat I use to sit at my home is not looked after by me properly then how can I head the ashram and look after the activities of it. Please forgive me with large heartedness.” After replying this I took their permission to leave with the heavy heart.

967: Once the disease is cured: There is a saying – Once the disease is cured the doctor becomes enemy. Likewise when we were in womb we had requested Supreme-Being, “Hey God, Hey ocean of compassion, please relieve me from this hell of pain; I promise you that I would never forget you.” But as soon as we came out of womb, we took birth we forget our promise. We engross ourselves in all material desires and lust. We forget our promise made to God during our tenure in the womb.

969: Question: Gurudev! Why don’t you do the legal sale deed when you get the lavish houses as a gift from the devotees and disciples? Later on if the donor changes his/her mind and ask to get the building back then what to do?

Answer: Yes brother; that is the reason why I don’t do the sale deed of the houses in my name. If the donor or his/her successor feels that what they had done was wrong but as the deed is done they can’t do anything about it now then it will be very easy for me to give the house back to them easily and without doing any formality.

Guruji had received three houses in Ahmedabad and one house in the village as a gift but Guruji gave back all the houses to their owners.

- **Bhavesh Rawal**

971: Aminsahab: When Guruji went America for the third time,

the travel tickets were arranged by Shri Aminsahab. He was working with a very high level officer in American company and very old and faithful employee too. Both husband and wife had great respect for saints. Their elders used to be follower of Swaminarayana sect but they used to follow Paramhansa Yogananda. His wife used to tell Guruji, “The preaching of Yogananda and you are the same; the only difference is that Yogananda used to say in English language and you are saying in Gujarati language.”

One day Aminji took us to his office. His boss told Guruji, “America badly needs saints like you.” The boss’s wife served us the snacks for refreshment. We took time to start taking snacks so he told us, “You feel free to have snacks. The snacks are fully vegetarian.” Such a great understanding and observation Shri Aminji and his wife had.

When the time came to go back to India Aminsahab said, “Guruji, if you settle in America and make an Ashram here I will donate-dedicate all my wealth to you.” Guruji replied, “I am extremely happy and satisfied to hear that from you. But I stayed here as required by the devotees and disciples; now I don’t need to stay more. If required, I would have stayed more in America; for that you don’t need to donate or dedicate anything to us.”

The virtuous and pious people are always ready to sacrifice everything for the saints – the above example is the best proof of that. – **Dr. Sadgurusamarpanbhikshu**

973: True Happiness: The first happiness is to keep ourselves healthy. The family members and wealth give happiness only if we are healthy.

If we understand the changeless and resolute principle of Karma subtly and put them into practice then only we can attain true happiness.

We can be considered wise only if we can understand the crime of nature more than the crime of existing laws of government and keep ourselves effortlessly far away from doing crime.

Wise people only need hint to understand the profound secrets of life.

974: Laugh – cry: if you are extremely delighted then you should

feel free to laugh; and if there is an extremely sad occasion then you should cry freely. If such delightful or sorrowful occasions are not expressed freely then there are chances of having cardiac failure.

975: Ultimate medicine and doctor: When all medicines are failed and doctors of all branches leave the hope then the sacred water of Ganges is the only medicine and Supreme Being is the only doctor.

976: Grace: Why should we ask even favor-grace from anybody? The Supreme Being – the owner of repository of grace and blessings – has never seen back in showering His grace and blessings on us. Now we have to ensure that we live such an auspicious life so that the grace and blessings keep showering on us ipso facto. The Supreme Being is the giver for all and not the receiver of anyone.

977: Are you tailor....: (From what types of phases a human being has to pass?! Part-1) Guruji: A person used to call me tailor! True, he must have seen me doing tailoring work. Those who would have seen me doing carpentry work, smithy work, masonry work, cobbling work, goldsmith work, etc. would have thought that I am a that one. Those who would have seen me riding the horse and firing a gun would have thought that I am that one. Those who would have seen me practicing Yoga would have thought I am Yogi. Those who would have seen me reciting Mantra using rosary would have thought that I am devotee. Those who would have seen me working as a fitter or working on weaving machine would have thought that I am that one. Those who would have seen me working as an actor would have thought that I am an actor. Those who would have seen me knitting the sweater would have thought that I am that one. Likewise many would have thought that I am a Hindi teacher or some would have thought that I am a great swimmer and great performer of Plavini-Pranayama.

978: Life too is a Sadhana : As we don't want to attain salvation why should we practice Aasana and Pranayama? Yes bro, but do we need to be healthy? Do we need to be happy and peaceful? Then we have to do Aasana and Pranayama? We are not capable to observe such penance, restraint, abandonment and content which are required to attain salvation. Just to ensure that our life remains happy and peaceful we have to practice Yoga. Life too is a Sadhana, Yogasadhana

if we live balanced life.

979: Science: Where there is an end of material science, the spiritual science starts; from there the Yoga science is initiated.

981: Bhikshu: The spiritual age of Dr. Sadgurusamarpanbhikshuji is 36 years. How many degrees he has attained can be understood by his spiritual name. Today his birthday is celebrated with fanfare at village Paliad (Veda). Forty years back “Gayatri Sadhana Shibir” of nine days was arranged at this place. One hundred grass huts were prepared for devotees. Hundred devotees were participating in Gayatri-Japa-Yajna. The name of the venue was kept as “Nirvikalpa Muktidham”. Everyday there used to be served Prasad made of lavish recipes and sweets. The reporters had called this Shibir as “Shibir of Satyuga” because not a single rupee was charged from the devotees for nine days. In the memory of that Shibir every year Aumparivar celebrates anniversary with great fanfare.

982: Responses: Our daily post, posted on Facebook under the title of “Ajnu Bhatu – Today’s food for thought” has been receiving many responses. We are overwhelmed and become emotional after reading the responses. Some of them inform us that they start their daily activities after reading our posts only. Having come to know about this fact I feel that my hard work at the age of 91 is worth.

984: 64 Bread winner arts: In the ancient days when student complete his studies in the Gurukul and went back home, he had not to bother for his livelihood because along with studies he was taught 64 bread winning arts. According to his own interest in specific art he would develop himself.

986: Right: Have we given our Gurudev enough right so that he can tell us distasteful things and at times he can express his anger on us? If no, then when we require having a bitter medicine of anger and distasteful talk, how can our Gurudev give it to us? And how can he help us in avoiding 84 lakhs of species and attain the salvation? For this we need to introspect.

987: Ashram: Due to increasing public welfare and spiritual activities of Aumparivar the number of devotees and curious people has been increasing manifold day by day. Many well wishers and devotees think that Guruji would have a big Ashram. In this regards

they also inquire many a times so it is felt necessary to make clarification –

Guruji does not have any Ashram. He himself lives in 12'x16' room. That room itself is his rest room, worship room, study room and meeting room. But philosophically looking there are innumerable Ashrams. Gurudev considers all the houses of friends, devotees, disciples as his Ashrams. – Dr Sadgurusamarpanbhikshu

991: Yajna: Hom-Havan, Yajna are synonyms. It can be performed on a very large scale and on a very small scale too. It is performed to get many types of benefits. From a very small scale like a ghee-lamp or Agarbatti i.e. incense stick to a very large scale like Rajsuya Yajna or Ashwmedh Yajna; all are considered small or big Yajnas. Its main purpose is to purify atmosphere. The philosophical meaning of Yajna is – To abandon without expecting anything in return. All small and big Yajnas are performed to fulfill the small or big desires. Yajnas can be categorized in three ways viz. Raajasik Yajna, Taamsik Yajna and Sattvik Yajna.

992: Lamp: The smallest form of the largest and huge Yajna is lamp and vice versa.

993: Infatuation: We preach - “Why there is an infatuation to be called poet or Guru?” But – Why do we have infatuation to preach others like this? Who has given us that right? Do we ever think of our own infatuation about preaching others? There are many arguments and questions but if we do so then there would be hundred more arguments and questions, for there is no end to it.

994: Prepare a sweet dish: The son said, “Mother, prepare a sweet dish today as I have won against the scholars of Banaras!” Mother asked, “How do you win the debate against the scholars?” “Mother, please listen; where scholars said ‘yes’, I said ‘no’ and vice versa.” Mothers said, “Bravo my son; till date no one has attained such victory!”

995: At the time of death: Today Pravinbhai Doctor and Dakshaben have come. We refreshed the memories of my goodwill tour of America. I had done Gayatri-Anushthana at his residence. After that the baby boy was born which was their third child after two daughters. At his residence Gayatri-Japyajna of 72 hours was

arranged. Though there was heavy snowfall the many devotees came to participate and in presence of lots of devotees the Jap-Yajna was concluded. The auction of doing Aarti of Jap-Yajna was done twice – first by calling number of Mantra-recitation and then by calling the maximum dollars. Pravinbhai had garlanded Guruji with the necklace of dollars.

Today he wrote his wishes in Sanskrit language on a paper and put it at the feet of Guruji. The essence of his wishes is very useful for the seekers of salvation and they are listed below –

1) To attain effortless death. 2) Live the life in humility and without poverty. 3) The death should be in a presence of Guruji. 4) You are my Supreme Being.

This is enough to understand him and ourselves spiritually.

998: Japa-Yajna: Shri Krishna said – I am Japa(Mantra recitation)-Yajna among all Yajnas. By telling this He has shown the importance and greatness of Japa-Yajna. However all Yajnas are having their own importance and Krishna is there in all Yajnas. For Japa the word ‘Yajna’ is used which tells many things. The first and foremost thing in Japa-Yajna is that there is no violence in it. Moreover it can be done very easily without the materials required for other things and also without the scholar of the ritual of Yajna. It can be done whenever we wish to do it. We don’t require anyone else to do it. Also nobody is disturbed from it. And the most importantly – at the time of bigger pilgrimage i.e. when death is nearing the Japa-Yajna is the infallible remedy.

999: In Vedas: Shri Krishna said – I am Samveda among all Vedas; that does not mean that he is not there in other Vedas. But in this way He has shown the importance of Samveda.

I am too Samvedi Brahmin but don’t know much about it. When I was in Halvad I used to change my Janoi (sacred thread) in Nilkanth Mahadev temple on Samvedi full moon day. At that time there were only two brothers who knew the Samveda rituals.

Before many years I had gone to Baroda to attend the spiritual discourse of Muktananda Baba. The brother of Dongreji Maharaj had also come there. When his turn came to sing he first removed his Kurta and then started singing. He sang Samveda with such great

facial expression, with gesture of hands and Mudras that the listeners were astonished. He was fully drenched with lots of sweating. After reading this you may get a glimpse of Samveda.

1000: Barren: It is a common human nature not to consider a known and near one from his/her village as a saint; he/she considers an outsider as a saint. Those who are on the path of attaining spiritual bliss, only they can think above the common thinking. And the belief that everyone is a traveler of the path of spiritual bliss is going to be proved as barren, wrong.

1001: Admiration: 1) Those who wish to have admiration-appreciation have to be ready for condemnation too. 2) If we wish to exhibit the prettiness and virtues of ours then we have to be ready for envy and jealousy. 3) If we want to have lustful and pervert life then we have to be ready for the suffering from the diseases. 4) If we want to serve the humanity then we have to be ready for the better fruits of serving people. It is like two sides of one coin.

1004: Blessed: This tale is of those days when there was a sever draught. The Aumparivar had arranged a Japa-Yajna of Gayatri Mantra for 30 days in Umreth. As a concluding ceremony of Japa-Yajna the Brahm-Chorasi i.e. grand dinner for all devotees and all Brahmins of the town was arranged. From the thirty first day onwards another such Yajna for 24 days was to be initiated at the residence of Shri Vijaybhai C Patel.

The Japa-Yajna started in two rooms of the house; in the third room mother of Vijaybhai was kept; she was in coma. After eight days I asked Vijaybhai, "If your mother would not survive during ongoing Japa-Yajna then what would we do?" He replied, "If mother is survived for 24 days then we all are very happy but even if she would die then too we would be happy. For that too we need grace of God. Currently we serve one sweet dish in each meal as a Prasad; after death of my mother we would serve two sweet dishes in each meal." After hearing his thoughts I was relieved and felt blessed.

1006: Plavini Pranayama: Many years back I used to go to Kankaria swimming pool for swimming. While swimming I used to do Plavini Pranayama and then I used to keep a brick on my chest and used to float in the water for very long time. When I would come

out the pool trainer and coach used to tell me, “Brother, you are like a rubber bag.” After that other members of swimming pool encircled me and used to ask, “How can we do this?” I used to tell them a verse whose meaning was – By studying continuously for very long period even the ignorant become the scholar.

1008: Gurudev once said, “In the film “Jagadguru Shankaracharya” though I had played a role of one of disciples, the Almighty God has given me the position of Guru; so if someone becomes real disciple of true Guru-saint then how much posts and positions he would have got by the grace of God. Who would be able to tell that? The verse rightly says - Doing good, undoing bad and transforming bad into good is what is described as real power. –Dr Bhikshu

370: Desire: The root of desire is volition. Hence the type of volition human being does, the same desire he keeps and to fulfill that desire he keeps doing Karma accordingly.

Some letters written by Guruprembhikshuji from USA

553: Dated 17.06.86: Reverend Shri Gurudev-Bapu, I perform Aarti of verses of Pranav-Vandana on daily basis and while doing so I mentally maintain politeness and courtesy. One day it will be realized. The mind wants freedom but not waywardness or perverseness. We have to live life with obedience of Guru. What is decided by Aum-Parmatma does happen. The meditation of Aum is an infallible key – such wisdom is prevailed after having experience. We learn a lot from you. We are so indebted that whatever we do for you are not enough. There is no doubt whatsoever about the programmes related to Aum-Parmatma which are decided would definitely be done. When there is a grace of God then the faith and power would work continuously in tandem with time and discipline; it is true. For a people with less understanding the near realization too seems too far. Coming future would be written with golden words. But all that would be due to your grace and blessings; that will have to be believed.

556: Those who are busy in playing with material toys, how can they get true understanding of attaining real happiness? When we are blessed with your grace then only we are able to understand that the trio of living being (Jiva), universe (Jagat) and Jagdish (Supreme Being) is not Traitā (three different entities) but they are Advait (single

entity – Advaitavaad - the ideology associated with Sankaracharya). The life of people who have abandoned everything, we love to watch their lives keeping ourselves away. But if we engross ourselves with such people then we love to live our life. Despite all these Aum-Parmatma ensures that the light of knowledge and wisdom prevails so that we understand that nothing is ours. You had told that after two-three months people would experience the spiritual message that we want to convey to them. Bapu, I am not exaggerating but I am conveyed that wherever you were invited with devotion, the happiness and peace prevail there.

558: I have read the report prepared by Shashikantbhai, I am happy. His writing style and skill is very good and reflects lots of humility too. Aum-Parmatma has instilled a skill into Shashikantbhai to prepare biography of great people. We must take proud of it. The graceful speech of Gurudev is reflected into him...

559: Dated 04.07.80: Addressing a letter to his wife Vasuben: ...Wherever Bapu (Guruji) goes Aum-Parmatma has to follow him. The saints are taken care by Almighty God. The history is witness to it.

As much you wait for my letter to receive, if you wait that much for the God then you will come out of the vicious circle of birth and death. How much attachment for a human body! Despite that one has to complete the bondage of action i.e. Karma-Bandhan. You recite the Mantra “Aum-Guru-Aum” continuously. Keep yourself away from the bad thoughts. We have inherited priceless legacy from Gurudev.

564: Dated 16.04.83 Hoboken USA: Reverend Gurudev, when you departed from USA I felt vacuum in the house and at that moment I could not breathe for a moment. I have personally experienced that what can the affectionate speech of saint do to make inactive person like me to be active. Guruji, to speak or write something about you is like showing a lamp to the sun. Many people here have experienced unique realization graced by you. Whatever is the attainment; it is because of you. When God visits thou is not recognized or understood by common people like us but when He departs then people would try to find Him. What else can we say to it then the infatuation? Currently I am disoriented. I don't know what to do and what not to

do. But daily I used to recite Gayatri Mantra using rosary. Please grace me so that I can realize it. For everyone here you have become memoir. The sleep of ages has gone by. The mind and brain has come out of the argumentation. Though my nature has constructed well in the 10 months of your company sometimes original nature comes out. Gurudev, my Sashtang Dandavat Pranam.

567: 13.05.83 USA: In the service of Reverend Gurudev Bapu, I was extremely happy after reading your letter. The thought process was controlled. During your stay here there was joy everywhere but after your departure the atmosphere become dull. The true understanding is – when a person reaches to a level of Samadhi he retires from the material life; it has happened.

569: ...In the life of USA there are many changes. In atmosphere and nature too there are many changes. In the spring season there was heavy rain and in summer season the atmosphere was like spring season. I can't understand this change. I think the nature becomes accommodative for you; that divine experience I had. In ten months of your company my mind and brain become very active. I am sure that your grace would make everything easy and simple. It is certain that the living being and universe will be graced by you. Gurudev, your grace is the root of all kinds of Samadhis. I have realized that whatever Aum-Parmatma does is for the grace and welfare of people. – My Namaskar and JayNarayan.

575: Self-realization: Guruji, What is the most important thing people believe in the world? It is self-realization. But my belief is different than that. I believe – the most important thing in life is to attain the Gurudev. I believe that – attainment of Gurudev is more important than to attain self-realization; I consider it as a self-realization. For me, there is no other self-realization that union with Gurudev.

578: Reverend Gurudev Bapu, ..I received your last letter on 07.07.83. On that day I had my birthday so indirectly I received your blessings. How do Guru and God come? They come through letter, thought, dream, etc. The one in whose devotion we pass our time is attained in any way. Whatever my requisition is either sent through letter or otherwise, I get it or realize it. Hence I only ask for your

divine grace. When you were in USA and I used to accompany you on local tours, sometimes I feel that “why does Bapu behave in this way?” Now I understand, realize and experience it. You are very intuitive. Mr. Garg used to tell me, “If there is a grace of Guruji then only we can understand his speech and thoughts.”

585: Dated 14.07.83 Hoboken USA: Reverend Gurudev Bapu, on the auspicious occasion of great festival Gurupurnima I ask for forgiveness for doing Karmas of many births. The most precious occasion to attain the grace of Gurudev is itself celebration of Gurupurnima. Every moment and thought has to be made thinking about Gurudev.

Please shower your grace on living being like us who used to live material life. Gurudev, what can we give to them who have taken the birth only to give something to mankind. For such Gurus there is only bliss, bliss and bliss. The giver and taker becomes one so the life becomes divine and auspicious. Expectation without giving any thing becomes disregard to the God. Gurudev, by the grace of yours everything becomes easy, simple and bestowment.

588: Dated 10.08.83 Hoboken USA: Reverend Gurudev Bapu, there is continuance remembrance of you. The preaching sent through a letter gives lot of strength and that is the grace-bliss for us. When I read about meditation I felt that nothing is new for Guruji but because you are very near to us and behaves like a spiritual friend with the disciple we don't understand the true value of your preaching. That is the strangeness of our mind. I felt that it is beneficial to remain away from Guruji so that we get true realization. Before one month I was thinking that “it is good if Bapu reads the books of Rajchandra.” But you send me literature about meditation and I was happy with joy and surprised too.

590: ... We have started believing that your own thought and decision about touring America is more worthwhile. Sad news may be a result of status of mind. God heavily test those who try to run away from the domestic and material life; because material life is a great school to move towards Supreme Being. Pranav-Vandana (Hymn about the traits of Pranav-Aum) can give true answer. The essence of all scriptures is Pranav-Vandana.

The ultimate stage of knowledge is true-understanding. Bapu, you have taught Samadhipaad and explained about Samadhi knowingly or unknowingly. Those who have understood it would never speak again about it. It is like - **The musk (fragrance) is imbedded in the navel, yet the deer looks for the source of the fragrance all through the forest. This is called unfortunate.**

Gurudev, please bless us. We pray to Almighty God for your long and healthy life so that you keep gracing us for our spiritual welfare.

769: First meeting: Unless and until we become self-aware we would never come to know that how much work a Yogi can do. It is very difficult work to awaken thousands of devotees and make them conscious about the divine existence of Supreme Being. Yogabhishtuji single handedly working for the spiritual welfare of the people; the work which can't be accomplished by even thousand of teachers and professors or a vice chancellor of any university; and for generation this work is going to be alive and existent.

Since last 23 years I have been meeting Shri Yogabhishtuji either weekly or fortnightly. My spiritual progress and upliftment is done by him only and for lifetime I am indebted for it; and I am not in position to describe in words about my progress.

– **Rashmikant Bhatt**

**LIST OF PROGRAMS ORGANIZED BY DEVOTEES
OF AUMPARIVAR DURING THE YEAR TO CELEBRATE
THE 90TH BIRTH ANNIVERSARY OF
THE GURUDEV SHRI YOGABHIKSHU**

NO.	DATE	SPONSORED BY	PLACE
1	14.10.2017	KANTIBHAI A. PATEL (Eng.)	SHAKUNTAL BANGLOW, AHMEDABAD
2	12.11.2017	KRISHNABEN K. AGRAWAT	RAVIKUNJ, GHATLODIA, AHMEDABAD
3	26.11.2017	“AUMPARIVAR”	MANINAGAR, AHMEDABAD
4	10.12.2017	PURVIBEN-SHILABEN GOPALBHAI SHAH (USA)	UMRETH, DIST. ANAND
5	31.12.2017	“AUMPARIVAR”	PALIYAD, TA. KALOL
6	07.01.2018	RAJUBHAI BAPALALBHAI SUKHADIA	DAKOR, TA. THASRA, DIST. KHEDA
7	28.01.2018	“AUMPARIVAR”	KEDARESHWAR MAHADEV, MAHISAGAR
8	04.02.2018	KANTIBHAI A. PATEL (USA)	SOLA ROAD, AHMEDABAD
9	11.02.2018	DAMODARBHAI PATEL	GOVINDPURA, TA. KADI
10	18.02.2018	HITESHBHAI KANUBHAI PANDYA	SUMAN SAJNI HALL, MANINAGAR, AHMEDABAD
11	25.02.2018	KIRANBHAI PATEL	VALSAD
12	02.03.2018	NIDHISH JYOTISHBHAI PANDYA	NADIAD
13	11.03.2018	BHANUBEN G. PATEL	NAVSARI
14	18.03.2018	HITESHBHAI KANUBHAI PANDYA	SUMAN SAJNI HALL, MANINAGAR, AHMEDABAD
15	25.03.2018	DEVCHANDHBHAI PATEL	SHRIKUNJ SOCIETY, GHATLODIA, AHMEDABAD
16	01.04.2018	ANILBHAI G. PRAJAPATI “HANUMAN JAYANTI”	NARANPURA, AHMEDABAD
17	08.04.2018	RAYMALBHAI DESAI	SOLA ROAD, AHMEDABAD
18	22.04.2018	MUMUKSHA NILESHBHAI SURANI	VADODARA
19	29.04.2018	JAGATBHAI ARVINDBHAI SONI	GOTA, AHMEDABAD
20	13.05.2018	BALDEVBHAI P. PATEL	KHANDERAVPURA, TA. KADI
21	27.05.2018	GALGUNBHAI HARSHADBHAI PATEL	ISANPUR, AHMEDABAD
22	10.06.2018	THONBHANDAS PARIVAR	RANNAPARK, AHMEDABAD

23	24.06.2018	ALPESH SUKHDEVBHAI PATEL	NIKOL-NARODA, AHMEDABAD
24	08.07.2018	RAJNIKANT AND PRAKASHBHAI PATEL	NADAN, TA. KADI
25	27.07.2018	“GURUPURNIMA” HIMABEN V. JOSHI/HANSABEN D. PATEL	NAVRANGPURA, AHMEDABAD
26	05.08.2018	KAMINIBEN MANISHKUMAR PATEL	RAVIKUNJ, GHATLODIA, AHMEDABAD
27	26.08.2018	VANITABEN NIMESHKUMAR PATEL	SOLA, S.G. HIGHWAY, AHMEDABAD
28	02.09.2018	MUKESHKUMAR L. JOSHI	JESOR, DIST. BANASKANTHA
29	30.09.2018	CHANDUBHAI B. PATEL	VADODARA
30	07.10.2018	“AUMPARIVAR”	UMRETH, DIST. ANAND
31	14.10.2018	JIGNESH SOMABHAI PATEL	PALIYAD NAGAR, AHMEDABAD
32	28.10.2018	MANJUBEN RAVAL/ VIRENBHAI JOSHI	SHARNESHWAR MAHADEV, HALVAD
33	02.11.2018	“AUM GURUDEV JAYANTI” KANTIBHAI A. PATEL (Eng.)	SHAKUNTAL BANGLOW, AHMEDABAD
34	08.11.2018	NAISHADHBHAI VYAS	SUMAN SAJNI HALL, MANINAGAR, AHMEDABAD
35	25.11.2018	GOPALBHAI SHAH (USA)	PALIYAD NAGAR, AHMEDABAD
36	30.12.2018	“SHREE GAYATRI ANUSHTHAAN SADHNA SHIBIR”	PALIYAD, TA. KALOL