Learn the lesson:
How to meet God...

– Pujya Bapuji

O student! You are the future of India, the glory of the world and the pride of your parents. By taking the help of Divine Consciousness and that of the Guru Tattva, you keep moving forward with pure love and selfless service... The higher the task you invest your time in, the more the benefit; and if you invest your time in the highest task of attaining the Supreme Self, then you will be able to reap the greatest benefit of being the Supreme Self yourself. Aum Aum Aum...

– Pujya Bapuji

Then your ability will develop greatly
Then even the toughest of tough tasks will become easy for you

The effect of Pujya Bapuji’s Power and Ammaji’s steadfast devotion

Inspiring incidents reflecting Pujya Bapuji’s love for cows
Know how the cows driven to the slaughter-houses were saved

The grain sown in the cow pen is a boon to health

Brahmanjali to Shri Gurubakhsharoy Jaisinghani, who merged with the Bhagavad Tattva while steadily gazing at Pujya Bapuji’s holy picture until his last breath.

Date of birth: 8th December 1946
Date of death: 4th September 2019

The festival to light the lamp of the Self: Deepavali
For attaining health and wealth

Effects of utensils on health
Be Happy in Inner-Self and Distribute the Prasada of the Blissful God

– Pujya Bapuji

Indian culture says:

सर्वस्तरतः दुःखाणि सर्वं भद्राणि पश्यति || वर्ष: सदनविन्नक्मानंतो सर्वं सर्वं नन्दत ||

सर्वस्तरतः दुःखाणि... May we all get freedom from our narrow circles, preconceived notions, and beliefs. सर्वं भद्राणि पश्यति... May we all see auspiciousness. सर्वं सदनविन्नक्मानंतो... May we all attain good intellect. Everyone has intellect. Even a mosquito possesses the intellect needed to get food, and to reproduce, run away from danger, stay in a comfortable environment. All creatures like dogs, horses, donkeys and man possess it. However, our culture has said quite a nice thing! May we all acquire good intellect; so that we may all get repose in Truth (truth personified Supreme Self). सर्वं सर्वं नन्दत... May everyone enjoy everywhere. May we all help one another.

So, it is incumbent upon the advanced sadhaka to help the ordinary sadhaka in treading the path of spirituality. And it is the duty of the ordinary sadhaka to assist the advanced sadhaka. But what kind of assistance could be given by the sadhaka who is inferior to the advanced sadhaka in knowledge and meditation? For instance, the SatGuru is advanced in knowledge and meditation and his disciple is an ordinary sadhaka. The disciple serves the SatGuru. Shabari sweeps the ashram of her Guru Matanga Rishi. The work of Matanga Rishi is reduced and thereby He could distribute more gifts of spirituality. Hence even the disciples serving the SatGuru earn religious merits. Thus, ordinary sadhakas should assist the advanced ones in expanding their selfless service-works.

He alone evolves who is keen on serving earnestly. You should behave with people in such a way, that your interaction may be just for a few days but the person meeting you would praise it for years and his heart keep showering blessings on you. Be joyful yourself and make others joyful too. Be Happy in your inner self and strive to open the door to blissful God for others. Don’t remain sad yourself, nor be the cause of sadness for others. Do not betray. Do not divide. Do not fight, nor make others fight. Meet (Inner Self-Supreme Self) and help others do the same.
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Pujya Bapuji’s Satsang on Various Channels

- **‘ISHWAR’** T.V. Channel is available on Tata Sky (Channel No. 1068), Dish T.V. (Channel No. 1057), Videocon (Channel No. 488) and GTPL, Den, Fastway, Hathway, etc., digital Cables and “JioTV” Android app.
- **‘DIGIANA DIVYA JYOTI’** Channel is available on ‘Digiana’ Cable (Channel No. 109) in M.P.

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Then even the toughest of tough tasks will become easy for you

A group of research scientists performed an experiment. They divided 30 students of grade 8 into two groups. The 15 students of first group were told – “You have to solve the maths problem that is being written on the board, but, it’s hard. Even tenth graders would find it too hard and challenging to solve; but then what to do, you are supposed to solve it. It’s very difficult, but just give it a try and if it works out, all well and good. You will score 10 marks on solving this problem correctly.”

Thus, it was ingrained in their brains – ‘the problem is tough.’

They went to the 15 students of the same grade, and writing the problem (on the board), said, “This problem is so simple that even seventh graders would be able to solve it; and you are eighth graders after all. It’s quite simple and can be solved easily. You will score 10 marks; and it’s just a matter of 5 minutes! It would also be helpful in final examinations. Thus, it was ingrained in their brains – ‘it’s quite simple, very easy.’

As a result, 12 out of 15 students of the latter group solved the problem correctly. However, those of the former group, whose mind was ingrained with the statement – ‘it’s very hard, very difficult’, witnessed only 3 out of 15 of them solving it correctly, and the other 12 failing the test.

So, only those, who, at the mere sight of the question-paper, become nervous and give-up, thinking – ‘it’s very tough, I won’t be able to solve it…’, end up failing the examination. One should encourage the mind with the thought – ‘There’s nothing tough or complicated about it; I have read texts well.’ Then, depending upon one’s faith and belief, one should meditate on his/her chosen deity, be it the Goddess – Mother Saraswati, Lord Shiva, Lord Rama, SatGurudev, or whomsoever... Later, assuming the Jnana Mudra” and protruding the tongue half a centimeter beyond the teeth; remain calm for 30 seconds. By doing so, not only tough problems; but even the toughest of the tough ones become quite easy and simple for you; and thus, you will achieve good scores in the exams.

Similarly, attaining God is quite an easy task, but you have just assumed – ‘it is very tough, it’s very difficult’; and that only if you observe these many vows... perform so much penance... fast for these many days... that God will be pleased; or only when Lord (Rama) would hear of you doing something, that He would come to you; how come now! It’s a long way to go! We aren’t that lucky to have it...! You have thus made the enclosure of such negative thoughts around yourself. The way, the sealed cells of a battery-torch, cannot light the torch by any means, regardless of the number of times you slide or push the switch to turn it on, and when you break the seal and place the cells properly, it lights-up instantly; in the same way, just throw away the seal of the foolish thought that you have applied to your mind – ‘It is not possible to attain’. Then, how can there be a delay in you attaining Self-realization?

※ Also called the Mudra of Wisdom, it’s a meditative gesture formed by having the tip of the forefinger (i.e. Index finger) touch the tip of the thumb so that the thumb and forefinger form a complete circle; while other three fingers remain gently straightened out.
Where is the source of power, beauty, joy and life?

A lover pined for his beloved one; all his body was reduced to a veritable skeleton; all his flesh was dried up, so to say. The king of the country in which this young man lived brought him into his court one day, and he also brought the lady-love of the young man into his presence. The king saw that the woman was very ugly. The king then brought before this lover all the fair damsels that adorned his court, and asked this lover to choose one of those.

This man said, “O Shah! O King! You know, love makes a man very blind. O King! You have no eyes to see. Look at her with my eyes, and then say whether she is fair or ugly.”

This is the secret of all the charms in this world. That is all. That is the secret of all the fascination of the attractive objects in the world; O man! You yourself make all objects attractive by the way you look at them. Looking at an object with those eyes you yourself shed your lustre upon the object and then you fall in love with it.

We read the story of Echo in Grecian mythology. She fell in love with her own image. So it is with all charms; they are simply the image of self within you, the Heaven within you. They are simply your shadow, nothing else. That being the case, how unreasonable it is to hunt after your own shadow.

**Catch hold of your own head**

A little child, a small baby had just learnt to crawl, to walk on all fours. The child saw its shadow and thought it to be something strange, something remarkable. The child wanted to catch hold of the head of the shadow; it began to crawl to the head of the shadow; and the shadow also crawled. The child moved, and the shadow also moved. The child began to cry because he could not catch the head of the shadow. The child falls down, the shadow is with him; the child rises up and begins to hunt for the shadow. In the meantime, the mother taking mercy on the child made the child touch his own head, and lo!

The head of this shadow was also caught. Catch hold of your own head and the shadow is also caught. Heaven and hell are within you. The source of power, joy and life is within you. The God of men and nature and nations is within you.

O people of the world! Listen, listen. This is a lesson worthy of being proclaimed from the house-tops, in all the crossings of big cities, in all the thoroughfares. This is a lesson worthy of being proclaimed at the top of the voice. If you want to realize an object, if you want to get anything, do not hunt after the shadow. Touch your own head. Go within you. Realize this and you will see that the stars are your handiwork; you will see that all the objects of love, all the bewitching and fascinating things are simply your own reflection or shadow.

Om… Om… I am Knowledge Absolute, Bliss Absolute. I am He, I am He. (Shivoham, Shivoham).
The festival to light the lamp of the Self: Deepavali

(Deepavali Festival: 25\textsuperscript{th} through 29\textsuperscript{th} October) — Pujya Bapuji

The five days starting from Dhan-Teras to Dwitiya or Bhai Dooj are the days of the festival to know the points that keep the body, mind and intellect healthy and light the lamp of the Self.

\textbf{Dhan-Teras}

Cows and Lakshmi are worshiped on Dhan-Teras to gain wealth and opulence in this world of maya. To propitiate Yamaraj (the god of death) and avoid untimely death, light a lamp in the courtyard on this day and offer eatables.

Kartik Krishna Trayodashi is the incarnation day of Lord Dhanvantari. According to Srimad Bhagavat Purana, out of the 24 incarnations of God this is considered to be the 12\textsuperscript{th} incarnation of God. The Lord says: “When the ocean was churned on the day of Dhan-Teras, I appeared as Dhanvantari, carrying the jug filled with nectar. Seeing the pot of nectar, my tears of joy fell into that jug. Tulsi appeared from there. On this day, whoever worships and respects Tulsi and Lakshmi will attain money, grain, health and become happy.”

\textbf{Narak Chaturdashi}

On this day Narasasura was killed by Shri Krishna. To commemorate this, the people of Southern India celebrate Diwali. Observing a vigil the whole night of Narak Chaturdashi and Diwali and doing japa is more fruitful. Mantra chaitanya, latent in the mantra is more awakened bestowing mantra siddhi to the sadhaka. If you do not chant your mantras on this day, they become impure and their effect will be reduced. If someone, on any account, wakes up after sunrise on this day, then the effect of his merits and good deeds of the whole year will diminish. But if one takes a bath before sunrise, his sattva will increase. सत्त्वालस्म्यायते ज्ञान... Self-knowledge arises from Sattva. Knowledge of truth, Pure knowledge arises from Sattva Guna. The night of Narak Chaturdashi and Deepavali is very beneficial for establishing unity with God. In these days:-

* Burning a mustard oil lamp is beneficial for the eyes.
* One who adds cow urine to a bucket filled with water and takes a bath with it, will earn the religious merit equal to that obtained by taking a bath with water from the Ganges. It benefits the pores of the body.
* Taking a bath after applying the mixture of cow dung and cow urine to the body is meritorious. It pacifies Vata and Kapha.

\textbf{Deepavali}

There are numerous mythological, historical and political stories related to Lakshmi Pujaan (the worship of goddess Lakshmi). This means that on this day, make a new resolution that ‘everyday I will do japa of this many malas, I will observe silence for this much time, I will read Shri Yoga Vasishtha Maharamayana and Guru Gita.’ “Recitation of the Guru Gita silences the opponent and destroys evil and sin,” says Lord Shiva. So, by taking the vow of japa, recitation, silence, etc. you should become strong-willed and resolute.

Money and account books are worshipped in Diwali. The merchant opens
Chunilal was a boy from a poor family living in the village of Savali (District Vadodara, Gujarat). His intellect was very sharp. His power of understanding and grasping was very good. He would go to school regularly and studied with all his heart. He helped his parents with the household chores and also helped his friends at school. He won the heart of his teachers with his good behaviour. Many of the students studying with Chunilal at school would bring pocket money to buy Sev, (a threadlike snack made from gram-flour) and puffed rice from the nearby shop and eat it. But Chunilal’s home condition was not so good that he could bring pocket money. He had restrained his mind with good understanding. Still one day his mind became greedy. He stole two pice from the money earned by his mother’s hard work. He ate sev and puffed rice with his friends.

After doing this, Chunilal’s tongue relished for some time, but soon after, his conscience started nagging away at him: ‘Chunilal! How dared you steal the hard earned money of your mother? Just being subdued by taste for two to four minutes? Does it behove you?’

Arriving home, he stood before his mother with his head down. His Mother asked: “Chuniya! Why is your face so dull?”

Chunilal, though being afraid, disclosed everything to his mother without hiding anything. Hearing this, the mother was delighted that her son had accepted his dishonesty and he was repenting because of it. ...Still, his mother expressed some displeasure so that he would not repeat this fault in the future and spoil his future. Chunilal felt relaxed after admitting his fault before his mother.

It comes in the spiritual discourses of Pujya Bapuji: “If a person has committed the biggest mistake, or even the gravest crime; still if he is keen to accept and eradicate his fault then he will definitely scale the heights one day. And the one who accomplishes the noblest tasks, but does not accepts his faults or make an effort to eradicate them then he will definitely sustain a terrible downfall one day.”

The boy Chunilal who was keen to eradicate vices from his life, later imbibed the grace of his SatGuru and became a famous saint by the name of Pujya Mota. Our ashram (Sant Shri Asharamji ashram) is located near his ashram on the bank of River Tapti, near Variav Road, Surat.
Benedictory experiential words of Saints

Live alone such a bad company

– Sant Pathikji
Unless you have a righteous, dutiful, religious, benevolent companion, live alone; but never keep the company of a foolish, lustful, angry, greedy, impolite, quarrelsome person.

What is not proper to do?

– Samartha Ramdasji
Do not fight with those who are hell bent on insulting you. Do not debate over and over again for too long with talkative persons. Always be in the company of the good. Never be angry. Do not insult loved ones. Their advice should not be disregarded. Do not get offended by small matters. Do not boast about anything, rather do it first and only then tell others. Always do all the things that you have promised at the same time wherever needed; never hesitate to use force (for the destruction of evil). Do not say anything achieved by others is easy, without first doing it yourself.

Never be happy in idleness. Do not slander anyone, even in your mind. Consider all the aspects before starting any job. Do not give extra comforts to your body. One should not give up effort. One should not be troubled by constant hard work needed for good action.

The effect of impressions

– Swami Vivekananda
What I am just at this moment is the effect of the sum total of all the impressions of my past life.

Samskara-Pratishtha =
Bhagavat-Pratishtha

– Sant Devaraha Babaji
There is a deep connection between conduct, Samskara and culture. Getting established in Samskara is equal to getting established in God.

How to make the restless mind calm

– Swami Pranavananda
Do japa of Guru-Mantra when the mind becomes agitated. This will soothe agitation, make the mind cheerful and the mind will become calm.

An easy way to avoid attractions

– Sant Thanedarji (Thakur Ramsinghji)
Do not forget your SatGuru; wherever you go. The easy way to guard yourself from others’ magnetism is to get lost in the remembrance of SatGuru. Be absorbed in SatGuru.

Drop of nectar – Pujya Bapuji
Learn the art of transcending death by Vedanta satsang, before death attacks you. If you have developed wisdom through the satsang of Vedanta Jnana, it will be difficult to be sad. Pleasure and pain will not attract or agitate you. You will transcend both of them.
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