



Why Divine Pathways and what is in here for you?

So many a times, I would sit, close my eyes and the thoughts would come gushing. I would open my phone and start typing these downloads. It was as if GURUji was dictating and I as his instrument would just be typing it out. I would send each of these messages compiled in this book as a daily message to Sangat in all my whatsapp groups.

I wanted these thoughts that I get to be shared with the world and not alone be with me so that when I go, it should spread to each and every corner of the world. Because these books which are written by Sangat, not now, but in a few years' time, will become epics. What happened during the Ram ji era, Krishna Bhagwaan era, Guru Nanak Dev ji era, we only read what has been written during those times. Similarly, people should know about GURUji as well. He, the Lord, took manushya chola and not everyone could see him in the manushya chola. We are blessed to see him in that manushya chola.

So that's when I started penning down - whatever GURUji said, his Satsangs, his thoughts, words, they should reach everybody. It so happens that when I am writing or whatever I am doing in my bedroom, one side of the bed feels like someone is sitting next to me. That's when I tell him, 'Guruji aap aa gaye ho, ache thoughts dena.' It is all his kind will.

When you read, absorb what has been written deeply since a few of these messages convey the essence of how to navigate through this journey of life, You may find your answers!

JAI GURUJI

Shukrana GURUJI

Kamlesh Mehta Aunty

Happiness and Ownership

"Whether you like your life or not, doesn't depend on how the furniture is arranged, it depends on how I arrange my mind. Happiness is something you can decide ahead of time. Simply decide to love people around you. It is a decision that you make every morning when you arise." Happiness is a choice we all have right to choose.

Real HAPPINESS

PROSPERITY lies in the act of DEVOTION.

Sometimes we want HAPPINESS

BY FULFILLING our WISHES

BY collecting things,

BY detaching ourselves from materialistic things,

BY either Yoga or Pranayama.

ALL these methods,

However,

Are not complete until WE know the real nature of ONESELF,

MATTER, RELATIONSHIP, BIRTH, DEATH, THE WORLD.

Circumstances as our Best Friends

AS SHANTI DEVA says, suffering has many good qualities because it purifies our negative Karmas, increases our renunciation and compassion, reduces our pride, and helps to overcome our bad mental habits. If you think in this way we will feel that different circumstances are our best friend's. When our mind is balanced in this way it becomes as stable as MOUNTAIN, and nothing can become the cause to shake it.

PERSISTENT people are able to VISUALISE the idea of light at the end of the Tunnel.

WE are never stranded,

However inhospitable the circumstances.

How we internalise what UNFOLDS,

SHAPES our DESTINY.

When ensnared in DARKNESS we have two choices:

DRAW OUR ATTENTION TO THE FEAR

OR

DIRECT OUR FOCUS TOWARDS LIGHT.

By doing so We RENEW our FAITH

And TRUST that RELIEF will soon follow.

The DARKNESS cultivates

STRENGTH of CHARACTER,

Just as the LIGHT ILLUMINATES the murkiness of night.

Voice of our Heart

You will know you have made a right decision, when there is peace in your heart. Stop listening to what the world says you should start listening to your heart. There are many few people who will stay completely true to You, YOU should be one of them. Listen to your own voice, your own soul, too many people listen to the voice of the world, instead of themselves. Deep inside, you know what you want, let no one decide for YOU, YOU are maker of your own destiny and fate. Not the Almighty. He is supreme only gives you strength and power. He was there when we were doing wrongs. He is there when we are correct. But eyes were closed in Karmas. Listen to your karma and that is Good then the whole Universe. Invisible energies help you, to achieve which you think of. Energies help to achieve impossible. This is law of attraction.

Which is possible only when Divine GURUJI's Blessings are there.

Miracle into Motion

GREAT things are on the way.

GURUJI has made the way clear for you.

It's all in motion to bring a miracle into your life.

The One you have been waiting for.

Nothing happens by accident. He is preparing you for great things.

So hold on it's coming.

Thanksgiving Divine.

GURUJI's Blessings

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Shiva

Shiva is another name for the Absolute Reality, or Absolute Consciousness that makes up our cosmos. Shiva is a transcendent aspect of cosmic consciousness, or the source of everything and all that is. Shiva, in all has steadfast union between internal world and the external world. The power of Shiva's consciousness can bring great inner strength and spaciousness. GURUJIS BLESSINGS.

Shiva is for ever in union with Shakti, has divinely feminine consort. The nature of Shiva energy is steadfast, stable peaceful, strong and totally un moved with complete presence. Shiva represents the state of being unmoved by pain or suffering brought on the external world. He is centred, grounded and compassionate. We can invoke his pure presence through meditation to call in the extraordinary qualities of Shiva into our own being.

The word "SHIVA" literally means "that which is not".

That means nothing

Nothing is a very NEGATIVE word

You would understand it better if you put a hyphen in between: no-thing

That which is, is Physical manifestation

"THAT WHICH IS NOT" is that which is beyond the physical

We have thousands of temples which are built for "THAT WHICH IS NOT"

Most of these SHIVA temples don't have particular deity of any form

They just have a representative form and generally it is a LINGA

The form of the LINGA is a hole in the fabric of creation

So, the temple is a hole through which you enter into a space which is not

It is a hole through which you can fall beyond

SHVETASVATARA UPANISHAD says that LORD SHIVA,

The SUPREME BEING,

Has no sign or symbol.

In simple terms it means it is impossible to define BRAHMA WHO IS FORMLESS.

Thus SHIVA LINGAM represents Almighty SUPREME SHIVA who is formless. He has no physical form. Every form is his form. The entire Universe is his form. He is known as MAHADEV as he is the GODS of GODS - Our GURUJI

IN the words of Sadhguru-

The word Linga means "the form".

We are calling it "the form" because when the un-manifest begin to manifest itself,

Or in other words when creation began to happen, the first form that it took was that of an ellipsoid. A perfect ellipsoid is what We call as a Linga. Creation always started as an ellipsoid or a Linga, and then became many things.

And we know from our experience that if you go into deep State of meditateness,

Before a point of absolute dissolution comes, Once again the energy the form of an ellipsoid or a Linga. So, the first form is Linga and the final form is Linga.

The in-between space is creation and what is beyond SHIVA - Our GURUJI.

SHIVA MAHA PURANA describes LINGAM as the beginning less and endless PILLAR interpreting as the COSMIC PILLAR symbolising the infinite nature of SHIVA.

LINGA PURANA states that the NATURE itself is a LINGA meaning the LINGAM is devoid of COLOUR, TASTE, HEARING, TOUCH etc. and is described as PRAKARTI or NATURE.

In Skanda Purana SHIVA LINGAM is described as SHIVA from whom the whole universe is created and where it finally submerges..

THE ANCIENT HINDU SCRIPTURE ' LINGA PURAN ' says that the foremost LINGA is devoid of SMELL, Colour, Taste, And is spoken of as PRAKRITI, OR NATURE itself.

In the post-Vedic period,

The LINGAM is like an egg and represents the BRAHMANDA.

LINGAM signifies that the creation is affected by the union of PRAKRITI AND PURUSHA,

The male and female powers of NATURE.

IT also signifies, SATYA, JNANA, ANANTHA, TRUTH, KNOWLEDGE and INFINITY!

SHIVA LINGAM

Speaks to the Hindu Devotees in the unmistakable language of Silence. It is only the outward symbol of the formless being, LORD SHIVA, who is the undying soul seated in the chambers of your heart. He is your In - Dweller, your innermost self or ATMAN, SHIVA who is identical with the Supreme BRAHMAN.

SHIVJI is another name for the Absolute Reality, or Absolute Consciousness that makes up our cosmos. SHIVJI is the transcendent aspect of cosmic consciousness or the Source of everything and all that is.

SHIVJI in all his steadfast union between the internal world and the external world, is often known as the LORD. The power of SHIVJI's consciousness can bring great inner strength and courage. SHIVJI is for ever in union with Shakti, his Divinely feminine consort. The nature of SHIVJI energy is steadfast, stable, peaceful strong and totally unmoved with complete presence.

THE GLORY OF SHIVA

is beyond the beginning, the middle and the end of time. Since the time VEDAS, SHIVA temples become famous and the delightful glory of SHIVA came to EXISTENCE as "JYOTILINGAS" (symbols or "marks" of DIVINE light) and have been worshipped.

The meaning of the entire worship of SHIVA and the essence of the SHIVA PURAN is that in all living and non-living entities, Ishwara is present as the all-pervading spirit in soul form and that the INFINITE POWER of GOD is ONE. He is FORMLESS and is beyond all forms. The form of the SHIVA LINGAM is the light of millions of suns in a natural state.

Since time immemorial, both in INDIA and around the world, the worship of SHIVA has been performed.

LORD SHIVA also wears his favourite 'RUDRAKSHA' beads,
Which is a representation of deep HAPPINESS.

In his left-hand LORD SHIVA carries a small leather DRUM,
Known as DAMARU.

HE sits upright on GORGEOUS TIGER SKIN.

the TIGER SKIN symbolises SHIVA'S CONTROL OVER ALL FORCES;

It is also GODDESS DURGA SHAKTI'S VEHICLE,

Thus, symbolising HIS Mastery over SHAKTI as well. SHIVA'S TRIDENT symbolises HIS POWERS of WILL (ICCHA),

ACTION (KRIYA) AND

KNOWLEDGE (GNANA)

and also it is HIS WEAPON to DESTROY EVIL.. !

Shiva is AADI, Shiva is ANANT.

SHIVA is NIRAKAAR.

SHIVA Has No Form Yet IT is In All FORM'S.

Everything, all forms are the MANIFESTATION of the formless SHIVA.

SHIVA is the consciousness that present All over; it is an ENERGY FIELD.

SHIVA is never born, and he has no end.

He is ETERNAL.

He is the fourth state of consciousness, known as the MEDITATIVE STATE,

THAT is beyond the WAKING SLEEPING and DREAMING state.

SHIVA is the ETERNAL OCEAN OF INFINITY from which all EXISTENCE IS MANIFEST and into which all the EXISTENCE IS DISSOLVED.

SHIVA is LIMITLESS, UNFATHOMABLE, ATTRIBUTELESS, UNCHANGING and ETERNAL.

LORD SHIVA. THE absolute image of masculinity and virility is very distinct in his appearance.

He is unlike any other God with his unique get up. His Tresses are GLORIOUSLY PILED HIGH on his HEAD with RIVER GANGES gushing through his MATTED HAIR and a RESPLENDENT CRESCENT TUCKED deftly into IT.

SHIVA'S link with the WIND and the Breath of life that Brahma Breathes are represented through HIS FLOWING LOCKS.

SHIVA HAS THREE MATTED LOCKS on HIS FOREHEAD,

That according to the Yoga, symbolises the union of the PHYSICAL, MENTAL, SPIRITUAL activities of life. Since SHIVA is the MASTER OF YOGA,

it is only fitting that it is symbolised in HIS appearance as well.

SHIVA tamed the mighty GANGES by holding the river in HIS HAIR,

So that only a reasonable amount of HER PURE water reaches the EARTH,

Rather than flooding the IT.

The MOON on SHIVJI head represents the cyclic nature of time and links it to the WAXING AND WANING of the MOON

SHIVA is a YOGI. SHIVS a COSMIC DANCER, SHIVA a FAMILY MAN,

SHIVS an ASCETIC. AT the highest level, SHIVS is A FORMLESS, SHIVA is limitless primal SOUL OF the UNIVERSE.

He is called by various names like.

SHANKAR, SHAMBHOO, MAHESHWAR, MAHADEV, BHAIKAV, NATRAJA, ADIYOGI, and so on.

SHIVA'S symbolic representation is THAT of a muscled man clothed in TIGER SKIN with SNAKES adorning his body and ASH smeared on it.

SHIVA has COILED around his neck is the mighty serpent KUNDALINI,

Which is the SPIRITUAL ENERGY within life.

A snake COILED around His neck,

Three times also SYMBOLISES THE PAST, THE PRESENT AND THE FUTURE.

THE TRANSFORMERS BODY is SMEARED WITH HOLY ASH or VIBHUTI.

LORD SHIVA,

WHICH SYMBOLISES that HE is not affected by such Physical activities of the world.

The Ash also relates to death,

Symbolising that the ultimate reality of life is death' and that We should not fear.

OTHER terms for these primal principles are PURUSHA AND PRAKRITI;
PURUSHA is CONSCIOUSNESS and
PRAKRITI is NATURE.

Lord Shiva is generally portrayed holding a Trident,
Which represents the trinity of ISHWARA, PURUSHA and PRAKRITI.
ISHWARA is the omnipresent,
Eternal,
Formless Divine principle;
PURUSHA is the Aatma.
PRAKRITI is the manifestation,
NATURE.

SHAKTI OR PRAKRITI

means energy, power, movement, change, nature.

IT is the maternal principle-the provider, ABANDANCE.

In the human as well in the animal kingdom the mother offers nourishment, warmth and security.

THERE is no greater love than the love of a mother.

The mother carries and nourishes the child in her own body.

When born she provides it with milk and raises it at the sacrifice of her own self until it becomes self-reliant.

Mother earth ALSO does the same.

SHIVA OR PURUSHA,

on the other hand,

Is pure consciousness- the unchanging, unlimited and unswayable observer.

PURUSHA has no desires whatsoever; these are inherent only in PRAKRITI.

PURUSHA is the empty, clear screen onto which PRAKRITI projects her colours.

Mother earth ALSO does the same.

Nature is beautiful BLESSINGS.

It is SHIVA who destroys what is no longer good or not needed in order to pave the way for rebirth.

He can destroy bad karma when you are devoted to him, and he can grant you long life.

He crushes ignorance beneath his feet and loves his devotees so much that he grants blessings to even demons who worship him, without realising it.

Shiva, Belief and Trust

Peace is found when you accept Shiva Ji as the supreme proprietor, controller of your Life, your friend your father. Look back and thank SHIVJI. Look forward and trust SHIVJI. He closes the doors no man can open. When he opens the doors, no man can close! He can make all impossible things possible. To experience this, we must have positive attitude of FAITH. We must believe that our PRAYERS will be answered. All things are possible to him who Believes. If we believe we shall see the glory of LORD.

Abhishekam

He who worships LORD Shiva is relieved from the vicious cycle of the life and birth. According to the Hindu rituals, worshipping Shiva Linga with water, honey, milk, and other ingredients is believed to bring peace, happiness and prosperity.

As per 'The Sacred Literature of Shaivism'

Shiva Agamas, worshipping LORD SHIVA begins with Abhishekam.

This is basically the process of bathing the SHIVA LINGA with water, honey milk and other edible ingredients.

For the devotees, beginning LORD SHIVA s Puja with Abhishekam increases the effectiveness of the puja. Traditionally, Rudra Abhishek of Lord Shiva is done with milk, curds, honey, ghee, sugar, coconut water, HOLY ash, sandal paste, fruit juice to name a few. But if a devotee cannot offer anything, just milk and water are enough.

Abhishekam is an ablution to energize the almighty. Citing the Shiva Agamas, worshipping Shiva Linga with water, milk and ingredients, is all about cleaning the energy.

It is believed that water is basically an electrolyte, which transmits energy much faster than air. Thus, pouring HOLY water on Shiva Linga releases powerful vibrations and energizes the Deity. This helps in cleaning the negativity in the Aura and correlates the mind and Water as one.

Similarly, the addition of milk after pouring holy water is believed to nurture and nourish the brain and soul with goodness, compassion, noble thoughts and Satvik mindset. It is believed that performing Abhishekam in the right way helps in burning all bad karmas collected over the past lives.

Lastly, worshipping the deity with honey brings sweetness in the voice and thoughts.

Who is SHIVA?

Are they God's?

Or just a myth?

Or does SHIVA have a deep meaning, available only to those who are searching?

Many stories and legends are heard about the most important God of Indian Spiritual Culture, MAHADEV SHIVA.

Are they God's or just a fantasy of Hindu culture?

Or does SHIVA have a deep meaning, available only to those who are in search of truth?

MEANING of SHIVA.

WHEN WE SAY ' SHIVA ',

our point is towards two basic things.

The literal meaning of 'SHIVA '. Is WHICH is not.

SHIVA is zero -

Today's modern science has proven that everything in this universe comes from zero and goes back to zero. The basis of this existence and the basic quality of the entire universe is huge emptiness.

The galaxies in her are just small activities, like a shower.

Apart from him everything is an emptiness, known to SHIVA.

SHIVA IS THE WOMB FROM WHICH EVERYTHING IS BORN,

HE IS THE ANONYMOUS,

IN WHICH EVERYTHING IS RECONSTRUCTED.

EVERYTHING COMES FROM ' SHIVA '.

AND

GOES BACK TO SHIVA.

SHIVA is DARKNESS: -

So, SHIVA is called 'NON EXISTENCE ', not like an existence.

They are told as Darkness.

Not light.

Humanity always sings the Praises of Light, because their eyes only work in light.

Otherwise, the only thing that is always, is dark.

Light is limited, because any source of light, whether it is bulb or Sun, will eventually stop spreading light.

Light is not eternal.

It's always a limited possibility, because it begins and ends.

Darkness is a huge possibility from light.

There is no need to burn anything in darkness, darkness always prevails.

Darkness is eternal.

Darkness is everywhere.

He is the only thing that occupies everywhere.

But if I say- "DIVINE DARKNESS" people think I'm a worshiper of Satan.

Really, in some places in the west it is being spread that SHIVA is monsters! But if you see this is a theory you won't find a clearer theory about the whole process of creation in the whole world.

I have been talking to scientists around the world, without speaking SHIVA word.

They rise with surprises, is it?

Did you know these things?

When?

We've known this for thousands of years.

Every common man of India knows this in an unconscious way.

They talk about it, and they don't even know the science of it.

Meaning of Adiyogi SHIVA -

First Yogi

First Guru -

On another level, when we say Shiva, we are talking about a special Yogi, those who are Adiyogi or first Yogi, and who are Adiguru, or first Guru. What we know today as Yogic Science, Shiva is the father of it. Yoga does not mean that standing on your head or holding your breath. Yoga is the science and technology of learning the basic composition of this life and taking it to your ultimate potential.

Yoga sciences first communication took place on the banks of Kanti Sarovar which is an Icy lake located few miles away from Kedarnath in the Himalayas.

Here Adiyogi started giving systematic details of this internal technique to his first pupils.

These seven sages are today known as the SAPTARSHI.

THIS HAPPENED BEFORE ALL THE RELIGIONS CAME.

Before people were designed to divide humanity badly, the most powerful means to lift human consciousness were proven and spread.

Today humanity is divided in such a way that it seems almost impossible to reunite.

SHIVA - Two Meaning of the same word -

So, the word SHIVA points to both " he who is not" and Adiyogi, because in many ways they both are synonymous.

The creatures, which are a yogi and that emptiness, which is the origin of the universe, both are the same.

Because calling someone a Yogi means that he has experienced that the universe is himself.

If you have to settle this universe within you even for a moment, you have to become that void.

Only emptiness can contain everything within itself.

EVERYTHING that is not zero cannot be contained within itself.

Can't contain sea in a pot.

This planet cannot accommodate the ocean, but not the solar system.

The solar system can accommodate the planets and the sun, but the rest of the sky cannot accommodate GANGES.

IF you move forward step by step like this, you will eventually see, that only emptiness can contain everything within you.

This meaning of the word Yoga is union.

YOGI is the one who has experienced this union.

It means, at least for a moment, he has become a complete void.

The two meaning of the word SHIVA -

Yogi Shiva and Void - are synonymous, yet they are two different aspects. Because Indian culture is full of duality, we keep coming from one side to another. One moment we talk about the supreme element SHIVA, the next moment we start taking about that YOGI SHIVA who has given us the gift of Yoga.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Vairagya

VAIRAGYA

means

Indifference

And DISENCHANTMENT

With the worldly things.

SHIVAJI

Lives in the cremation grounds

And

Smears with ashes.

SHIVAJI

Teaches that this body that we are so proud of will become Ash one day.

With better example could there be of disenchantment

With the living world.

VAIRAGYA

Means sacrificing everything even while living,

Gives himself up to the funeral grounds,

Not expecting anything from the world.

VAIRAGYA is dispassion.

VAIRAGYA is detachment.

VAIRAGYA is indifference to sensual enjoyment.

VAIRAGYA IS born of VIVEKA,

Or discrimination between Nitya and Anitya

(Eternal and non - eternal),

SAT and ASAT

(Real and unreal),

TATTWA and ATATTWA

(Essence and non-essence).

VIVEKA comes through selfless service done in several BIRTHS

and through

WORSHIP AND ADORATION of GURUJI

And through the

GRACE of GURUJI.

From

VIVEKA is born of VAIRAGYA.

IT gives Spiritual strength.

A man of Vairagya has no attraction for the Material World.

So, Vairagya is a SUPREME,

Inexhaustible wealth for

Spiritual aspirants.

VAIRAGYA aids in the concentration of mind

And generates strong yearning for Emancipation.

VAIRAGYA is a mental state.

Whereby the mind does not run into sensual grooves.

It moves on towards

ATMAN,
Towards GURUJI.
You may live in a palace and yet have absolute VAIRAGYA.
EVEN amidst the temptations of the world.
One may go to the forest renouncing the kingdom and yet will not be.
Established in VAIRAGYA
AS you are attached to the body,
Attachment to your little belonging.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Shiva and Shakti

Directed, purpose, freedom, and awareness... these are divinely masculine qualities. The masculine energy of Shiva is aware of everything that comes into creation. All the things of creation are birthed through feminine aspect of Shakti and all of us have these qualities with in us as well. They are dance, movement, power, energy and the freedom to become.

Shiva is pure being in its stillness. Shakti is pure becoming in all her flow and creativity as well as her endless opening of possibility. Your inner masculine side know s who he is and is purposeful in his knowing. The Deep wisdom and capacity for awareness within Shiva.

SHAKTI is the motherly love of God that surrounds us with warmth,
Caring and protection.

SHIVA is the paternal love of God that gives us consciousness,
Clarity and knowledge.

SHIVA SYMBOLISES consciousness,
The masculine principle.

SHAKTI SYMBOLISES the feminine principle,
The activating power and energy.

Whenever a power becomes active,

And whenever energy exists,

SHAKTI IS WORKING

SHIVJI represents the state of being unmoved by pain or suffering brought on by the external world. He is centred, grounded and compassionate. We can invoke his pure presence through meditation to call in the extraordinary qualities of SHIVJI into our own being.

Direction, purpose, freedom and awareness - these our masculine energy of Shiva is aware of everything that comes into creation. All the things of creation are birthed through the feminine aspect of SHAKTI and all of us have these qualities with in us we'll. They are DANCE MOVEMENT

POWER ENERGY and the freedom to become.

SHIVJI is pure being in its stillness. SHAKTI is pure becoming in all her flow and creativity as well as her endless opening to possibility. YOUR inner masculine side knows who he is and purposeful in his knowing. There's Deep wisdom and capacity for awareness within SHIVJI.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJIs LOTUS FEET 

Nandi

NANDI

SHIVJI KA SACCHA AUR PARAM BHAKT Sirf Ek Hi hai

NANDIji.

NANDI, the mount of Lord Shiva, and when the Lord Shiva dances, he plays the Madhalam.

HE has the acute sense of rhythm and is well versed in music. Some people have elevated him as equal to Lord Shiva thus bringing a sense of jealousy in Maa Parvati.

Most times Parvati treats NANDI as a BULL, a MOUNT, a CARRIER, the Primary Vehicle when she needs to take a walk with LORD SHIVA, around MOUNT KALISH. Inwardly Parvati realises that NANDI is an Obstacle, to all the devotees of lord Shiva, because in all SHIVA TEMPLES NANDI is present in front of the sanctum sanctorum just as a GATE KEEPER.

So, most devotees pray first to her first born VINAYAKA, that there should not be any vignan while PRAYING to LORD SHIVJI in his abode.

There is ONE another reason why the idol of Vighnavinayaka is placed prominently in all SHIVA TEMPLES. In the Tamil language NANDI is a metaphor for a person blocking the way. In SANSKRIT, the common bull is "vrisha", meaning righteousness or Dharma. So, it is important to seek the blessings of NANDI first before one proceeds to worship LORD SHIVA.

In the temples of Shiva, you find NAANDI,

The bull in front of the deity.

The truth is that just as LINGAM is the symbol of the LORD (ESHWARA),

NANDI (BULL) is the symbol of Jeeva (Individual soul).

Therefore, just like NANDI,

Man should turn away from Prakruthi and direct all his attention towards GOD GURUDEV MAHARAJI only.

There are some more meanings for the symbolism.

For instance,

It is said that no one should stand between SHIVA and NANDI.

One should have the vision of ESHWARA by looking through the space in between the two ears of NANDI.

The underlying idea is that through the sadhana of using its ears to listen about ESHWARA (GURUJI) alone,

The animal nature in the bull becomes transformed into DIVINITY and because of its merger with ESHWARA (GURUJI) it is called Nandeeshwar (BULL-GOD).

It is that man should ALSO try to merge with GOD,

By following the example of NANDI...!

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Omkaar

THE whole world is born from one OMKAAR (ONE DIVINITY).
EVERYTHING around is COMPOSED of the VIBRATIONS of this one OMKAAR alone.
OM is the eternal sound that exists in the depth of ONE'S consciousness.
If you go to the OCEAN and listen carefully to the WAVES,
You will find the same sound---OM.
If you go on the top of the MOUNTAIN and LISTEN to the wind blowing,
You will hear the sound OM.
Before this birth,
We were all in OM.
After this birth,
After we all die,
We will merge into that COSMIC sound OM.
EVEN NOW,
In the DEPTH of CREATION,
That the SOUND STILL RESONATES.
Whether BUDDHISM, JAINISM, HINDUISM, TAOISM, SHINTOISM
_In all these religions,
OMKAR
(OM chanting) is given much PROMINENCE.

" OM "

IS NOT JUST A " SOUND" OR " VIBRATION".

IT IS NOT JUST A " SYMBOL " .

Given its widespread use in Hinduism and other religions, OM's meaning is fittingly far-reaching.
Usually pronounced as "A-U-M, OM'S sound and symbol are believed to illustrate unity between the
" three words" in Hinduism: EARTH, HEAVEN and ATMOSPHERE.

BUT that isn't the only trio OM is said to embody.

It may represent the three major Hindu gods (BRAHMA, VISHNU and SHIVA) or
The three sacred Vedic scriptures (RUGVEDA, YAJURVEDA and SAMA VEDA).

EVEN the design for OM symbol is sacred,

With each CURVE, DOT and STROKE symbolising a key component of the mind.

The BOTTOM-MOST CURVE on the left REFLECTS the WAKING MIND,

THE above that

ILLUSTRATE THE MIND in DEEP sleep.

The curve to the far right reflects THE DREAMING MIND,

The dot represents,

The FOURTH, UNKNOWN state OF CONSCIOUSNESS,

WHICH is believed to be so far from the HUMAN EXPERIENCE that it must be separated by the
semi-circle you see beneath the DOT.

Altogether, OM is the sum of all four states of Consciousness.

IT IS THE ENTIRE COSMOS,

WHATEVER WE SEE, TOUCH, HEAR AND FEEL.

Moreover, it is all that is within our PERCEPTION and all THAT is beyond our PERCEPTION.

IT IS THE CORE OF OUR VERY EXISTENCE.

If you think of OM only as a sound,

A Technique

A Symbol of the DIVINE,

You will miss it all together.

" OM " is the mysterious COSMIC ENERGY.

THAT IS THE SUBSTRATUM of all the things and all the beings of the entire UNIVERSE.

IT IS THE ENTERNAL song of the DIVINE.

It is continuously resounding in the silence on the background of EVERYTHING THAT EXISTS.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

MAHA MRITYUNJAYA MANTRA

"OM TRIYAMBAKA YAJAMANE SUGAND HIM PUSHTTI- VARDHANAM
URVAARUKAMIVA BANDHANAAM MRITYOR- MUKSIIYA MAAMRTAAT! "

"We Meditate on Third- eye reality which permeates and nourishes all like a FRAGRANCE. May we be liberated from death for the sake of immortality, even as the cucumber is served from bondage to the creeper.!"

MAHA MRITYUNJAYA MANTRAS,

"GREAT DEATH-CONQUERING MANTRA",

ALSO KNOWN AS THE TRIYAMBAKAM MANTRA,

alluding to SHIVA'S THREE EYES;

And it is sometimes known as the

MRITA - SANJIVINI Mantra

BECAUSE it is a component of the " LIFE - RESTORING" practice given to the primordial stage SUKRACHARYA after he had completed an exhausting period of austerity.

IT is said to be beneficial for

MENTAL,

EMOTIONAL

PHYSICAL HEALTH and to be a

MOKSHA MANTRA

which bestows

LONGEVITY and

IMMORTALITY.

According to some puranas, the

MAHAMRITUNJAYA MANTRA

has been used by many Rishis as well as Sati during the time when Chandra suffered from the curse of Prajapati Daksha. By reciting this mantra, the effect of the curse of Daksha, which could make him die, slowed, and SHIVA then took Chandra and placed it upon his head.

This mantra is addressed to LORD SHIVA for warding off untimely death. It is chanted while smearing Vibhuti on the body and utilised in japa or homa to get the desired results.

While it's energy protects and guides the initiates a mantra re links consciousness to its deeper and more abiding nature and repetition of the MANTRA constitutes jaapa,

The practice of which develops concentration that LEADS to a transformation of awareness.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI'S LOTUS FEET 🙏

Atman

SO, THE FIRST STEP IS TO KNOW EVERYTHING WITH DEVOTION.

If you know something,

But don't have faith in it,

It will be lost in an adverse situation.

So, first know the nature of ONESELF;

IT IS called ATMAN.

A Jiva is a substance with Full consciousness.

The other name of ONESELF is CHAITANYA;

This substance can never be destroyed by any process,

Nor be generated by any God.

So, we are ATMAN,

ATMAN lives from beginning less time to endless time.

Like ATMAN,

The outer matter is also immortal,

But it changes from one form to the other forms.

Like energy changes forms,

JIVA ALSO changes form;

It changes forms by taking birth individually at different places.

Even after that,

The sense of attachment remains with US.

This attachment with our DIVINE is continuous birth after birth.

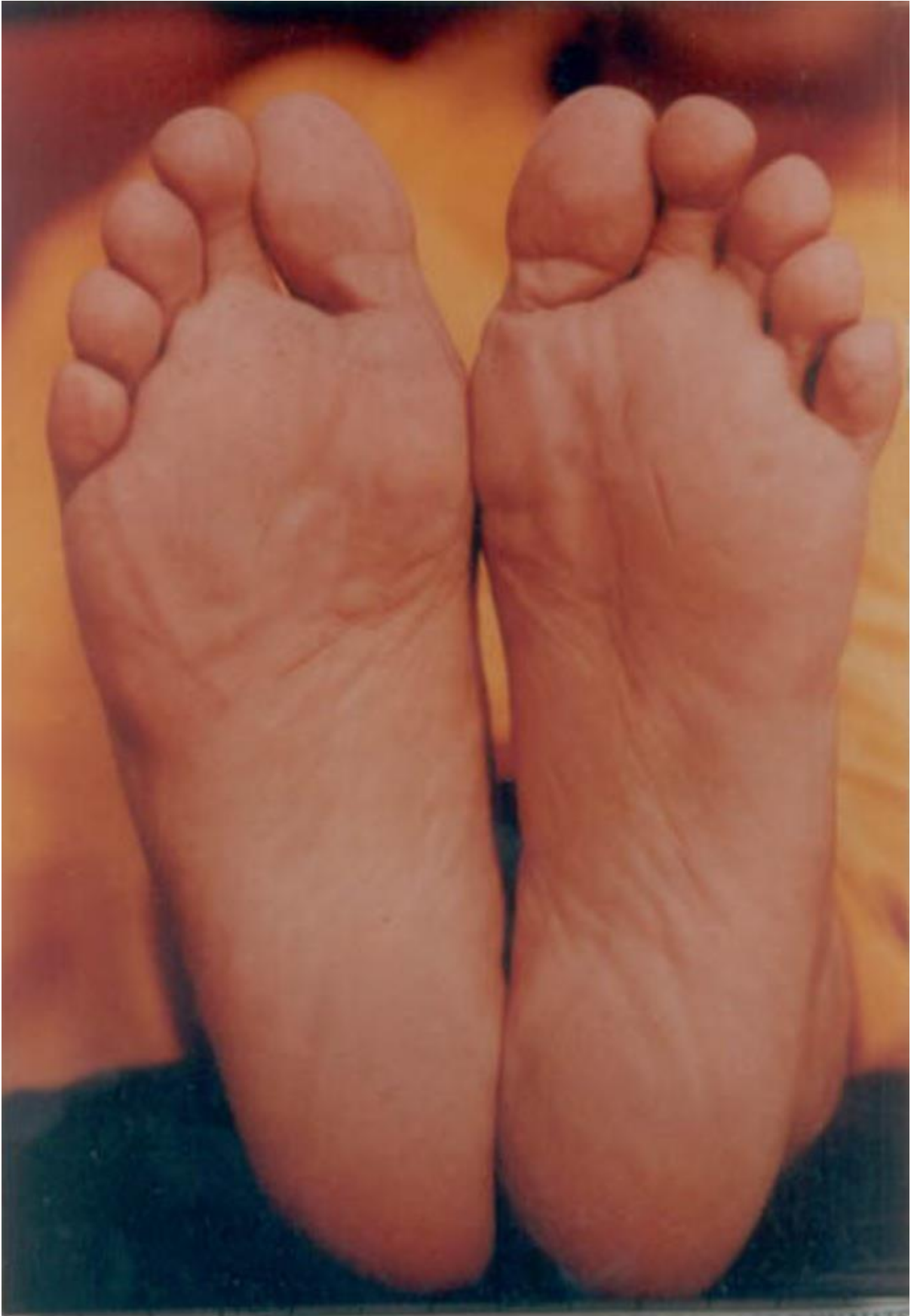
THANKS GURUJI

OUR PALANHAAR

FOR OFFERING WHAT'S EXCELLENT FOR US.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏



True Love

DON'T look for human love; it will vanish. Be devoted to God and take shelter at his Divine Feet. It is enough to remember that there is someone watching over us, He is our Father, He is our mother, he is always protecting us! Enjoy only what the Lord gives to you. All else leads to delusion. Remember we have come to the earth solely to learn and know GOD. We have come from him, and our only purpose should be to merge into HIM.

LOVE IS THE PATH OF
SURRENDER
AND
SACRIFICE
IN LOVE THERE IS NO LAW
EXCEPT THE WILL OF THE BELOVED.

Whatever the Beloved orders or commands, the lover bows his head in obedience. A wealthy man cannot dream of his own commands in the state of love, where one must undertake to be humble and agree to be subservient.

EGO AND LOVE CANNOT REMAIN TOGETHER.

KABIR says:

"If you wish to taste the nectar of Love, you cannot be arrogant, two swords cannot be contained in one scabbard."

Real love removes the lover from the worries of

Pleasure and pain,

Praise and blame,

Poverty and wealth,

And takes him from all such limitations.

Love enters every cell of the lover and gives him unlimited power, so that he is never in need of wealth or fame, or honour or name. He has no desire for this world or the next. He is freed from the web of heaven and hell. He is no longer tempted into the snares of rituals or worldly ties.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI'S LOTUS FEET 🙏

GURUJI - Our Soul Refuge

Our highest ideal is to know GOD,
But to know HIM we must encounter someone in whom GOD manifests in us the same DIVINE
POWER that works in the body.
He does not ask you to leave the world and go into the forest.
It tells you to stay in the world,
To weld your baby's,
To give and to have,
What you have to do with the reaction to past actions.
Weld your debts with gentleness.
Direct your steps towards GOD.
The one who is able to lead you in the direction is called GURU.
There is no right of precedence from any outside religion.
Teachers come in all religious.
Stay wherever you like,
But meet a GURU in whom GOD manifests himself and who is able to manifest in you the same
DIVINE POWER.
SUCH A MAN,
Despite living in the world,
Thinks of GOD constantly,
Naturally he will go where GOD is.

We must put away all doubt and fear and instead fill our hearts with FAITH and confidence in GURU
ji. Praise him with whole heart even in impossible situations. Pray fervently and persistently, GURUJI
surely responds when you pray earnestly. Appeal. Knock. You will be heard. Do not seek him far and
wide, GURUJI is around you. GURUJI is within. He is the controller and governor of this world,
body, soul and mind. GURU ji permeates all. GURUJI is our soul refuge, benefactor and Master. He
reveals himself to you in the form in which you love Him most. Your Shiva Ji himself. Concentrate
on you Guru in Times of difficulty. Realise him through mantras, Simran and chanting.

Fear GURUJI
And his judgements...
Whatever you do...
Whatever you speak..
Always have impact,
On others life, which in turn bring unpleasant outcomes to your destiny...
Shed your ego...
Nothing stands in front of GURUJI..
Behave good towards others,
And let your behaviour bring HAPPINESS to them...
Respect every person,
Who
Is always there to help you UNCONDITIONALLY....
It's never too late to change yourself,
As everyone has to face the repercussions of their deeds,
One day where we would not be given,
Any chance for Repentance. Do Good and Reap Good.

With just glance in the eyes of GURUJI,
You feel protected.
GURUJI looks into your eyes and
Places HIS exact mission.
And your role within you.
There is no planning,
No worrying,
You are carried by it as you were born to do.
What no worldly teacher could teach you in years,
GURUJI teaches you in a moment.
Your Path unrolls before and
HIS footprints are on it.
Showing you the path to follow
And reach the highest way of living the life.
How wonderful is that moment of revelation.
There is no reason,
But fortunately, you are chosen by
ALMIGHTY GURUJI.

GURUJI is our inner strength.
HE is our consciousness.
GURUJI is WILL-POWER.
GURUJI is our READINESS and ABILITY.
GURUJI is our PERSONA and GUIDING LIGHT.
The more power we give to HIM,
The more we will be able to realise HIM in our being.
The problem with most of us is that we keep GURUJI dormant and sleeping inside us.
We only knock at GURUJI when need something from our DIVINE.
At all other times,
We simply forget GURUJI.
Remember GURUJI all the time,
At every step that we make,
In every breath, we take dedicating
Every Single action of OURS
Every Single moment.
The more we realise,
GURUJIS PRESENCE in our lives,
The more powerful we become.
Weakness of MIND
BODY
SOUL shall go away,
And life will become a bouquet of
Permanent Happiness
Bliss and Abundance.
Thanks a ton GURUJI for the plethora of BLESSINGS ALWAYS

When the DIVINE descends on to this EARTH,
He takes form of a GURU,
Be it BUDDHA,
Be it SHANKARACHARYA,

Be it GURU NANAK DEV JI..
Be it GURUJI...

Every time they descent,
They teach us and REACH out to us,
Whatever the CIRCUMSTANCES,
Whatever the ERA..

Living in this WORLD created BY the DIVINE,
Enjoying whatever our KARMAS We have sowed,
Live a healthy soulful LIFE..
Why do we like to follow THEM...
ITS because we feel FULFILLED IN their presence and in the words that they have said..
Their words hammer us from within,
Our SOUL stirs from within...
We feel ELATED,
JOYFUL AND SIMPLY Happy..

HUMBLENESS,
Love for everyone,
Living a Content LIFE,
Serving one another,
Sharing whatever one has,
Caring for each SOUL in its journey of LIFE...
Makes YOU feel FULFILLED...
ALL adding meaning to your LIFE on Earth..
You because the SOUL moving in this BODY...

Remember, there is nothing within our control,

Everything including our
HEALTH
WEALTH
LIVELIHOOD
All is controlled by
GURUJI,
WE don't even know what will happen next.
Therefore, we have no option
But to be GRATEFUL for everything we have,
WORK HARD,
BE PATIENT,
BE KIND,
To all human beings and
HOPE FOR THE BEST'.
Be POSITIVE,
DON'T run for unnecessary
MATERIALISTIC things,
Be SPIRITUALLY strong
Have full FAITH on our GURUJI,
Who is the final JUDGE
Of our deeds
And controls our FINAL DESTINY.

A person may have bona fide SPIRITUAL MASTER and may be attached to a Spiritual organisation,
But if he is still not intelligent enough to make progress,
Then GURUJI from within gives him instructions so that he may ultimately can to Him without
difficulty.

The qualification is that a person ALWAYS engage himself in GURUJI's consciousness with love
and Devotion

Render all kinds of services.

He should perform some sort of work for GURUJI.

IF a devotee is not intelligent enough to make progress on the path of
Self-realization but is sincere and devoted to the activities of devotional service

Then GURUJI gives him a chance to make progress

And ultimately attain HIM.

It doesn't matter who you are,

What you have done in the past,

What you did even a few minutes ago.

GURUJI is forever present,

GURUJI is merciful,

GURUJI is loving,

GURUJI is Supreme Father,

GURUJI cares about you!

Go to him like he is your father, and you are his son.

Speak to him,

About what's on your mind,

SIMPLY,

JUST say I love you Lord!

He is listening,

He cares,

He will answer!

GURUJI listens to,

ANSWERS all your prayers.

GURUJI always responds to the appeal of HIS sincere devotees.

PRAYER that comes from a sincere,

Pure heart

Is at once heard by the LORD.

There are no problems that cannot be dissolved by SUPREME LORD,

NO sufferings that cannot be allayed by PRAYER,

No difficulties or evil that cannot be overcome by PRAYER.

PRAYER is the miracle by which GOD'S Power flows into the human life.

Through PRAYER empty your heart,

GURUJI shall fill it with CONSCIOUSNESS delight.

Attune your heart with GURUJI

Sincerely by praying daily.

Transform your life through regular Prayers.

STOP USING FILTHY LANGUAGE.

BECAUSE in our centre,

Naval is Lord Brahma
In the Middle IS LORD VISHNU
UP IN YOUR THROAT IS SHIVA.
Whenever you speak offensive language,
Those words have to pass through SHIVA (GURUJI).
WHO is residing in our THROAT.
MEDITATE,
Since it's the best way to connect with your inner self (GURUJI).
We suffer because of our deeds or Karma,
But blessings of GURUJI (SHIVA) lesson our suffering,
Since GURUJI never gives up on his SANGAT.
GURUJI becomes the STRENGTH and SUPPORT for his sangat.
GURUJI the untouched.
Who is beyond the 3 karmas,
Can help his SANGAT overcome these 3 Karma's.
Thus attain Moksha!

SO many of us are feeling apprehensive amidst fearful situations.

Being GURUJIS follower,
Our FAITH is flickering,
In spite of knowledge the SUPREMACY of our Revered GURUJI, we all are scared,
Ruminating over the repercussions of such dreadful experiences.
But have you ever noticed that this is the best time where we can self-evaluate our true connection
with GURUJI.
HAVE YOU SURRENDERED completely to GURUJI?
Are we a true follower?
IF YES
Then why are such applications bombarding in our mind...
Why there is need to be afraid?
Is there anything in the world which is invincible in front of The SOVEREIGNTY of GURUJI?
We all should focus our mind towards GURUJI.
Try hard to strengthen your faith by listening to SATSANGS and SHABADS.
Replace your fearful thoughts with the DIVINE thoughts of our loving GURUJI,
His
Beautiful BLESSINGS.
Rest assured as we all are sheltered in his Refuge.
JUST SHOW HIM YOUR FAITH.
He will always show his FAITHFULNESS to his Devotees.

"To anyone who is engaged with Love and Affection in My GURUJIS Service,
Without any hypocrisy,
I give the intelligence by which he can come back to Me (GURUJI)."
BY going back to GURUJIS (GOD)abode,
You will never return to this miserable material world.
So, surrender to GOD,
He will enlighten you AND your life will be successful.
Lord Vishnu saved Gajendra from the clutches of a crocodile.
Gajendra eulogises Shri Narayana who alleviates the miseries of all.
He Called out to the Gracious GOD.

"OH LORD!
GURUJI!
YOU are the Omnipresent guiding all Deities.
You CREATE,
 SUSTAIN,
 ANNIHILATE,
THE only LORD possessing
The threefold POWER.
Saviour of all creatures!
Please save me from the grip of the Crocodile."
On hearing the pitiable cry of his Devotee,
The merciful Lord Vishnu descended to the spot on his Garuda.
Shri Vishnu rescued his devotee by striking his discus on the head of the attacking crocodile,
And granted elephant moksha.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Meeting The Guru (The Master) Is Not The Mind But The Soul

GAUTAM BUDDHA JI - THE MASTER

Once upon a time, Gautam Buddha visits a town. The entire town gathers and is waiting to listen to him, but he goes on waiting. He keeps looking backwards at the road, expecting a little 13-year-old girl to come. He happened to meet her on the road, and she told him - " Wait for me. I am going to give this food to my father at the farm, but I will be back in time. Don't forget, wait for me!"

Finally, the girl arrives and exclaims - " I am a little late, but you kept your promise! I knew you would keep your promise I have been waiting for you since my first memory as a child, when I first became aware... I think I was four years old when I first heard your name. YOUR NAME WAS ENOUGH TO RING A BELL IN MY HEART. And since then, for ten long years... I have been waiting!!!"

Buddha responded - " YOU HAVE NOT BEEN WAITING IN VAIN. YOU ARE THE PERSON WHO HAS ATTACHED ME TO THIS VILLAGE."

At the end of his discourse, that little girl was the only one who goes to Him and said: " INITIATE ME. I HAVE WAITED ENOUGH, AND NOW I WANT TO BE WITH YOU." Buddha replied " YOU HAVE TO BE WITH ME BECAUSE YOUR TOWN IS SO FAR OUT! I CANNOT KEEP COMING AGAIN AND AGAIN. THE ROAD IS LONG, AND I AM GETTING OLD.!"

In that entire town not, a single person came up to be initiated into meditation, other than the little girl.

At night as they were getting ready to sleep, Buddha's chief disciple Ananda asked Buddha " MASTER, BEFORE YOU GO TO SLEEP, I WANT TO ASK YOU ONE QUESTION. DO YOU FEEL A CERTAIN PULL TOWARDS A CERTAIN SPACE...JUST LIKE A Magnetic PULL?"

Buddha replied, " YOU ARE RIGHT ANANDA. THAT IS HOW I DECIDE MY JOURNEYS. WHEN I FEEL SOMEONE IS THIRSTY... so THIRSTY THAT WITHOUT ME, THERE IS NO OTHER WAY FOR THEM... I HAVE TO MOVE IN THAT DIRECTION."

Master Moves towards the Disciple and the Disciple also moves towards the Master. Sooner or later, they are BOUND TO MEET.

The MEETING IS NOT OF THE " MIND"

The MEETING Is of the very "SOUL."

IT IS LIKE WHEN YOU BRING " TWO" LAMPS CLOSE TO EACH OTHER;

" THE LAMPS REMAIN separate BUT THEIR FLAMES BECOME ONE."

Thanks, Gurujji; For taking us under your shadow.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJIs LOTUS FEET 

CREATOR

ALL FAITH IS ABOUT THE " CREATOR."

WHICH IS CALLED THE " CREATOR."

THE HOLY WORD " SEWA"

" SIMRAN" " SHABAD."

THE " KALMA"

The LIGHT and SOUND of

"GOD."

Or

The SOUND of SILENCE.

These are the various names for the CREATOR who Created the whole Creation in different religions and languages.

According to the Bible:

"In the beginning, the Word was with GOD, and GOD was the Word."

In practically all other religions of the world we can find a similar statement.

In Sikh Scripture KABIR SAHIB says:

"IN THE BEGINNING THERE WAS "GOD" AND FROM " HIM" CAME THE "CREATOR " power called

NUR,

SIMRAN

SHABD."

All creation was born from this FORCE.

Then KABIR Sahib continued: "Since everything was created by GOD, how can the question of low or high, good or bad arise?"

"We are all one and the same."

Similar statements can be found throughout the scriptures.

LIGHT and SOUND are the two primary manifestations of the CREATOR who makes everything possible. When we go to the place of prayer, the bell or bell is there to understand that we must listen for their Sound INSIDE.

This is the Heavenly MUSIC that plays in all of us. We need to listen to this Similar in the case with the candle.

THE PURPOSE OF LIGHTING A CANDLE IS TO REMIND US OF THE INNER LIGHT.

THE LIGHT of GOD is in all of US.

Complete Yoga

"To those who are constantly devoted to serving
ME with LOVE
I give the understanding
By which they come to ME"

When a person knows the goal of life but is addicted to the fruits of activities,
He is acting in Karma-Yoga.
When he knows the goal is GURUJI
But he takes pleasure in mental speculations
To understand GURUJI,
He is acting in Jnana-Yoga.
AND when he knows the goal and seeks GURUJI
Completely in GURU consciousness and devotional service,
He is acting in Bhakti-Yoga,
Which is a complete yoga.
This complete yoga is the highest perfectional stage of Life.

Daily Feed

NEGATIVE thinking takes a huge toll on our energy. It prevents us from enjoying every moment that life has to offer (good and bad) and from reaching our goals. People who are successful are able to reach their goals by IMMERSING their life around positive thinking and this is done DAILY!!! It's like "brainwashing " yourself to think positively on daily basis. This habit takes over embedded negative thinking (which is usually somehow related to your childhood or past and should probably be confronted to some point). You are basically " force feeding " yourself positive information that leads you into OPTIMISTIC THINKING!

DON'T you think how negative thinking drains energy in a way and steals your motivation to do anything? Everything feels like a huge task or burden. So, it is no wonder why we don't take initiative to incorporate positive thinking into our daily routine. If only We did FORCE our self to think positively.

When you are kind to everyone,
You believe that everyone will be kind to you but that doesn't always happen.
We come across people who are very unkind, and their behaviour can hurt us deeply.
THERE can be times when you feel that your being kind to them was futile as they hold no value for your kindness.
We must remember that harshness comes out of a damaged person,
A person who finds everyone around is same as them.
Such people don't need to be reciprocated by their way because it will make them worse rather, they need to be dealt with kindness so that they can heal.

Be kind to unkind people.
They are unkind because they have not experienced the true way of living which your kindness can help them to experience it.

One Step at a Time

REGRETS, MISTAKES, FAILURE s are all part of life. Don't dwell on them. Learn a lesson they're meant to teach you and move on. Life's too short to be crying over what didn't work out. GURUJIS giving us another opportunity. Don't waste it.

Don't give up when things get tough. These are no failures, just results. Even if the things don't get the way you expected, don't get disheartened or give up. Learn what you can move on. If you continue to advance one step at a time will WIN in the end. It's a process that occurs with small steps, decisions, and actions that gradually build up and eventually lead to moment of triumph.

OFTEN, we are able to accomplish a task better when we do it in small bits over time.

It is WHEN we have too many bits of unfinished tasks that our mind just starts to go into overload.

So, whenever you can, try to finish what you start.

FINISHING tasks leaves you with Joy of accomplishment and peace of mind.

Go on, try it for a whole day.

Finish a task before starting anew one and see how you feel at the end of the day.

Arrogance

ARROGANCE

GURUDEV, how to keep a check on my arrogance when I feel successful and happy?

Arrogant people are somewhere insecure.

They don't have enough knowledge.

But when the context of your life expands, when it changes, then where is the place for arrogance?

Once you see Life from a Holistic Perspective, there is no arrogance?

Billions of people have come here, and they've all died and gone, more people will come.

What's the big thing that you have done to be so arrogant?

You are going to go into the same mud as everybody.

I think you are not aware that you are going to die.

You should take a walk in the cemetery and know that this is where you are going to be one day.

No arrogance can stay on.

HUMILITY, a sense of belongingness is an automatic phenomenon.

It is a simple awareness of our life.

You don't have to be something to make happen.

Be your own strength!

EVEN FLOWERS do not know till the morning, weather to go the temple
or to the grave...

So, this is life,

Live it by playing a swan.

Compromise with everyone in life,

But never compromise with your dreams,

Remember that someone can snatch it from hands but not by luck.

Whatever the grain of luck resides,

Time calls him there.

No one eats what was given by anyone,

Every person eats only of his luck.

Just don't be arrogant,

By giving anything to anyone,
Do you know whether you are giving or paying the debt of the previous life.
And yes,
Don't be discouraged if someone doesn't understand your value,
Because a junk dealer doesn't get to judge diamonds.
GURUJI SAYS,
Never give up hope of getting the destination,
Because it is often the dawn again only after the Sun sets.
That's why keep courage,
Because courage is not less than a doctor,
He gives medicine of strength in every trouble.

Pause, Choose, Respond

There are things coming to us from outside, and those that we are sending out. Situations and people come from outside, so what we get from them is not in our control. But what goes out from us - our thoughts, words and behaviour in response is always our choice. We think someone else caused our happiness, anger, pain or fear as we are in a habit of blaming. Also, we are not aware that our response is our internal creation. Let's consciously choose to respond with peace, calmness and happiness today. Nobody else can create our emotions or make us feel a certain way. We create them but wrongly believe others are responsible for how we feel. No emotion is obvious, and no response is natural. Let's take personal responsibility of our thoughts, feelings and behaviour. He wronged me so I was obviously upset, her behaviour angered me should not be part of our vocabulary.

Our situations do not determine our happiness; our response to the situation determines it. The response begins with the thoughts our mind creates. Feeding the mind with good thoughts to begin the day is like planting healthy seeds in a fertile space. The outer environment is often a reflection of our thoughts. We reap the fruits of happy thoughts that attract happy experiences. Sit back and program your mind for a perfect day. Set the foundation of emotional stability to build your responses. Situations and people can be imperfect, but your state of mind should remain perfect - calm, happy and peaceful. Your thoughts, words and actions should radiate positive vibrations, influence people and situations, and attract more peace and happiness.

The Wise Men Wait

SOMETIMES you have got to relax and let life happen without incessant worry.

Learn to let go a little. Take deep breath. You don't have to know exactly where you are going, everything in life is in perfect order whether you understand it yet or not. It just takes some time, trust ALMIGHTY GURUJI! He knows what is best for you, even before you came into this world! Be strong enough to let go a little and wise enough to wait for what you deserve.

Isn't that the truth-

For all of us, in all his walks of life, we all have an idea in our heads about how things are.

Or how they are supposed to be.

And sadly, this is what often messes up and stress us out the most.

Realise this.

Sometimes life doesn't give you what you want because you need something else.
And what you need often comes when you are not looking for it.
You won't always understand it and that's OK.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

He makes All Things Beautiful in His Time



When you go through a disappointment, something doesn't work out, you can hold on to it and say, "GURUJI, I know you have something better. I know your plans for me are good. I know GURUJI is directing my steps." You have to be proactive if you are going to keep your mind in peace because there is clutter all through the day. There is NOISE there is DRAMA, STRESS, WORRY, GUILTY, JEALOUSY. All this may come, but you don't have to hold on to it. Just let it pass.

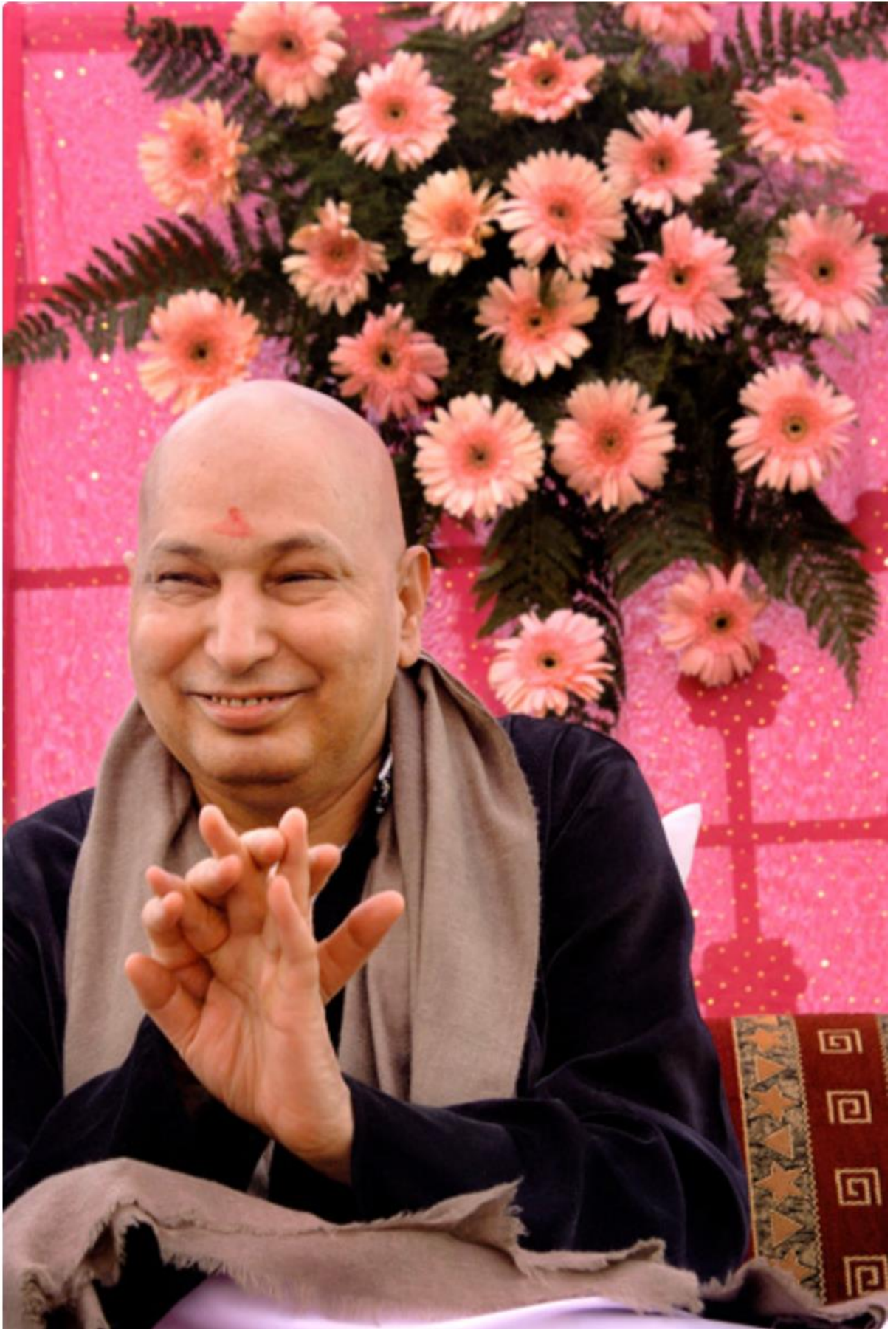
We spend too much time trying to make things happen, and we get frustrated because it's taking too long. You can't make things happen out of GURUJI TIMING. You can't make people like you that are not supposed to like you. YOU can't make a Door Open that GURUJI has closed. Stay in PEACE, knowing that GURUJI will have the right people find for you, The Right breaks will track you down.

The Right Opportunities will come knocking at your door. WHEN it's your time GURUJI's Blessings will show up.

EVEN when times are tough,
When you're unsure where to go,
Even when you are filled with doubt,
Know that GURUJI has a plan.
Know that GURUJI isn't just going to leave you in the dust.
This world might not always make sense,
And your prayers might not be answered,
In the Way you hope,
But that doesn't mean He's ignoring you.
Perhaps an unanswered prayer,
Is a BLESSING,
You never know you needed.
Perhaps a closed door is an opened one down road.
Perhaps the pain you're feeling is a POWERFUL lesson.
In strength.
Perhaps you simply need a reminder.
That you serve,
ALL-POWERFUL
GURUJI.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI'S LOTUS FEET 



Letting Go and Detachment

SHARING...

The LIFE...

Weather we live or...

Desperate to LIVE...

Getting over a painful experience is much like crossing monkey bars.

You have to let go at some point in order to move forward.

I am learning the hard way that the hardest thing in life is simply letting go of what you thought was real.

The KEY is Detachment-

Letting go of the life you expected.

So, you can make the best of the life that s waiting for you.

It's not easy but it's worth it.

Create some healthy space for yourself.

YOU need to take a few steps back to gain clarity on the situation.

THE best way to do this is to simply take a short break and explore something else for a little while.

SO, you can return to where you started and see things with a new set of EYES.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Faith and Attitude

Time and again we are told to have a positive attitude towards LIFE.
Sometimes, it doesn't even make sense.

AS we are going through so many negative things.

At a given time and life is utter chaos.

But then, it's exactly when positive attitude is required the most.

Faith in GURU ji works.

It's his workshop where he repairs us.

--

When you develop POSITIVE ATTITUDE,

YOU start feeling better about yourself.

You treat yourself with more respect and love.

And this in turn will boost your CONFIDENCE LEVELS and INNER STRENGTH.

You will take on new CHALLENGES and come out of your self-limiting beliefs.

With positive thinking,

You achieve emotional balance.

You learn to stay focused and as the result,

You can come up with right decisions in CHALLENGING SITUATION'S.

--

Repeating POSITIVE affirmations is a great way to train your mind.

Your mind to think positively.

Reading inspirational and

Motivational quotes on a daily basis will help you to overcome NEGATIVE THOUGHTS and install a sense of optimism in you.

When any unpleasant event occurs,

APPROACH it with a POSITIVE mindset and try to learn an optimistic lesson out of it.

REMEMBER,

YOUR thoughts determine your feelings and actions.

So, whenever any NEGATIVE THOUGHT comes to your mind,

IMMEDIATELY REPLACE it with a POSITIVE one.

--

Life is not always a bed of roses.

It has its own thorns.

There are times when it seems everything is working against you.

Life is tough,

And just when you surpass one obstacle,

There's another one.

Because you know it,

You've overcome with an ongoing sense of hopelessness.

Whenever these experiences hit us,

We need to act wisely by not focusing on the NEGATIVE,

But looking at the

POSITIVE aspect keeping an optimistic view.

Not all days are the same.

FAITH and BELIEF are equally required in such difficult times.

If we keep HOPE we will always bounce back.

HOPE is an INKLING of trust that something POSITIVE will soon happen.

When the world around you is crashing down,

Keep HOPE alive.

--

Never give up on yourself:
One thing is certain,
Life is unpredictable,
Life is our greatest teacher,
Life it's a school with no wall's and with no limits.
Life is going to test you again and again,
It's going to test your faith,
Your physical body,
Your mind,

You are going to encounter many difficulties,
In fact
I am sure you already have,
Self-mastery is connected to courage
To the determination that is within us,
To use lessons
That LIFE gives to be strong.

He makes All Things Beautiful In His Time

GREAT things are on the way.

GURUJI has made the way clear for you. It's all in motion to bring miracle into your life.

The O N E that you have being waiting for. NOTHING happens by accident. GURUJI is preparing you for GREAT things. So, hold on it's coming.

Thank you, GURU ji, for making us understand the importance of BLESSINGS Always.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Why Me?

" Why me?"

It always happens once in our lifetimes when we go through the deepest pain,

An unimaginable situation in our life...

At that time, we feel that our life is completely falling apart and nothing is going to change...

For a moment it feels like there is nothing worth to live for...

We cry...

Our soul screams ...

We ask GOD that how this could be happen to us....

" WHY We?"...

Here GOD listen to our longing heart and keeps on giving respite to us in various forms...

May be in the form of Soulful friends...

Inspiring people...

By reviving our inner strength...

BY making us closer to Him...

BY giving us right directions...

And at the end of the day...

Everything gets fall in place...

Where we start feeling that whatever happened was good for our journey...

It makes us learn the hard lessons of life...

It makes us stronger...

It enlightens our Souls...

It makes us learn the reality of people by sending the right ones into our life where we could understand that why it never worked out with anyone else...

Keep going...

Keep learning...

Just rest assured that everything is going to be perfectly fine.

It's just a refining process...

The LORD will bring you out of it as a shining Soul.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

The Real Purifier – Suffering

AS GURUJI says,
Suffering has many good qualities,
Because it purifies our Negative Karmas,

Increases our renunciation, compassion. Reduces our pride.
Helps to overcome our bad mental habits.

If you think in this way
WE will feel that different,
Circumstances our best friend's.
When our mind is balanced,
In this way it becomes as stable,
AS a MOUNTAIN,
And nothing can become the cause to shake it.

Remember to shine in the crisis.
WE are born problem-solvers.

As humans our creative capability is endless.
There is usually not just one solution to any problem but many.

So CALM and CENTER yourself.
Find your happy place and bring awareness into your body.
Don't allow outside circumstances to shake you.
KNOW that problems exist only in the mind.
Over time our peace can become,
Unshakable and you can be the happiest person in the world.

WHEN EVER in Life,
Suddenly you start to notice that all the things are going wrong.
Your health,
Your career
And relationships are facing a really bad exhausting phase.
Especially in the case where you can't really do much about it and
You may say 'I'm having a bad life',
'I am not lucky.'
'GURUJI doesn't like me' etc.
You often say.
'Why is everything going wrong and
Why am I facing so many obstacles?
During such times don't forget that
GURUJI LOVES YOU,
No matter what.
Because GURUJI wants to make you stronger,
He will put you through tests.
The more problems you face.
The more you will be STRONGER.

Understand the fact that you're just getting ready to enter a new phase of life!
Which is full of infinity energy levels
To give your best shot
In whatever you want to achieve
AND possibly all the luck GURUJI can offer to support you.
All the universal
Elements and Energies
Will start working in your favour
Just like everything was going against you
Couple of days ago.
All you need to do in your bad times is to be patient
And trust the process.
So, whenever you face bad phase in Life,
Learn from it.
AND feel excited because the GOOD is on the WAY

MISERY works together with JOY.
And we mustn't try to exclude it but EMBRACE it.
During uncertain Times,
We Must take each day as it comes.
This practice draws our attention to the present moment.
Since that is all we have.
We gain great wisdom in our darkest hour,
Knowing our Eternal soul cannot be obscured.
Therefore, focus on the smallest progress during your moments of despair,
Instead of looking to a tomorrow which may not arrive as you hope for.
Nothing is certain,
Apart from this moment.
Instead of surging towards the Light,
The smallest act forward renews our Faith that there's light at the end of the tunnel.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Don't Let Illness Dishearten You

Troubles are tokens of the holy MASTERS Grace and the result of your own past actions.

Continue devotion as far as possible, under the circumstances.

This is the duty of the SEWAK who no longer cares for the changing scenes of mind and matter.

PAIN and PLEASURE,

HONOUR and DISHONOUR,

POVERTY and WEALTH

None of these can influence the attitude of mind.

He does not pray that troubles should be removed, but rather that his heart be always filled with love and gratitude.

As GURU NANAK said,

" IF YOU SEND ME HUNGER, I SHALL BE FILLED WITH " THY NAME."

IF YOU SEND ME MISERIES, I shall grant them as PLEASUREs

IF YOU GRANT ME HAPPINESS, I shall bow to THEE in gratitude."

Have patience, keep the company of the Saints and I shall purify you through my Grace.

I shall not rest, till I show you that from

WHY are you in such a hurry?

I carry your burdens in my own heart so that you may be free of worries and nurture your love in my heart.

Give up your misgivings be steadfast in your love; a love tempered with faith.

I shall myself help you put in the effort,

I shall myself take you to your ultimate home.

Listen to what GURUJI has to said:

All will be worked out

as and when the SUPREME will ordain it.



GRACE OF ALMIGHTY



BOWING DOWN TO GURUJI's LOTUS FEET



Embracing Changes or Resisting Them

Happily accept it.

You can either waste your PHYSICAL AND MENTAL ENERGY obsessing over change and trying to reverse it,

Or you just go with the flow, and create your own way

To be comfortable with it !!

Sometimes we find it difficult to accept the sudden changes in our life. We try hard to find the reasons behind such changes, but we are unmindful that every change has to happen and if we resist such changes, we only hurt ourselves and invite sorrow. So better let things happen and go with the flow.

We are living in uncertain times where the only thing certain is change. Most situations affect our routine functioning and demand us to adapt ourselves to that change.

How willing are you to embrace big or small changes and adapt? Whenever there is change around us, there NEEDS to be a change within us - an INNER PREPARATION.

THE CHANGE HAS TO START IN OUR MIND. If we resist the internal shift, we resist external change too. It leaves us stressed and unhappy.

INSTEAD OF STICKING TO INTERNAL COMFORT ZONE CREATE DUE TO PAST EXPERIENCE OR BELIEF SYSTEMS, LET'S CULTIVATE A HABIT OF BEING ABLE TO CHANGE OUR HABITS.

Flexibility increases our ability to adjust and adapt to different people and environments. Using our powers to ACCEPT, ADJUST, ACCOMMODATE, TOLERATE, or MOULD are one decision away.

Remind yourself - I adapt to people and situations and flow with life. I know when to adjust and when to confront, and I use both powers the right way.

All of us have marvelled at life at some point or the other - for the unexpected turns it takes, the surprises it brings and the lessons it gives.

This is because change is a law of nature - everything and everyone we come across is subject to change either for good, or for not-so-good. Looking at your own self, how do you perceive changes?

When you need to change something that you are not comfortable about - from subtler aspects like your thoughts, emotions and attitude - to visible aspects like habits, lifestyle, job, house, city, or social circle - how open are you to changes? Do you willingly stretch out of your comfort zone, or do you resist?

The more we let go of rigidity and go with the flow, the happier we will be.

HEALTHY CHANGES SOW SEEDS OF PERSONAL GROWTH AND YIELD LIFE - LONG POSITIVE RESULTS.

So, break mental barriers that change is painful or scary.

Confidently embrace the unknown and handle it.

Tell yourself that you have the power to change what you can and accept what you cannot.

TRUST. GURUJI that whatever is happening is as per HIS will and entrust your worries to HIM, eventually GURUJI will let us know the reasons behind it.

Check Your Adaptability Quotient

When you need to change - a habit, lifestyle, job, house, city, social circle or make changes in your thoughts, emotions and attitude, how open are you to change? In a world of rapid changes in people and events, ADAPTABILITY is a very important quality which we need to possess at all times.

Anything you repeatedly do becomes a habit.

Once you create a habit of who you are, where you live, whom you interact with - you settle into a comfort zone.

The day any of these changes, it demands you to adapt to the new reality.

How willingly do you adapt?

When there is a change around you,

There needs to be change within you.

An inner preparation.

Your mind may say - I don't like this change.

Teach the mind that you have created so many changes in life, this is just one more.

Instead of sticking to comfort zones created by past experiences or past beliefs, be flexible.

You have the power to adapt to any person, any place, any job, any environment, any situation.

Within a few days this change will become your comfort zone.

Meditate daily to increase your power to accept, accommodate and tolerate.

Adapting is a matter of breaking old and rigid thought patterns.

Remember that you are always only one thought and one decision away from adapting and flowing with life.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Learning Love

Don't waste time for human love, it will vanish. Be Devoted to GURUJI and take shelter at his Divine Feet. It is enough to remember that there is someone watching over us, HE is our FATHER, HE is our MOTHER, HE is protecting us! Enjoy only what GURUJI gives to you. All else leads to delusion. REMEMBER we have come on Earth solely to learn to know GOD; We have come from him, and our sole purpose should be to merge into HIM.

--

The love of the GURU should be so strong
THAT nothing comes in Between
YOU and GURU ❤️

Like A true devotee, we should appreciate whatever he does,
Because he has given us whatever we require,
And what is Good for us.
We are too small to do anything for him.
All we can do is to appreciate
And thank him
And keep thanking him for the rest of our LIFE.
May he always forgive us
For whatever sin we may commit.
We are human,
We are bound to make mistakes.
So GURUJI please keep us away from all the temptations,
And may our devotion keep on increasing till our last breath.
After that we will need you EVEN more.
We are fortunate to be in your protection,
All of us feel so secure emotionally
And so complete
That the feeling of unrest is no more

--

RELATIONSHIP...

SO, one has to establish this relationship.
Just like Arjuna is in relationship with KRISHNA as a friend,
SIMILARLY,
You can be in relationship with GURUJI.
You can be in relationship with GURUJI as MASTER and servant.
You can be in relationship with GURUJI as FATHER and son.
There are so many relationships.
DEVOTION is just to bring insane man to normal condition of life.
To forget GURUJI means that is abnormal condition,
And to have relationship with GURUJI is normal condition.
So GURUJI consciousness means to be re-established in our normal condition of life.

--

A TURE DEVOTEE

Is the one who accepts the Supremacy of the Supreme LORD.
And they are firmly convinced about,
Their ETERNAL relationship with
GURUJI.

And what is that relationship?
That relationship is on the basis of LOVE.
The sangat loves GURUJI,
GURUJI Loves the Sangat.
This is the only RELATIONSHIP.
That's All.
GURUJI protects the Sangat.
Sangat protects GURUJI.
GURUJI reverts sangat,
Sangatji reverts GURUJI
This is the RELATIONSHIP.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI'S LOTUS FEET 🙏

Love and Devotion Alone

There's one thing that strikes us like a HAMMER blow when we go to the BADA MINDIR:

The beautiful faces of so many of those simple people, and how they light up like lanterns when they see their (GURU) MASTER. If you glance around while you're sitting in Satsang, you see those beautiful faces that just shine with love and adoration when they see him. They are focused on him alone.

And then you realise that cleverness has no place on this path. ALL THAT'S NEEDED IS LOVE AND DEVOTION. LOVE FOR THE MASTER AND UNFAILING DEVOTION TO "HIM."

ONCE WE FALL IN LOVE WITH OUR MASTER, ITS OUR ATTACHMENT TO HIM THAT WILL PULL US UP. WHEN THIS ATTACHMENT BECOMES STRONG, IT TAKES PRECEDENCE OVER ANY OTHER TIES THAT MAY HAVE BEEN KEEPING US HERE IN CREATION. AND THEN WE WILL BE IRRESISTIBLY DRAWN TO THAT STRONGER ATTACHMENT. Sometimes GURUJI must have said a thousand times while he was with us in body was: "YOU GO WHERE YOUR ATTACHMENTS ARE." IF WE ARE MORE ATTACHED TO OUR MASTER THAN TO THE FACES AND PLACES OF THIS WORLD, THEN THIS WILL PULL US INWARDS AND UPWARDS.

ULTIMATELY OUR ESCAPE FROM THIS CREATION WON'T DEPEND ON HOW GOOD OR MORAL WE'VE BEEN. IT WON'T DEPEND ON HOW MUCH KARMA WE'VE PAID OFF. IT WON'T EVEN DEPEND ON HOW MUCH MEDITATION WE'VE DONE. PRIMARILY IT'LL DEPEND ON OUR ATTACHMENTS - OR TO BE MORE SPECIFIC, WHETHER WE ARE ATTACHED TO THE CREATION OR TO THE

"MASTER" AND THE

"SOUND CURRENT,"

" THE LIGHT AND SOUND WITHIN." AND THIS STRONGER ATTACHMENT WILL TAKE US OUT OF HERE FOREVER.

NO MORE COMING BACK!

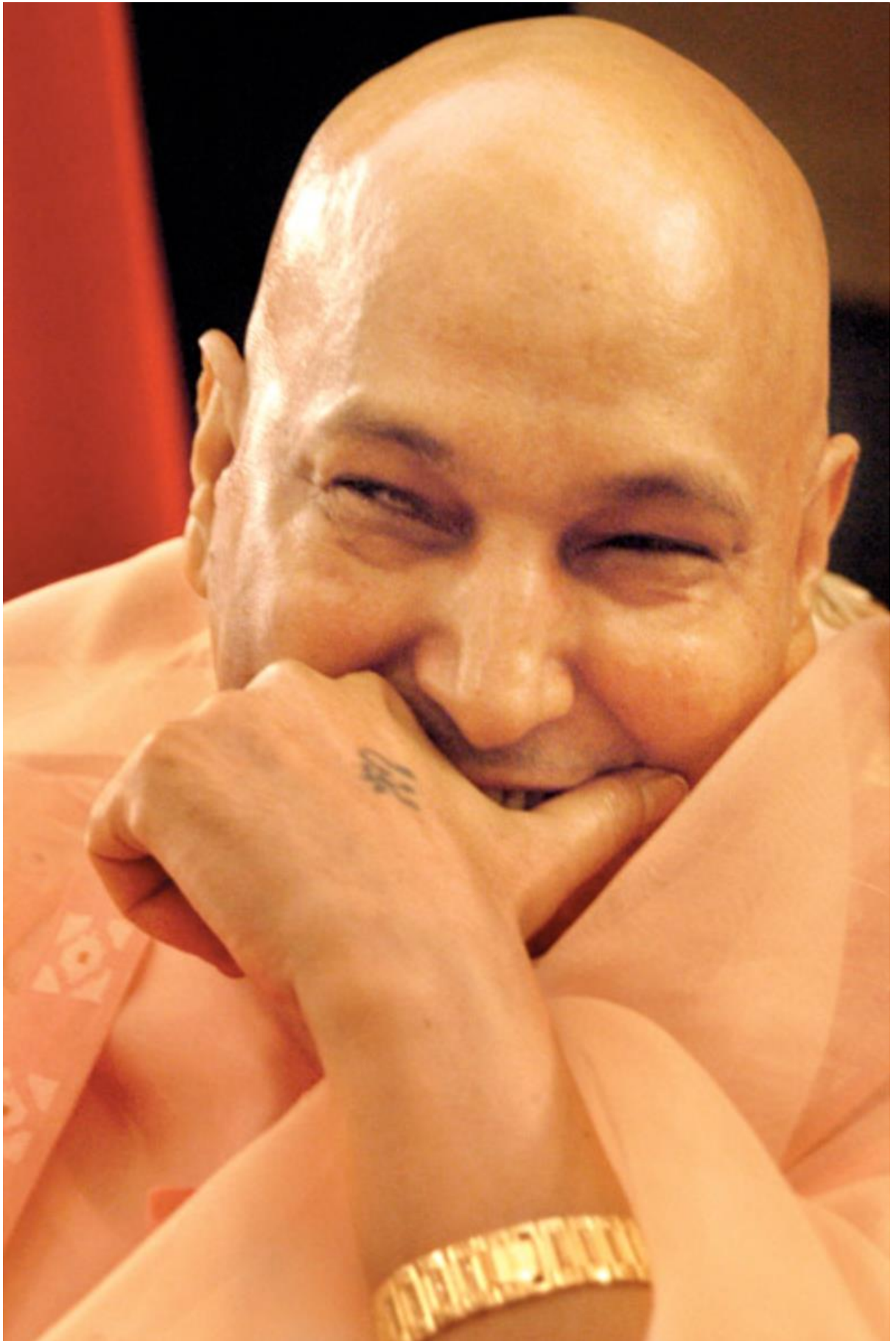
GURUJI (Grand Master) specifically tells us in Spiritual Gems:

The Sangat who loves the GURU and have no desire for anything of this world shall not be Reborn, even if they have not made much spiritual progress while here... On the other hand, those who have worldly desires left in their MINDS at death will have to be reborn, notwithstanding their devoting long hours to spiritual exercise.

SO, THIS IS REALLY SOMETHING WORTH WORKING FOR. AND IF OUR MEDITATION REMAINS DIFFICULT AND APPARENTLY UNPRODUCTIVE, LETS KEEP WORKING AT IT. LETS BE PATIENT AND JUST KEEP TRYING TO DO OUR BEST.

The truth is that even though our MASTER wants our meditation, ultimately, we'll have to rely on HIM to carry us up. WE LEARN THROUGH HARD EXPERIENCE THAT WE ARE HELPLESS TO DO THIS ON OUR OWN. WE MAY STRUGGLE TO LIFT OUR CONSCIOUSNESS. AND THIS IS PROBABLY EXACTLY THE WAY IT HAS TO BE.

We need to be shown our helplessness before we can surrender ourselves to the MASTER.



Mantra Jaap – The Shield in Kalyug

This is Kalyug, the age of Evil

GURUJI s Mantras is the fastest road to wash all Sins.

Self-realisation and liberation.

According to the Vedas we are presently in KalYug.

In KALYUG we all will be tested.

We will face difficulties.

If not, consider there is one thing, one super weapon against Evil.

One Powerful shield of protection you can still acquire in this short time that remains, That's our GURUJI s NAME.

GURUJIS MANTRA JAAP.

--

OM NAMAH SHIVAY is

Known as the great redeeming POWERFUL Mantra.

It is also known as the five-syllable mantra.

It means 'I BOW DOWN TO SHIVA'.

Implying that one is bowing down to their own CONSCIOUSNESS because

SHIVA in his essence is the consciousness that resides in us all.

SHIVA represents the inner self and that is why he is also the destroyer or the ultimate.

SHIVA is the WOMB from which everything comes out

And eventually goes back to it.

In this MANTRA,

The devout bows down to SHIVA (GURUJI),

Their own true self that is.

--

CHANTING

OM NAMAH SHIVAY,

This Mantra is quite simple,

And the benefits of it are quite beautiful.

Only what the person needs is a complete faith and belief.

There are certain ways,

However,

You can make this worthwhile- Ideally.

You chant this mantra as many times.

You should sit straight with your legs folded.

The back should be straight,

The spinal cord erect,

So that all your chakras are in alignment.

Then you chant and get the benefits.

Concentration

--

How does OM NAMAH SHIVAY Mantra heal you?

When you begin to believe that life is conspiring against you and there is no PEACE left,

This Mantra will show you the PATH to PEACE and

Gives you CLARITY and INTELLECT needed to RESPOND with GRACE and DIGNITY.

OM NAMAH SHIVAY MANTRA tempers your

EGO and AGGRESSION,

It shows you the right path and relieves stress from your overburdened mind.

GURUJI mentioned, this Mantra is very powerful.

In diminishing the harmful effects of the NEGATIVITY.
Minimises any bad influence on your life.
You might beget from the NEGATIVE influence of these planets.

--

OM NAMAH SHIVAY:. MANTRA

IS dedicated to SHIVA GURUJI because of its versatility and great power.
Chanting this mantra is quite simple and the benefits are INNUMERABLE.
Only what a person needs is complete FAITH and BELIEF.

The mantra OM NAMAH SHIVAY

IS the way to tap into your INFINITE SPACE and
BOUNDLESS POTENTIAL locked inside of you.

This MANTRA is not only peace but your Personal Sanctuary.

SHIVA is the UNIVERSE and CONSCIOUSNESS-a waking reality and as you can chant this
Mantra,

You also send love VIBRATIONS to the COSMOS itself and it is bound to come back to you in ten
folds.

--

OM NAMAH SHIVAYA

infuses positive energy.

Removes Negative Energy.

It is also a stressbuster,

Helping you to relax and unwind.

A restless mind becomes STABLE

PEACEFUL

With regular chanting.

OM NAMAH SHIVAYA helps you to gain control over your SENSES.

THIS will help you GOVERN YOUR MIND EVENTUALLY.

OM NAMAH SHIVAYA

gives you a sense of DIRECTION and PURPOSE in LIFE.

There are NINE planets and 27 constellations.

Since the SHIVA TATTVA is the presiding ENERGY and governs the planets as well,

Chanting OM NAMAH SHIVAYA can help nullify the EFFECTS OF MALEFIC planets to a certain
extent.

--

' OM NAMAH SHIVAYA'

CHANTING THIS MANTRA helps us to master the FIVE ELEMENTS within us,

Leading the MIND to SILENCE.

SILENCE leads to the experience of SHIVA TATTVA.

IN this way, everyone can access SHIVA through this Mantra.

The CHANTING of this mantra United the different layers of our being and

ELEVATES THE QUALITY OF SHIVA WITHIN US.

(There are 7 layers to our existence:)

It has the effect of quieting the mind and so is also a good way to prepare for meditation.

--

Na Ma Shi Va Ya-

These five syllables indicate the five elements.

(Known as Pancha Bhoota in Sanskrit) -

EARTH,

WATER,

FIRE,

AIR,

ETHER.

THE five elements are the building blocks of everything in CREATION,
INCLUDING THE HUMAN BODY.

LORD Shiva is the master of these five elements.

Whereas ' OM ' is the sound of the UNIVERSE.

' OM ' means PEACE and LOVE.

So, the ' OM NAMAH SHIVAYA ' chanting is done to harmonize the five elements in the environment.

Where there is PEACE, LOVE and HARMONY in all the five elements,

Then there is bliss,

There is joy not within you,

But all around you

In exploring the signs of the total the number five comes up.

FIVE TOES FINGERS,

FIVE SENSES

ELEMENTS, SO ON...

SHIVA is said to have five activities:

To CREATE,

TO KEEP UP,

TO DISGUISE

TO EFFORTLESSLY REVAL.

This Mantra filters our activities and practices tuning them to the purified activities of Shiva, of the source.

Our five faculties of

SMELLING,

TASTING,

SEEING,

FEELING

HEARING

are likewise filtered and refined.

The strength of the EARTH,

The liquidity of WATER,

The hotness of FIRE,

The vaporous and imperceptible nature of AIR.

Ultimately ETHER or the nature of the room. Chanting of the Mantra refines and cleans these components or parts of our being.

HOW DOES THE " OM NAMAH SHIVAYA " MANTRA heal you.

Om Namah Shivay MANTRA

Tempers your EGO and ANIMOSITY,

IT shows you the right PATH and mitigates WORRY from your overburdened MIND.

As per crystal gazing, this Mantra is exceptionally ground & breaking in reducing the unsafe impacts of the negative "Grahas" (planets) and limits any terrible effect on your natal diagram that may conceive from the negative impact of these planets.

How should you chant the Mantra?

Ideally, you should recite this mantra multiple times.

You should sit with your legs crossed-that is the Yoga position, with your back straight. As soon as you wake up, the first thing of the day and cleanse yourself with every routine, sit in outdoors and take in nature.

It is perfect to sit with the reciting dots and senenade the Mantra multiple times.

The MANTRA is said to be five-syllable mantra, a ma si va ya.

How do you practice the Mantra?

There is no ritual or ceremony involved with the Mantra. It is just a simple Mantra which means that it can be performed anywhere. The only thing you need to be clear about is that you must sit in an upright position.

You can chant the Mantra while sitting on a chair, in a car or even in your office or school.

Power of Prayers

Peace is found when you accept GURUJI as the supreme proprietor, controller of your LIFE, your FRIEND your FATHER. Look back and thank GURUJI. Look forward and trust GURUJI!

He closes doors no man can open. When GURUJI opens the doors no man can close!

He can make impossible things into possible.

To experience this, we must have positive attitude of FAITH.

We must believe in our PRAYERS.

Will be answered.

All things are possible to him

Who believe s

If we believe we shall see the glory of GURUJI.

--

WHEN you pray GURUJI listens.

WHEN you pray DOORS. OPEN.

WHEN you pray relationships get RESTORED.

WHEN you pray SICKNESS gets healed.

WHEN you pray HOPES get REKINDLED.

WHEN you pray STRENGTH is RENEWED.

WHEN you pray ANSWERS come.

DON'T lose Faith..

About what you are PRAYING for TODAY.

GURUJI is FAITHFUL.

His answers will come.

AT JUST the right TIME.

--

ALWAYS MAKE A PRAYER....

" OH GURUJI"

No matter how much we are fearful, we know that you are standing beside us.

Our FAITH will never waver as we are mindful that if we fall,

You are holding our hand.

If we cry you will wash away our tears.

If we will get hurt you will heal and cure us.

With every struggle you are providing us respite.

Keep us under you DIVINE shelter.

We need you every minute.

--

LET'S ASK GURUDEV MAHARAJI TO HELP US KNOW the difference between wise discernment and fear.

One prompts us to remember GURUJI.

The other prompts us to panic.

O GURUJI help us choose peace over panic.

Faith over Fear.

We're surrendering to you.

Declaring our trust in YOU in every area of life.

Please strengthen us and help us at every step;

Uphold us with your raised hand.

O Mahakal of this world!

Prostrations unto Thee!

Thou art my GURU,

Real mother,
Real friend,
Real Guide.
Protect me
I am Thine.
All is THINE.
O Adorable Mahakal,
Salutations unto THEE.
Give me pure intellect.
Make me Pure.
Give me LIGHT
STRENGTH
HEALTH
LONG LIFE.
O ALMIGHTY Lord!
Remove all MY all evil qualities.
Make me virtuous.
All Glories to you O LORD.

--

Silent prayer reaches to
ALMIGHTY GURUJI -
Instantly.
Whenever you ARE pensive,
Confused,
Or in Pain,
Pray silently,
And talk to GURUJI,
With PURE and honest Heart
Like he is your best friend.
Guruji hears the pure and heart full of love and faith,
And immediately react with remedies,
Best suited to you,
As He is behind you...
With you....
Near you...
To activate a plan to get you off from troubles.
Just love Him,
Have faith,
Relax,
For his relief plans

--

PRAY and just pour it all to GURUJI (GOD).
You can be messed up
And mad as you just get it all out.
PRAYERS don't have to be tidy to be heard.
Trust HE is KIND and Benevolent.
HE is listening,
HE is watching, it all.
HE is working this out even when you can't see it or understand it.
RELEASE it all to HIM.
RESIST the DISIRE to CONTROL.

RESIST the Desire to fix it all right now.
RESIST the DESIRE to Focus on all the other person is doing wrong.
GURUJI SEES IT.
Let GURUJI handle it.
Have Patience
Find Peace in the Positive,
GURUJI has for you today.
Be the noticer of the good.
Even if the tears are still falling,
Thank GURUJI for the Beautiful Blessings
HE'S tucked into today JUST for you.


Hearing GURUJI's Voice

Sit in a quiet place and practice.
You will be able to hear GURUJI s voice
Through your inner wisdom.
This voice which comes from within your heart and is filled with love.
It heals you.
Helps you overcome fear.
You have in your everyday life.
The fear of the unknown
The fear. Of future.
If you continue to think negative this results in ill health (dis-ease).
Remember GURUJI is with us every second of the day.
Stay strong on your Belief of GURUJI and you will Sail through the life journey.
GURUJI is our STRENGTH.

Turning Dreams into Reality

Our biggest temptation in life is to see our dreams change into REALITY.
This can lead to our biggest defeat.
When we surrender our dreams to reality.
Dreams needs Hard work.
DEDICATION
PERSEVERANCE.
OFTEN there are times when we feel tired.
We are close to breaking down.
There are times when we lose hope, especially when a close one hurts us.
There are times when we feel defeated.
There are times when we take STRENGTH from FAITH.
We SUMMON our STRENGTH which is there deep down.
Take things one day at a time.
Remember this you are doing for your GURUJI s sangat who you love the most.
Our family.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Control Over Self

WHEN you have control over THREE things in your life:
THE THOUGHTS YOU THINK,
THE IMAGES YOU VISUALIZE,
THE ACTIONS YOU TAKE (YOUR behaviour).

How you use these three things determines everything you experience.
So, if you don't like what you are producing and experiencing, you have to change your responses.

You may need to change your negative thoughts to positive ones.
You may need to change what you daydream about.
You need to change your habits.
You need to change what you read.
You need to change your friends.
You need to change how you talk to yourself and others.
You may need to definitively change something if you are not reaching the goal that you have set for yourself.
You are a trend setter for yourself.

SOMETIMES All you need to do is look at thing's from different perspective.
Think of good things.
Focus on what you have.
Not on what you don't have.
The important thing is simply to find one positive thought,
That inspires and helps you move forward.
Hold on to it strongly,
AND focus on it.
And that's really ALL you need to start moving,
Forward AGAIN!

WE ARE PERMANENT,
But relationships and materialistic things are temporary.
If you always want happiness and prosperity,
First get true knowledge.
We want to keep all the materialistic things with us.
FOR this,
We earn money,
Build buildings,
Create new products,
Want more relationships,
Name and fame.
It is clear that unhappiness is the State of mind seeking objects.
The more desires we have,
The more our mind is disturbed.
This results unhappiness.
Our rishis and munis always stay in the happy state.
They want nothing from the outer world.

They experience knowledge that is related to their soul.

Beautiful Aspects of Success

Success at every step is also how humble and truthful we have been, while achieving various goals in different spheres of life. ANGER and EGO are humility's biggest enemies and spoil the way people see us and feel about us in their hearts. No one likes arrogant people and people tend to be away from such people instead of coming close and providing support to them. They not only loose blessings and respect, but they also loose self-respect.

Egoistic people are the most unhappy people inside and are always trying to dominate people with all that they achieve as their tools to do that. Tools like -I look good, I am intelligent, I am rich, I look smart, I have a beautiful personality, I am an achiever, My relationships are beautiful... Also apart from humility, your honesty and truthfulness also make you successful. Some people reach big milestones in their life, but they have lied or indulged in dishonesty of some type or the other while reaching there, which is false success.

Success also means giving at every step. Being a giver at every step. Being a giver of everything nice that you possess - physical or non- physical is a beautiful quality. Those who possess this quality are nice human beings who are successful in the right and complete way.

So, always look at the people with respect even if they do not possess what you possess. Also instead of dominating people, influence and empower them. Even physical treasures of wealth and non - physical treasures of knowledge should be shared with people. Then you are a true giver and untouched by the negative influence of your attainments in your stride and never have a false ownership over them, WHICH IS TRUE SUCCESS.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

The Ego Sacrifice

Relationships are like primary treasure but they go the wrong way when there is a development of EGO in either person in the relationship. You will find that the people are always satisfied with those who are humble. Also the relationships of the ones, who are EGOLESS, are problem free and free of difference of opinions. Also, the relationship in which either person learns to sacrifice his or her EGO at the right time when required, is the one in which there is continuous peace and goodwill. Very often the only reason for blockages in a relationship is the inability to sacrifice the I , the me and the my.

It sometimes seems very strange but love is lost in many relationships because of the inability to mould and sacrifice the EGO and because as the other person expects you to be. Difference of opinions are often seen in the RELATIONSHIPS but to be able to solve them and rise above them is the challenge which actually every human being has to face at some point or the other. All of us desire for love filled relationships but we are able to make that much needed sacrificial bow? What does this mean? Something like - I lose or I am not always right or Please go ahead of me or You take charge or even accepting that - You are better than me.

Sometimes it is seen in many different types of relationships in the family or in the office, that at first everything is fine and then as time passes and the two people come closer to each other, there are misunderstandings. The relationship becomes like a boat without a rudder and it loses its direction.

WHY DOES THIS HAPPEN AND WHY NOT RIGHT AT THE BEGINNING? INITIALLY THE HEARTS ARE CLOSE AND EVERYTHING IS EASY, LIKE MAKING SACRIFICES AND BECOMING THE LESS DOMINANT PERSON IN THE RELATIONSHIP. But slowly the two people will start taking each other for granted and what seemed a beautiful relationship full of understanding becomes filled with thorns of sorrow and personality clashes.

Sacrifice the ego to make your relationships beautiful.

The way the wetness of the soil holds the root of the tree. In the same way, Only the sweet behaviour of a human being can hold the relationship.

It is said that the Human body is like a Chariot and the Soul is the Charioteer. The intellect of man is the Charioteer and the mind is the Bridle.

THAT is,

Those who keep the mind under control with the help of intellect, their life becomes successful.

Rest: The mind knows the mind, Love with the mind of the mind, Do arbitrariness in the mind, Meet the mind of the mind, The mind swings, The mind Bawra, The wonderful way of the mind, The losers of the are defeated, The victories won the mind.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

The Traffic of Thoughts

Thoughts come to us in abundance.

If we sit to count, more than a million thoughts would cross our minds every day.

Thoughts float seamlessly.

They don't need a vehicle or special route to hit us.

They simply raise their heads and get inside us and then, they start driving us.

Thoughts are okay but when start driving to them, they simply overpower us.

That's what is frightening.

Mind is nothing but a traffic of thoughts.

Select your route carefully or else you'll dash against many of them!

Learn to control the traffic of thoughts!

Focus and Filter

Focus all' your energies on GURUJI.

Let only GURUJI pervade your thought process.

GURUJI will clear your mind of all clutter and FILTER the thoughts that comes.

Initially, the effort must be deliberate but gradually, GURUJI will engulf all your concerns and will calm you down.

Trust in His Time

Everything that has happened and is happening in our life is all for a purpose and there is definitely a reason behind everything.

All we need to do is trust GURUJI's plans

Because GURUJI is the CREATOR of Universe is the best of all planners.

Whether it's good times or bad times.

Still be thankful to GURUJI.

Never regret anything that has happened in your life.

Each Struggle and Hardship has made you stronger and Wiser.

We don't realise it at that time.

But later on, it comes into perspective and makes much more sense to us.

GURUJI decides best for us.

We should always trust GURUJI s plans.

NEVER FORGET,

No one in this world knows you better than GURUJI knows you.

--

WHEN EVER YOU ARE GOING THROUGH HARD TIMES:

REMEMBER life Isn't not supposed to be easy.

But take it easy and go with the flow.

Just because you're not where you want to be today doesn't mean you won't be there someday.

You should keep moving and trying.

Make mistakes, but do not quit.

If things in your life aren't happenings as planned right now, That's okay.

IT just means it's not the right time.

Trust the TIMING,

EVERYTHING will happen at the right time!!

How People Treat You Is Their Karma, How You React Is Yours

When people get nasty with you, it's usually best to walk away. When someone treats you like dirt, don't pay attention and don't take it personally. They are saying nothing about you but a lot about themselves. And no matter what they do or say, never drop down to their level and sling dirt back. Just know you are better than that and walk away.

People will treat you the way you let them treat you. You can't control them, but you can control what you tolerate. Beautiful things happen out when you distance yourself from negative people. Doing so does not mean you hate them; it simply means you respect yourself. One of the most difficult tasks in life is removing someone from your heart. But remember, no relationship is waste of time. The wrong one's teach you the lessons that prepare you for the right ones.

Just stay kind no matter what others do or say about you. Don't lose your real self. Keep shining like you always do.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏



Faith and Belief in all Circumstances

Maintaining FAITH in all circumstances is the only thing that can help you to move forward in life.
We all are here with a mission.
Our purpose of the journey of life is to try and complete it to the best of our ability in the given time.
We are not going to stay here forever.
To remain stuck or to move forward is a choice we should make.
Hold on to your FAITH.
SEEK guidance from GURUJI.
WE are not alone.
GURUJI's mercy is with us in every STEP we take.
And in every BREATH we BREATHE.

--

No matter what the situation is,
Always keep the FAITH that the situation shall get fine soon.
One needs to TRUST GURUJI.
No matter what religion or belief one has,
Praying to GURUJI and trusting his ENERGIES,
Can help make any situation better
And help us to overcome those tough times.

--

WHEN a door closes in our life,
We should have FAITH & TRUST in GURUJIS Plans.
HE the ALMIGHTY will have more better & greater things planned for us,
Which we had never thought of or IMAGINED.
SO, when a door closes in our life,
We shouldn't be upset over it,
Instead, we should be HAPPY & APPRECIATE it,
Because GURUJI is protecting us from something that may cause us harm.
At that particular time, it is very difficult for us to understand this.
But it is important for us to have complete FAITH in GURUJIS plan,
As only HE knows what HE is doing & HIS plans without doubt are FLAWLESS.
ALL we need to do trust HIS plans, appreciate the closed doors,
Look forward to the new Blessings coming out way, SMILE!
AND just say SHUKRANA GURUJI

--

" HAVE FAITH EVERYTHING WILL BE FINE"

HAVE FAITH THAT EVERYTHING WILL IS FINE because worry is negative emotion which not only depletes your energy but also causes physical and mental ailments. Whatever situations you are going through right now may seem difficult but there is absolutely nothing to worry as it's a phase and will soon pass away. You can resolve the situations or relationships by lifting your thoughts and fuse loving thoughts & emotions to the situation. Worry only attracts the same. There is absolutely no reason for you to worry or get tensed as everything is under control of Divine order & you are safe. Have faith that everything is fine.

Believing Is a Force

THERE IS A POWER' in believing.

Believing is the first step towards achieving what you want.

BELIEVING IS A FORCE,

THE FORCE that comes from Deep within.

The FORCE that has a POWER to CREATE.

When you start to trust GURUJI and VISUALISE what you want,

You shape your dreams.

and then the only thing that is left is to turn into a reality.

There are times when people do feel that they had firm believe in GURUJI but still they did not see the results.

It happens either because you still had doubts or what you wanted was not best for you.

ALWAYS believe completely in GURUJI what you do,

WHEN YOU BELIEVE IS WHEN YOU ACHIEVE.

BELIEF- IN GURUJI

FAITH - IN GURUJI

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Failure and Bad Times

Whenever you feel BAD time is going on,
BAD times are just a natural,
NECESSARY
And PERIODIC process of
CLEANING out all the bad
Energies
And NEGATIVE ELEMENTS from your LIFE.
When you clean a really messed up
And dirty room,
You'll notice that in the process of cleaning it looks worse.
But when everything settles down,
You'll feel you're in the beautiful new room.
In the same way WHEN GURUJI cleans your body and Soul after hardships,
YOUR body becomes NEW.
LIGHT LIKE FEATHER
WONDERFUL

--
WHENEVER you feel that things are going wrong,
BOW down to GURUJI and SURRENDER.
TRUE worship is the heartfelt response to GURUJI's greatness.
To WORSHIP is to be in complete awe of GURUJI.
What brings us to our knees is our adoration of him.
Thank GURUJI for all the Good and Bad times.
It's not only you,
We all go through tough times.
CHANGE the way you think!
And you change your Life.
Don't view Life as a plethora of PROBLEMS.
Think of it is as GIFT,
An opportunity to discover the true meaning of LIFE

--
DIFFICULT situations shape us to better people,
So, We should do our best without asking questions in them.
Accept it and have Faith that there will be LIGHT after this,
There will be some Good in it in the Future.
If we accept it, we will also be able to live our life with Happiness and Contentment.
IT is important that we accept the Good as well as the Bad.
Never lose Hopes in GURUJIS Plans,
Because HE has the power to do and change anything.
Some of the most TOUGHEST SITUATIONS in our life prepare & lead us towards a BEAUTIFUL
DESTINATION and FUTURE ahead.
Just like sometimes the most BEAUTIFUL Flowers grow in the HARSHEST CONDITIONS,
So, we Must stay STRONG,
Have FAITH in GURUJIS PLAN.

--
Don't allow the NEGATIVE ELEMENTS in your life to discount the POSITIVE one's.
Don't let the BAD day or BAD month or year make you feel like you have a BAD life.

Instead of focusing on everything that's going wrong, start holding onto all of the things that are going right.

You may be struggling,

But there is still so much to keep fighting for-

There is still so much more to life than this pain.

And if we keep picking, you're self back up and pushing forward,

No matter how difficult things are,

You will discover it.

May be not tomorrow or next week or a year from now, but someday soon, things will get better.

Someday soon,

You will find freedom from this darkness.

And when you do,

You'll look back on these days and wonder how you could have doubted your resilience.

You will look back and Marvel at how something as refusing to give up could transform your Life in such substantial way.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Circus of Comparison

It's a common tendency to compare.

We compare almost everything we have or are blessed with.

With those that others have.

We draw comparison between houses, cars, ornaments, clothes sundry belongings children and our own self.

Don't! When you compare, you are indulging in an act of violence.

Comparing is an act of Cruelty.

No two people, things, belongings or humans are alike and hence, they cannot be compared.

Even the automobile of the same make and model produced in the same batch will give different experience to different people.

There is a difference in our mind sets, our mental makeup.

When we compare, we inadvertently belittle someone or something.

And that's gruesome.

HORROR.

You are Blessings of GURUJI and so is everything that comes to you.

EXCLUSIVE.

Everything that comes to you is your destiny that you have EARNED.

And BLESSINGS can never be compared.

That's insult to GURUJI.

Don't insult GURUJI.

Thank GURUJI SADA for everything.

Happy Steady Life

Run your own Race that LEADS to Peaceful,
HAPPY STEADY LIFE.

I was jogging this morning and I noticed a person about half a km ahead.

I could guess he was running a little slower than me and that made me feel good,
I said to myself I will try catch up with him.

So, I started running faster and faster.

Every block, I was gaining on him a little bit.

After just a few minutes I was only about 100 feet behind him,

So, I really picked up the pace and pushed myself.

I was determined to catch up with him.

Finally, I did it! I caught up and passed him. Inwardly I felt very good.

" I beat him."

Of course, he didn't even know we were racing.

After I passed him,

I realised I had been so focused on competing against him that.

I HAD PASSED MY TURN TO MY HOUSE.

I had missed the focus on my inner peace,

I missed to see the beauty of greenery around.

I missed to do inner soul-searching meditation,

And needles hurry stumbled and slipped twice or thrice and might have hit the sidewalk and broken a limb.

It then dawned on me, isn't that what happens in life when we focus on competing with Co- workers, Neighbours, Friends, Family, Trying to outdo them, or trying to prove that we are more successful Or more important and in the bargain, we miss on our happiness within our own surroundings?

We spend our time and energy running after them and we miss out on our path to our given destination.

The problem with unhealthy competition is that it's a never ending cycle.

There will always be somebody ahead of you,
someone with a better job,
nicer car,
more money in the bank,
more education,
a prettier wife,
a more handsome husband,
better behaved children,
better circumstances and
better conditions etc.

But one important realisation is that
'YOU CAN BE THE BEST THAT YOU CAN BE, WHEN YOU ARE NOT COMPETING WITH ANYONE.'

Some people are insecure because they pay too much attention to what others are, where others are going, wearing, driving, what others are talking.

TAKE WHATEVER YOU HAVE,
the height,
the weight ,
personality.
Accept it and realise,
that you are blessed.
Stay focused and live a healthy life.

THERE IS NO COMPETITION IN DESTINY.
EACH HAS HIS OWN.

Comparison AND Competition is the thief of JOY.
It kills the Joy of Living your Own Life

Obsess over Observation

OBSERVATION is a silent skill we need, if we are to access positive changes.

To be an observer means to be open to new perspectives. Being able to observe enables us to be creative, productive and effective because this way we have made space for better understanding.

If we fail to learn this skill, we are likely to be absorbed in the negativity of any given circumstances. We tend to get lost in the quicks and called WHAT'S WRONG? which prevents us from putting things Right.

Nothing Is Permanent

Whoever is going through rough patch of life, hang in there! It shall pass too, Nothing's lasts forever.

Not even your troubles! Yes, when things are not going well and you feel like the world is on your shoulder,

Remember this,

Nothing is permanent.

Not even your worries.

You have the power within you to change everything.

And transform your life.

Take each day in your stride

And remember life is precious.

And each day offers you a new opportunity.

Don't give up life.

Trust GURUJI.

GURUJI will hold you back and help you overcome every CHALLENGE.

--

Nothing is PERMANENT.

THERE is light at the end of the tunnel.

But first we must inhabit DARKNESS with complete FAITH knowing respite awaits ahead.

The DARKNESS can be terrifying when we are stuck,

Unable to NAVIGATE our way ahead.

It signifies the inner struggle where in moments of despair We feel helpless.

Plans of Our Divine GURUJI

"It's not the plan I have for you, never take it as a BAD THING"

Yes, GURUJI has better plans which you are unable to figure out.

Each one is struggling with something or the other.

Remember GURUJI knows everything.

Every second of every moment of every day of your Life before you even are formed in your mother's WOMB, he knows you

And has a plan for you.

For each one of us.

Trust GURUJI

Let go off your worries!

Live your life to its fullest,

No matter where you are right now.

Grasp each day and make the most of it.

LIFE is precious, Most VALUABLE thing WE possess.

It has to be CARED for.

Learning to LET GO

ACCEPT the truth and practice being grateful.

TO let go is to be grateful for the experiences that made you laugh.

MADE you CRY.

HELPED you learn and grow.

IT'S the acceptance of everything you have.

EVERYTHING you had once.

THE possibilities that lie ahead.

IT'S all about finding the strength to embrace life's challenges and changes.

TO trust your intuition.

TO learn as you go.

TO realise that every experience has value.

TO continue taking POSITIVE steps FORWARD.

--

CONCENTRATE only on what can be changed.

REALIZE that not everything in life is meant to be modified or perfectly understood.

LIVE, LET go, LEARN,

Learn what you can,

DON'T waste your energy worrying about the things you can't CHANGE.

FOCUS exclusively on what you can change.

IF you can't CHANGE something that's upsetting you,

CHANGE the way you think about it.

--

Letting *go*

Superb Message!! !

When somebody told me that he has failed in his exams, my question is, "Is it a law that you will pass every time?"

When someone told me that her boyfriend broke up with her, my question is "Is it a rule that you will have successful relationships everywhere?"

When somebody asked me why am I in depression, my question is "Is it compulsory to have confidence all the time?"

When someone cried to me about his huge business loss due to his wrong decision, my question is, "Is it possible that you take all right decisions?"

The fact is our expectations that life has to be perfect/ permanent is the biggest reason of our unhappiness.

One has to understand the law of impermanence of nature.

After each sunny day,

There has to be dark night,

After each birth there have to be certain deaths,

For the Full moon to come again it has to pass through no moon.

In this IMPERFECTION of nature, there is PERFECTION.

SO, Stop taking your failures and bad part of your life soooo personally or intensely, even GOD does not like to give you pain but it's the cycle through which you have to pass. Prepare yourself for one more fight after EACH fall because even failures cannot be permanent !!!

Enjoy *life* ...

YOUR BREATH comes to go.
YOUR THOUGHTS comes to go.
YOUR WORDS come to go.
YOUR ACTIONS come to go.
YOUR FEELINGS come to go.
YOUR ILLNESS come to go.
YOUR PHASES come to go.
YOUR SEASONS come to go.
YOU HAVE come to go.

Then why do you hold on to your,
Guilt,
Anger,
Unforgiveness,
Hatred,
SO so so tightly,
When it too has come to go.

LET *IT* *GO* .

STAY BLESSED AND BLISSFUL.

I WALKED AWAY

🍀 I Once walked into a room where a couple of my friends were talking about me and they didn't know I was there. I shook my head, smiled and walked away.

🔧 I Once had a best friend who talked bad about me, and never knew that I found out....I never mentioned it. I just smiled and walked away from that friendship.

🍇 I had a couple family members who chose to shift me out of their life because I stood up for myself for a change. And because I stopped crossing Ocean's for them when they would not even jump over a puddle for me. I smiled, shook my head and walked away.

🍌 I was in a relationship once where I was always put last no matter what I did for them and I realised at that very moment.... Someone's effort is their direct reflection of their interest in you. So, I walked away and never looked back.

🌀 Someone asked me how I could just walk away from people that betrayed me while pretending to be my significant other, friends or family.

🌳 I said that every time I came to a crossroad like that, I had to decide who will be going forward on my journey with me. This showed me who I cannot take along with me.

🍀 You should never get mad at a person who betrays you, even in the name of friendship or family.

😬 Just gracefully bow and enjoy your journey and remember..... the moment you start to wonder if you deserve better.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

The Precious NOW

Make the NOW your primary focus.

NOW is the moment.

THE past is just a memory.

THE future is a mental projection.

YOU can choose to dwell back in the past,
FOR learning and Joyous reflection.

YOU can choose to dwell in the future for visualization and practical planning.

HOWEVER, any time your awareness floats away to the past or future frequently for negative purposes,

YOU are suffocating your ability to thrive in the only moment you ever have,

THE NOW !!

We are postponing. That postponing becomes an inner dialogue. An inner monologue.

Do not postpone.

Live right here and Now.

And the more you live in the present, the less you will need this constant " minding",

This constant thinking. The less you will need it!

This is there because of postponing. We always live in the tomorrow which never comes;

It is impossible.

That which comes is always today,

And we go on sacrificing today for tomorrow which is nowhere. Then the mind goes on thinking of the past which you have destroyed,

Which you have sacrificed for something which has not come.

And then it goes on postponing for further tomorrow's.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏



Holding On Too Tight!

HUMAN beings have the tendency to hold on too tight.
Something life slaps us really hard and we attach ourselves to the pain.
Even when we know better.
When We hold on too tight,
We feel anxious,
Frustrated,
Irritated,
And Upset.
There's an aching for things, to be different than they are;
A feeling of rejection, or
Betrayal or
Hopelessness.

Our Own Story of Life

WE'RE all struggling through this one together,

In our own unique way right now.

And the vast majority of our torment

Is the result of being caught up

In whatever story we're telling ourselves

ABOUT how life "should" be.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Each Day is Full of Opportunities

Each day is full of opportunities; New ways to think, new ways to feel about ourselves and our reality, and new chances for us to try something different.

If we don't like where we are heading or how we've been feeling, we can make time to do things that bring us back to our centre.

Perhaps you decide to meditate, take a nap, take a walk, journal, play some music, talk to a friend, seek guidance, etc.

There are many different ways to shift our mood, our thought patterns, and our day-to-day life.

We can create structure in our lives by adding something new to our routine.

We can switch things up, make time to appreciate the little things, or choose to do one thing every day to do for us, no matter how big or small it is.

If we're feeling nervous or worried, perhaps we use that some amount of time and energy to imagine the best-case scenario, and how good it would feel if things worked out for our highest good, like they say, worry is the misuse of the imagination. If we allow ourselves to stay stuck in a funk, have a bad attitude, or fixate on the things that have gone wrong about our day so far, we may find more of that, as our brain is then primed to seek out things that affirm our beliefs and feelings throughout the day.

This can really create a downward spiral of negativity, feeling like life is against us, like our situation won't get any better, and even feeling hopeless at times.

If you can maintain a positive attitude, even in the midst of whatever is going on externally, you can discover new solutions, new ways to look at the situation, and eventually, find your way out.

Sometimes you'll notice the answers that you seek just to seem to arise from within you, but it's harder to hear these answers when the mind is busy, fixated, or stressed.

So, please make some time for you to feel good calm your mind by doing something you love, or even just taking a moment to appreciate the journey and how far you've come so far.

Experiencing spiritual benefits during FASTING

We are presently in the month of Ramzan, in which fast from sunrise to sunset each day for 30 days. Eid al Fir is celebrated on the day after the month of Ramzan gets over.

Almost all different faiths and religions in the world teach fasting as a method of Spiritual upliftment.

Most of us today find ourselves saying we cannot live without mobile, the internet, costly cars and watches, good clothes and food, an AC , tea and coffee, smoking and drinking etc.

At such times, these days of fasting make us aware of our own mental strength, will power and determination which we are not using.

Fasting creates a disciplined routine and inner self - control which takes us on a path of higher consciousness and spiritual awareness.

The discipline of fasting teaches us that once we create a powerful and determination thought, nothing is impossible.

As we practice fasting on the physical level, we can also do it on a mental and emotional level.

It is only a decision, which we can take internally.

We can decide that for the entire period of fasting and even after that, we will choose peace and compassion instead of anger, love and cooperation instead of hatred, humility and kindness instead of ego etc, in every situation and with every person.

In every faith whenever fasting is practiced, the fast is not just purely for a few minutes or hours but for a few days or even a few weeks, because it takes to realise, appreciate and sustain changes at a deep - rooted level.

During any fast it is important to give attention to our inner intention - why are we fasting?

Are we doing it because our religion says we must do it or because we have doing it every year or to please GOD or if we don't do it we will be punished.

If it is any of these or similar intentions, then pause and consciously change the intention to a higher purpose.

We are doing it so that it gives us strength to connect to GOD, and to clean our self of our weakness and vices.

If we are holding any hurt or negative feelings for anyone, now is the time to forgive.

Forgiveness is the message of every religion.

So let us follow our religion and give this gift of forgiveness to GOD, which will create love and unity in our community and in the world.

Let us not just cleanse our body but cleanse our mind also.

Religion gave us the tradition of fasting, so that it comes as a reminder for us to take out time for soul cleaning.

The Beauty Of Christmas – A Festival of Love and Joy

CHRISTMAS reminds us of GOD and HIS pure actions of creating a new world tree, full of beautiful attachments which all human beings enjoy and also share with each other, without any sense of EGO or false ownership over them.

This is the world that GOD is creating at the present time in which there is immense UNITY, equality and respect amongst each other and no sense of superiority and inferiority in human beings.

GOD is shown on the top of the CHRISTMAS tree as a BIG STAR on the top of the tree and human souls are shown as small STARS on the branches of the tree and attainments are shown as the decoration on the tree, which all human souls receive from GOD.

GOD is shown on top because HE lives in the soul world above and the world tree EXISTS on EARTH below.

SANTA CLAUS is very important figure in CHRISTMAS celebrations and He symbolises GOD - the SUPREME FATHER of all souls, who visit us at this time in the night of humanity, when there is a fall in human values, principles and goodness in the world and he distributes to all human beings in the world the gifts of peace, love, joy and wisdom.

It is said that in the night before Christmas day, which is on December 25th, SANTA CLAUS visits people from the NORTH POLE of this physical world, which is very far away and where he stays.

This represents GOD visiting us at the present time from the soul world, which is also very far away and EXISTS beyond the physical world. The soul world is the Spiritual world where GOD stays and also where all human souls originally stay, before coming down on EARTH to play a part in the physical world.

SANTA CLAUS is said to come down chimneys of houses in the night to leave his gifts for children, which represents GOD'S incarnation in the dark old world of the present times. The SPIRITUAL gifts that GOD gives us, bring the new morning in the world - a beautiful HEAVEN or GOLDEN AGE, in which everything is perfect, pure and positive and there is nothing in the new world which any human beings lack or desire.

Christmas reminds us of beautiful angles and wings and a Divine wand in their hands.

WINGS: Symbolise the angelic and light State of MIND, WHICH IS EXPERIENCED THROUGH PURITY and SOUL - CONSCIOUSNESS.

DIVINE WAND: Is a symbol of POSITIVE BLESSINGS which we receive from GOD and then share with each and every soul in the world.

ALSO,

We as angels

at the present time, whisper the divine message of GODLY WISDOM to everyone and awaken them from the sleep of SPIRITUAL IGNORANCE.

ANGELS are shown with a HALO or PURE AURA around their face or OVER THEIR HEAD, which is a sign of an AWAKENED consciousness.

CHRISTMAS also involves exchanging gifts and merry making along with special meals together. All these festivals have a SPIRITUAL SIGNIFICANCE and SYMBOLIC of we as human beings sharing gifts of GOODNESS and GODLY beauty, which we imbibed from GOD, amongst each other

and enjoying ourselves while doing that. Also, at the same time enjoying beautiful food for thought or SPIRITUAL WISDOM, which GOD feeds our intellect with every day and makes us spiritually healthy and strong with it.

CHRISTMAS reminds us that GOD is with us and we should celebrate each day in GODLY love and HIS constant company and remain SPIRITUAL intoxicated and become very sweet like GOD and radiate that sweetness through every thought, word and action to everyone.

Attitude of Gratitude

Life is better when you develop an ATTITUDE of GRATITUDE.

GRATITUDE unlocks the fullness of life.

It turns what we have into enough, and more.

It turns denial into acceptance, chaos to order,

Confusion into clarity.

It can turn a meal into feast,

A house into home,

A stranger will be friend.

Absence of gratitude will turn any paradise into hell.

You will always walk away from the table still serving - no matter what measure of abundance has been laid before you.

Without GRATITUDE,

Every job feels to be the worst job on earth,

Every spouse is deficient, every friend lets you down, every home is on the wrong street,

Every gift is the wrong size,

Every novel is full of typos,

Every mattress is uncomfortable,

Every cup of coffee is too weak.

Without GRATITUDE,

Every choice you ever made will always feel like the wrong choice.

Without GRATITUDE,

Summers will always feel too hot;

Winters will always be too cold.

The music will be too loud,

The movie will suck,

The teenagers will be too rude.

Without GRATITUDE,

YOU will always feel you were born into the wrong family.

The waiter will always be too slow,

You will always get the worst seat in the plane.

Without GRATITUDE,

Life is a MISERY.

If we practice nothing else but GRATITUDE life will be full of umpteen Blessings every day and forever.

The ALCHEMY of all ALCHEMIES - is GRATITUDE.

LOVE and LIGHT

"FAITH" AND "GRATITUDE" ARE THE FIRST STEP towards HEALING and RECOVERY.

OUR MASTER (GURU) constantly encourages us to be his friend. Then, since he is our friend, we should be in the habit of talking to him every day - throughout the day. We can begin our day by thanking him for his grace and all the blessings that he showers upon us. We do this when we sit in meditation and do our Simran quietly, each round of Simran.

But when we have completed our meditation, do we get up and prepare for the day ahead and forget about him completely? Do we forget to talk to with him, do daily duties, as we go to work or go shopping, or spend time with family and friends? Or do we remember him and talk to him? TAKE YOUR SATGURU ALONG THE WHOLE DAY WHEREVER YOU GO.

People who are hurt are like a piece of hot iron. They're burning themselves and burn others who come in their contact. They are in so much pain that they themselves are not aware. Healing for them first has to start with their own intention and willingness to heal.

Healing, not just at all levels to diffuse the energy of pain and suffering they experience every moment of their life. Healing for such people cannot come from the lower vibrations of fear and victimization. Divine intervention can create miracles, once they are open to acceptance through deviation and surrender. Faith and gratitude are the first steps towards healing and recovery. Love and Light.

What is Gratitude?

Before looking at why you should practice gratitude and how you can add GRATITUDE to your life, It's important to understand this characteristic.

What is gratitude?

Webster's online Dictionary defines it as

"A feeling of thankfulness

And appreciation."

It is also described as a state of feeling or being grateful.

Instead of focusing on wants and needs,

GRATITUDE is a positive emotion that focuses on expressing appreciation.

GRATITUDE in its simplest form is saying

" THANK YOU".

Who should we say "thank you" to and why.

Let's start by looking at why we should say "thank you"

Or show GRATITUDE.

GRATITUDE is crucial because it's a thought vibration

Of High positive energy.

It's also powerfully attractive.

It connects us to the source.

We cannot exercise much Power without GRATITUDE,

That connects you to the power.

Because we become what We think about most,

When we show GRATITUDE We attract more of the very thing we are grateful for.

No matter who you are,

Where you are,

Or what your current circumstances,

Learning what is gratitude and expressing it will change your Life.

GRATITUDE is a word,

More often than not,

Taken for granted.

There is a great discrepancy between saying it and demonstrating it with HEART felt deeds.

Did you know that people who are constantly truly ,

Grateful to Life,

God,

NATURE

And other fellow HUMANS,

Never see dark but Light.

IF you pretend to be grateful,

Your friend may not notice it,

But your mind knows,

THE UNIVERSE does too,

And certainly,

The CREATOR Does too.

WE were taught that we should see.

Our Goals as already

ACCOMPLISHED

And we should say

"THANK YOU" now.

Show GRATITUDE now.

This is a POWERFUL way ensure

That we

CHANNEL POSITIVE ENERGIES

ON the things We want!

Nothing Lasts Forever

WE often take for granted the very thing that most deserve
Our Attention and Gratitude.
How often do you pause,
To appreciate,
Your life just the way it is?
Look around right now,
And be thankful,
For your Health,
Your Family,
Your Comforts,
Your Home,
Nothing lasts forever.

EVERY different life situation can be excuse
For hopelessness
Or an opportunity
For Growth,
Depending on what you choose,
To-do with it.
In the midst of particularly Hard day's,
When I feel that I can't endure,
I remind myself that my track record for getting through Hard day's
Is 100 percent so far.
The same can be true for you too.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

The Master Addresses A Disciple's Heart Felt Concerns

" YOUR COMPLAINT THAT YOU HAVE TOILED FOR EIGHT LONG YEARS AND HAVE NOT SEEN MUCH AS A CANDLE IS NOT QUITE UNREASONABLE...."

I do not wish you to take anything in blind faith. Of all the creeds of the world. It is the FAITH only that does not demand blind faith. It calls upon its devotees to ASCEND AND SEE. But so long the dirt of Karma is not washed away, a dirt which has accumulated in many births, it cannot ascend...NO DEFINITE TIME LIMIT CAN BE LAID DOWN WHICH WILL APPLY TO EVERY SOUL.

The revelation time depends on the lightness or heaviness of the past KARMA. There are certain souls who do not get it even after twenty years, while there are others whom it is granted to see the form of the MASTER the very first day. REST ASSURED THAT REVELATION WILL COME ONE DAY. PLEASE DO NOT LET THE EXERCISES BECOME MECHANICAL BUT KEEP UP YOUR ZEST AND INTEREST.

" Trust the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge HIM, and HE will make your path straight."

We normally say....

" TIME CHANGES and so do PEOPLE '

but the fact is

"" NEITHER TIME CHANGES nor PEOPLE "

only thing which changes with the time are

" PRIORITIES."

🙏🌸 GRACE IS VERY IMPORTANT. 🌸🙏

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI'S LOTUS FEET 🙏



Forgiving Yourself

FORGIVE yourself for the bad decisions you've made.
For the Times you lacked understanding,
The choices that hurt you.
These are all vital lessons.
And what matters most right now is your
Willingness to grow from them.
Be selective with your energy today.
If you can fix a problem
FIX it.
If you can't
Then accept it and change your thoughts about it.
Don't attempt to invest more energy than you have.
Even though you cannot control everything that happens,
YOU can control your attitude about what happens.
And in doing so,
YOU will gradually master change rather than allowing it to gradually master you.

FORGIVING – Highest Form of Love

FORGIVENESS IS THE HIGHEST FORM OF “ LOVE.”

THE Saints tell us that IN THE COURT OF THE LORD THERE IS NOTHING BUT FORGIVENESS. Our ultimate goal is to enter and be part of that. So, WE MUST CONSTANTLY ASPIRE TO THIS IDEAL BY MAINTAINING THE EFFORT TO BE FORGIVING. We need to practice forgiveness, so that we can continue to gain awareness of the LORD WHOSE NATURE IS UNQUALIFIED FORGIVENESS.

In A Course in Miracles it says:

In *your* *brother* you see the picture *of* your own belief in *what* the Will of *GOD* must *be* for you. In your *forgiveness* will you *understand* His *love* for you.

Since everything that exists has been created by GOD'S ordinance and thus is his doing, it is sustained in his BEING and so part of him. Nothing made is less than GOD - there is nothing else. We should be present to the divinity in the creation because all is GOD; all is blessed and all is a teaching of the presence of the CREATOR.

NO ONE DOES US ANY WRONG OR TREATS US BADLY. ACCORDING TO THE LAYER OF OUR **KARMA'S*THAT* COMES INTO ACTION, OUR *LORD*MAKES PEOPLE ACT TOWARDS US IN THAT

WAY. SO, WE SHOULD NEVER BLAME anybody.

The practical application of this means to forgive - BOTH OTHERS AND S.E.L.F.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

FORGIVENESS ~ AS GURUJI MAHARAJ EXPLAINED

Unless we learn to forgive others, we cannot expect the LORD to forgive us.

We have to forgive others when they have done something against us.

The LORD will forgive us if we learn to forgive others for what they have done against us, and we can only get forgiveness from the LORD by Simran, Satsang and Meditation.

WHAT IS FORGIVENESS?

THERE IS A BLOCK OF KARMAS BETWEEN THE 'SOUL' & THE 'FATHER' (GURU)

That is why we are separated from the Father. The layer of Karma doesn't let the soul go back to the Father. Forgiveness means to forgive us for all those Karmas, all the sins which you collected in the past birth.

Whatever Seed we have down, before it comes up, we can uproot it.

But once it becomes a plant, we can't uproot it.

Then we have to taste its fruit.

If you hurt another person, if he is still alive he can forgive you and you can forgive him and that karmic relationship is finished.

You've uprooted the seed.

But if the other person leaves the world, you have no opportunity to ask for forgiveness ~ then that karma goes into debit.

You have to come to this world to account for it ~ you can account for it by meditation, or you ask the Father to forgive you for that Karma.

But the LORD will forgive us only if we also forgave others.

Real forgiveness can only come from the Father by simran, satsang and meditation.

Clearing out karmic account is forgiveness.

Eliminating the Karmas which stand between us and the Father is all his forgiveness.

When he wants to forgive us, he puts us on the path.

He brings us into the company of the mystics.

He gives us the environment where we can meditate.

THIS IS HOW HE "FORGIVES" US .

FORGIVENESS IS NEXT TO GODLINESS

People Do Not Intentionally Want to Hurt Us

People do not intentionally want to hurt us.

Their behaviour through their nature and habits are what comes naturally to them.

At times, people can betray , lie, reject or ignore us and it can leave us hurt and bitter.

But they are not doing it intentionally.

They are in pain themselves and are projecting their chaotic inner world on to us.

1. When someone is not being right to you, it could be more to do with what they are going through, and less about you. However, reflect if you have been right towards them not just in words and behaviours, but in your thoughts too.
2. People might be hurting within due to their unhealed emotional wounds. At some point in their life have experienced insecurity, jealousy, fear or anger. They are INTERNALLY bruised and are victims of these feelings.
3. Someone who harms you is a pure being too but temporarily drifted from their original qualities of peace and love. Remain stable. Once you see the pain behind their behaviour, accept it as a fact that exists, rather than a problem to tolerate.
4. Correcting people means being compassionate. Meditate every morning to shift your tendencies from control, discipline or authority... to being a facilitator, guide and a counsellor.

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Never Quit

REGRETS

MISTAKES

FAILURES

are part of life.

Do yourself a favour and don't dwell on them.

Learn the lessons they're meant to teach you and move on.

Life's too short to be crying over what didn't work out.

Always GURUJI giving you another opportunity.

Don't waste it.

Fully use your GURUJI given talents.

Just never quit.

Believe there are reasons for things that happen in our lives.

Handle them with a positive attitude and have faith in the future that things will turn out as they should.

Yes, we should be grateful for all our troubles.

The bad things in life.

As much as they may be painful.

They will open our eyes to see the good things we weren't paying attention to before.

ATTITUDE SHOULD BE UNDERTAKEN:

When you prostrate before elders, the mind should be also humble; it is not the body alone that should bend.

Many social workers visit hospitals and do service to patients there.

Most of the work they do is mechanical, like fanning the patients, writing letters for them, singing bhajans, without paying heed to the actual requirements of the patients.

Many do this work because it is the current mode of social service.

But it must be karma done with full cooperation of the mind, gladly, intelligently, and reverentially.

The patient should not feel disgusted at the fussiness of the social worker; the patient should be looking forward to the arrival of the person, of someone who is very near and dear!

If you do not like that type of work, you need not engage in it!

Do not burden your mind with the unpleasantness of the task.

Work done mechanically is like the flame of an oil less wick ;

THE OIL IS MENTAL

ENTHUSIASM;

THE LAMP WILL BURN CLEAR AND LONG.

Practice Listening To Your Intuition

When your mind is calm and intellect is pure, the power of our INTUITION is activated. INTUITION, also known as the inner voice or 6th sense, refers to the inner wisdom which goes beyond the limitations of our five senses. INTUITION knows what is right or wrong, feels the truth, and constantly gives us signals. Tapping into our INTUITION is our greatest gift, but often we don't listen to it.

Have you been in situations that made you say - I WISH I HAD LISTENED TO MY INSTINCTS, Something tells me THIS is not the right step. Or I have a feeling this relationship will be wonderful. Do you experience that inner voice or intuition GIVING you signals from time to time? There are thousands of decisions we make every single day, and sometimes we just can't seem to discriminate what is right or wrong, and what is true or false. Our INTUITION or WISDOM has all the answers we need. So we just need to listen to it. But often we discriminate things based on beliefs created by the society, people's opinions or acquired information. Our innate WISDOM which we call the INNER VOICE or INTUITION always knows what is right for us. It constantly guides us in the right direction, and all we need to do is to learn to listen to it. Let us spend a few minutes with ourselves on a daily basis. Meditation and spiritual study silences our noisy minds and activate our INTUITION. You have all the answers within, tap into that wisdom to make every choice and decision. Remind yourself - I am intuitive. EACH time I need to take a decision, I surrender to my intuition and it gives me the right answer.

Your Intuition will protect you in every situation. When you listen more to your INTUITION, you will also master the art of SILENCING your mind, thereby controlling your thoughts better. Remind yourself - I TRUST MY INTUITION. I listen to it and get a response, which is right for me and for everyone else involved in the scene.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

How To Create A Protective 'AURA'

I feel very tired. Sometimes I can't understand.

Do one thing. Every night before you go to sleep, just sit in the bed and imagine.

Imagine an AURA around your body, just six inches away from your body, the same shape as the body surrounding you, protecting you. It will become a shield. Just do it for four, five minutes, and then, still feeling it, go to sleep. Fall into sleep imagining that AURA like a blanket around you which protects you so that no tension can enter from the outside; no outside vibrations can enter you. Just feeling that AURA, fall asleep. This has to be done last thing at night. After it, simply go to sleep so the feeling continues in your unconsciousness.

That is the whole thing. The whole mechanism is that you start by consciously imagining, then you start falling asleep. BY and by when you are on the threshold of sleep, a little imagination continues, lingers on. You fall asleep but that little imagination enters the unconscious . That becomes a tremendous force and energy.

I don't see that the problem is with in you. The problem is coming from the outside. You don't have a protective AURA. It happens to many people, because we don't know how to protect ourselves from others. Others are not only there – they are continuously broadcasting their being in subtle vibrations. If a tense person passes by you, he is simply throwing arrows of tension all around - not

particularly addressed to you; he is simply throwing. And he is unconscious; he is not doing it to anybody knowingly. He has to throw it because he is too burdened. He will go mad if he doesn't throw it. It is overflowing. It is too much and he cannot contain it, so it goes on overflowing.

Somebody passed by you and he goes on throwing something at you, if you are receptive and you don't have the protective AURA, you fall susceptible.

And meditation makes one receptive, very receptive.

So when you are alone, it is good. When you are surrounded by meditative people, very good.

But when you are in the world, marketplace, and people are not meditative but are very tense, anxious, have a thousand and one strains on your mind, then you just start getting them. And You are Vulnerable.

Meditation makes one very soft, so whatsoever comes, enters.

After meditation one has to create a protective AURA. Sometimes it happens automatically, sometimes it doesn't. It is not happening automatically to you, so you have to work in it. It will be coming within three months. Any time between three weeks and three months, you will start feeling very powerful.

So in the night, fall asleep thinking this way. In the morning the first thought has to begin this. The moment you remember that now sleep is gone, don't open your eyes. Just feel your AURA all over the body protecting you. Do it for four, five minutes again, and then get up. When you are taking your bath and your tea, go on remembering it. Then in the day time also whenever you feel you have time - sitting in a car or a train, or in the office doing nothing - just again relax into it.

For a single moment feel it again.

Between three weeks and three months you will start feeling it almost like a solid thing. It will surround you and you will be able to feel that you can now pass amidst a crowd and you will remain

unaffected, untouched. It will make you tremendously happy because now only your problems will be your problems, nobody else's.

It is very easy to solve one's own. It is very difficult when you go on getting others problems; then you cannot solve them, because in first place they don't belong to you. Many people say they have had some problem but suddenly here it is gone. It was never their problem - otherwise it cannot go. It must have been somebody else's.

They must be step-fathering it, fostering it. It must have entered from somebody else's mind.

But people are so unaware that they don't know what is theirs and what is the others. Everything goes on getting into a mess. You don't have many problems, and you will be able to solve your problems; that is not a big thing.

This time try to create a protective AURA - and you will be able to see it and its functions. You will see that you are completely protected.

Wherever you go, things will be coming to you but they will be returned; they will not touch you.

Why Is It Important To Spiritually Protect Yourself?

Psychic protection and success go hand in hand. If you doubt it, then you will find out. Here's why. Have you ever asked someone to pray for you? If you have already done so, it is clear that you believed in the persons intention to work for you. But did you know that you believed in the persons intention to work for you. But did you know that it's just as easy for someone to direct their intention to work against you?

Although it is very stupid for someone to actually pray against you because of the damage that will be done to them, but lot of people still do. While you are in the process of applying the law of attraction to successfully improve your life, you may have doubts and fears. These doubts and fears are the reasons why attraction law can be so difficult to function for many people. When you have doubts and fears, you obviously focus on the possibility that your goal will not be achieved. You refuse to receive the blessings of the Universe.

On the other hand your success can be compromised if you are sick or if you are anxious all the time. Also, if you have an AURA infected with dark and negative energy, you will only bring negativity into your life.

HOW DOES IT NEGATIVELY ACT ON YOUR AURA.

When you engage in feeling of fear and doubt, you create a negative energy within yourself. This negative energy allows another person to send more negativity into your energy circle.

This negative energy sent by the other person attached to the negative that you have created.

You then have a huge ball of black energy that masks your AURA.

MANY exceptional people who have had great success in their lives have come to understand the importance of psychic protection when applying the law of attraction.

When you have doubts and fears which are all negative thoughts forms and attach to the negative wishes that someone else has created,

There is now a vast field of dark and dark energy around you.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏



Going Through Hard Times

Whenever you feel you are going through hard times,
Remind yourself THAT it's perfectly okay not to be perfect.
Ultimately,
Success is what you learn and how you grow as you deal with the realities of life.
You can choose to have a different attitude when in tough times.
The difference between a mountain and a molehill is your perspective.
And in many cases,
The only thing in life you have to control over is your perspective.
No matter what happens,
You control what the meaning is,
And what to with the meaning you give to the circumstance.
Choose to react in a way that motivates happiness,
Love
Forgiveness,
Even when circumstances make that choice is DIFFICULT.

--
THERE are inaccurate thoughts that can pull us deeper into this darkened state.
Trapped in a grim. Shadow of darkness can be unrelenting,
Given the cycle of suffering offers no respite.
The cycle of darkness in the evening gives rise to the light of dawn.
Within this order,
Life reassures us nothing is PERMANENT;
Every experience endures it's own rebirth

CONSEQUENCES OF DOUBTS AND FEARS.

You may find it difficult to stay on track
You will have all the fear and doubt for nothing.
You may have bad experiences very often, such as losing money quickly; lose your good relationship;
Bad luck will be your daily life.
Basically, you lose everything that adds positive energy to your life,
Leaving you depressed and in a very vulnerable place,
Unable to attract anything good.

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LEARNING FROM THE PAST

Do you often look back on your life with a pure intention of learning from the past mistakes? Does it eventually lead to very little learning and a lot of lamenting about whatever had happened?

Often when we rewind scenes of the past, we get into a lot of could have's and should have's... and begin writing a futile script about ourselves or others -

Why did I do that?

Or she should have taken my advice.

In the process of re-living of pain repeatedly, will deplete our happiness and health.

We fail to learn anything.

Our focus shifts from me to them, and we get into judgements and a blame -game.

Learning from the past means we become aware of how we reacted previously, and prepare ourselves to respond in the right manner the next time we, when the stimulus is the same.

Take a minute to see how you reflect in a positive manner to associate with positive thoughts about an incident, instead of the bitterness you created last time -

I am a knowledgeable being.

I always honour my worth and accept myself.

There are few times... when I don't think we'll about a colleague...reacted with pain or anger with a family member...

I take responsibility for them.... without going into guilt or shame.

I forgive myself completely for them and release negativity held about the incident. Being a constant learner, I reflect on those scenes now, only and only to check how else I could have responded... not how anyone else had to. I see on screen of my mind how I could have thought, what I could have spoken and how I could have behaved. I mentally rehearse that scene... focusing completely on my script. I want to learn from it and move forward positively, forgiving myself and others. I take my mind in the direction of self-transformation and prepare to respond in a healthy manner the next time. I do let yesterday's mistakes carry forward into today. I then come into the present moment. If I see that someone was not being right to me in that scene, I do not withdraw from them. I just withdraw from my past negative feelings about them or myself. I increase my power of adjustment and adaptability.

I always look to learn and improve.



GRACE OF ALMIGHTY



BOWING DOWN TO GURUJI's LOTUS FEET



Real Growth Is In Pain

Whenever we are going through hard times,
REMEMBER pain helps to grow.
Sometimes things must change so you can change.
Sometimes you must break a little so you can get a peek inside to see what an powerhouse you are.
Sometimes mistakes must be made so wisdom can be earned.
Sometimes you must overcome heartache so you can begin to follow your heart again.
Don't let your struggles become your identity.
Not everything in your life will go as you expect it to.
This is why you need to drop expectations,
Live in the present,
Go with the flow,
Rather than against it.

--

If we have been feeding ourselves the right MENTAL food,
If We have trained our mind in MEDITATION,
Then We can be assured that we can have POSITIVE SELF-TALK,
THAT we are not going to give up on Ourselves no matter what.
We know that everything is temporary,
That PAIN and SUFFERING is part of life
But we also know that we can overcome it.

--

"The only way that we can heal is if we have EXPERIENCED PAIN.
Be GREATFUL for the PAIN
That you have experienced in Life
So you can EXPERIENCE the Freedom of LIBERATION and HEALING ".
IF we have been able to overcome and We have not given up in our lives,
We have much to share with others

--

Don't let this world make you bitter.
Don't let the actions of other people turn you cold on the inside.
Certain things happen that hurt us,
People come in our life and leave us,
And most of all there are moments when you are bound to fall.
Don't let those things make you unkind.
It's okay to cry.
It's to be sad.
BUT it's never okay to do wrong with people just because someone did wrong to you.
We're HUMAN.
We BREAK.
We make MISTAKES.
But Don't let PAIN and SADNESS ruin your lives.
Wake up in the morning and do what you think is right.
There are moments in your life where you feel like giving up and can't take it anymore.
It's okay.
BREATHE.
INHALE.
EXHALE.
But the things that show your weak side are also the same one's that make you the STRONGER in the long run.

It's all about taking the RIGHT SPIRIT whatever life throws at you and learning from it.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Calming Your Mind

Learn how to calm down your MIND and Emotions.

Because more CONTENT,
HAPPY and OPTIMISTIC.

RELAX PHYSICALLY,
EMOTIONALLY AND MENTALLY.

REDUCE stress and avoid stressful situations,
Negative thinking And Toxic people.

You can begin enjoying inner peace in your everyday life.

When there is inner peace, stress, nervousness and impatience disappear, and that enables you to deal efficiently with the day-to-day affairs of life.

WHEN YOU'RE MIND IS CALM;

YOU can Stop dwelling on Negative Thoughts,
Worries and fears.

You can let go of Frustrations and NEGATIVE emotions.

You can free yourself from fears and worries which are useless and stressful, and do not help in any way to solve anything.

We cannot see our own reflection in the running water. IT is only in the still water that we can see. The same is true mind, when you quit your thoughts n mind you often see much more clearer.

YES, when you over think, You give your thoughts to much freedom to control the state of mind. We all tend to give our thoughts a certain Power because they appear to be so TRUE and ACCURATE. BUT, given enough energy, our thoughts run rampant and start turning negative. And then the trouble begins.

Negative thoughts lead to negative feelings, and then it leads to Pain and Suffering. THE path to happiness STARTS from understanding of the ROOT CAUSE of suffering. All that we are is the result of what we have thought. It's founded on our thoughts, it's made up of our thoughts. If we speak or act with an evil THOUGHT, pain follows one.

If one speaks or act with a Pure thought, happiness follows like a SHADOW that never leaves. So learn to acknowledge your thoughts, if they are getting out of control.

STOP THEM.

Take a deep breath and bring your focus back to the present. Give yourself permission to let it all go and not think about THE PAST, THE FUTURE, ABOUT ANYTHING. RIGHT now is the MOMENT, Live it now. The way we THINK, BREATHE, and use our body play's the major role in our creation of SUFFERING and STRESS.

Indeed we can say that STRESS is caused by excessive thinking, tensed muscles, and a lack of sufficient Oxygen to fuel our system, RIGHT or WRONG, GOOD or BAD, YOU or ME, EASY or DIFFICULT, Are all created by our thinking.

When we view the world with the sense of opposition the world appears to conspire against us. People desire many things; FAME, FORTUNE, POWER, and SUCCESS. All of this desire COMES from a failure to notice what we do have; the essence of who we are. When we are at peace with who we are we're not attached to WINNING or LOSING, SUCCEEDING or FAILING. When we are not attached to the results we achieve, our BODY relaxed, we breathe freely and easily.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Start Taking Care Of Your Mind - An Inner Factory Of Thoughts

Suppose we own a factory that manufactures 59,000 garments a day, it is not wise if only a fraction of them is useful while rest of them are of no use. Our mind which is our inner factory creates around 40,000 - 50,000 thoughts a day. Every thought has the potential to be transformed into a powerful force through words or actions. As owners of this inner factory, we need to ensure every thought is useful. Our life is a long chain of thoughts which come into words and behaviours. Just as the farmer thoroughly checks the quality of seeds before sowing them, we need to check our thoughts which are seeds that bear fruits as words and actions. In other words, we need to take ownership of our Thought factory.

Your every thought has 4 impacts - it creates your feeling, it affects every cell of your body, it reaches the person about whom you think, and it radiates into the environment. So your thoughts are connected to your emotions, health, relationships and environment.

Observe your thoughts for a minute after every hour and classify them into 4 categories - Positive which are thoughts of peace, love, happiness and acceptance.

Negative thoughts are of ego, hurt, anger, hatred or jealousy.

Necessary thoughts are related to day to day activities, without the emotions of worry, irritation, fear or anxiety.

Waste thoughts are about the past, future or about other people - all of which are not in our control.

The stage to empower yourself is to create pure thoughts and good wishes for everyone. Study Spiritual knowledge to slow down the mind and inculcate new ways of thinking in your subconscious mind.

Every thought becomes a product of your spiritual charging, since information is the biggest source of your thoughts.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Keeping the Balance With Ease

Living a life which involves different actions, all of which are important in their own way, sometimes requires adjusting to them at every step. E.g. this morning, you have a meeting which is going to last for a couple of hours. After that you have to work on a project, which is pending in your office for a long time. And then, there are some phone calls to complete. This can go on and on every day and for day after day.

This is called being action oriented. I work and work very hard every day to bring success in my role. Also, I want to keep love and respect maintained in my relationships and at the same time maintain my peace of mind and contentment. All this, I do, also realising that my physical body is to be kept healthy and also other different areas of my life are to be maintained. Also, my personal time space in which I just give time to myself is not to be forgotten.

So, a lot of actions filled in a day are tiring us at times. The above is a typical day in the life of a working professional. The day just starts and ends before you know it, with no free time. Also nowadays, an added dimension in almost everyone's lives is travel time. Then, there are things to be taken care of like diet, rest, and sleep and even taking care of what everyone expects from me, fulfilling their demands and satisfying them.

Amongst all this, the one thing that remains constant is I, the inner being. Spirituality teaches the technique of keeping myself stable and rich with my internal treasures like peace, love, joy and power. I need to do that when everything around me, is so changeable and constantly moving. Everything moves around me, where as I remain in one Positive state of mind constantly. Also, I don't react, but only respond. I act, but don't become action oriented. I remain soul conscious, or inner being conscious.

Peace of Mind

Man is in Search of Happiness but has no Peace of Mind.

Even if he succeeds in achieving His objectives, he remains dissatisfied.

His search for peace and happiness, therefore, never ends.

Saint Augustine says that GOD gave us the senses for using them properly, but we misuse them by indulging in sensual pleasures; whereas the bliss for which we should have striven remains enshrined in scriptures only. A thing and its attributes cannot be really separated. The Sun and its warmth is inseparable. As long as you are aware of separate entities you will never have a peaceful mind. And the truth will elude you seen it through it is always there waiting in the wings. That is why MAYA is accused of keeping you from TRUTH by giving you a partial vision. Intelligence is the source of delusion.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Fear Has No Power

"WHATEVER YOU FEAR HAS NO POWER
RATHER IT IS YOUR FEAR THAT HAS POWER"

Sometimes the disease could not bring that much harm to us than the panic and anxiety which we hold during facing any difficulty.

It keeps on bombarding our mind with deep pessimism and we keep on ruminating the most worst consequence of that situation.

Inspite of having so much faith in GURUJI we do not think positive.

Always remember that your vibrations and how you vibrate is what the universe echoes back to you in every moment.

So try to make yourself positive and your frequency higher.

Positive thoughts results in positive outcomes and it brings more blessings of GURUJI in your life because your positivity shows that you have ARDENT faith in your GURUJI.

An Awesome Anxiety

THE SUPREME LORD

RESCUES HIS devotee from the Ocean of birth and death.

A Soul suffering in material existence can never save himself from the Ocean of repeated birth,

OLD AGE

DISEASE

And DEATH.

BUT if he comes to understand GOD to be ABSOLUTE TRUTH.

The cause of all causes,

He surrenders to Him and invokes His Misery.

Then the LORD lifts HIS long-lost devotee out of the Ocean of misery and takes him back to the eternally Blissful Spiritual World.

INCREASE your anxiety to serve HIM.

This is a real asset.

This EAGERNESS to love GOD is not available even after many, many lives of PIOUS activity.

So if you have a pinch of that anxiety to serve GOD,

You should KNOW that you are most fortunate.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Want of Wealth

DON'T expect any materialistic things from GURUJI,
THEN you would get GURUJI HIMSELF.

Help the needy

Never hurt anyone

Physically or mentally.

CHANT Mantra Jaap or just his name; GURUJI.

You have to pray with love

(From your SOUL, MIND, THOUGHTS)

Realise that your chitt (SOUL) is GURUJI

SHIVOHAM SHIVOHAM.

ASK GURUJI for his forgiveness,

For all the sins you have done, Knowingly or unknowingly.

Trust GURUJI as your best friend.

"HUMAN " is to love. "MONEY" is used,

But people love MONEY

And use HUMAN beings.

Appreciate someone as much as he treats you, unaccounted for destroys your peace.

To drown you, there must be people sitting in the world, whom you yourself have taught yourself to swim.

You never use both " time" and " word" carelessly, because both of them neither come again nor give a chance.

A long thread and long tongue only cause problems, so the thread should be wrapped and the tongue wrapped.

It is said that there is no greater weapon than silence to overcome discord, so whenever someone hurts the heart, it is better to remain silent, because time gives answers to those whom we do not answer.

Keep only one rule in life, speak straight, speak the truth and speak on your face, those who are yours will understand and those who are in name will go away.

Give knowledge to someone as much as he can understand because water is wasted if the tap is not closed after filling the bucket.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 



I Trust You GURUJI – I Surrender

I TRUST you GURUJI,

I TRUST your PLANS.

I TRUST your WILL.

I TRUST what you can see and I cannot.

I TRUST YOU WITH IT ALL.

TRUSTING GURUJI is the hardest lesson to learn but most CRUCIAL.

TO TRUST GURUJI is to trust HIS TIMING

TRUST GURUJI is to trust HIS way.

Let's fix our eyes on GURUJI.

Choose to believe GURUJIS Plans,

Really are the best plans,

And remember that we can TRUST Him at all times.

Soak in these words tonight before you go to bed

And speak them out loud over your situation;

GURUJI is the solution for every single one of my troubles.

GURUJI is within me and perfectly equips me to know what to do.

GURUJI is within me therefore there is nothing I'll face alone.

Evidence of His constant work is all around me if only I choose to see IT.

--

Our only duty is to ensure that we don't hurt anybody deliberately.

It may happen inadvertently or unknowingly

And that will be accounted for

As a mistake but when we do it deliberately,

It's a crime.

A mistake can be forgiven

But a crime is something which will call for a penalty.

Sooner or later,

We will have to pay for it by going through the same experience.

When someone comes to you for any favour or help,

You may smilingly refuse if you don't wish to please but do not insult or offend the one in need.

GURUJI knows that somebody comes to us only if there's an old account pending unsettled.

This is the chance to get rid of it.

The EARLIER,

THE BETTER.

CLEAR the SLATE.

WHEN you refuse to help,

You extend the PENDENCY.

When you insult or offend,

You have added interest to it.

LISTEN TO GURUJI.

HE LOVES US.

NO END.

EVEN IF WE MESS UP.

--

WHEN WE ASK OURSELVES,

"WHY ISN'T GURUJI answering my PRAYERS"?

- 1- GURUJI is active even if we can't see His activity. Just because we can't discern or detect what He's doing, doesn't mean He isn't working.
- 2- What may feel like a lack of intervention is not a sign of His lack of affection.

3- GURUJI Delays are not denials.

GURUJI allows us to wait so that we can grow.

Delay doesn't mean denial, it just means wait.

Waiting is hard for us because our society doesn't believe in it.

If things do not come in an instant then we move on.

Patience is a virtue that needs to be valued more.

4- GURUJI love's us too much to answer our prayers at any other time than the right time, and in any other way than the right way.

5- Trusting GURUJI is not about ignoring your feelings or reality.

It is not pretending that everything is OK when it isn't.

TRUST ing GURUJI is living a life of belief in and in surrender to GURUJI even when it's difficult.

--

When we have

" I don't know why"

Situations in life,

We have to make hard choice to settle our mind with what we do know.

Otherwise, the

" I don't know whys"

Will sweep us away into treacherous currents of doubt and disillusionment.

So I grab hold of what I do know.

I do know GURUJI is my protector.

GURUJI loves me no matter what,

He can only have my best interest in mind.

I do know GURUJI is my support.

GURUJI plans for me are best even if they don't align with mine.

GURUJI will give but probably not in the way I expect.

I do know GURUJI is there to take care of me, HE will fulfill my dreams.

Others may break their promises,

But GURUJI will never.

So that's where I park my mind, my emotions, and my trust. It's not the tidiest parking spot on the lot. It doesn't make the hurt sting less. But it's a place I can wad up my runaway emotions and hand them over to my perfectly capable and all knowing GURUJI.

We can't always fix our circumstances, but we can fix our eyes on GURUJI. Surrender yourself and all your belongings at the feet of the SUPREME. Live a dedicated life of Godliness. Think that nothing is yours and everything belongs to GURUJI.

This is surrender to GURUJI.

Give the power of attorney to GURUJI.

Let him do whatever He want's.

You will have no worry or anxiety.

You will be peaceful.

Surrender contains intense love and faith.

After surrendering to the LORD, you should not grumble, fret, and fume when any trouble comes.

You should not complain:

O GURUJI, you have no compassion.

If you complain then there is no Meaning in your surrender.

Through surrender the devotee immerses himself into the eternal essence. You endear yourself unto the Lord by self - surrender. The more the surrender the more the grace. The degree of grace is in direct proportion to the degree of surrender. You do not lose anything in surrendering to the LORD. You attain fullness.

Divya Shakti

" KEEP VIGILANT WATCH OVER YOUR THOUGHTS DURING THE DAY. DON'T LOOK INTO THE EYES OF OTHERS."

That is the main place that you get the infection. EYES ARE THE WINDOWS OF THE SOUL.

So only look into the eyes of someone who is chaste. All right, if you want to look into the eyes, you will become infected. IF YOU ARE A STRONG SOUL, YOU MUST AFFECT OTHERS.

If you are weak, others will affect you, it's but natural. KEEP constant vigilant watch over your thoughts, every moment.

IF YOU WATCH THE PRESENT MOMENT, THAT WILL GO ON TILL ETERNITY. NOTHING CAN GO WRONG.

It is what you digest... reading and amassing your brain with facts and figures, all scriptures of the world won't help you. RIGHT UNDERSTANDING ONLY COMES with GOD'S GRACE.

Even if Grace comes, unless you live up to it, something is still lacking. So that is why it is said: First is God's Grace.

He has given you the human birth.

This means you can go up : go back to your home.

Again his Grace...

The second Grace...

You met somebody who was the Word made Flesh.

This is His Grace.

THEN THAT WORD MADE FLESH...

(GRACE WAS THERE)

GAVE YOU SOMETHING TO START WITH.

SO ALL OF THIS...

GOD'S GRACE and GURU'S GRACE IS DONE

SO many thousands of dollars have been deposited in your name...

Now comes the third GRACE...

YOUR Own GRACE...

HAVE GRACE ON YOUR OWN SELF,

AND GO TO THE WINDOW WHERE THAT MONEY CAN BE WITHDRAWN...

So even GOD'S GRACE and the GURU'S Grace does not help much unless you have Grace on your own self, you see...

THE WHOLE THING DEPENDS ON YOU. Be Gracious on your own Self!

The Calm Mind

WE cannot see our reflection in running water.

It is only in still water that we can see.

The same is true with mind,

When you quiet your thoughts and mind,

You often see much more clearer.

YES

When you over think,

You give your thoughts too much freedom;

To control the state of your MIND.

We tend to give our thoughts a certain power,

Because they appear to be so true and accurate.

But, given enough energy,

Our thoughts run rampant and start turning negative.

And then the trouble begins.

Negative thoughts leads to Negative feeling,

Then it leads to pain and suffering.

The path to happiness starts from understanding of the root causes of suffering.

All that we are is the result of what we have thought.

It's founded on our thoughts,

It's made up of thoughts.

If we speak or act with an evil thought

Pain follows one.

If one speaks or act with the pure thought,

Happiness follows like a shadow that never leaves.

So learn to knowledge your thoughts,

If they are getting out of control,

Stop them.

WHEN we're at Peace with who we are,

WE'RE not attached to winning or losing, succeeding or failing.

When we are not attached to the Results,

We achieve,

Our BODY stays relaxed,

WE breathe freely and easily.

Quieting the thinking,

Mind leads to intuitive action.

INTUITIVE action leads to

LIVING CALMNESS!!

LOVE,

LIGHT

AND PEACE.

We all seek peace of mind in one way or another,

In one form or another.

All of us desire some degree of alleviation,

Rest or time out from daily chores and tasks,

From stress, Problems, The News, People and the rush of daily life.

There are many ways to find peace,
But most of them are temporarily,
Bringing temporary inner peace.
Going to a movie, Spending time doing something We love to do,
Listening to relaxing music and even sleeping are various ways of experience it.

IT is also possible to gain a stable state of inner peace.
Which is independent of external circumstances,
But this requires some inner work and techniques.

Learn how to calm down your mind and emotions.
Because more content, Happy and Optimistic.
Relax Physically
Emotionally and
Mentally.
Reduce stress and avoid stressful Situations.
Negative thinking and toxic people.
You can begin enjoying inner peace in your everyday Life.

When there is inner peace,
STRESS,
NERVOUSNESS and
IMPATIENCE DISAPPEAR.
And that enables you to deal EFFICIENTLY with the day-to-day affairs of Life.

WHEN the mind is clear; You can stop dwelling on negative Thoughts,
WORRIES and
FEARS.
You can let go of Frustrations and Negative Emotions.
You can free yourself from Fears and WORRIES,
Which are useless and stressful,
And do not help in any way to solve anything.

You become less judgemental
And less critical of yourself And of others.
You get the sense of freedom from disturbing thoughts,
And inner peace and Joy.
You gain the ability to enjoy CALMNESS even in hectic situations.

Any time any place are suitable to begin learning how to gain inner peace.
You do not have to wait for the Ideal conditions.
You can lead a busy Life,
With Work,
Chores
Responsibilities and Problems,
And yet gain inner peace.
The right place and the right time to gain inner peace are here and now,
No matter where you live or what you do for living.

Remember that with a problem there is always a solution.
Problems can't exist without a solution.
Black can't exist without white or other colours.
UP can't exist without DO WN.
All that is needed is for us to make ourselves available for the solution and to tap into it.

Patience and Determination

KNOW THAT every little struggle is a step forward.
IN life,
Patience is not about waiting;
It's the ability to keep a good attitude while working hard on your dreams,
Knowing that the work is worth it.
So if you're going to try,
Put in the time and go all the Way.
This could mean losing stability and comfort for a while.
It could mean accepting ridicule from your peers.
It could mean lots of time alone in solitude.
SOLITUDE,
THOUGH,
IS the gift that makes great thing's possible.
It gives you the space you need.
Everything else is a test of your DETERMINATION,
OF how much you really want it.

If you want,
PATIENCE, HAPPINESS, PEACE, DIVINELY BLESSINGS,
YOU will do it,
Despite FAILURE and REJECTION and the odds.
And every step will feel better than anything else you can imagine.
You will realise that the struggle is not found on the PATH.
It is the PATH.
And it's worth it.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

God Is The Power

With the support of the family and friends, we can get through the toughest situations. I truly believe this. The Voice of GOD

Steaming hot Peas Biryani - Mouth -watering & Delicious. Mother usually made Peas Biryani on Wednesday afternoons in winter. It was her favourite dish to prepare, for it was easy to make, yet a hot favourite among the kids. Moreover fresh peas were in season and tasted heavenly.

She heated some oil in a pan and added a spoon full of cumin seeds. Then she added handful of chopped onions. She proceeded to add some green peas and seasoned them with salt and turmeric powder. Having sauteed them for a couple of minutes she turned in the cleaned and washed rice and poured in a good amount of water. She covered the pan with the lid and let it cook on the slow flame.

Strangely, the ingredients in the simmering pot started a conversation. The rice was the first to say, I am the most important of all of us present here for I am pure white and wholesome. I am the key ingredient to making Peas Biryani. I am Sathya, this is the Truth.

The yellow turmeric powder chuckled and said, No longer are you white my dear, for I have dyed you in my own colour. I am DHARMA. This is my duty.

The peas smiled peacefully and said, What is Peas Biryani, without peas, eh? We are the most attractive and delicious part of this preparation. We are SHANTI. We are peas (PEACE) and our colour too is GREEN that is the colour of PEACE.

The salt mused to it SELF and said, Who would ever be able to eat Peas Biryani, without salt ? I am the most important part of all. If I were not there Peas Biryani would be unpalatable. My taste shall be infused in EACH particle. I AM PREMA. I love each one of you equally.

The Onions said, We add the tang to this dish. We add FLAVOUR. We are the soul of all vegetarian food. WE are AHIMSA. We tolerate all other flavours, yet retain our own.

The pan spoke up and said, It's I who is holding all of you in here. But for me, you would all have been separate identities. I have held you together, So that is JOINTLY, you can become a delicious dish. Where would you be without me ? I am DISCIPLINE and I am indispensable.

The cumin seeds were dancing up and down in the boiling water and said, Try making Biryani, without us IT shall be quite tasteless. We sizzle in the hot oil first of all for we are Devoted to Spreading our flavour, wherever we go. WE are DEVOTION.

THE Biryani was almost ready and the oil glistened on every grain of rice, each pea and each cumin seed, retains its individual identity. I prevent STICKINESS.

I am DISCRIMINATION.

The water was completely absorbed by now. It smiled contentedly and said, I was determined to permeate into each particle of all of you. Without me could Peas Biryani ever have been made ?

I am DETERMINATION and I am the most important of all.

Mother came by and checked to see, if the Biryani was done. The gas flame smiled to itself and said, Each one is so full of its own importance. Without the power of heat provided by me what would they be ? It is the Power of GOD vested in me that I can give the ENERGY to cook.

But alas, who remembers the POWER OF GOD?

GOD smiled to Himself as the lady turned off the gas and waited, till He was needed again.

EACH ONE OF US IN THIS WORLD IS SO FULL OF HIS OR HER IMPORTANCE.
WE CONVENIENTLY FORGET "GOD" WHO GIVES US THE POWER TO DO EVERYTHING.
WHEATHER ACKNOWLEDGED OR NOT, WEATHER REMEMBERED OR NOT,
"GOD IS THE POWER"
BEHIND DOING AND MAKING EVERYTHING,
EVEN PEAS BIRYANI.
INCIDENTALLY,
THIS ALSO PROVIDES ANOTHER LESSON.
FOR OUR FRIENDSHIP TO BE SUCCESSFUL LIK MAKING OF THE BIRYANI WITH
DIFFERENT INGREDIENTS,
WE NEED ALL KINDS OF PEOPLE,
NONE CAN BE LEFT OUT,
* WHILE AT THE SAME TIME LIKE WE MUST VALUE THE PRESENCE OF GURUJI, WE
MUST ALSO VALUE THE UNITY BETWEEN ALL OF US FRIENDS AND NONE MUST BE
LEFT OUT.*
Even one person left out will dent the value of friendship, like it will do to a Biryani if one of the
ingredients are left out.
If we focus on the Eternal,
We will remain unaffected by the
CHANGING EXPERIENCES OF LIFE.

Take Charge Of Your Life

TAKE CHARGE OF YOUR LIFE.

BE A DOER, NOT A WATCHER.

So many temptations lure you into sitting on the side - lines of life, JUST WATCHING:

RIVETING TV SHOWS AND MOVIES, WEBSITES, SOCIAL MEDIA. WE EMERGE BLINKING AND WONDERING WHERE THE TIME WENT. TURN OFF THE DISTRACTIONS.

MAP YOUR DREAM. TAKE ONE STEP TOWARD IT EVERY DAY.

Your time is most precious asset. Do not give it away carelessly, and don't fritter it away. Learn to say no to requests for your time that don't get you closer to your dream. Don't let time get away from you. WAKE UP BEFORE EVERYONE ELSE AND FEED YOUR DREAM FIRST.

LEARN to ask what you want, not to feel hurt when you are rejected. "No" is just the beginning of the conversation. Every successful person has been rejected many times along the way. Keep going.

PERSEVERANCE IS THE MOST IMPORTANT QUALITY THAT WILL GET YOU TO SUCCESS.

Never stop educating yourself. Life is a continuing education class, and you have to keep up with the reading. Read ,read, read, books that challenge you, books that infuriate you, books that don't make sense to you. Read across genres. Become the most knowledgeable person in your field.

And STAY ahead. Unless you absolutely have to, don't ask successful people for money. Instead, ask them for advice. Find someone who is where you want to be, do your homework about her, make a list of three short questions, and ask her out for coffee to go over your questions.

Learn social skills. Don't be shy when you should be friendly and forthright. Don't be domineering of someone else time. Don't get high in professional situations. Be kind and respectful to everyone. Remember people's names and say them when you are speaking to them. Listen when others are talking, and reflect back to them what they said so they know you did. Minimize sentences that begin with "I". Do random favours for people above you on the hierarchy.

BE THE HERO OF YOUR OWN LIFE, not your own worst enemy. Take care of your health, nurture your family, force yourself to smile and uplift those around you even when you don't feel like it. Have at least one close friend you can gripe to, where you can let off steam. Don't burden everyone with your problems. Elevate them with your joy.

Forgive others slights of you. They were probably going through their own battles that you know nothing about. They are just as imperfect as you are. Don't gossip. It's petty and beneath you.

Live your values. A part of your life should always be devoted to improving your community. Do not make excuses for avoiding this obligation.

Most of all, be positive. You are blessed with life. Be grateful every day. Learn to create your own happiness and how to contribute constantly to the happiness of those around you.

WHEN WE CHANGE, THE WORLD CHANGES

Visualise waking up tomorrow morning, absolutely contented. Satisfied with everything -GOD, our life, family, food, home, job, friends, money, comforts, city. Accepting myself, people, situations, traffic, pollution, weather as they are. Admiring the beauty and uniqueness in every speck of creation. Savoring morning cup of tea, discharging duties with a smile, enjoying every interaction, sending blessings to everyone, relishing food focusing only on the good, welcoming surprises, remaining hopeful even in a hopeless situation - simply living it up with faith and love. How different will my tomorrow be from today?

My quality of life will rise a few notches because I choose to change my tomorrow, and it starts with one thought - contentment for everything I have. My thought triggers a pleasant feeling, an attitude of gratitude, right actions and soothing behaviour. So I send positive energy to my body, to people and the universe, influencing all three - so my health improves, relationships become harmonious, and I contribute to world peace. If I repeat this the next day and the next, what started as Changes In Me, Will Change My World. Also I am always one thought away from changing my world.

My world is not somewhere out there. It starts from within me, from my thoughts. I the being, constantly radiate my energy into the world.

So if I emerge the divinity within, the world changes. If I stand up for morals, the world changes. If I reconcile with my past, the world changes. When I go step out into the outer world in this state, my every action will reflect the flavour of my inner world. As angels, we are agents of change. Let us influence our family, country and the entire humanity, one day at a time by transforming ourselves. Let our collective energy of goodness envelop the planet to bring a change and bring the Golden Age, Satyug in this world.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Sharing With Our Soul

DEAR SOUL:

Tell me what is bothering you....?

A Prayer which is not answered on time or you feel I don't listen to you.....?

I Listen to each and every Prayer you put in Front of me.

I Watch everything you do.

I Know what you are going through and what is going on in your mind.

I am worried for you.

SOME Blessings are delayed but never go UNANSWERED.

I ONLY GIVE YOU what you need at this point in time, not WHAT you WANT.

You have to trust me, you must remain calm in adverse SITUATION, hold onto your FAITH that you have on me.

Don't rush to conclusions that I didn't hear what you say.

I am sitting right here to cleanse your Karmas.

Let me do my work, because I only know what is right for you to get from GOD ALMIGHTY.

I'll then hold you tightly.

TALK to ME.

Share every single thing with me as you share with your friends and family.

They are there till the time you have this life, they can support you but I the who brought you and will take you to the end.

MY LOVE for you is infinite and endless.

Just wait patiently for the bad time to get over.

Remember this too shall pass.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

The Soul

Now so long as all the impressions, (Received ever since the soul entered into the sphere of minds and bodies.)

Have been removed,

The soul is not free and till then shall remain subject to Karmas.

It performs actions only when it activates the Mind and this happens only when it leaves the SOUND CURRENT,

AND associates itself with the MIND.

IT IS FREE FROM MIND ONLY WHEN IT IS IN CONTACT WITH THE CURRENT.

AT BIRTH A DEFINITE NUMBER OF IMPRESSIONS ARE allotted TO THE SOUL.

They form,

In a way,

The mould in which a new life has been cast.

They determine the temperament,

Span of life,

And trend of our activities during that life.

During the life time, therefore; these have to be worked out, and new impressions will have been received.

These new impressions together with unallotted old impressions are assorted again, and a definite number is assigned to run through another span of life....

THE PROCESS THEREFORE IS UNENDING AND EVIDENTLY THERE DOES NOT SEEM TO BE ANY - WAY OUT OF THIS CYCLE. BUT THE SAINTS (GURU) SHOW US THE WAY - OUT.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Sounds Around EYE Centre

" THERE ARE TEN DIFFERENT SOUNDS AUDIBLE IN THE REGION OF THE EYE CENTER...

DRUM,

WHISTLE,

VIOLIN,

AND SO FORTH INCLUDING THE

BELL AND THE

CONCH.

Eight of these are local but the BELL and the CONCH are connected with the higher regions.

As the attention is withdrawn from the body and concentration improves, and the eye centre is being approached, these sounds begin to be audible.

As the mind becomes steady and sticks to the centre , it begins to distinguish one sound from the other. In the beginning one listens to whatever sound is AUDIBLE, but, with improvement in concentration, this gives place to some finer SOUNDS.

ULTIMATELY ONE PICKS UP THE " BELL" AND REJECTS THE OTHERS.

THE BELL WILL TAKE ONE AS FAR AS THE THOUSAND PETALS.



Heaven and Hell

LOOKING FOR HEAVEN.

THIS is a STORY that is told of GURU to his Disciple.

The disciple asks his GURU to please show him what HEAVEN looks like. So the GURU teaches him how to meditate and explains to him how to go within himself and see Heaven.

A few days later, the disciple returns feeling somewhat disappointed.

The vision of Heaven that he had did not match with what he had read in the scriptures. There were no gems and no jewels, no milk and honey and no Angels floating around in white robes. He wondered if perhaps his GURU had made a mistake and showed him a different place.

So he went back to his GURU and asked him to show him what Hell looked like.

The GURU again teaches him how to meditate and explains to him how to go within himself and see He'll.

The disciple follows the GURU s instructions and sees in a trance that there is certainly such a place, but there were no evil spirits or burning inferno like people have described over the ages.

The disciple goes back to his GURU and say's to him, "MASTER, I have seen Heaven and Hell as you have shown them to me, but I did not see in Heaven all the things that have been promised, and the Hell that I saw was not what the scriptures described,"

" My child," the teacher replied, " Your Heaven or Hell is not kept ready for you. You will take them with you when you go."

If you take sorrows with you, that is what you find. If you take love with you, then that is what you will find there.

The mind records everything you have experienced in your life and it will play it back for you when you die.

So you will create your very own version of Heaven and Hell.

In fact, you do not even have to wait for death in order to experience it. You can experience it even now.

Looking at our lives, we can see very clearly how true this is.

Whatever we experience, whether it be joy, sadness, love or hatred- all depends on our thoughts, no the state and activity of our mind.

If we are depressed, it is because of the repetitive, depressing thoughts that keep bombarding our minds. And if we are happy, it is because we are in a positive State of mind.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

All that Permeates – HIM!

WHEREVER,
THERE IS LOVE THERE IS LIFE.

WHENEVER,
THERE IS NO LOVE,
LIFE IS WORTHLESS....

ACTUALLY,
A MAN IS NOT A TRUE MAN UNLESS HE HAS WITHIN HIM
THE DIVINE SPARK OF LOVE.

GOD,
in the form of love, is within everybody.

Those whose eyes are open see all human beings as the manifestations of GOD, like Ray's of the Sun
or the waves of the Ocean.

They know that the same Spark of love has been created them all.

Therefore, who can be low or who can be high?

Men in different positions in life and in different countries.....

Be they,

YOGIS,

SANYASIS,

BRAHMACHARYAS,

HINDUS or

TURKS....are all one in

HIS EYES;

AND differences in Caste, Creed or Country can never be of any importance to those who possess the
quality of Love.

THERE IS ONE GOD IN HEAVEN

AND

ONE FAMILY ON EARTH.

GURUJI SAYS;

" THE CURRENT OF LOVE FROM ONE GOD IS FLOWING THROUGH THE ENTIRE
UNIVERSE.

WHEN DO YOU THINK WHEN YOU LOOK AT THE FACE OF A MAN?

LOOK AT HIM CAREFULLY.....

HE IS NOT A MAN BUT A CURRENT OF THE ESSENCE OF GOD (LOVE)

WHICH PERMEATES

HIM."

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

GURUJI's BLISS

"If we do SIMRAN lovingly and affectionately, without visualising the form of the MASTER, the FORM itself will come there and start dwelling within us.

It is a natural PRACTICE .

You know that if you remember anything, you will start seeing or feeling that thing is in your mind.

In the same way, if we do the SIMRAN given by your perfect MASTER , LOVINGLY and AFFECTIONATELY, then HIS form will start coming within us by HIMSELF and we will have it.

If we are making any efforts on our side, if we are trying to visualise the Form of the MASTER, then we won't be able to be successful because we won't be able to visualise only the eyes of the MASTER, sometimes only his chin; and in that way, our meditation will be distributed and we won't be successful.

So it is better to just do the SIMRAN lovingly, because if we will remember the MASTER LOVINGLY " HE " will start coming within us by HIMSELF.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Conversation with Waheguru

WAHE GURU:

Will not ask you if you memorized Simran,

He will not ask how many times you recited it',

He will not ask how many times you chanted,

He will not ask how many turbans you wore,

He will not ask you about clothes.

He will not ask you if you remember His face.

He will not ask you whether you learnt his Sakhian.

He will not ask if you saw His paintings,

He will not ask you if you preserved His clothes and maintained His preserved artifact's.

He will not even ask you if you profess a belief in him.

What he will ask is - Were you TRUTH ful?

Did you perform Responsible Actions and Meditation?

Internalize the teachings, truly meditating on the inside...

...does not have form.

Meaning someone who has internalized the teachings, maybe seen to repeat jap or maybe seen to draw things or he may not do either and sit in silence or he may fight battles.

There is no set of behaviour you can copy to become an enlightened being, who is truthful, responsible being, who is truthful, responsible and meditative.

IT is a shift in perspective.

If the shift takes place within and yes it does manifest outwardly but that manifestation can be vastly different for different people.

There must be sensitivity to life.

WHEN THERE IS SOME SENSITIVITY.

THEN ONLY PAINTING BUT ASPECT OF YOUR LIFE ITSELF WILL ELEVATE YOUR Soul.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

The Third Eye

NO AIM CAN BE GREATER THAN THE WISH TO BE CHANGED FROM THE LIMITATIONS
AND MISERIES OF A TRANSIENT HUMAN BEING

INTO THE ETERNAL JOY OF THE PERFECT ONE

It is not difficult for the " GURU " to take a soul upward, but premature uplifting causes harm. Just as a fine silk cloth, spread upon a thorny hedge it is torn to pieces if suddenly pulled away, so too the soul, "entangled in the Thorns of Karmas," which "penetrate every cell in the body," must be "gradually purified by the MASTERS LOVE (GURUS LOVE)."

BY HIS GRACE,

THE SOUL IS FREED FROM THESE 'THORNS'

AND ' KARMA ' is slowly shifted out from every cell in the body.

YOU WILL GET EVERYTHING YOU WISH

--- things more wonderful and remarkable than you ever dreamed of. He who has to give you all, is sitting inside, IN THE THIRD EYE. He is waiting for the cleanliness of your mind and watching your every action.

The repetition of the Mantra Jaap should be performed with love and faith.

Fix your attention in the eye centre (without putting any pressure on the eyes), and keep in one position, if possible, so that you become unconscious of the body below the eyes, and the attention does not wander from the eye focus.

Try to enjoy the exercise.....

There is no doubt we are weak and have neither Faith or Love, but there is one hope to sustain us-

That he may take pity on and forgive our sins.

We have taken refuge at his ' holy feet' .

Deservedly or Undeservedly, we are his children.

Therefore,

It behoves you to perform your devotions every day.

Without fail.

Do not engage in discussions with others.

But go on pursuing the path while attending to the daily business of life.

With Peace and Precaution

THE GURU

(MASTER) IS EVER READY TO HELP 'HIS CHILDREN'

Enlightenment

ENLIGHTENMENT

You just need to nurture your MIND take care of yourself right now.

Let things clear out of your MIND.

Don't hold onto what needs to exit.

Don't force anything to stay the same.

It's all about change and growth.

Release and let go.

Reorganize and reprioritize what you value.

You have to start taking care of your inner - self.

At the end of the day, it's about you loving yourself.

It's you who has to make sure that you are okay.

It's you who has to hold yourself together.

It's you who has to decide to keep going.

No matter what's challenging you or testing you, don't overthink it or overreact to it.

Find a balance somewhere within you where you stop playing these games with yourself where you get so caught up and pulled into something that only leaves you drained.

No everything deserves your energy.

Remember your attention is very valuable.

Your thoughts are very valuable.

Your emotions are very valuable.

Where are you spending your valuable energy?

Is it worth it?

Is it adding onto your life?

Is it moving you forward?

Be real and be honest to yourself.

Only you know your inner world and if your inner peace, mental wellness, and evolution is your priority then you'll just laugh at situations that try to test you or pull you in.

You're no longer playing that game with yourself or others.

You're moving forward to a new state.

A new mindset.

A new world within yourself where you finally thrive instead of reaching every second.

At the beginning it might feel like you're getting pulled in but you're only learning.

You are discovering that you have the power and control of self.

You have the choice every minute how to respond.

You decide what happens next.

So practice stepping back and observing.

Practice seeing things for what they truly are.

You'll realise it's not worth in to get mentally and emotionally caught up.

We always regret when we expend too much energy into saying things we don't mean.

This is meant to help you refine your inner self so you have more self -awareness to do and be greater as a human.

Choose your inner peace every single day.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Spiritual Awakening

Spiritual Awakening is a process towards a Enlightenment.

Starts Early.

The period between the ages of 6 and 20 is so intense and overwhelming that we are completely lost in the illusion of Materialism and Selfishness.

In , childhood, before the mind passes into a conditioned state, we are very sensitive and we experience all that life has to offer. It is very common for people to reach adulthood with severe depression, anxiety, fears, about life, self, and the future.

When we start a spiritual practice, such as meditation, and invest in faith and trust, we begin to see the real investment in our reality. And this really is not so different from our childhood. We become more confident because we have a sense of knowledge and understanding of our lives.

Nothing is more satisfying than knowing how to think about things, even when we find it difficult. We begin to see things more clearly, which allows truth to manifest in our heart and mind, and the selfish illusion of everyday life does not bother us anymore. All the abilities we had during our childhood are starting to return to us in adult life.

By allowing you to become more in tune with yourself and the universe, self- realisation is important to your spiritual evolution. At the same time, there are also some negative aspects that may occur during our journey on the spiritual path.

AWAKENED soul's are instinctively drawn to each other. When they meet, it's an encounter like no other, because these people are able to identify similar frequencies in no time. If you are an AWAKENED person, you are well aware that it's not a problem to precisely pinpoint, even in the bigger crowd, the people who match your vibration. Some of them have already completed their awakening process (if that's even possible), but other are just at the dawn of their enlightenment journey.

When you notice someone who got stuck the way of their awakening process, you might feel compelled to help them out. And it is a completely natural reaction, but it doesn't always mean that it's the best decision. So be careful with it. Sometimes people need to go through hurdles and hardship to learn crucial Karmic lessons.

The following checkpoints represent stepping stones to a better and more fulfilled Life. If you went through the process of awakening, you had probably stumbled upon most, if not all, of these, and if not they will give you insight on the things that might follow.

Don't rush yourself through them, take your time and pay close attention, because if you skip any, it will get you right back at the starting point.

AWAKENING is never - ending process, but there are common occurrences or checkpoints that will take place. These events slowly transform person's life.

If You're On Your Journey of Awakening, You May Have to go THROUGH these 11 Stages:

Stage 1: Confusion

AT the start you feel a bit lost, like a ship without compass. Things seem monotonous, dull and lifeless, it if confuses you. You will be at a loss of WORDS and afraid of moving forward in life.

Stage 2: RESTLESSNESS.

You are not happy with where your life is going. It makes you feel restless and frustrated. All of a sudden the burning desire for change that you have been trying to keep dormant for such a long time has been exploded, giving your Awakening process a momentum. The idea that your life is your own responsibility starts to come out. You do everything to take it back into your own hands.

You realise that your own happiness is not dependent on people or any external circumstances. Your intention to get your power back, activities your energy, your chakras, and your soul. Awakening has begun the moment you open your eyes.

Stage 3: EPIPHANY

THIS phase is emotional roller coaster ride. Life is not the same anymore. All the colours shine a bit brighter, all the smells are stronger. You start to experience ecstatic emotions like bliss, euphoria, and freedom. But despite all this, pain is still present.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI'S LOTUS FEET 🙏

Experience Seems Overwhelming

EXPERIENCE SEEMS OVERWHELMING.

DON'T CONFUSE a bad chapter of your life with the end of the story. One bad experience doesn't define you. One negative judgement doesn't define you. You can't let one bad moment spoil a bunch of good ones.

When the bad seems overwhelming and it's taking over your thoughts, take a moment to think about what the good things are. For me, in my situation, I think about all of wonderful things in my life. When I think about these things, the one bad thing seems a lot less important.

No matter what the situation or what happens, that thing or action or thought or arrangement of words is not you. You are you. Whatever the bad thing may be, no matter how it feels, it doesn't have to take away from the person you are. Bad things happen to everyone, but it's our reactions to them that can really bring us down, that can totally transform our world.

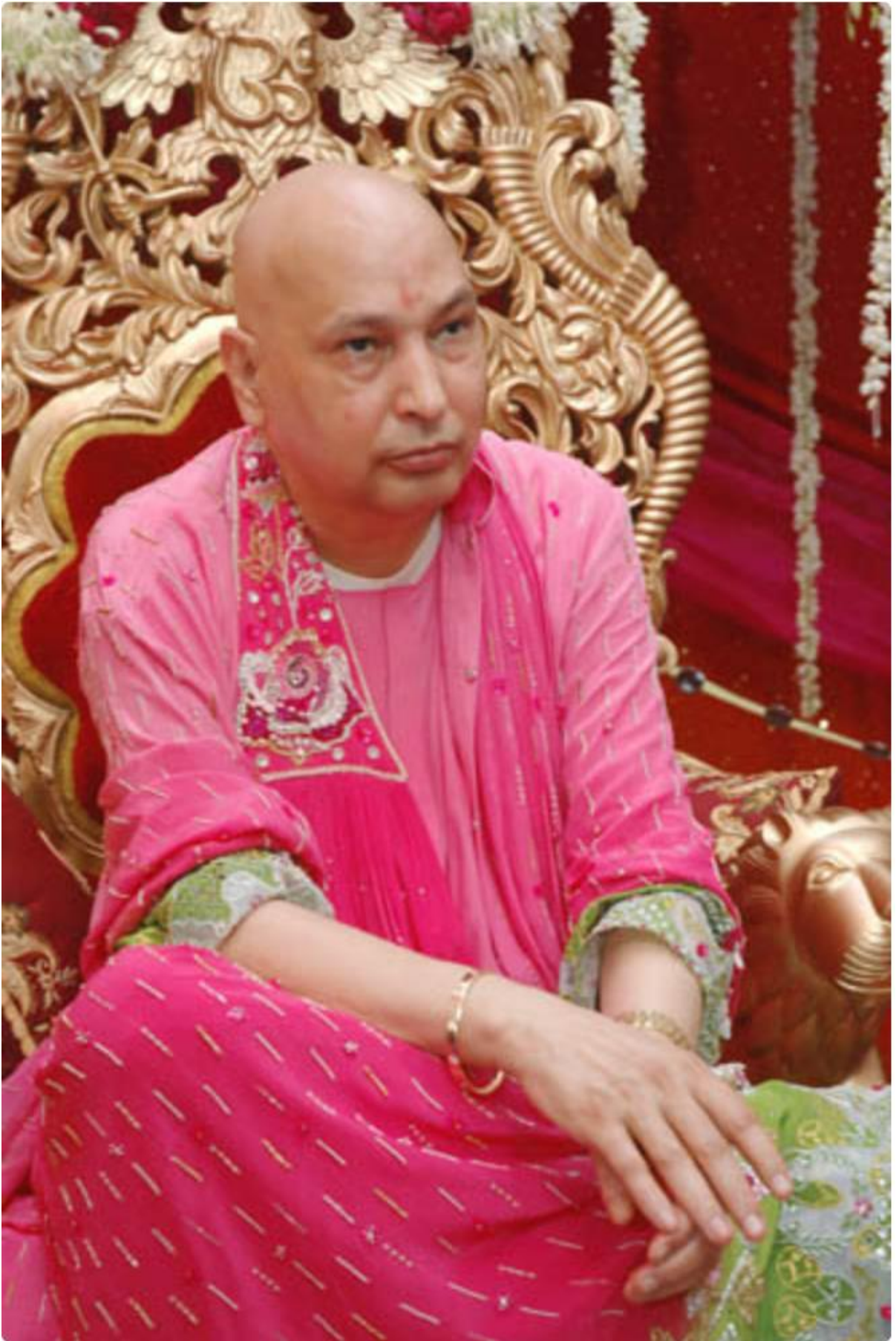
Look for the lessons in the bad. When something bad happens it's so easy to want to give up, to throw in the towel, and say, "This is just too much work!" But don't do that. Realise first all of the good things in the situation and then see what you can learn from the bad things.

There is always a lesson and if we don't look for it we're missing out. No matter what the situation -- an argument, a negative thought, a terrible event -- we can gain knowledge from that move forward with that knowledge in hand.

Bad things happen all the time. You'll mess up a big project, you'll get into a fight with your spouse, you'll have to deal with people who make you unhappy. It happens. That doesn't mean that the situation is any less wonderful. One bad thing doesn't have to be the focus. Remember, you have to be the power to choose what you focus on. You can choose to let that one negative thing take over, or, you can center your thoughts on the positive and look for all the good in the situation. The most important thing I have learned is that, no matter what, I am not giving up on what I love.

And shouldn't either.

Don't let the one bad ruin all the good.



Telepathy

TELEPATHY has now conclusively proved heartstring between individuals play in unison, irrespective of the distance between the two.

There is tremendous power in thought vibrations and their range is unlimited. It is not the coming into being of the countless universe and their dissolution the result of some Thought -force, if we may be permitted to use the phrase as indicative OF GOD'S WILL?

THIS wonderful relationship one can establish with GOD. BY being in tune with the infinite one can by force of the thought do a lot of good to others, as at bottom all are embedded in the same soil, the DIVINE GROUND.

AT all time we are living a sensual life and have not known that there is another side of picture as well - life beyond the senses. Most of our prayers are, therefore, of temporal natural and if they were granted without any exception we would naturally sink lower and lower in the scale of more and more day by day. When the disciple remembers the GURU (MASTER), He experiences within him a soothing influence and a sort of DIVINE intoxication. This is known as TELEPATHY SYMPATHETIC COMMUNICATION from heart to heart a distance. When two hearts work in unison, they operate with the same vibrations as in telepathy. Such a disciple naturally gets from the MASTER his own impulses.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Every faith starts with some sort of concentration

Some focus it on external objects like mesmerism or wall worshipping. Others focus it on centres in PIND below the eyes, like heart or even so low as the rectum. SOME SIMPLY SIT DISCARDING ALL THOUGHTS AS THEY ARISE. Some pay attention at the tip or ridge of the nose. WHEN THE ATTENTION IS FIXED THEN SOME SORT OF CONTROL OVER THE MIND IS ACQUIRED.

Thought reading, foretelling and subordinating other minds becomes possible and people begin to waste themselves like that and the world becomes enamoured with them and they are called great men. THEIR PROGRESS STOPS AUTOMATICALLY. A few after the acquiring concentration start rising up inside by following the Prana if below the eye focus, or following or sound if above the eyes. ALMOST ALL STOP AT SAHANDAL KANWAL (THE ASTRAL PLANE). Some cannot penetrate the light while others catch the wrong sounds and are misled.

IN THE ABSENCE OF THE GUIDY, WHO HAS ACCESS TO THE HIGHER PLANES THIS PLANE IS NOT CROSSED, NET RESULT IS THAT ALL FAITHS HAVE THIS PLANE AS THEIR END - POINT. RARELY TRIKUTI (2ND OR/CAUSAL PLANE) HAS BEEN REACHED.

No wonder therefore that others faiths find in Sant Mat the things that they are most interested in. Access to TRIKUTI or SAHANDAL KANWAL and even the eye - focus IS NO JOKE. YOU KNOW FROM EXPERIENCE HOW DIFFICULT IT IS TO BRING THE MIND TO THE EYE - FOCUS. Whatever is seen inside cannot be described in words. Superlative adjectives are soon exhausted. Saints find the same difficulty in describing what they find in DASWAN DWAR(3RD PLANE) and beyond. The true difference in the various stages can be grasped by going within only. Words fail to bring out the difference. SANT MAT IS NOT GRASPED OR COMPREHENDED BY REASONING. IT IS THE SUBJECT FOR DIRECT OBSERVATION.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Bowing Down to the Lingam

I bow before that LINGAM, which is eternal SHIVA,
Which is worshipped by BRAHMA,
VISHNU and other Devas,
Which is pure and resplendent,
And which destroys sorrows of Birth.

I bow before that LINGAM, which is the eternal SHIVA,
Which is worshipped by great sages and Devas,
Which destroyed the god of love,
Which showers mercy,
And which destroyed the pride of Ravana.

I bow before that LINGAM which is the eternal SHIVA,
Which is anointed by perfumes,
Which LEADS to growth of wisdom,
And which is worshipped by sages, Devas and asuras.

I bow before that LINGAM which is the eternal SHIVA,
Which is ornamented by gold and great jewels,
Which shines with the snake being with it,
And which destroyed the Yagna of Daksha.

I bow before that LINGAM, which is the eternal SHIVA,
Which is adorned by sandal paste and saffron,
Which wears the garland of Lotus FLOWERS,
And which can destroy accumulated sins.

I bow before that LINGAM, which is the eternal SHIVA,
Which is served by god's and other beings,
Which is the doorway for devotion and good Thought,
And which shines like billions of Suns.

I bow before that LINGAM, which is the eternal SHIVA,
Which is surrounded by eight petals,
Which is the prime reason of all riches,
And destroys eight types of poverty.

I bow before that LINGAM, which is the eternal SHIVA,
Which is worshipped by the by the teacher of God s,
Which is worshipped by the best of god's,
Which is always worshipped by the flowers,
From the garden of God's,
Which is the eternal abode,
And which is the ultimate truth.

Any one who chants the holy octet of the LINGAM,
In the holy presence of LORD SHIVA,
Would in the end reach the world of SHIVA,
And keep him company.

Simran

"SIMRAN Is The Most Important Step that GURUJI Prescription"

In order to cut mind's pull outside in the physical world, GURUJI require us to use a physical help, and that is in the form of these Holy Names which We repeat.

Because it is only by a physical intrusion that we will be able get the mind out of its outward pull in this world.

So, therefore, to get our attention away from everything outside and focused within, it is very important for us to do the repetition of the Holy Names.

That is why GURUJI keep repeating again and again and encouraging us to do our SIMRAN.

Time and again, HE tells us that we have to keep on doing our SIMRAN.

Because it is this which is the first step of the ladder to go within.

It is only with the help of SIMRAN that we will be able to get the attention of the soul focused again at the Eye Center.

When we do SIMRAN, we focus our attention at the Eye Center and the entire body becomes numb and that is when the Third Eye opens and We are able to go within and realise ourselves.

So, by doing this SIMRAN, we are able to withdraw our attention from the nine doors and go to the Tenth Door.

It is only by SIMRAN that we will be able to achieve all this.

And this is why more importance is given for doing SIMRAN, rather than listening to the Sound Current

Initially...

GURUJI says, " The whole world is unhappy and they're all outwardly focused." So " Those people have not had the benefit of Satsang, nor they have understood the Path.

So, they are going about their routine lives in whatever beliefs they have and they are unhappy as the result.

You have to listened to Satsang.

You have understood the Path.

You know what is right, what is wrong, but yet you are also going on the same path like them and you are also unhappy."

So, He Questions why are you unhappy like the worldly person?

GURUJI says " If you should remain detached in the world, since you are also subject to your Karmas, you also have to face the world, you have to go about your worldly duties.

But then, unlike getting completely swayed by them, you should be detached.

GURUJI gives example of a lotus.

So, the lotus grows in a swamp.

It is in all filthy and Dirt that it grows, but it keeps ITSELF afloat and doesn't allow the water also to spoil it's petals.

And it maintains its independence.

Like that, even there are these birds which dive into the water, and they keep diving into the water, coming out, and when they fly back, they fly with dry wings.

So you have to ALSO stay in this world like that.

You have to have your attention focused within...

GURUJI says: " The only person who is happy is one who has moved his attention away from this world and focused his attention on his GURU ,

AT THE FEET OF HIS GURU.

AND WHO HAS MANIFESTED that SOUND CURRENT within.

Only is TRULY HAPPY."

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Satsang

SATSANG:

GURUJI MAHARAJA JI MENTIONED.

" SATSANG SHOULD NOT BE USED AS A DISCUSSION CLUB. INITIATIVES SHOULD AVOID ANY KIND OF CONTROVERSIAL QUESTIONS."

WE should go to the SATSANG with sweet REMEMBRANCE of the GURUJI in our hearts, sit down and lovingly begin to practice meditation in Silence.

However, it does not prohibit the privilege of delucidation on any particular point regarding the Holy way, if requested,"

Whoever coordinates SATSANG must be very careful about this factor..

GURUJI said : All criticism or open discussion, besides showing a low level, should be avoided.

Participation in the Satsang is an indispensable factor, useful for one's Spiritual Progress.

The organizers, along with the field workers, should always consider THAT THE SATSANG belongs TO THE GURUJI AND NOT TO THEMSELVES, and offer themselves, and offer their loving service and cooperation, however small, to increase the tranquility and serenity of the " ambience"

The SATSANG belongs to the GURUJI and must be conducted solely according to HIS directives and instructions.

The SATSANG doesn't belong to us, BUT TO HIM.

IT'S HIS.

IF whoever organized it , carries on other teachings that aren't GURUJIS , well it , is simple, it want be GuRujis Satsang.

The ego of those who consider the Satsang their, will become so great, that the GURUJIS beautiful presence will no longer be noticed.

THE GURU IS ESSENTIALLY IN HIS WORDS.

THIS IS VERY A IMPORTANT POINT TO UNDERSTAND.

TO THE GURU'S WAY, NOTHING CAN BE ADDED, NOTHING CAN BE TAKEN AWAY; IT'S PERFECT THE WAY IT IS.

He is the Way,

HE IS ALSO THE LIGHTHOUSE THAT' LIGHTS IT.



If the Satsang is kept in his name,

IT IS ONLY HIS TEACHINGS THAT MUST BE PROPOSED TO THE PEOPLE WHO ATTEND IT.

Otherwise it is no longer the Satsang of the GURUJI.

A humble request.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJIs LOTUS FEET 

A Relaxing Oasis Of Spiritual Wisdom

A Sanctuary For the Soul, we call SATSANG. ASSOCIATION WITH Eternal Truth in SANT MAT.

SATSANG is intended to be an OASIS. A REFUGE from the agitations of the

MIND,

MAYA,

THE LABYRINTH of the WORLD,

A REFUGE from all that occupies minds in this land of ILLUSION,

From all the OUTER DISTRACTIONS of the world that occupies people's attention, distracts people from the Sacred Path.

We should make it a point to listen to Satsangs every day,

Even if we have to listen for fifteen or twenty minutes. But, with all attention, we should listen to Satsangs everyday and take out time for our Meditation every day

The format of SATSANG can include:

- A spiritual discourse,
- Instruction on putting the Path into practice,
- A video or audio of the GURU'S Satsang,
- Readings from the writings of the GURU....
- The effect of SATSANG is that of DIVINE REMEMBRANCE,

THUS,

With the Spiritual Boost,

Encouragement and support for the Spiritual Journey,

Those who go to the Satsang are much more likely to

STAY - ON - THE - PATH

And put effort into their own daily SPIRITUAL PRACTICE at home.

Thus will the life of the lover, devotee, disciple become more and more GURU - INTOXICATED by imbibing the

SPIRITUAL WINE,

THE NECTAR of DIVINE LOVE.

THE FORMAT OF SATSANG

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI'S LOTUS FEET 🙏

Things to Remember when Life Doesn't Go as Planned

1. Do not let what is out of your control interfere with what you can control. Use your frustrations today to motivate you rather than annoy you. You are in control of the way you look at things. Truth be told, there is an opportunity in almost every difficult situation to understand yourself more deeply, and also to improve your life.

2. When life's struggle knock you into the pit so deep you cannot see anything but darkness, don't waste valuable energy trying to dig your way out. Because if you hastily dig in the dark, you are likely to head in the wrong direction and dig the pit deeper. Instead, use what energy you have to reach out and pull something good in with you. For goodness is bright; its radiance will show you which way is up, and illuminate the correct path that will take you there.

3. When you can no longer think of a reason to continue, you must think of a reason to start over. There's a big difference between giving up and starting over in the right direction. And there are three words that can release you from the past regrets and guide you forward to a positive new beginning. These words are:

From now on...

Again you are Not in control of everything, but you ARE in control of the way you respond to life. And in your present response is your power.

Truth be told,

As time passes life educates and humble us.

We gradually realise how much nonsense we have wasted our energy and resources.

We begin to understand what it means to let go...

Without a doubt, we are all facing our share of difficult circumstances right now, many of which are not the result of anything we've done. But we all have choices when it comes to how we respond.

The choices are as simple as they are universal:

Grid your teeth and try to remove the immovable object, and become frustrated and bitter when we realise we can't.

Let it be.

Let it go.

Focus on the little things that we actually can accomplish.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Overcoming Mental Fatigue

We all require regular periods of silence and solitude in our lives in the midst of a fast lifestyle with busy days, where most of us, have a lot of actions to perform.

So, a good question to ask oneself is that do I like a mind which is full of thoughts and greater spaces between them.

Once upon a time, there was a group of people travelling from one country to another on foot. They had great loads to carry on their backs and it was a tiring journey.

By the time they reached their destination, they had lost a lot of energy and their enthusiasm was at it's lowest.

They were people whose task was to carry stuff from one place to another.

Who would not like a life with lesser weight to carry?

In the same manner, our emotional carriers are our minds which carry the weight of our thoughts.

The fewer the thoughts and the lighter they are, the more our minds will be light and always enthusiastic.

CREATE ONE Thought At A Time -

A mind which is anxious and full of fear thinks excessively and faster than what is required at that point of time.

Also such a mind sometimes creates false future realities, which increase the number of thoughts, as it anticipates and then tries to solve non- existent problems that have not yet occurred, but the mind fears that may occur.

This is what we commonly negative thinking.

On the other hand, positive thinking is the visualisation of positive scenes for the future, with complete hope and determination.

When we do this regularly in all types of situations, our mind slows down and every thought is like atom which sits inside the mind and keeps us relaxed and comfortable.

--

TAKE A PLEDGE....

LIFE IS A LIGHT JOURNEY:

NOT A BURDENSOME ONE,

A very important PRACTICE for experiencing life without getting burdened is to enjoy the journey.

Have you ever seen journey without side scenes?

In the same way, life journey will always have scenes that are sometimes negative and sometimes positive.

And remember no scenes stay for ever .

So, while looking at each scene, be free from any anxiety and worry because it is commonly said - This also shall pass.

The present becomes the past and the future will be beautiful.

No negative situation lasts forever and a patient wait with a consciousness full of peace will always bring us to a point of journey, when the scene has gone and a beautiful journey continues.

This is law of life.

Also, the more we remain detached from the side scenes, the more happier and full of lightness we will be.

YOUR THOUGHTS CREATE your REALITIES...

BE YOUR OWN MONITOR...

A very important and vital aspect of keeping your thoughts less and very positive and light and remain free from mental fatigue, is checking your thoughts from time to time throughout the day. One is changing the direction of your thoughts to a positive one, when they are becoming negative and building up in quantity and negative strength and disturbing you. This can be done by keeping a book or any other source of positive reading on your mobile or laptop handy.

Read it in the midst of actions.

Do it 4-5 times a day and you will be able to change the direction of your thinking easily.

Also, when you end the day, review your thoughts of the entire day that has passed and make corrections for the next day.

The next morning, plan your tasks for the day and include regular short breaks for self - checking and self - analysis at the thought level along with them.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Humility

Once the River became very proud of the tremendous flow of its water.
The River said I am so powerful that I can wash everything with me -
The mountains, houses, trees, animals, humans, etc.

One day the River proudly asked the Ocean,
"Tell me, what should I bring for you?
Houses, animals, humans, trees,
Whatever you want,
I can uproot and bring with me"

The Ocean understood that the River has become egoistic.

He said to the River,
" If you want to bring something for me,
Uproot some Grass and bring it."

The River said, "Is that all, I'll bring it right away."

While passing through the field, the River exerted it's full force on the grass, but the Grass did not get uprooted. The River tried several times but failed.

Eventually the River gave up and reached the Ocean and said, " I can uproot trees, houses, mountains etc.

But whenever I apply force to uproot the Grass,
It bends down and I have to pass from above, empty- handed."

Th Ocean listened carefully to the River and said with a smile, "Those who are hard and rigid like the mountains, and trees, are easily uprooted."

But the one who has learned the humility of Grass,
cannot be distributed even by the fiercest of the winds or violent storms."

Happiness in life, Does not mean fighting battles, But avoiding them.

To retreat skilfully is also a victory in itself, Because arrogance turns even
Angles into devils.

And humility turns even an ordinary person into an angel.

The journey of the seed is up to the tree,
The journey of the river,
Up to the ocean,
And the journey of man is to the divine.

Whatever is happening in the world Is the law of Nature, You and I are just Instruments.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJIs LOTUS FEET 🙏

Education and Meditation

Wonderful comparison between Education and Meditation.

My education transformed me superficially, made me civilized,

My meditation transformed me deeply, made me REALISED.

My education gave me gold medals,

My meditation gave me golden moments.

My education gave me job ELIGIBILITY

My meditation gave me life FLEXIBILITY.

My education fostered APPRECIATION,

My meditation gave me fostered INTROSPECTION.

My education made me a good TAX- PAYER,

MY meditation answered my PRAYERS.

My education sharpened my INTELLIGENCE,

My meditation deepened my AWARENESS.

My education stimulated my PASSION,

MY meditation motivated my COMPASSION.

MY education made my job FRUITFUL,

MY meditation made my life GRATEFUL.

MY education provoked COMPETITIVENESS,

MY meditation invoked INCLUSIVENESS.

MY education coloured my MIND,

MY meditation purified my MIND.

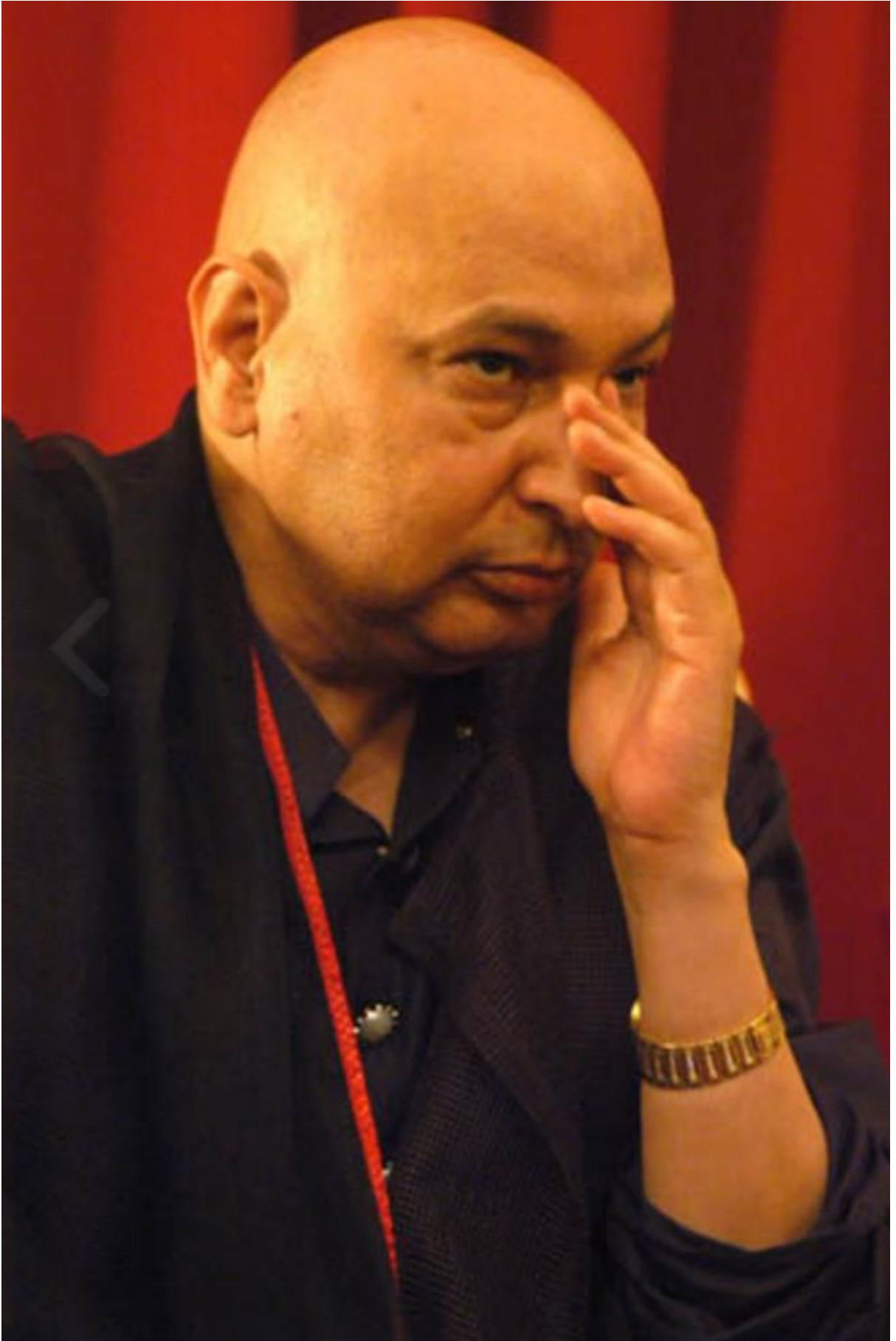
MY education pushed me OUTWARD,

MY meditation pulled me INWARD.

MY education made me WHO I AM,

MY meditation showed me WHO AM I.

EDUCATE to MEDITATE!



Our Only True Friend

"O FRIEND, DO GOOD IN THIS LIFE WHILE YOU MAY; YOUR TIME HERE IS NO LONGER THAN THE BREATH."

Man is really always alone but he thinks, and wrongly so, that he has a host of friends, possessions and attachments. At last, a time comes when he is disillusioned, and if he happens to be a sewadar, he realises that the only real and true friend is the Master (GURUJI).

If we are not attached and have no expectations or unfulfilled desires, the behaviour of the other people does not affect us MUCH. After all, it is not the things themselves, but the reaction which they produce upon us which really matters. People of the world also ultimately come to this conclusion after receiving hard knocks and crushing disappointments. But a sewadar gradually and almost imperceptibly loosens the bonds of attachment in this world by devotion to Shabd.

Please have courage and faith in the Master. Now that you have learned the hollowness of the world and its possessions and attachments, you will be able to devote all your attention assiduously to SIMRAN and listening to the Sound whenever possible. As you very well know, simran or the repetition of the five holy Names (mantra jaap) is the foundation of this spiritual practice. It is by means of worldly simran, thinking of the things of the world, that we have become denizens of the plane and strangers to our own home. There, we should gradually, by MEANS of spiritual simran, draw up our consciousness to the centre above the eyes, and then the Sound will automatically take care of us. We only have to do our duty and may thoroughly rest assured that the Master will do his duty; that I, he will take us at the proper time. All that is necessary is that we turn our back to the world and face the Master. He is always there to receive and welcome us with open arms.

The Masters have also praised this beautiful human body that has been given to us. This is the body in which we can transcend from humans to God. So, God Almighty has created this special body us. God has created this body and has kept sixteen planes within this body. And then HE has kept HIS entire KINGDOM within it and HE also resides within this body..."

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Cultivate Silence “Shabd Dhun”

" SHABD DHUN" is that " LUSH MUSIC"

Behind all creation is

" SILENCE "

" SILENCE " is the essential condition, that vital ingredient for all creation and all that is created.

" IT IS A POWER IN ITS OWN RIGHT."

The artist starts with a blank canvas - silence.

The composer places it between and behind the notes.

The very ground of your being, out of which comes all your thoughts, is silence.

The way to silence is through meditation.

When you arrive in your own silence you will know true freedom and real power.

Stop, take a minute, and listen to the silence within you.

A brief to a quiet place does refresh our mind and help us meet the challenge of life once again.

But it is also true that the duration of this effect depends largely on our mental state.

A turbulent or sense - bound mind may derive benefit from solitude.

We are inseparable bound with mind.

It does not leave us alone despite a change of place, influencing our behaviour all the time.

Our mind and senses are by nature outward - going: the mind is ever eager to be in contact with the sense organs, which in turn are happy to meet their sense objects.

We are accustomed to living in company and relish talking to others, sometimes possibly on no subject.

SHABAD DHUN is the LUSH- MUSIC

CREATED by LORD which is playing in the difference of every living being without any discrimination.

But this is not heard as long as the dirt of enjoyments is accumulated on the mind and thus has been addicted to the pleasures of the senses for many births.

If you want to cut the burden of deeds, then you have to connect yourself with the tune of the word, GURUJI who tries to listen to the tune,

GURUJI connects him to that tune, just have to try continuously.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

The law of spirituality

The first law:

" The person who arrived is the right person."

No one comes by chance, all the people who surround us, who interact with us, who we encounter, are there for a reason.

The second law:

" What happens is exactly what's supposed to happen."

Nothing, absolutely nothing that happens in our lives could have happened in any other way. Not even the most insignificant detail.

There is no: " If I had done such a thing... this other thing would have happened..." No. What happened was exactly what's supposed to have happened, and it had to be that way so we could learn the necessary lessons and move forward.

The third law:

" Any time you start, is the right time."

It happens at the right time, not before, not after. When we are ready for something new to begin in our lives, it begins.

The fourth law:

" When something ends, it ends."

Just like that. If something ended in our lives, it was for our own good, so it's better to leave it there and move on, already enriched with that experience.

I think it's not a coincidence that you are reading this, if this text reaches your life today; It is because you are prepared to understand that no snowflake ever falls into the wrong place!

What's MEANT for you will never miss you, and that which misses you was never meant for you.

Remember we are all connected, to each other, biologically. And to the Earth, chemically.

To the rest of the Universe atomically.

What you are is GOD'S gift to you,

What you become, IS YOUR " GIFT" to GOD.

WHAT WILL BE, WILL BE

NOTHING ABOUT YOUR LIFE CAN BE CHANGED

LET'S ACCEPT EVERYTHING IN OUR LIFE CHEERFULLY

" AND"

MOVE *ON*

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

The Law of Karma

" The LAW of KARMA"

In brief, Law of Karma is Nature's stubborn and inexorable law from which there is no escape and to which there is no exception.

As you sow, so shall you reap, is an ancient axiomatic truth. It is the general rule for the earth - life.

It also extends to some of the upper physio-spiritual regions, according to the order of density and peculiarity of each.

Karma is a supreme principle superior both to god's and men for the former too, sooner or later, come also under it's sway.

" Karma ceases to affect only with the attachment of the highest condition of the mind which is beyond both good and evil. With the realisation of this ideal all struggle comes to the an end, for then whatever the liberated one does. He does without attachment. The over- rotating Wheel of life gets into momentum from the Karmic energy and when that energy itself is exhausted, the giant Wheel of life comes to a stand still, for then one reaches to the intersection of time and the timeless, a point which is always in action and yet still at the core.

Thanks ALMIGHTY for Balancing my Wheel.

THE KARMIC DEBT

The karmic debt has to be paid..

THE POWER TO PAY THIS DEBT INCREASES AS WE FOLLOW THE CURRENT.

As long as the attention is in the CURRENT, and one has withdrawn from the body and mind, then the debt will be paid through the sufferings of the body.

Or in the mind with its associated with the Current, as both of them then will have been elevated.

THE SOULS DO NOT FEEL THE SUFFERING TO THE EXTENT TO WHICH THEY WOULD HAVE BEEN FELT OTHERWISE.

NOT THAT THEY ARE DULLED; The SOUL - THE LIFE GIVING PRINCIPLE IS CAPABLE OF DETACHING OR WITHDRAWING ITSELF FROM THEIR SPHERE.

Again many minor KARMAS can be paid off with suffering during DREAMS.

Again if a devotee is doing his bit faithfully, he receives GURU'S help to a greater degree.

Just as a benevolent person coming across a man carrying a heavy load would offer to share his load so does the GURU. A faithful devotee is taken care of, by the GURU, as a child is taken care of, by the mother.

Look at the implicit faith of the child in the mother.

THE SOUND PRACTICE DOES NOT POSTPONE THE " KARMA" BUT DESTROYS IT.

THE KARMIC KARMAS CAN ONLY BE WASHED BY " OUR GURU."

Karmic Account

YOU are on the journey of your life,

Living your life your way and according to your values and principles.

Whether it is simple, EATING, DRINKING, DRESSING, OR living habits, OR sanskara,

Choose only what is right for your KARMIC ACCOUNT,

Only what increases your INNER POWER,

What SPREADS HAPPINESS.

Your every

THOUGHT,

WORD and

BEHAVIOUR should be

PURE and

POWERFUL,

Irrespective of Situations.

EMERGE your Original Qualities of PEACE and HAPPINESS.

Use THEM in every KARMA.

Have Beautiful KARMIC Relationships

WITH PEOPLE, WITH NATURE, WITH OBJECTS, WITH everything which is there for you.

All your HAPPINESS, HEALTH, HARMONY and SUCCESS Today is because of your Beautiful PAST KARMA'S.

AND a few challenges are consequences of your

Not-so-right past KARMA'S.

Accept them without questions,

Face them knowing that your Power lies in the now.

Choose a Pure PRESENT KARMA to settle the past and secure a happy future.

Be grateful to everyone who is right to you,

Even to everyone who has not been right to you,

For giving you the opportunity to increase your inner power and settle your PAST KARMA'

AT EVERY MOMENT have all your KARMIC ACCOUNTS settled.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Karma is not in the act but in the intention behind the act

KARMA is energy of thoughts, words and actions. When we evaluate ourself, we do at the level of words and actions. We take care that we have spoken the perfect words and actions. We take care that we have spoken the perfect words in the perfect manner and behaved in the perfect way, but we do not check whether we created perfect thoughts.

Most of us have mastered the art of thinking and feeling negative, and yet speaking very sweetly. We always thought people can't see what we are thinking. For example, we can say to someone that it was wonderful meeting then and actually feel that it was the most boring evening. We can insist on guests to stay for dinner and actually waiting for them to leave. We thought it was good karma because we spoke and behaved right.

We create about 25 to 30 thoughts per minute. When we look at the flow of energy, we have sent out 25 negative arrows as though energy and 5 positive arrows as the word energy. Karma is the thought or the intention behind the word and the act. People can say the sweetest words and yet hurt us with their negative energy. There are people whose words may not be very perfect, but their vibrations are full of love and compassion.

Our relationship and our karmic accounts are based on the foundation of how we think and feel. Let us check whether we are able to speak what is on our mind. Instead of converting negative thoughts to perfect words, first convert negative thoughts to perfect thoughts and then speak out our thoughts. Then our thoughts, words and actions will convey the same message. Thoughts, words and actions will be in harmony.

Whatever may be the act - a gift being given, help being offered, charity being done, appreciating others, let us check the intention behind the act. If the intention is to please others, or to get fame and appreciation, then it is an impure intention behind the pure act.

So, let us clean our thoughts and feelings, so that before our words, it's our perfect vibrations which reach them.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI'S LOTUS FEET 🙏

PETALUMA

GURUJI mentioned.

We have learnt from science and scientific studies that every physical force can be converted into an equation. Be it Einstein's String theory, Maxwell's Electromagnetism or Newton's laws. All these forces are form of that has been described through HINDU gods too- SHIVA IS THE FORM of ELECTROMAGNETISM that Maxwell describes. Would be able to see it explain our MEDITATIVE FORCE through equations too? Is there any equation to meditation?

Meditation cannot be described by any equation. Meditation HAPPENS within you and is personal to everyone. The experiences are also unique.

Equations that were given by these scientists were not 100% complete. Even when Einstein has given his string theory, it is part of the complete picture which scientists are still trying to work on.

So, everything cannot be boiled down to 1 equation.

Someone said, I have come into Satsangs and follow you a lot because of my dad. He is a big believer of Karma and sometimes me and him debate about it. I have done a lot of wrongs in my life and taken a lot of wrong decisions but my dad says this is all because of my past karma. I think if something happens by itself, it can be karma but my actions are my own. I have taken a step voluntarily without KARMA'S influence. But my dad says the thought of taking that action also was due to past karma.

Do I influence my future or situations or is it all because of karma?

In Newton's 3rd law, Every action has a reaction and a consequence.

Everything that you have done in your previous lives has had an effect on how you live your current life. And because you have taken those actions in the past, you are bearing the consequences now. You are here to finish what you left in your past journey. Your current actions are choices that destiny gives you. It is just like playing cards.

You don't have control over the cards that were dealt to you.

They remain unseen but how you play matters.

If you have a clear mind and follow the rules, you might win with even a terrible hand of cards.

And there may be people who were dealt a very good hand but lose the game.

Destiny gives you the cards which are related to your past karma.

In this life, how you react to your situations matters.

Destiny has a big role to play but your actions matter too.

We face a hard time focusing on meditation in our conscious minds, let alone subconsciousness.

We see things which are impressions ABSORBED by mind from our actions during our CONSCIOUS mind.

FEAR: is of two types -

First is fear of UNKNOWN.

If leave y in a pitch dark room where you cannot see anything, you will be afraid because you don't know the contents of the room. Even a little ray of light may help you to know better and remove that fear of UNKNOWN.

SECOND fear is fear of LOVE for others.

When we are worried that we might offend someone who we care about or when a loved one might leave us, we start getting afraid.

You need to choose between those two types of fear. If the fear is positive, out of love, it heals and becomes better with meditation. You can always channelise love.

DETACHMENT: First you should understand the true meaning of DETACHMENT.

SELF - REALISATION before GOD - REALISATION.

This is required to understand why you are here and what do you require to actually detach from worldly things.

You cannot leave your family just like that, can you?

You have to still perform all your duties, remain in relationships but take out time for meditation.

It is a slow process.

Your duty is to keep working on meditation and Simran.

You can control only your actions but cannot control any other person.

If you continue doing good, you will see many changes in their actions too.

You know today's generation wants everything quickly.

Quick promotions, quick love, getting married hurriedly and then getting divorced all within 2-3 years.

You need to pace yourself.

Be patient.

We stress too much in our life.

You need to be patient with life.

Life is all about learning.

BIRTH and DEATH is not in our control.

It is all part of destiny.

As you sow you reap.

Your karma has a big role to play in where you end in your next life.



How to Deal With the Change of Losing a Loved One

NOBODY gets through life without losing someone they love,

Someone they need,
Or something they thought was meant to be.

But it is these losses that make us stronger and eventually Move us forward.

Accept the change
And let the things you can't control,
GO.

Most things are only a part of your Life BECAUSE you keep thinking about them.
Know that Growth is impossible without change.

If you cannot change your mind,
You cannot change anything in your life.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Saying Goodbye to Parents

When you say goodbye to a parent.

You are suddenly living in a whole new world.

You are no longer 'the child ' and regardless of how long you have officially been ' grown up ' for, you realise you actually never were until this moment. The shock of this adjustment will shake your very core.

When you finally say goodbye to both your parents, assuming you were lucky enough to have had two. You are an orphan on this earth and that never, ever gets easier to take no matter how old and grey you are yourself and no matter how many children of your own you have.

You set, a part of your body is physically connected to the people that made it and also a part of your soul. When they no longer live, it is as if you are missing something practical that you need - like a finger or an arm. Because really, you are. You are missing your parent and that is something far more necessary than the limb.

And yet the connection is so strong it carries on somehow, no-one knows how exactly. But they are there. In some way, shape or form they are still guiding you if you listen closely enough. You can hear the words they would choose to say to you.

You feel the warmth of their approval, their smile when a goal is achieved, their all- consuming love filling the air around you when a baby is born they haven't met.

If you watch your children very closely you will see that they to have connection with your parents long after they are gone. They will say things that resonate with you because it brings so many memories of the parent you are missing. They will carry on traits, thoughts and sometimes they will even see them in their dreams.

This is not something we can explain.

Love is very mystical and wondrous entity.

It is far better to have loved and lost than never to have loved at all and grief, grief is the price of that love. The deeper the love the stronger the grief.

When you say goodbye to a parent, do not forget to connect with that little girl who still lives inside you somewhere.

Take very good care of her, for she, she will be alone and scared.

When you say goodbye to your parents, you lose an identity, a place in the world. When the people who put you on this earth are no longer here, I t changes everything.

Look after yourself the way they looked after you and listen out for them when you need it the most.

They never really leave.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJIs LOTUS FEET 

Parents Live Forever

People say that when parents die, the world comes to an end. The house looks empty. But I feel that parents Live Forever and they stay with us. It's us who forget them.

The matter of fact is that a brother has the eyes of beloved father, a sister has pretty face like the compassionate mother, a sibling smiles like dad or a sister cooks like mom.

Parents don't die. They never leave us. They live in us.

We are the REFLECTIONS of our parents. Despite their physical absence, they continue to live in us.

When you want to remember parents,
Why you want to see them,
When you want to be with them,
Simply gather your siblings around you.
You will find the mesmerizing smile of the mother in one sibling,
The soothing voice of the father in another.
You will feel the parents very close to you.
All around you.
Deep inside you.

The garden of love that parents cultivate and grow with love, from the time that you are born, with the hard work of their tears of blood; it will continue to bloom, unaffected by the cycles of tough weather's of life. They shelter us in tough times. But there are times, when we forget all their hard work and destroy their paradise that they built, with out selfishness, hatred, and opportunistic attitudes.

Parents don't die.
We put them to death.

Love your parents.
Love your siblings.
Continue to feed the Garden that parents cultivated with love and compassion so that it never stops to bloom and blossom.
You will make your world a living PARADISE on earth.
A HEAVEN that only knows LOVE.
COMPASSION,
CARE,
RESPECT,
IT HAS YOU WITH YOUR loved ones around you.

Detachment

When intense love is awakened, all worldly desires are obliterated and one automatically becomes detached from the world and everything in it.

No desire remains for anything in this world or next.

In this state, when the mind is free from all these desires and long's to meet the GURU, the longing and the love thus created is called detachment.

In this state, all the attachment for the world vanishes and the mind Hasan urge to be with the lovers of God and away from the world.

A detached person is indifferent to every non- essential object of the world and runs only after the Beloved, who is the Almighty Father.

True detachment consists in accepting the material comforts as well as the necessities of life merely to the extent of their usefulness for life, while realising then to be only the means and not the goal.

A truly detached person lives in this world but does not become entangled in it.

He does not consider it necessary to leave the world in order to rise above it.

He sees the presence of GURU in everything.

To be detached is to make one's soul and mind free from desires and attachments for anything in this world or the next.

Those who try to become detached without fully realising it's implications, cannot be happy or peaceful.

Such people are restless in the world.

One should, therefore, enter into activities of this world in name only and should connect his soul with Simran, the GURU and GOD.

Then he should continue increasing his love for them every day.

His love for the world will decrease to the same extent as his love for the GURU increases.

There is a difference between detachment and renunciation.

Detachment is not dependent upon renunciation.

Can be detached even while he is leading a householder's life; whereas one who has renounced, may be devoid of the wealth of detachment.

Detachment is absolutely necessary in order to achieve spirituality.

A seeker becomes eligible for true detachment by meeting a GURU and by devotion to Him.

It is not necessary for him to leave his hearth and home.

He becomes detached when he tastes the elixir of the souls love, for then all other attachments become insipid.

He lives in the world but is not attached to it.

The GURU'S imparts to the devotee the secrets of Surat Shabd Yoga and teaches him how to practice it in this world and how to remain detached from the world.

The disciple is then able to achieve salvation even while engaged in the activities of life in this world.

The saints did not renounce domestic life.

They performed their worldly duties and remained truly detached through the Grace of Divine.

Thy disciple can accomplish all this only through His Love for the GURU and by remaining indifferent towards the world.

If one has a strong longing to meet the LORD and is deeply engaged in this pursuit - so much so that he feels it is impossible for him to live without the fulfilment of this longing - all his connections with the world are loosened and he may be called a detached person.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI'S LOTUS FEET 🙏

THE ROOT CAUSE OF MISERY LIES IN THE FACT OF ONE'S ATTACHMENT

WE are caught by whatever we do - in our ability to detach ourselves from everything.

We must reserve the power to remain detached from all things, however precious they may be, or however precious they may be, or however much one may yearn for them.

Guruji says " Whenever one assets the little ego,

" I," as doing things, one assumes the unending role of an ever active agent responsible for his actions, and is caught in the intricate net of transmigration. The elimination of egoism is, then, the only remedy for liberation from the unending cycle of births and deaths, it' is a clear test of spiritual current of diffused in the world. All labor undergone for total self- enforcement is an effort in the right direction.

It is called dis imprisonment of the soul from the facts of life or disenfranchisement from all that is worldly.

In a word?

The secret lies in de- personalising the soul of all that is personal in it, for then one strikes in the root of all evil.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

What is Wealth

What is Wealth

The Lord chooses to distribute freely?

How must we use it?

GURUJI lovingly implores us to ponder!

Love must transform all relationships:

Social,

Economic,

Educational,

Professional,

Family,

Religious,

Legal, and others.

The Father must love the child a little more intensely and intelligently;

The Mother must spread love to all who come within her influence;

Children must love servants.

The sense of equality that everyone is the repository of the Divine essence must transmute social and individual behaviour!

You call Me " Embodiment of Divine Love" !

You will not be wrong!

Prema (love) is the wealth that I have and I scatter it among the miserable and afflicted.

I have no other riches.

The Grace of GURUJI is ALWAYS flowing like the Electric current through the wire.

Fix a bulb, and current to the extent of the wattage, will illumine your home!

The bulb is the Spiritual exercises you perform;

THE HOME IS YOUR HEART.

Come to Me gladly;

Dive into the sea and discover the depth;

There is no use dipping near the shore and swearing that the sea is shallow and has no pearls.

DIVE Deep and you will Secure your Desire!



GRACE OF ALMIGHTY



BOWING DOWN TO GURUJI's LOTUS FEET



Keeping a Positive Attitude

KEEPING A POSITIVE ATTITUDE

NO matter what is happening around us, we must remember that our individual destiny has already been planned, and only that which has been written will take place in our lives.

If we have been blessed by our GURU, then our GURU is in total charge of what is happening to us now, and what will happen to us in future.

So we should try not to worry.

He will never give us more than we can handle.

In the beautiful reply when a sewak was complaining about his bad circumstances, GURUJI SAID: YOU have to remember that this world is not bed of roses for anyone.

If this world had been a place of misery, of trials and tribulations, no one would have thought of going back to the Lord.

There only lies permanent peace and bliss.

Your destiny which is the result of past karmas, has to be undergone, and from that destiny no one can escape, not even deities, incarnations and great founders of faith.

This law of karma is supreme.

But this does not mean that you should not make effort and resign yourself helplessly to present conditions.

To work hard, to make effort in different directions, is man's duty.

He is not to yield easily to circumstances and conditions.

He has to give a good fight and try to attain victory over adverse conditions.

Never give up hope.

You do not know what the future holds for you.

Times never remains the same.

Behind every cloud the Sun is still shining.

It is in such matters of trial that the Grace of GURU is also at your back,

Have faith in Him and, Believing in Him, do your best.

Look around you, how much misery there is.

There are thousands worse off than you.

Looking at them, thank GURUJI for all HE has given you.

Has everyone the GIFT of sewa?

Are they going to escape from their eternal cycle of birth and death?

This is going to be your privilege, so be brave and cheerful.

A wonderful reply, full of Encouragement and positivity.

We should remember GURUJIS word's when we are going through trials and tribulations in our lives.

WE HAVE SO MUCH TO BE THANKFUL FOR.



DON'T CRITICIZE PEOPLE, CORRECT THEM WITH RESPECT

We hold the purest intention for everyone, but we project our frustration by criticizing people when they are not our way. CRITICISM has vibrations of ANGER or REJECTION, so apart from creating Hurt in the one being criticised, IT DEPLETES OUR INNER POWER.

If we remain stable and give the same feedback, it's beneficial.

Have you been in an interaction where you have given the finest of feedbacks possible, yet the other person understood it as CRITICISM and REJECTION?

Is your instruction or suggestion often thought to be harsh and insulting?

Does that make you stop advising people, as you are unsure how to relay it effectively?

When giving feedback, how we say it matters more than what we say.

Our intentions for family, friends and colleagues is pure, but we need to take care of our energy when conveying the feedback.

If we are critical, the other person becomes defensive, depleted and hurt.

He holds us responsible for the pain and the negativity radiates back to us.

CRITICISM IS EMOTIONAL ABUSE.

It targets the person and rarely focuses on the act.

We need to give feedback back with an energy of understanding, love and respect so that the other person accepts it and becomes willing to transform.

The next time people behave or work in different ways which do not match your definition of right, empower them.

SPEAK SOFTLY, USE FEW WORDS AND GUIDE THEM.

Remind yourself - I empower people with my polite and helpful feedback.

I create transformation and earn their blessings.

Accept people and finish CRITICISM.

Shift from controlling and authoritative ways, to being compassionate and caring.

Once you stop criticising, you will increase your ability to appreciate life more.

Remind yourself - I correct people with respect and dignity.

I give feedback on the task that has gone wrong and help them to correct.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI'S LOTUS FEET 🙏

Affirmations to Avoid Mood Swings

Positive REFLECTIONS:

AVOIDING Mood SWINGS:

Do you experience sudden changes in your Mood from one end of emotional spectrum to another, with the slightest triggers throughout the day? We cannot always contry situations but we can always control our mood, to not get affected by every unexpected turn of events.

Take this moment to see how you master your mood to keep it happy and peaceful.

AFFIRMATION -

ss.

I am the creator of every mood.

I take care of my mind and body...

With exercises,

With meditation,

With spiritual study,

With diet,

With relaxation,

With sleep.

My mind and body are stress- free.

Irrespective of situations and peoples' behaviour...

I feel..

I check my mood..

If there is slight discomfort,

I INTERNALLY detach from the energy of the scene..

I don't let the scene touch my mood and trigger negativity.

I silence my mind and listen to my inner voice.

I decide on a response which is right for my present and future.

I return to the scene with stability and respond..

I keep my peaceful and happy mood intact.

My mood remains the same in every circumstances..

If people are not fair to me..

In the face of my illness..

If there is crisis in the family..

If there is issue at the workplace.

Whatever may be the situation today,

I am peaceful.

No one lives on my mind,

I do not get affected by anything.

I continuously release any pain and discomfort,

I am holding on to.

I let go all uncomfortable habits.

My stability lets me think clearly and solve any problem.

I am the master of my mood.

REPEAT this Affirmation a few times to ensure your inner world is not affected by events in your outer world. Your consistently stable, good mood will improve your happiness, health and harmony.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Spreading The Fragrance Of Happiness

A beautiful aspect of each one of our lives is living a life of enthusiasm and joy. Also we keep spreading the same to others through our entire personality and through our actions and attitudes. It is one thing being happy yourself and another to share that happiness with each one at every step.

For some it is a hobby to start the day with wishing everyone with greetings of happiness and give them a feel of love filled with joy. By doing this, they spend the entire day ahead free from the tensions that they might face and full of lightness filled thoughts and feelings.

Also give a new flavour to each day, of different experiences filled with different types of qualities. Qualities such as cheerfulness, contentment and lightness, which are all different colours of happiness will make life a beauty filled journey. It is journey in which you are accompanied by others. Also, you along with others will share and receive these beautiful experiences.

This giving and receiving will make this complete life journey full of something you look forward to and enjoy to the fullest. These experiences are like gifts that we share with each other and gifts always bring happiness. Physical gifts are limited to particular days and particular people. But these invisible gifts of different positive happiness emotions are unlimited and can be shared with each and everyone. We can do this in our homes, at workplace, with your close friends or in society in general.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

True GURU (Master) Says, "Know Thyself"

They are referring to knowledge of our spirit,

Not knowledge of the anatomical parts of our body,

Or our physical strength,

How many possessions we have,

Or the power we exercise in love,

Or the personality ,

The personal ego,

Or the intellectual capacity that we have,

Emotional states: that is, everything that is external to us and that is part of our outer covering.

The invitation of all the sages, mystics and the great masters of spirit is directed to let us discover our spiritual aspect; our soul in its pure essence, free from external entanglements, and not to study as we said, how the body works, how can we become stronger physically, intellectually, or accumulate wealth for more power. Saints and Masters want us to know who we really are, who we are spiritually. This is the authentic self- knowledge, that all the Grand Masters of the past have recommended:

We must become conscious of who we are in essence, and of the Divinity that's lives in us.

This is the true meaning of the words " KNOW YOURSELF".

KNOWLEDGE OF ONESELF PRECEDES

KNOWLEDGE OF GOD.

Because just because we were created by GOD in HIS image and likeness,

Once we know ourselves as SOUL, we can then aspire to Union with the,

GREATE SOUL.

" GOD."

ENDLESS vast skies

only eternal in your eyes

Where the

"DIVINE MELODY is BORN."

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

Don't Label yourself negatively

Like people see us through the filter of their personality and perceptions, we also see ourselves through certain labels that we put on ourselves.

If we attach negative labels such as I am lazy, I am careless, it becomes a part of our identity and a belief.

Our vibrations create our REALITY and with that intensity, it moulds that behaviour in us.

Do you choose to label yourself about who you are - or who you are not - based on your appearance, background, personality or ACHIEVEMENTS?

Do you see yourself through the labels that other people define you with?

Can you pause and check how many labels are negative?

The labels assigned on you add up to different dimensions of your personality, your identity.

This means if we label ourselves negatively, our mind and body will respond and live by that negative label.

Repeating them make them like an affirmation, reiterate those words, radiate those vibrations and the chances of them becoming our reality increases.

OUR LABELS create OUR DESTINY.

Let us replace every single negative label we have on ourselves, with a pure, powerful, positive label. Let us make our vocabulary, repeat them consistently for a few days, until those Positive labels become your identity. To create the reality you want, begin with assigning only positive self-labels. Remind yourself I label only and only with positive words. I remain aware that my labels manifest my destiny. When you repeatedly think and speak only of positive labels, you create that only of quality of vibrations and radiate them to your mind, body and the universe. **YOUR EACH AND EVERY VIBRATION INFLUENCES YOUR REALITY.** So those labels start **BECOMING** your reality.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Adjustment and Understanding

ADJUSTMENT IS NOT IMPORTANT IN LIFE,

BUT UNDERSTANDING IS MOST IMPORTANT IN THE LIFE.

Sometimes Anger is more special than a Smile.

Because a smile is for everyone.

But anger is only for those whom we never want to lose.

"DISTANCE" from yourself is like smoke.

The more you increase, the more suffocating it will be and the " CLOSER " is like a mist.

The closer you come, the more relief you will be, remember one " LESSON " for the rest of your life.

"RELATIONSHIP", "RELATIONSHIP" and " FRIENDSHIP" should be kept clear, because the difference is only in thinking, otherwise the stairs are the same which goes up for some and COMES down for some.

CONSIDERABLE!!.....

Life plays with him too,

The player who is the best,

Everyone's pain is the same,

But everyone's spirits are different.

Someone gets frustrated and gets scattered,

So SOMEONE SHINES after FIGHTING!



The Power of Grace

The POWER of GRACE.

IF the grace of the MASTER (GURU) is not there nothing can help you. I want to be honest. I'm making it appear like there's certain technology and technique and methodology of meditation that gives you everything. If the Grace of the master is missing, nothing will happen. Grace of the Master is very important because he's pulling you. He has to pull you. He has to take you back.

Therefore, if there's any good PRAYER I can think of to ask from the Master, it's "MASTER, I WANT YOUR GRACE." And when you get the Grace of the Master, he makes it easy to meditate. He makes it easy to go about your business and remember him. You want remember him otherwise. We forget all the methods that we have being learning if the Grace of the Master is not there. So Master says, " PUT IN YOUR EFFORT," And we put in the effort and nothing happens. Then we realise that was just a test. That effort, our effort, is not going to make any difference. The pathway is such that human effort, at best, is a very puny little part of the effort required to go up The rest of it is our Master.

Then why does he say, "Do meditation for so many hours. Do it in this particular way." Why does he put us on the path of effort? Because of our mind - trained to believe that nothing comes without effort. Nothing comes unless we struggle for it. He says, " O.K. - struggle." How long should we struggle? Til you fail. And find out there is something beyond struggle.

And yet, you cannot even struggle without the Grace of the Master. The most beautiful experience I can tell you is when you find that the effort you put in was not possible without the Grace of the Master. And therefore, Grace and Effort are the same thing. Eventually, you find that out, that there is no difference. That the reason why we could try to make an effort was because of Grace. At the end, it turns up that everything was Grace.

But he put us through a course in which we had to first put in effort. And more effort. Do more meditation. And at the end we find that it was something else that really made us put the effort and made us go back home. The mind still thinks if we struggle more, if we do more, we get more. We're TRAINED like that. The truth is, on this path, the mind is a very small power. It's the Masters Grace and MASTERS Power that pulls us up. And he makes us available like this so that at any stage of our Spiritual development, it matches what we believe is good for us.

He's doing it to satisfy our mind because we would otherwise keep this reservation in mind, Oh, I didn't struggle enough." O. K. struggle. And then I throw up my hands and say, "Master, Now I want ALL your Grace." Even the attempt to do something is his Grace. At the end you see very clearly that the whole process of going up was his Grace, Master's Grace.

Therefore, I say , let's recognise that without Masters Grace, we can't even make effort. Without effort, we don't get the Grace. So it's such a combination of these two things, that if we feel we can make an effort, make it.... the best you can. All you feel it's not working, pray for the Grace. MASTER will pull you up. So it's a combination of the two things.

So I am sure many of you have had this experience that pure effort does not work. It's not a mechanical thing.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

What is Meditation

MEDITATION is a precise technique for resting mind and attaining a state of consciousness that is totally different from the normal waking state. It is the means for fathoming all the levels of ourselves and finally experiencing the centre of consciousness within.

MEDITATION is not a part of any religion; it is science, which means that the process of meditation follows a particular order, has definite principles, and produces results that can be verified.

In MEDITATION, the mind is clear, relaxed, and inwardly focused. When you meditate, you are fully awake and alert, but your mind is not focused on the external world or on the events taking place around you. MEDITATION REQUIRES an inner state that is still and one-pointed so that the mind becomes silent. When the mind is silent and no longer distracts you, MEDITATION deepens.

MEDITATION is a practical means for calming yourself, for letting go of your biases and seeing what is, openly and clearly. It is a way of training the mind so that you are not distracted and caught up in its endless churning. MEDITATION teaches you to systematically explore your inner dimensions. IT IS A SYSTEM OF COMMITMENT, not COMMANDMENT. You are committing to yourself, to your path, and to the goal of knowing yourself. But at the same time, learning to be CALM and still should not become a ceremony or religious ritual; IT IS UNIVERSAL REQUIREMENT OF THE HUMAN BODY.

GURUJI S SPIRITUAL GEMS:

"When you notice the coming of ANGER, begin the repetition of the names. As your meditation will improve, the ANGER and EGO will also disappear."

GURUJI SAYS THAT MEDITATION IS THE CURE FOR ALL OF OUR ILLS.

If we are to escape from this prison of the world, we must simply buckle down and begin thinking SIMRAN. IT takes EFFORT, PRACTICE and PATIENCE just like any foreign language.

LET'S SACRIFICE ALL USELESS THOUGHTS, imagining and pondering and replace them with our SIMRAN in order to know the true language of our GURU.

GURUJI says, Here's a rope, Tie it around me, GURUJI Will be your companion for LIFE.

OUR SIMRAN is the ROPE; COMPANION for LIFE is our GURUJI.

"Our soul has descended from GOD ALMIGHTY and has come down these sixteen planes and manifested within this physical body. And here it has got entangled with the mind and the senses. And in this entanglement, it has forgotten about itself, it has forgotten its TRUE HOME. And it is suffering here. Our thoughts are all pervading, relating to these worlding things here and our relationships here. And our entanglement is because of these thoughts.

When we do our SHABAD SIMRAN, we are able to get out of this entanglement and go within. When we do it SIMRAN, then we are able to concentrate our thoughts at the EYE CENTRE. AND THEN THE MIND WHICH IS SCATTERED IN THE THOUGHTS all over place, gets concentrated at the EYE CENTRE and then we are able to go within.

When the effort that we have put in for doing this concentration with SIMRAN, the mind settles down and we are able to get our thoughts together and come to the EYE CENTRE. So, the soul then focuses its attention back where it is residing at the EYE CENTRE and then the journey back to GOD ALMIGHTY starts.

"For doing this we should have a seamless love for our MASTER and GOD ALMIGHTY. It should not happen that we do our Simran Shabad for few days, then leave it for few days, then again, do it for few days. It should be without a break and it should be continuous."

" Anytime is good time for doing SHABAD SIMRAN, but particularly in the morning when we have just woken up and our mind is still. It is quite. It is a good time to do our Simran Shabad. As ty day progresses our mind gets scattered in various thoughts, so Masters praise the early morning time."

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

What Meditation Can Do ?

An old farmer lived on a farm in the mountains with his young grandson. Each morning grandpa was up early morning, and sat for meditation. His grandson wanted to be just like him, and tried to imitate him in every way he could.

One day the grandson asked-grandpa! I try to meditate just like you,
But thoughts disturb me,
And what i do understand,
I forget as soon as i come out of meditation.
What good does meditation do ?

The grandfather quietly turned from putting coal in the stove and replied - take this coal basket down to the river and bring me back a basket of water.

The boy did as he was told, but all the water leaked out before he got back to the house.

The grandfather laughed and said- you have to move little faster next time,
And sent him back to the river with the basket to try again.

This time the boy ran faster,
But again the basket was empty before he returned home.

Out of breath,
He told his grandfather,
That it was impossible to carry water in a basket,
And he went to get bucket instead.

The old man said - i do not want a bucket of water,
I want basket to water.
You are just not trying hard enough,
And he went out the door to watch the boy try again.
At this point,
The boy knew it was impossible,
But he wanted to show his grandfather that even if he ran as fast as he could,
The water would leak out before he got back to the house.
The boy again dipped the basket into the river and ran hard,
But when he reached his grandfather,
The basket was again empty.

Out of breath,
He said - see grandpa it is useless.

So you think it is useless?
The old man said - look at the basket.

The boy looked at the basket,
And the first time he realised that the basket was different.
It had been transformed from a dirty old coal basket to now clean,
Inside and out.

Son! That is what happens
When you meditate.
You might not understand or remember everything,
But when you meditate every day,
Thoughts start to diminish,
Like dirty coal basket
Transformed to clean,
In the same way you tend to be pure,
You will be changed,
Inside and out.
That is the work of the meditation in our lives.

Never give up spiritual practice.

By doing spiritual practice daily,
All heaviness and
Unnecessary things tend to fall,
And you start feeling light.

This is the indication that you are evolving.

Slowly you will feel peace and calmness within you.

Instead of reaching,
You start responding.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

Meditation is Next To GODLINESS

The fourth undertaking is to practice MEDITATION every day. Without the practice of meditation, SANT MAT is just words. Initiation is only a beginning. The path is a path of inward meditation, of transforming our consciousness.

'Going within' requires persistent practice and firm resolve. In sports, music and other disciplines, dedicated students practice for several hours a day. Why? Because progress comes through constant daily practice. As the saying goes,

" Champions train losers complain."

The masters entreat us never to neglect for a single day the practice of meditation. Infact meditation has to become a regular and punctual habit so that we attend to it regardless of circumstances.

GURUJI MAHARAJ said, " By regular and punctual, do you mean the same time every day?"

Habits are easily formed and soon become a part of our daily routine, and then if we neglect them, we start missing those things. Similarly, by giving the same time every day, this MEDITATION should become a part of our daily routine.

For instance, whether we are hungry or not, at one o'clock we are at the dining table; or the moment it is eleven o'clock you rush for your coffee break. It becomes a habit and a routine of life. So, MEDITATION should also become a habit and a daily routine. And if you give it secondary importance - I'll attend to it whenever I feel like it, I'll do it whenever I get time - then you will never attend to it at all.

SO ONE SHOULD MAKE IT COMPULSORY.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJIs LOTUS FEET 

Crossing Negative Situations With Spiritual Powers

Looking at different types of different problems in our life can make us LOOSE our enthusiasm and also weaken us internally. Life can become a difficult and rough journey, which is when spirituality with all its different benefits can help us immensely. Spirituality is the technique of learning how to rule over yourself not only at the level of words and actions, but also on a more subtle level of thoughts, feelings and emotions. It teaches us the art and fills us with the power of applying a brake to our negative and unnecessary thoughts when a difficult situation is in front of us. It's not about suppressing your mind and saying that from today I will not get angry or I will behave with love and humility with everyone and then going back to your negative self after some time.

This is unnatural.

But on the other hand, it's about gently transforming your negative thoughts into positive ones by the use of spiritual power filled in the self by connecting with the SUPREME SPIRITUAL POWER SOURCE of the world -GOD.

This connection is called

MEDITATION in SPIRITUALITY.

Also, it's not about just relaxing your mind by reducing the number of thoughts, but it's about creating the right Positive thoughts which are in our mind, when we are in the middle of a difficult situation. So, spiritual strength is what will give us the ability to change our way of thinking and behaving and not just spiritual knowledge. Remember, it's our personality which needs to change and that will automatically transform our thoughts and feelings, which are influenced by my personality.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

GURU or The Master's Advice To Sangat Ji

People Generalise on this statement, that whatever happens, whatever they do, even negative things that an initiate might do, would be with his permission.

Not with his permission, but he becomes responsible for that. Not that he won't punish him!

When a child is born, the father takes the responsibility to bring up that child. Now, if the child does not remain disciplined, the father punishes him, but never hands him over to the police. He spansks him, he scolds him, but if he does anything mischievous, he never hands him over to the police.

So, in the same way, MASTER becomes responsible for our actions to KAL, because

'Caesar must get his due', as the CHRIST says. But it is not that they won't be punished for bad deeds - they will be punished! They may be spanked, but they will not be handed over to KAL.

So in the same way, you see, everything is with his permission. Actually, 'permission' carries the meaning of responsibility. It is only in not finding the proper word in translation that it becomes misunderstood.

Since MASTER becomes responsible for the SOUL to go back to the CREATOR, whatever KARMAS the soul has collected here have to be cleared, whether in this life or by Meditation, or whether in another life - that the MASTER will decide - whichever is in the best interest of the soul. Whether that SOUL can bear such hardships in this life, or, if it cannot bear them, he may give it another birth. But some SOULS can bear hardships in this life, so the Soul may undergo even the KARMAS of other lives in this very life. If MASTER doesn't want that SOUL to come back at all, KARMAS have to be finished, so they can be finished in this life.

Either you pay by Meditation, or by going through them, or you come back to this creation to pay them, but KARMAS must be cleared. It depends upon the individual. Some individuals can go through it. MASTER may think that it is in their best interest to go through it in the physical body rather than take another birth for that little KARMA.

Supposing that Karma could be finished in four or five years, it is better that they should be finished just now, rather than take another birth for four or five years. Naturally, when those KARMAS of four or five years have to be gone through in this life, they will definitely be a little more burden. But depends upon the MASTER.

HE DOES WHATEVER IS IN THE BEST INTEREST OF THE DISCIPLE.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJIs LOTUS FEET 

What Shall We Offer to God

Although GOD does not need anything from us, there is a particular quality that, if we embody, would make the CREATOR happy . This is the quality for longing for GOD.

Craving for GOD comes when we have a sincere desire to be with the LORD; it stems from a love for GOD.

So how can you learn to love GOD?

Love is in our Soul - says the spiritual teacher.

If we experience Soul, we will experience this Love. When we identify as Spirit, we automatically experience longing for GOD because we consciously awaken from GOD, our long SEPARATION from our Source. To recognise ourselves as spirits, we must turn our attention away from the attractions of the external world and focus within ourselves through Meditation.

The more we connect to GOD'S love and Light during meditation, the more our love for GOD will grow. This connection clarifies understanding the reality of our existence. This also strengthens our relationship with GOD and all creation. As we experience the Light of GOD in ourselves, we recognise that the same Light SHINES in others. This is when we begin to embrace our oneness and connection. Out of love for our fellow adults, we skilfully extend a helping hand in the unselfish service of others.

If we analyse our thoughts, words and actions daily and weed out our faults, we are constantly moving on the path of GOD. Meditation, selfless service and daily self - examination increases our love for the CREATOR, strengthening our desire for GOD.

Strengthen your Desire



The Secret of GURU

The secret of " GURU " " MASTER" can be understood only by the language of " love" not in books. Whenever SIMRAN IS RECEIVED, it is received only from the complete " SATGURU", the simran is not in any Shastra or Granth. If there is any highest wealth in the whole universe that is SIMRAN.

KABIR JI says: KABIRA, THIS WORLD IS POOR, THERE IS NO RICH MAN, NO ONE KNOWS THE RICH MAN, GO TO " RAMNAAM DHAN HOI."

" SATSANG" is PARAS, the one who tried to be true in it became KANCHAN. A soul polluted by karma and rituals through birth after birth gets cleansed after reaching the Ghat of SATSANG.

GURUJI SAYS: that we don't serve or help others in order to deepen our spiritual life; it is the other way around. The deepening of our Meditation Practices naturally develops in us the desire to be helpful to others. This desire finds its natural expression in the disposition to serve. Sewa is the service to the MASTER through service to our fellow human beings. Nobody is being more helped than the one who does the Service.

THE PURPOSE OF SEWA IS TO HELP US TO EXPAND IN LOVE.

SEWA IS AN ACT OF LOVE MEANT SIMPLY TO HELP US TO GROW IN LOVE. THAT IS SEWA.

The practice of meditation will gradually help us to look upon everything we do as the

MASTER'S WORK. Service has many rewards, but the unique one is the person imbibes the qualities of the person whom he serves.

The GURU is never unconscious of our giving. HE is the ONE who is within us, Who is helping us to give, and then HELPING us to receive HIS GRACE. TULSI JI says, In this world there are FIVE priceless jewels that are of essence;

- COMPANY of MYSTICS,
- REFUGE in the PERFECT MASTER.
- Compassion,
- Humility and
- Service

WHY DOES GURU GIVES US SEWA ?

Sometimes Sewa means almost contrived. The GURU appears to create jobs for us to do when there is no apparent need for them.

For example, when the Bada Mandir was being constructed, a well-known contractor and devoted disciple said to GURUJI that he be given the sewa of construction.

GURUJI replied:

No, I want every SANGAT, even the poorest of the poor, to be given an opportunity to offer something in sewa, even a rupee or half a rupee. I would also like every sangat, rich or poor, young or old, to participate in the construction, even if they carry only a handful of sand or a few bricks. There smallest effort is very precious to me, every drop of perspiration shed by them is valuable.

THIS IS SEWA OF LOVE AND DEVOTION.

THANKS MY DIVINE

The Importance of Guru

Everyone is my Teacher

THE IMPORTANCE OF GURU

" GURU and GOD both APPEAR before ME.

To whom should I prostrate?

I BOW before GURU who INTRODUCED GOD to me"

: Kabir :

When Swami Vivekananda first visited Ramakrishna Paramhansa he asked 'I have read the Bhagavad Gita and other scriptures several times, I lecture and give discourses on the Gita and Ramayana.. Do I still need Harbor of a saint; do I still need a Guru?'

Ramakrishna didn't reply to Vivekananda's question. After a few days Ramakrishna called upon Vivekananda and handed him a parcel to be delivered to a nearby village a few hours away by the sea route. Early morning the boat and the sailor will be ready and all he needed to do was to go to the village and deliver the parcel to the designated person.

Vivekananda agreed and decided to start early. He found the boat and the sailor ready to put out to sea. Suddenly, upon sitting in the boat, Vivekananda realised that he didn't know the road to the village. He inquired of the sailor who had no clue, either. Vivekananda decided to go back to his Guru to ask him the shortest way to the village.

UPON this Ramakrishna said, ' Narendra, this is the reply to the question you asked me WHEN we met Frist time: Today, you have the medium (the boat), you have the resource (the sailor), you have the road (the sea), you know what to do (deliver the parcel) and you also know where to go but you don't know the way. Likewise you have read all the scriptures, and you conduct wonderful discourses on them.

However, to realise the WISDOM of scriptures one needs GURU, someone who has already traversed that Path so that he can guide you through the journey and encourage you to not to give up.'

On this day of GURU PURNIMA, we Salute our GURUS and TEACHERS and PROCLAIM,
EVERYONE IS MY TEACHER.

SOME I seek.

SOME I subconsciously attract.

SOME I learn simply by observing others.

SOME may be completely unaware that I'm learning from them, yet I bow deeply in Gratitude.

Thank you All My Guru's For Enlightening Me & Making Me The Person I Am Today!

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJIs LOTUS FEET 🙏

What is Guru Kripa

What is GURU Kripa?

A wonderful answer!

Money, luxury house's, expensive cars, and wealth alone are not the blessings of GURU.

In this life, many crisis and calamities that disappear without our knowledge, that is GURU- KIRPA.

SOMETIMES, we somehow escape falling, and balance despite the crowded space, on the journey.

The balance that saved us from falling, is the Grace of Guru.

Whenever it is difficult to get a meal at a time, still we get to eat full of food, That is GURU- KIRPA.

When you are buried under the burden of many difficulties, still you feel the strength to face them,

That strength is the Grace of GURU - KIRPA.

When you're just about to give up and think it's over. THEN, at that very moment, you begin to see a Ray of hope and get ready for the struggle again, THAT hope is GURU - KIRPA.

When all your relatives leave you alone in times of trouble, a teacher - brother (a friend or a sibling who believes in a teacher) comes and say's to you - " You go ahead, we are with you". The courageous words of that GURU - Bandhu are the blessings of GURU - KIRPA.

When you are at the peak of success, full of money and happiness, even at That moment you feel grounded and humble, THAT is GURU - KIRPA.

Having money, wealth and success alone is not GURU -KIRPA, but when you don't have these things, you still feel happy, satisfied and blessed.

That is GURU-KIRPA.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

GURU NANAK DEVJI MAHARAJA Says

"In the DEVOTION OF LOVE, ONE IS TAUGHT TO BOW DOWN; THE EGO IS NOT TAUGHT THERE."

Because when we Bow Down to other's and become Humble in front of others,
We are not doing any favour to anyone,
We are not bowing down to anyone,
We are bowing down to, becoming humble in front of, OUR OWN SELF.
WE are not giving respect to anyone:
WE ARE RESPECTING OUR OWN SELF...
GOD ALMIGHTY IS WITHIN ALL;

Therefore, if we Bow down in front of anyone it means that we are bowing down before GURUJI MAHARAJ and giving respect to our own self. If you weigh this, you will find that he who bows down is the heavier one: because when you look at the scales, you will find that only the pan in which there is more weight bows down.

IN THE SAME WAY,
HE WHO HAS MORE WITHIN,
BOWS DOWN,
HE WHO IS HUMBLE GAINS MORE.

So that is why here He says,
When we Bow down to others,
When we give respect to others,
We are not respecting anyone BUT our own Self.
KABIR SAHIB also says, THE GURU who bows down to His Disciple is the real Sadhu.

"Outwardly you see that the Masters who are real Saints bow down to and give respect, to their Disciples"

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJIs LOTUS FEET 

"The POWER OF YOUR SUBCONSCIOUS MIND"

THE only path by which another person can upset you is through your own Thought.
Busy your mind with concepts of Harmony, Peace and Good will,
And wonders will happen in your life.

The way to get rid of darkness is with light;
The way to overcome cold is with heat.

The way to overcome the negative Thought is to substitute the good thought.
Affirm the good, and the bad will vanish.
Give no one in the world the power to deflect you from your goal, your aim in life,
Which is to express your hidden talents to the world, to serve humanity,
And to reveal more and more of GURUJI S wisdom, truth, and beauty to all people in the world
Remain true to your ideal.
Never finish negative statement,;

Reverse it immediately, and wonders will happen in your life.

All of us have our inner fears, beliefs, opinions.
These inner assumptions rule and govern our lives.
A suggestion has no power in and of itself.
It's power arises from the fact that you accept it mentally.
As you sow in your subconscious mind, so shall you reap in your body and environment.
You grow old when you loose interest in life;
When your mind is open to new ideas, new interests , and when you raise the curtain and let in the
sunshine.
And inspiration of new truths of life and the universe, you will be young and vital.
Age has it's own glory, beauty, and wisdom that belong to it.

The law of attraction attracts to you everything you need,

According to the nature of your thought life.
Your environment and financial condition are the perfect reflection of your habitual thinking.

THOUGHT RULES THE WORLD.

THINK GOOD AND GOOD FOLLOW.

THINK EVIL AND EVIL FOLLOWS

YOU ARE WHAT you THINK ALL DAY LONG.

THE Truth is you can Acquire any Quality you want by Acting as Though you already have it.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

Gratitude and GRACE:

A drop of water on a hot plate takes a little time to disappear.

It makes some noise and it evaporates.

GRATITUDE in our life seems to disappear even faster.

We seem to forget how much we have grown, how much we have received.

The mind seeks more and more.

And in every wanting of more and more, it forgets the past very easily.

So GRATITUDE rises in everybody, but disappears very soon.

Today we cannot say that no one is grateful.

Everyone is grateful, but for the moment, and then it is finished.

GRACE is that gratitude which can remain all the time.

If gratitude remains around the year, like the evergreen, you will call it GRACE.

It is GRACE.

It is like the snow in the Himalayas that stays throughout the year.

It doesn't just fall and disappear.

Whatever falls on the highest peak, stays.

When there is GRATITUDE, complaints disappear.

When complaints arise GRATITUDE disappears, gratefulness disappears.

When there is a complaint in mind, there is discontentment, frustration, dejection, depression.

All that follows.

If you are not grateful, if there is no Gratefulness no Gratitude, then you will start complaining.

You will find fault.

Even if there is none, you will try to see it, you will find it.

Your mind will do it for you.

You won't even need to try hard.

Your mind can easily pick it up.

So and so do not smile at me.

Or he will smile but did not show all his teeth.

It was less than a full smile.

This is the lower journey.

GRATITUDE is the PLATEAU, the middle.

And as you rise above that, there is GRACE.

When GRATITUDE in you stays, that very GRATITUDE flows out from you as GRACE.

Whatever you see Divine GRACE flowing, there you will find GRATITUDE.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Believe, and you will succeed

Have you been excited about your big or small goals, worked very hard to reach there, but somewhere down the line doubted success? Just recall how it influenced the outcome.

Whether it is a personal goal or a professional one, we typically need people's support to be successful. It's important for everyone to work with a calm, relaxed and stable mind. The environment needs to vibrate with confidence and determination. When we rely on each other trust must be at the core of our belief and behaviour. We have all experienced that people are most productive when they have a person trusting their abilities. Let's ensure no-one creates thoughts of doubt, insecurity, incompetence or anxiety - either about themselves or others. Negative thoughts become obstacles to success. If it is our goal we have a responsibility to be solution-oriented. Let's focus only on how to help and motivate people. And let's remind ourselves daily I am confident that together, we will be successful.

We have heard - Well begun is half done. Whether there are 10 things on our to-do list today or 20, if we begin them with self-belief, discipline and enthusiasm, our speed and efficiency increases magically. People working with us absorb our energy and feel motivated. An overall sense of belonging for the place, people and task develops. Time doesn't seem a barrier. Sit back and make your work day unfold perfectly today. Your inner success factors of stability, comfort and happiness will have an influence on getting you success outside. You will save time and energy because there were no emotional leakages of anxiety, aggression or stress. You will go back home from your work place pleased and happy.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

The Wind of Absence

ABSENCE is to LOVE
WHAT WIND is to FIRE;
IT EXTINGUISHES the SMALL,
IT INFLAMES the GREAT.

Picture a candle.

The candle is lit.

But if the wind blows, even if it is just a birthday blow of a child, the flame is gone, it is extinguished.

Now picture the hill fire.

What happens when the wind Breeze across the mountains? The fire just gets bigger and bigger, and soon consumes the whole forest.

That is the case with love.

IS OUR LOVE LIKE THE CANDLE FLAME SUCH THAT A SINGLE WIND OF ABSENCE CAN EXTINGUISH IT AWAY? OR WE CAN MAKE OUR LOVE GROW TO SUCH AN INTENSITY THAT IT BECOMES LIKE THE HILL FIRE, WHERE THE WIND OF ABSENCE WILL ONLY INCREASE THE gusto?

The GURU comes to us for one reason:

To ask us,

Plead with us,

Inspire us,

To respond to his Love.

Not in the physical sense we think we do,

But in the real sense that he wants - through our MEDITATION.

Ours should be such a state that absence from the physical GURU only make our LOVE grow Stronger.

If we Love him,

We will Obey Him.

If we truly Love him

We will Meditate because that is the one thing he wants from us.

And if we Meditate,

Our Love will automatically grow stronger and their in LIES His GRACE.



The Fallen Flowers

THE FALLEN *FLOWER'S*

RUNNING IS A USUAL AFFAIR.

The beauty about running is, I see life happening around me. And every morning I will see an elderly gentleman picking up flowers fallen under the tree and neatly keep in a basket, meant for temple visits. His activity was making me curious.

One fine morning I saw him again, and decided to quench my curiosity, "why does he pick up fallen flowers, while I see a whole other elderly crowd, plucking FRESH FLOWERS".

I asked him, I always see you pick up those freshly FALLEN FLOWERS from the ground. What do you do with them?

I use it to worship deities and Gods in my house, he replied calmly.

Now this was new. Haven't heard anything like this before. So I asked him again, " Why will you put FALLEN FLOWERS, when there are plenty on the plant itself?"

I am helping the flowers fulfil their purpose, to be with the GOD in there last days. THEY also have life, they also want to be with GOD like you and me in our last days, isn't it, he asked me. I just nodded and he continued.

People pluck the buds which have not even bloomed, not even letting them release their fragrance. Everyone takes what's beautiful and leaves the plant stripped off it's beauty. See, how these planets look like, stripped and deserted.

He continued, every flower has a purpose, to be with the GOD. While everyone takes away what's there on the plant, I choose to pick them up. It's not their fault that they fell down. They also deserve to be with GOD.

You also try it, you will find peace and happiness in doing it. I find it, that's why I did it. I am too old support anyone, but I can help these flowers meet their destiny.

I could just nod, smile, wished him luck and continued my run.

While I was running, my head was also running. With this new inspiration and thought, I decided that let me also try picking up FALLEN FLOWERS for worshipping.

I crossed a hibiscus tree and saw few FALLEN FLOWERS under the tree. As I bent down to pick up, I heard a voice.

"You don't put FALLEN FLOWERS to GOD," it was my Mom speaking to in my head, and then I stopped for a second.

" GOD is only looking for your emotion & devotion towards him, so go ahead and pick up", it's was again my Mom speaking in my head.

After much deliberation and looking at both sides, I picked the flowers and put it in my palms. I could feel goose bumps and my heart started racing. It was very different kind of love I was feeling inside my body for these flowers.

I got them home, washed them and placed them where they deserved, at the feet of GOD.

This entire experience was overwhelming. I felt good and nice about myself. I felt as if I have saved someone's life or helped someone come out of Misery. I never felt this level of contentment before with flowers atleast. And I feel, I will continue to do this. PICK UP WHO HAS FALLEN DOWN.

In life, we always want to be around nice and beautiful people. We want to see ourselves with people who belong to our stature, and look down on people below our stature.

BUT, the real satisfaction comes when we help someone and make their life better.

Be it a HUMAN, ANIMAL, BIRD or any other form of LIFE.

So, Why not flowers,

THE FALLEN FLOWERS!!!

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

Result Of Previous Actions – Our Birth As Human Beings

IT IS ALSO AS A RESULT OF PREVIOUS ACTIONS THAT WE INCARNATE AS HUMAN BEINGS OR AS LOWER SPECIES."

All this, as well as our meeting and parting, is in accordance with our fate karmas.

Whatever has been ordained will be performed by us.

But from Satsang we get solace and sustenance.

WE MEET A MASTER ONLY IF WE ARE DESTINED TO DO SO.

It is through His Noble company alone that we receive the Elixir of Simarn and attain GOD Realisation.

OUR INNER EYE IS SHUT AND WE HAVE IMPRISONED OURSELVES BEHIND HIGH AND THICK WALLS.

We make ourselves subject to the dictates of own mind rather than the advice of the Saints.

IF WE ARE DESTINED TO MEET A MASTER, WE DO MEET HIM, SURRENDER OURSELVES TO HIM AND FOLLOW HIS OATH.

We repeat the HOLY NAMES and we love Him. As a result, we behold the LIGHT is Simran within.

WE ARE POWERLESS TO CHANGE OUR DESTINY. WHATEVER IS DESTINED IN OUR FATE MUST HAPPEN.

We shall meet the Master and remember the LORD if we are destined to do so. People who follow the dictates of the mind have worldly thoughts and objects dominating them...

AND THOSE WHO FOLLOW THE DICTATES OF THE MASTER HAVE THE PREDISPOSITION FOR GOD- REALISATION IMPRINTED ON THEIR MINDS.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

Why Is Human Being Born Special?

WHAT IS THE LEAP WE MUST ALL ASPIRE AND PREPARE FOR?

MAN is endowed with the capacity to separate himself from,

His Body

His Senses

His Mind

His Intelligence.

He feels and say's,

My Eyes

My Ears

My Feet

My Hands

My Mind,

My Reason, etc.

He knows deep down in his consciousness, that he I apart from all these;

that is their User, Owner and Master.

No animal feels ITSELF different from the body; for them, they are the body.

They do not know that they are occupants of the physical frames.

Man ,can by a simple exercise in silent reasoning, discover that the physical frame is unreal and temporary.

Once free from undue attachment to the body and it's accessories, he is liberated also from the pulls of,

Joy and Grief

Good and Bad

Pleasure and Pain.

Then man discovers that the world is one kin,

In God; that all is Joy, Love and Bliss.

He realises that he himself is this apparent world, that all multifarious manifestations are the fantasies of the Divine Will, which is his own reality.

This expansion of one's individuality to cover the ends of the Universe is the highest leap of the man.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

My Guru Is Beyond Comparison:

WHEN Mahatma Shukdev,
The son of RISHI VED VYAS,
Returned home after being initiated by KING JANAK,
His father asked him whether he had found a GURU.

Shukdev said that he had. The father asked what His GURU was like.

Shukdev remained silent.

"Is the GURU like the Sun!" asked the father.

"The GURU'S refulgence is like the Sun, but the Sun is hot. My GURU is not." Shukdev replied.

" Then what is it like!" asked his father again.

Shukdev made no reply.

"Is the GURU like the Moon?" asked the father.

"He is cool like the moon, but the moon has a blemish. My GURU has none," Shukdev replied.

"What is he like, then?"

"He is beyond comprehension," Shukdev said.

With deep humility, Shukdev told his father, " I thank you, father. I have been a long time learning this lesson."

Shukdev had been turned away by Lord Vishnu from his temple Vishnupuri because he had no Master.

Rishi Ved Vyas repeatedly sent him to King Janak, but in his pride, he refused to accept him as his GURU because he was not an ascetic like Shukdev.

"Think now of this for a moment," his father told him.

If a GURU is needed to enter the lower regions ruled by Vishnu, how much more is a Perfect Master, like King Janak, needed to gain admittance to the higher realms of pure spirit!"

All SAINTS and SAGES have given a unique place to one Devoted to his Master;

WITHOUT A PERFECT GURU THERE IS NO SALVATION.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI'S LOTUS FEET 

To Make The World PARADISE Again

CREATE A Positive Consciousness That You An Instrument Of God

Creating paradise in the world is God's TASK.

We are all God's children and also His humble and divine instruments for creating paradise in the world.

Instruments are right hands of God through whom he performs the task of the world transformation.

We keep this consciousness, that is the first step of creating paradise or heaven in this world again.

Imbibe God's Purity And Power's And Become A Spiritual Light - House -

A soul who is given the task of world transformation by God should be full of God's Purity, who is an Ocean of Purity And also it should connect with God everyday in Meditation and imbibe His spiritual powers.

Radiating the vibrations of both purity and power in the world through every thought, word and action is the second step.

GIVE The Key OF God's Spiritual Wisdom To Everyone -

God says I come into this world at the end of the Iron Age or Kaliyug to transform the world.

God also gives the key of spiritual wisdom to His children to create a beautiful future in the Golden Age or Satyug.

The more we give this key to every soul in the world, the more we bring paradise closer.

Make your Home and Office A BEAUTIFUL Paradise OR Heaven -

Your home and workplace are the two places where you spend most of your time.

If I as a responsible child of the God take up the responsibility of making these two places full of God's qualities like peace, love, and joy, I radiate these vibrations to the world and help in creating heaven in the world.

Take God's Guidance At Every Step A Bring Everyone Closer To God -

The Golden Age can only be created when every soul realises the importance of connecting with God and also the need for a positive change in the world.

It our duty to do what God is doing at present time - bring everyone closer to HIM and unite everyone as a divine world family.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

GURU Power

"" GURU POWER.""

If one is spiritually developed in life, he or she remains so in after - life, if one is not so developed, how can he develop after death?

We have a golden opportunity now in the human body wherein we can develop to any degree of perfection and can become detached from the things of this world.

When one has developed overwhelming in love and devotion for the GURU and has advanced spiritually so much so that he or she has become detached from worldly things, he need not return to Earthly Life, but will proceed onwards in the inner planes with the guidance of the GURU- POWER residing with him.

--

A True Devotee who takes refuge in GURU is not easily disturbed by the troubles of life, since his faith in Him is Firm.

He may feel overwhelmed by love for GURU or the thoughts of Him, and may feel intense emotions. However, it should not be construed as a weakness.

A true devotee Excels in self- control.

He may have weakness for GURU but not for the world.

Amidst the impermanence of the world, his mind remains stable, having been burnt and purified by the fire of Self- knowledge, selfless actions and righteousness.

A devotee is undisturbed amidst three fold,

Miseries,

Immobile in happiness,

Free from attention,

Fear and Anger.

Everywhere he is without affection.

He does not praise or loathe auspicious or inauspicious events.

Further he can completely withdraw his mind and senses from the sense objects and establish them in thoughts of GURU or Self,

Just as the tortoise withdraws its limbs into its hard shell.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

How to Study God's WISDOM Everyday?

GOD (GURUJI) is an Ocean of Wisdom.

The Highest and most knowledgeable and powerful soul that exists.

Because He is eternally bodiless and does not come in the cycle of birth and rebirth, HE knows the world drama very clearly.

God shares His Wisdom on Earth at the End of Kaliyug or the Iron Age.

With the help of which all souls of the world get purified and the world gets transformed into Satyug or the Golden Age.

Look at the tips of GOD'S WISDOM Everyday

Meditate For A Few Minutes Before

SPIRITUAL STUDY -

When we Meditate for a few minutes before listening or reading Spiritual Wisdom, our thoughts slow down and our concentration increases. This helps us in understanding and absorbing God's Spiritual Wisdom clearly.

Revise Your Purpose Of Studying The Wisdom -

After Meditating, tell yourself that GOD Himself is going to teach me today and also remember that this study will make me pure, perfect and full of Qualities And Power's And I need to study with complete mental and physical alertness.

Feel A Beautiful Closeness With GOD While Studying -

Also remember and experience GOD as a loveful parent and Teacher while studying His Wisdom, which is full of depth and beauty. Absorb God's vibrations and His feelings behind every word.

Do not only listen or read.

Note Down Important Points Of THE WISDOM -

WHEN you study spiritual wisdom, it's important to note Down a few points of the wisdom, which you feel you want to revise in the day, think about deeply and apply in the days actions and interactions

End The Spiritual Wisdom with THANKING GOD-

After you have finished studying spiritual wisdom, take GOD'S sweet blessings of love, thank GURUJI in your heart and promise Him that you will follow everything that He has taught today and will not leave His hand anytime in the day.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

God is at the Window

There was a little boy visiting his grandparents on the farm. He was given a slingshot to play with in the woods.

He practiced in the woods, but he could never hit the target. Getting a little discouraged, he headed back for dinner. As he was walking back he saw Grandma's pet duck. Just out of impulse, he let the slingshot fly, hit the duck square in the head and killed it. He was shocked and grieved ! In a panic, he hit the duck in the wood pile; only to see his Sister watching! Sally had seen it all, but she said nothing.

After lunch the next day Grandma said, 'Sally, let's wash the dishes ' But Sally said ' Grandma, Johnny told he wanted to help in the kitchen.'

Then she whispered to him,

"Remember the duck?"

So Johnny did the dishes.

Later that day, Grandpa asked if the children wanted to go fishing and Grandma said, ' I'm sorry but I need Sally to help make supper.'

Sally just smiled and said, ' well that's all right because Johnny told me he wanted to help?

She whispered again, ' Remember the duck?' So Sally went fishing and Johnny stayed to help.

After several days of Johnny doing both the his chores and Sally's; he

Finally couldn't stand it any longer.

He came to Grandma and confessed that he had killed the duck.

Grandma knelt down , gave him a hug and said, ' Sweetheart, I know.

You see, I was standing at the window and I saw the whole thing, but because I love you, I forgave you. I was wondering how long you would let Sally make a slave of you.'

Thought for the day and every day thereafter:

Whatever is your past, whatever you have done.

And the devil keeps throwing it up in your face (lying, cheating, debt, fear, bad habits, hatred, anger, bitterness, etc.)

Whatever it is...

YOU NEED TO KNOW THAT:

GOD was standing at the window and He saw the whole thing.

He has seen your whole life..

He wants you to know that He loves you and that you are forgiven.

He's just wondering how long you will let the devil make a slave of you.

The great thing about **GOD** is that when you ask for forgiveness;

He not only forgives you, but He forgets.

It's by **GOD'S** grace and mercy that we are saved.

Always remember.

GOD IS AT THE WINDOW!!!



His Grace Is Sufficient

I don't know the calculation of

DAYS.....

MONTHS.....

YEARS.....

LORD BLESS YOU.....

FOREVER.....

FOREVER.....!

GURUJI SAID:

One who learns from everyone is WISE.

One who has control over his DESIRES is POWERFUL.

One who respects others is worthy of being RESPECTED.

ONLY FROM WHAT HE HAS.

The one who is happy is the one who is really rich.

That's why to the world for your pain....!

Don't blame.

Explain your mind...!

CHANGE OF MIND IS THE END OF YOUR ' SORROWS ' .

The rest of the back should always be kept strong.

Because, PRAISE and BETRAYAL both come from BEHIND.....,,,

GURUJI, you have brought me to the BEGINNING of a NEW DAY.

As the world is renewed FRESH and CLEAN.

So I ask YOU to renew my Heart with Your STRENGTH and PURPOSE.

FORGIVE me the ERRORS of Yesterday.

BLESS me to walk CLOSER in your WAY TODAY.

THIS IS THE DAY I BEGIN my life ANEW.

" SHINE THROUGH ME SO THAT EVERY PERSON I MEET MAY FEEL ' YOUR PRESENCE IN ME.' "

" Take my HAND, PRECIOUS " LORD " for I cannot make it by " myself."

This is A PRAYER to you GURUJI

Love Knows No Laws

GURUJI - THE GREAT MASTER SAYS IN LOVE NO SACRIFICE IS TOO GREAT.

" LOVE MEANS TOTAL SELF - EFFACEMENT".

KABIRA says:

" The lane of love is so narrow that it cannot contain two. If I am, He is not;". He further says,

" If you wish to enter the lane of love, cut off your head and put it on your hand; then enter this lane."

Master says: THIS IS NOT CLEAR.

" IT MEANS THAT NO SACRIFICE IS TOO GREAT FOR A LOVER,"

The Great Masters explained.

A SEWADAR asked:

"What sacrifice, Sir?"

"A LOVER HAS TO SACRIFICE EVERYTHING - HIS BODY, HIS MIND, - HIS POSSESSIONS AT THE ALTER OF LOVE." Said the Master.

Sewadar asked: " But how Sir?"

Assume that you are sitting in meditation" the Master said. " If you were to stop meditating as soon as your limbs began to ache as the result of the withdrawal of the soul current from the body, you would not be acting like a true lover. A TRUE LOVER WOULD SUFFER EVERY KIND OF PAIN IN ORDER TO HAVE A GLIMPSE OF THE LORD. Assume that you love riches. The door of heaven would not then open up for you. LOVE OF THE LORD SHOULD SUPERSEDE ALL OTHER LOVES IN YOUR HEART. TRUE LOVE CONSUMES ALL IMPURITIES AND CLEANSSES THE CHAMBER OF THE HEART FOR THE ENTRY OF THE" LORD."

SELFLESS LOVE AND DEVOTION IS THE LADDER THAY TAKES YOU STRAIGHT TO THE PALACE WHERE THE BELOVED " LORD RESIDES "

Love knows no law, nor is there any bargaining or account keeping in Connection with it.

GIVING is the only antidote to greed. When you give, it's literally like you're releasing the negative toxins from your soul, like you are breaking up the hard shell of selfishness and greed that threatens to encase your heart. It's more BLESSED to give than to receive. GIVING BACK MAKES YOU HAPPIER PERSON.

TULSI SAHEB Listen to my words O Taqi, stay focused on SATGURU who has witnessed you.

Do not neglect this path if you want to see the splendor of your BELOVED.

HIS Grace will guide you into His very presence, free from all dangers or fears along the way.

Go directly to your destination,

because the GURU has revealed his instructions to you.

Rumi, Shams, Mansur and Sarmad have arrived. Right on this Path and with firm determination they reached their goal.

Hard work is the way to the goal of love, but it's not difficult to get there.

The one who solves difficulties is with you and has given you a hand.

Tulsi, listen to me or Taqi, the INNER secret is different from anything you've ever know before.

Keep it safe in your heart , for it focuses you on the MOST HIGH [GURU].

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

Spiritual Heritage – Is Separation Necessary?

It is very, very necessary.

We cannot even gauge our love and Devotion without physical SEPARATION

We can never know how much we miss our GURU, love HIM, How much we are involved in worldly attachments, and How much we actually love our GURU, unless we have physical separation.

In the presence of the GURU we ALWAYS feel we love HIM,
Because there is nothing else to pull us aside.
WE ARE ALWAYS CHARGED WITH HIS LOVE AND DEVOTION.

But how much depth it has, we get an opportunity to know when we are absolutely engrossed in worldly activities, worldly possessions and worldly love.

If in that atmosphere we still miss him, we still have the DEVOTION for him and we are yearning for HIS PHYSICAL FORM, then we know that we really " love him."

If we forget HIM when HE is out of SIGHT, you can imagine how much the DEPTH OF THAT LOVE IS.

LOVE is a gift from the LORD.

Unless LORD WISHES, we can never think about HIM.

Unless he pulls us towards HIMSELF,

We can never SEARCH for HIM at all.

We think we are LOVING the LORD,

We think we are Finding the LORD.

ACTUALLY HE IS THE ONE WHO'S PULLING US from WITHIN,

Giving us :

FACILITIES,

OPPORTUNITIES,

ENVIRONMENTS,

CREATING all that ATMOSPHERE within us so that we THINK about the LORD and try to make a SEARCH to go back to the *FATHER*.

He is the one who is giving all that to US.

WITHOUT *HIM*, we can never think about the *FATHER* at all.

"SO IT IS A GIFT GIVEN TO US BY *HIM*".

WE ARE NOTHING WITHOUT HIS GRACE

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

Who is Completely Independent?

A rich man was once interviewed on an Israeli TV program.

He was asked if there had ever been an incident that surprised him a lot.

He said yes, on one of his many trips around the world, a man had shocked him with his unwavering Faith.

He began to say, Once I was walking in the streets of Ayodhya in India, when I saw a man sitting under a tree outside a hospital. And I saw that both his hands were joined together and his eyes were closed. His condition attracted me towards him.

When I went to the man out of curiosity, I found tears streaming down his eyes and he was completely immersed in prayer.

I waited patiently until he was done with his prayers. Then I asked why he was so upset and sad.

He said, " I urgently need Rs one Lakh for my wife who is in the hospital."

I asked, " Is this the reason you were praying so diligently?" The man nodded his head in yes.

Incidentally, I had Rs one Lakh with me at that time. So I counted the money and gave it to him.

Instead of thanking me first, he immediately bowed down with his eyes closed to thank the LORD. After that, he stood up and thanked me too.

I was very impressed by this Attitude of the person and I gave him my personal card, which contained my personal email address.

I told him, " Anytime you need anything, just call me directly and help will reach you."

But I was shocked when he turned down my offer.

The interviewer was also surprised to hear this and asked, " Will you tell us why he declined your offer?"

The billionaire said, " Hearing that man's reason, changed my whole outlook on life."

Hearing this, the interviewers enthusiasm turned to restlessness and he said, " Please tell us what did he say that changed your life?"

The billionaire went on to say, That the person told me " Thank you so much for giving me your personal phone number and email address. But whenever I need money or anything else in life I will not call you. I will always CALL UPON MY GOD IN MY HEART, WHO HAS JUST SENT YOU!"

His Faith in his GOD shattered my existential EGO to pieces in an instant.

DO NOT ALLOW ANY PERSON TO PLAY THE ROLE OF YOUR INNER POWER OR YOUR INNER SOUL IN YOUR LIFE. ALWAYS HAVE FAITH IN YOUR INNER POWER OR INNER SOUL. BECAUSE THAT IS THE GIVER AND CONTROLLER, AND ALWAYS WILL BE.

IF WE LIVE OUR LIFE BY CONNECTING WITH THE DIVINITY (HIGHER SOUL) WITHIN OUR HEART, THEN WE WILL NEVER FEEL OURSELVES TO BE SUBORDINATE TO ANYONE AND WILL BE ABLE TO LIVE OUR LIFE WITH COMPLETE FREEDOM.

Independence ~In+dependence

He who is dependent on his inner self (HIGHER self) is truly independent.

"MN MEDITATION OUR CONSCIOUSNESS MOVES TOWARDS our INNERMOST SELF, THE CENTRE OF OUR EXISTENCE."

United We Stand, Divided We Fall

All of us in this world are individuals with different personalities and viewpoints but yet there are certain points of truth on which we all agree. One of them is that the world should be full of Peace and Love. Another point of truth is that GOD is one and The SUPREME. Also, if there is someone who can unite us as one family in this world, it is only the POWER OF GOD which can do that.

Lastly, the world once upon a time was united family which got broken into pieces and was divided by religion, caste, language and nationality differences. The world today is divided in a big way. In some cases people of one country dislike people of another country and in some cases even people of different castes but of the same nationality quarrel over many issues. UNITED WE STAND, DIVIDED WE FALL - famous quote of unity.

First of all, remember my family of parents, siblings and all other relationships is a temporary connection. My permanent connection, my closest and every BIRTH relationship is with GOD. In every birth , I get new loved ones but GOD does not change. So my family changes many times, my physical mothers and fathers change many times, but my ETERNAL MOTHER AND FATHER - THE SPIRITUAL PARENT - GOD IS ALWAYS THE SAME. This is the case with every human being in the world. Also, GOD is the only one who knows me and my every birth, the best. So far me to become a source of love for others, I need to take first step of giving GOD an important place in my life. Remember 8 billion sources of Love, when created, will make the world United as one.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Be Easy, Not Busy

WE routinely use the vocabulary - I am very busy. I have no time.

This mindset doesn't let us prioritise or manage time.

We over- commit and under-deliver in every area of life.

The turbulent energy of the word Busy conveys that we are not available to enjoy life's moments.

Busyness makes us stressed about saving time, wasting time and constantly being in action.

Just saying busy, busy, busy; even if our schedule permits few hours of leisure, we want utilise it to care for ourselves or others.

We don't meet people we call them.

We don't listen to them, we speak.

We don't connect, we just remain in contact.

Today we have more responsibilities, more pressures, more expectations.

More need not mean Busy.

We can work 16 hours a day remaining calm and happy.

Let's start saying I am Easy, I have time for everything.

The relaxed energy of the words Easy keeps us focused and efficient.

Then we won't want time, we will have time.

We come across professionals or housewives who work 14 hrs a day remaining easy. We also meet school kids who say I am busy, hurry up.

Today the energy of being busy is in the air. Why we consume and add it to our vocabulary, we radiate a message of having too much to manage and that we are not available for people. Being Easy or Busy indicate opposite states of your mind. They have nothing to do with the amount of work you do. Replace busy with easy and see the difference it makes to your emotional health. You will no longer hurry yourself or other people and create panic. You will go with the flow instead of resisting unexpected situations. You radiate vibrations of peace to your mind, health to your body, harmony to your relationships and happiness to the environment.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Positive Approach

GURUJI encourages us to remain strong and positive on the path:

Begging is not the WORDLY boons. Begging is for the GURU (Lord's) Grace.

Meditation itself is begging. By meditation we are begging at his door for admission.

We are asking just to become one with the Father. We are begging for his forgiveness,

To FORGIVE what stands between us and the FATHER...

Instead of just making repeated prayers,

" O, LORD, GIVE ME GRACE,

HELP ME GIVE TIME TO MEDITATION,"

WHY NOT SIT IN FOR MEDITATION?

WHY NOT JUST GIVE TIME TO MEDITATION?

INSTEAD OF ASKING FOR HIS GRACE,

ATTEND TO MEDITATION - THAT ITSELF IS " GRACE."

Instead of asking him to open your inner vision,

Attend to meditation, which will automatically open your inner vision.

Asking doesn't change the situation. There's a positive step, which is attending to meditation.

Otherwise, we are all beggars at his door."

" IN THE GAME OF LOVE

I CANNOT LOSE.

IF I WIN I GET YOU,

IF I LOSE YOU GET ME."

" IF I WIN,

NATURALLY I'LL BE IN YOUR LAP.

IF, IN MY STRUGGLE,

I LOSE,

YOU WILL PULL ME TO YOUR LEVEL.

SO THERE IS NO FAILURES IF I AM DOING MY BEST....

SO EVEN IF WE LOSE IN THIS BATTLE OF LOVE,

WE WIN."

🙏 GRACE OF ALMIGHTY 🙏

Self-Discipline

Sometimes we may be tempted to drop our Sewa or to do a half - hearted job because we think it's not interesting enough, or it involves too much effort, or because our friends are doing sewa elsewhere.

But if we leave our sewa when it doesn't suit us, how would the sewa get done? And how would we please the GURU?

In GURUJIS time, a sewadar was assigned the job of serving the water to the sangat.

One day while he was doing his sewa, he saw GURUJI approaching in his car. Excited, he left the sangat to whom he was serving the Jal Prasad, left his sewa at the water-post, and ran forward to the edge of the road to see GURUJI from close.

GURUJI noticed the sewadar leave his sewa and ran towards him. He commented to the sewadar next to him, " Lai! Rupaiya chhad ke chavanni lain aaya hai," meaning: " See he abandoned a rupee and has come to collect quarter of a one."

What did GURUJI mean?

He was not implying by the statement that the value of sewa is greater than the value of physical Darshan, but if we abandon our sewa to follow the GURU, we lose more than we gain.

You have reached Sach Khand the very day you Meet GURUJI - that is the place which you are destined. Who can take away the gift bestowed by the SAT GURU? Because the KARMIC account of worldly give and take is still to be finished, he cannot take you there. Once it is fully settled, he will take you there at once.

EVERY ADVERSITY, EVERY FAILURE, EVERY HEARTACHE CARRIES WITH IT THE SEED OF AN EQUAL OR GREATER BENEFIT.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJIS LOTUS FEET 

Self-Respect and Self-Realization

One of the most important energies for success in any situation and in any sphere of life is a very strong and positive mental state

Self-respect is the first step to positivity.

Self-realisation leads self-respect.

We often play our different roles in society in a physical realisation

- the realisation of the physical body, physical role, relationships, wealth, education and job.

Whereas we consider these realisations as natural, but many times because of the changeable nature of these spheres and aspects of life, we are lacking in self respect and as a result in mental strength.

Let us in this message; take a look at different points of self-respect based on a spiritual self-realisation which make us internally strong.

I am A victorious soul, My success is Guaranteed - E very morning create the first point of self-respect that in every sphere of life your victory or success is Guaranteed.

Revisit this point of self-respect many times in the day.

It will inject positivity in your every day thought, word and action and that positivity will flow in your role.

It will also benefit you in different ways in improving your health and generating wealth and also achieving success in every sphere of life.

The more you feel this positive thought in your inner sub - conscious mind, the lighter and happier you will feel.

Also, this inner strength will show in better inter- personal relationships and beautiful results in different pursuits of life.

A positive feeling of success in your mind will guarantee success in every action and life will become a journey of relaxation, where anything goes wrong very rarely and even if it does, it corrects itself in a very short period of time.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Health Is A Matter Of Choice, Not A Matter Of Chance

The effect of thoughts on our health is well established. Each thought has an effect on the cells of the body. A large number of diseases today are psychosomatic, which means persistent negative emotions like stress, anger, fear, hurt, mistrust, jealousy, guilt, manifest in the form of disease.

Let us now focus on the effect of positive feelings on health. Love, peace, happiness, forgiveness, acceptance, appreciation, trust, enthusiasm - each powerful and positive thought is having an effect on the cells of our body.

It's not about the right thinking when we are not well only, but it's about our thoughts at all times.

Let us begin clearing our EMOTIONAL blockages, past hurt, resentment, not being able to forget and forgive, it's only a thought away.

The situation may have happened days or years back, but if I am able to feel that emotion even today, then I am carrying an emotional blockage, which has already begun creating a physical blockage of energy in my body.

Why we talk about healing, we always focus on healing the physical ailment, but if we don't the root of the ailment which is an emotional blockage, the physical ailment can recur.

Each time we are choosing compassion over anger/agony; forgiveness over resentment; trust over doubt; co - operation over competition; appreciation over criticism – we are choosing health over disease.

Let us be aware of every thought that we create regarding our body - whether it is about the way look; about our health; as addiction we wish to give up - it is a message to the body which the body will obey. So, let us detoxify the mind and erase every past memory of pain, because detoxification of the mind begins the process of detoxification of the body.



Making Sleep Peaceful And Blissful

Sleep is one of the most important aspects of human wellness and influences our physical, spiritual and emotional health immensely.

MEDITATE FOR A FEW MINUTES BEFORE SLEEPING:- The entire day, the soul performs actions through the body and the mind constantly creates thoughts. So it's good to experience soul consciousness and connect with GOD - the Supreme soul for about 15 minutes before sleeping. This makes the mind silent and the intellect pure, which is the perfect preparation for a good night's sleep.

REDUCE MOBILE PHONE USE and TV VIEWING BEFORE SLEEPING:-

For about 45 minutes to one hour before sleeping, keep your mobile phone away as much as possible from your eyes and avoid viewing anything on the television. This will relax the mind and brain immensely and it will be easy to sleep and it will be easy to sleep easily and as soon as you lie down in your bed.

THANK GOD FOR THE DAY and CLEAR ALL BURDENS BEFORE SLEEPING:-

Tell GOD about the entire day that has passed, thank Him and if something negative has happened in the day, clear that burden before sleeping. Don't take the burden into your bed. If you sleep with a heavy consciousness, you may take time to sleep and even if you sleep soon, you may get up in the middle of the night with many thoughts running in your mind.

VISUALIZE A CIRCLE OF POSITIVE ENERGY AROUND YOUR BED and EXPERIENCE AN AFFIRMATION BEFORE SLEEPING:-

VISUALIZE a golden circle of peace, purity and power around your bed for a few seconds before sleeping and experience an affirmation that - I am a peaceful and blissful soul. I am protected and I sleep easily. This will make your Aura positive and will protect you from negative and impure energies of the world which might disturb your sleep.

AVOID TAKING TOO MUCH and UNNECESSARY CONVERSATIONS BEFORE SLEEPING:-

The more you talk before sleeping, the more thoughts the mind creates and more active the brain becomes. So, talk less, talk sweetly and talk softly before sleeping. Otherwise the thoughts of words spoken just before sleeping prevent you from switching off and going off to rest.

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

Release Your Expectations

You always assisted a colleague to finish his project in time, but one time you asked him for a favour, he refused. You reached home tired and expected your young child to behave well, but he threw tantrums the entire evening. Are these situations familiar or have you been in similar situations and wondered, Why can't people meet simple expectations? Why can't they be my way?

Our habits, personalities, perspectives, choices and priorities are different. So we cannot always act in the same way as others, irrespective of our authority, role or responsibility. It also doesn't matter how simple and right our expectation is. Release expectations from everyone - family, friends, colleagues, society.... Let us be our way, accepting everyone as they are. We accept, advice, instruct and share opinion respectfully, but not get upset if people don't meet our expectations. Let us drop from the belief that expectations are normal and experiment with acceptance, that acceptance is normal. It helps us remain emotionally stable in every situation and have harmonious relationships.

No two individuals can think, speak or behave identically. Yet we routinely wonder - How can he be like this? Or why did she say that?

The load of such futile thoughts and expectations block our energy of love and peace. Let us remember that our state of mind has no connection with anyone or anything outside of us. Sit back and program your thoughts and feelings about other people.

Do not succumb, do not hit back, do not expect, do not blame, do not complain. You take charge of your inner state and choose your response. You come out of impulsive, auto - pilot reactions to people's behaviours. Your acceptance that people are different, sustains your happiness and influences them positively.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

DON'T EQUATE LOVE WITH MEETING EXPECTATIONS

We routinely expect people to be and do things which are consistent with our own qualities, values and goals. If someone starts meeting our expectations to an extent, we believe they love us. We even mentally write scripts of how they will satisfy all our wishes, due to their love. And the day they fall short or do not confirm to our needs for any reason, we become resentful.

Take this moment to teach your mind that when people are not our way it does not imply they do not love us.

I am happy being. I am happy being my way. I do not have expectations from anyone. I do not seek love from them. I love... I radiate love to all.

I give advice... without expectations. People may or may not obey me... They love me ... But they may not be able to do as I say... I don't equate their actions with their love for me. They love me but cannot do what I ask them to do at the moment... They cannot listen to me... they are unable to implement my suggestion...they behave as per their thought process... their nature... their capacity... their priority...I understand them. I do not expect them to be my way...I talk to my mind...I explain to it their perspective. My mind does not question their love for me...it listens to me and calms down. I respond with an energy of love and respect. I need nothing from anyone.

Repeat this a few times to change the definition that whoever loves us does exactly what we want them to do. Once you detach love from expectations, understanding people and accepting them becomes natural.

🙏🌸 GRACE ALMIGHTY 🌸🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Dealing With Impatience

Between managing home, office, children, classes, shopping, friendships and other tasks, do you wish for time to tick as per your schedule? How do you feel whenever you need to wait for anything?

Living in a world that expects instant gratification, our patience seems to be fading out.

IMPATIENCE is more about our lack of self - control, than the lack of time. We want that we want, and we want it immediately. Racing to and fro from one task to another, and one thought to another - we are only adding stress, aggression and pain. Running towards my goal is not worth leaving patience behind. Let's learn to wait, trusting everything is accurate, precisely happening when it is meant to. Patience with self, people and situations bring peace, compassion and acceptance. It also gives the power to handle life in the middle of challenges when we don't deplete energy creating impatience.

In other scenes, practicing patience makes us confident and likeable. It is also a sign of royalty and dignity to wait rather than impulsive react. Remind yourself, I am patient in every scene today. I don't hurry myself or others. I handle delays with an energy of ease.

Among the very valuable qualities you nurture, is patience one of them? How easy do you find to remain patient with people and situations on a daily basis, especially when they are not your way? We all exhibit different levels of practice but to practice it, we need to finish the obstacles that come in it's way- mostly as irritation, anger, anxiety, fear, doubt or judgement. Even comparison and competition, deplete patience. We routinely say - I am busy, I have no patience to hear you... I cannot wait for this traffic to clear.... I can't tolerate that music..... If we don't want to listen, wait ,or persist, we give up our powers to tolerate, adjust or accept. The mind tries to control things which it cannot, and becomes restless. The body receives energy of turbulence from the mind and health suffers. RELATIONSHIPS BECOME FRAGILE. People are doing their best and situations are the way they are meant to be. This understanding creates compassion, kindness and respect. From today, prepare yourself to use patience in every scene, no matter what the day brings.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Situation Proofing Yourself

Keeping your consciousness free from the question marks and the explanation marks .

This is a powerful consciousness with little room for the negative or waste thought patterns.

Such a positive consciousness carrying person then has a positive attitude. A positive attitude then influences our perception of problems and makes it Positive. This finally leads to positive or correct words and actions which are required to solve the problem in front of us.

Thus, in short, our thoughts are the foundation of our perception. Negative perceptions stand on the foundation of thoughts of negativity which are filled with questions and exclamations created sometimes over a complete birth. Positive perceptions stand on the foundation of thoughts of positivity carried over a long period of time. It's not just about that particular moment of time or creating positive thoughts at the time, when you have a difficult situation in your life. It's a practice of many years of creating positive thoughts or atleast a few months that make the mind extremely powerful. It's also going through many different negative situations and achieving victory many times in keeping the mind positive in all those situations, that empower the mind. This transforms and keeps our perception positive in circumstances that we are going to face in the future. Thoughts of positivity are like clean water poured in the bucket of mind which is used to creating thoughts of negativity, which are like unclean water in the bucket. A large volume of clean water or thoughts of positivity is required to be poured into the bucket so that the unclean water is completely replaced by the clean water of positive thoughts. So, pour positive and beautiful thoughts into your mind everyday for a few minutes through spiritual wisdom and also empower yourself with meditation. And slowly over the period of time the question marks and the explanation marks in situations which confuse you and reduce your positive perception , will be removed.

AS A RESULT YOU WILL BECOME

SITUATION - PROOFED.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Spiritual Companionship

Spiritual Seedlings :

When I say we need to be selective in our company, I am not talking about withdrawing into a little group and refusing to have any contact with people who do not do as we do. We should be courteous and friendly with everyone, aware of their feelings and points of view, and avoid being judgemental. **IAM STRESSING THE NEED TO BUILD RELATIONSHIPS WITH THOSE WHO WELCOME THE CHANGES WE ARE TRYING TO MAKE AND WHO WILL HELP US MAKE THEM.**

When a seedling is planted in the countryside, it is fenced in so it will have some protection. Similarly, AS SPIRITUAL SEEDLINGS, it is a good idea to surround ourselves with the protection of others who are spiritually minded. In time, of course, when our new ways of Thought, speech and action have taken firm hold, we can stand in any company without being uprooted.

Far from returning to our old patterns of conditioning, we will influence others by our personal example to change their pattern as well.

Wherever people gather for selfless ends, there is vast augmentation of their individual capacities. Something wonderful, something momentous happens. An irresistible force begins to move, which, though we may not see it, is going to change our world.

In this lies the power and meaning of Spiritual Companionship.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

HOW to BOUNCE back from ANYTHING & become a BETTER PERSON

GOLD can't be purified without fire.

Neither can a man become refined without adversity.

- Failures
- Loss
- Poverty
- Injuries
- Sickness
- Betrayal

Suffering is a consistent preface to every success story.

Alchemy is the art of transmuting;

- Pain in ART
- Mistakes into WISDOM
- Failures into STEPPING STONES
- Suffering in into CONSCIOUSNESS
- STRUGGLES in to SUCCESS STORIES

HOW?

1. PURIFY YOURSELF

THE first step is to cleanse off your old identities. Your healing is dragging on because you're too attached to the part of you that got hurt.

SURRENDER THE VICTIM MENTALITY.

Meditation helps create a gap between you and your mind, such that you can watch your thoughts from a deeper state of being. This will naturally strip away the self - limiting identities, beliefs & insecurities, that are weighing you down.

2. LIQUIFY YOURSELF

top boxing yourself into idiotic labels. Adopt only transcendental identities like Tao, god - self, spirit, awareness.

REBIRTH & REBORN YOURSELF EVERYDAY.

3. REMOLD YOURSELF

Self - recreation is where the magic happens.

- * Imagine & embody the feelings of being your best self.
- * Use words of affirmations to reprogram your subconscious.
- * Replace harmful habits with beneficial ones.

DO THESE EVERYDAY AND YOU'LL BE TRANSFORMED.

4. PUSH YOURSELF

Change can be scary - weather it's moving to a new country, learning new skills, or starting a new business.

Bad things are easy to start, good things are hard to start.

Train your willpower to overcome every daily resistance weather you feel like or not.

Your strength is a sign of all the pain you've endured.

Your success is a sign of all the failures you pushed through.

Your discipline is the sign of all the temptations you ignored.

5. FORTIFY YOURSELF

The journey to self - actualization is long, arduous & lonely.

Your patience and perseverance will be tested, but you must be relentless and persistent to the point that you laugh at anything life throws up to derail you.

Stop complaining & start thinking of how to turn your handicaps into assets.

TRUST THE PROCESS, AND THE PATH WILL REVEAL ITSELF

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Life Is A Beautiful Journey

Life is a beautiful journey that is meant to be embraced to the fullest every day. However, that doesn't mean you always wake up ready to seize the day and sometimes need a reminder that life is a gift.

Your path has brought you to this moment for your greater good, and your journey is exactly as it needed to be. Please don't think you are behind time. There are no short cuts in this thing we call life. It took each detour and road block to bring you to this moment..... and this moment is the right on time.

Our consciousness is extremely important while performing any TASK. Suppose you have a task at hand check at that time you are looking at the task with enthusiasm and determination or you want to complete it because it has to be done and it's your duty?

Do you experience happiness and are sure of its success or fear that you may not succeed or it may not work out as you are expecting it to? Our consciousness is more important than the task ITSELF. The more positive the consciousness, the more positive will be the experience of performing the task. One day at a time - this is truly enough. You don't need to be in such a rush to figure everything out. Be patient with yourself and your journey. Take a deep breath and concentrate where you are in this moment. You may not be where you want to be, but you are exactly where you need to be.

Trust the process and remember that you will get to your destination when the timing is right. It may not feel like it, but forward is forward, no matter if it is one moment at a time. Let life surprise you, embrace the unknown and remember all good things take time.

The shortest way to live with honour in the world, is to be in reality what we would appear to be; all human virtues increase and strengthen themselves by the practice and experience of them.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Life has it's Science, Mathematics, Philosophy, and it's depth.

GURUJI says:-

Man's mind is a forest,

Where even without planting any seed,

Some unnecessary weeds grow.

We have to make two - prolonged efforts.

First: the seeds of healthy and beautiful thoughts have to be sown.

Secondly: the grass that has grown from bad and dirty thoughts will have to be pruned.

Because thinking is like a seed.

A person does the same actions in his life,

Which are in his thoughts and thinking.

Remember: A tree grows in the same form as it's seed.

A person's life, his mind can be as beautiful as a smelling garden,

Provided the seed of beautiful and healthy thinking are planted in it.....

" Whatever order the GURU gives, to obey it implicitly is to love the GURU."...

TO LOVE THE GURU IS TO LOVE GOD.

PERFECT YOUR LOVE FOR THE GURU.

AS THE GURU IS SATURATED WITH LOVE OF GOD,

WHEN WE LOVE THE GURU,

WE WILL AUTOMATICALLY BECOME FILLED WITH THE LOVE OF GOD.

THIS IS THE ONLY WAY TO MERGE IN THE LORD.

LOVE OF THE GURU, SO TO SAY, IS A CONDITION PRECEDENT TO " GOD REALISATION."

" When the water of a reservoir that has been leaking through a large number of holes and pipes is made to pass through a single pipe after shutting all other apertures, what a great force and velocity it acquires!

In the same manner, our soul current - passing out through the

EYES, NOSE, EARS and other apertures - has become attached to

WIFE, SONS, DAUGHTERS, PARENTS, RELATIVES, FRIENDS and other objects of the material world - animate and inanimate. When all this love is concentrated singly on the GURU,

You can hardly imagine

WHAT POWER AND ENERGY IT GENERATES AND WHAT WONDERS IT PERFORMS."

Living OR Reacting

ALL FEARS ARE A REACTION TO SOMETHING YOU BELIEVE TO BE TRUE, YOU DON'T HAVE A FEELING ABOUT ANYTHING IF YOU DON'T FIRST HAVE A DEFINITION OR BELIEF ABOUT THAT THING, THAT CIRCUMSTANCES, OR SITUATION...THATS WHAT FEAR IS FOR, IT IS THERE TO TELL YOU, YOU HAVE BELIEF THAT IS OUT OF ALIGNMENT WITH WHO AND WHAT YOU TRULY ARE.

GURUJI ONCE SAID THAT WE ARE NOT LIVING. OUR WHOLE LIFE IS JUST REACHING TO OUR NEEDS AND OUR DESIRES. BUT WHEN WE GET INTO STILLNESS, WE ARE JUST BEINGS.

What does the Master means by reaching?

What would it be like to be living as he defines it?

WITH OUR MINDS IN CONTROL,

WE ARE EITHER IMMERSED IN THE PAST OR CONSIDERING THE FUTURE.

WHEN SOMETHING IN THE PRESENT OCCURS,

WE HAVE A LEARNED AND AUTOMATIC RESPONSE TO IT.

WE ARE REACHING AS OUR MIND DICTATES.

THE SOULS RESPONSE IS REPRESSED AND UNNOTICED. OUR TRUE SELF HARDLY PARTICIPATES IN THE LIFE WE ARE LEADING.

PERHAPS THIS IS WHAT GURUJI MEANT WHEN HE TOLD US WE ARE NOT LIVING.

Really living would be a condition in which our true self, our soul, in conscious union with its CREATOR, is actively participating in the flow of life. It would no longer be silent prisoner of a mind automatically steering our consciousness; the soul would be free to guide our AWARENESS in an objective Reality.

WE WOULD EXPERIENCE LIFE AS IT IS, NOT AS WE THINK IT IS.OUR REACTIONS WOULD NOT COME FROM THE MIND, TRAINED AS IT IS IN A PARTICULAR MANNER.

Rather, we would not react. Our thoughts and actions would be guided by the soul with its wellspring of compassion and love.

Since the soul is in harmony with its MAKER, LIVING BY its GUIDANCE would put us in harmony with everyone and everything. The gift of the present moment, in all its fullness and beauty, would be ours continuously and we would be ENVELOPED in His Divine Love.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJIs LOTUS FEET 🙏

GREAT ILLUSIONS - " You are not the physical body but a conscious entity."

You have an intellect but you are conscious beings.

You have given this body by the Grace of God, to allow you to go back to your home.

That does not mean you must leave the world and retire to the forest.

You need to stay here, pay your dues, your " give and have" and find your way back to GOD.

The bonds of kinship were born as a reaction to the past, to pay your dues with love, and not to remain in the illusion of how we are now.

We think we have to live here forever.

This is the great opportunity to find your way back to GOD.

For this reason we have joined the various schools of thought.

The badges you wear are only about your body.

You have bodies; you are conscious entities.

Your real HOME is one with the UNIVERSAL CONSCIOUSNESS.

TO find the way that leads to GOD, the first lesson tells us that we are victims of a GREAT ILLUSION and how we must get out of it.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

The Purpose Of This Life

" LIFE MUST RECOGNISE ITSELF as ETERNAL LIFE."

As did Christ and all conscious souls before us. Why can't all humankind meet on the common platform? The reason is that only a few are aware of this existing platform.

" UNITY ALREADY EXIST, WE HAVE ONLY FORGOTTEN IT."

THE MIND BECOMES

" KING OF TRILOKI"

(the three regions - PHYSICAL, ASTRAL and CAUSAL) and remains there, for the mind is the instrument of the Negative Power, just as the soul is an entity of GOD,

The OCEAN of All CONSCIOUSNESS.

SO, THE MIND COMES INTO ITS OWN KINGDOM, BLENDING IN ONE WITH THE " LORD OF THE THREE STAGES,"

AND THE SOUL GOES TO ITS TRUE HOME.

(MERGE WITH GURUJI S LOTUS FEET)

A THING HAS THE QUALITIES OF ITS COMPARISON.

DEFUSION (Maya) IS THE CONSTITUENT OF THE MIND.

SUGAR IS MADE OUT OF SUGAR - CANE AND HENCE IT IS SWEET.

CHILLY gives a pungent taste.

The MIND IS - COMPOSED OF THREE STATES, VIA,

JOY,

SORROW, and

Cloth.

It is sometimes in a mind state.

This is MAYA or DELUSION.

Just as guests of wind disturb the surface of the water,

Similarly all the factors which I have mentioned influence the state of mind and make it restless.

THESE ARE FACETS OF DELUSION.

  . MIND IS A VERY GOOD SERVENT BUT A TERRIBLE MASTER.....!!!  

  GRACE ALMIGHTY  

 BOWING DOWN TO GURUJI's LOTUS FEET 

Die To Live

Only those who reach their TRUE HOME obtain everlasting JOY and PEACE.

They break out of the cycle of BIRTH and DEATH forever and return at last to the FATHER, thereby escaping the repeated tortures of the messengers of death.

With whose GRACE do we gain admission to the court of the LORD?

Surely not by our own efforts. Alone, we can do nothing.

We can never, by ourselves, traverse the uncharted terrain of the inner path.

We owe everything to the immeasurable GRACE of the MASTER.

He showers his blessings on us by joining us with the SHABD and NAAM, removing all our doubts, and pulling us out of this quagmire of illusion.

It is our MASTER who put us on the right path and awakens in our mind abiding love and devotion for the LORD.

Blessed with his INFINITE GRACE, through MEDITATION,

WE SEEK the DOOR,

FIND it, And WE KNOCK.

All beings in the world are helpless puppets in the hands of destiny.

There is nothing they can accomplish by their own efforts.

Those on whom the LORD (GURUJI) wishes to shower his MERCY and GRACE are given the gift of the human form.

Out of those fortunate souls, he draws the attention of the marked ones to himself.

These are the souls whom he, in his Supreme Bounty, wishes to deliver from doubt and delusion, whom he wishes to call back to his mansion by joining them with the LIGHT and SOUND.

Not till he himself SHOWERS his BLESSINGS are we put on this path.

Not till he HIMSELF wants to lift us out of the ' mire of doubts ' are our minds made ' pure and clean'.

Not till HE HIMSELF takes us into his fold are we redeemed through the MASTER'S GRACE.

“No aim can be greater than the wish to be changed from the limitations and miseries of a transient human being into eternal joy of the PERFECT ONE.”

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

Death and Liberation

"DON'T depend on death to liberate you from your imperfections. You are exactly the same after death as you were before. Nothing changes; you just give up the body. If you r thief or a liar or a cheater before death, you don't become an angel merely by dying. If such were possible, then let us go and jump in the ocean now and become Angels at once. Whatever you have made of yourself this far, so you will be hereafter. And when you reincarnate, you will bring the same nature with you. To change, you have to make the effort. This world is the place to so it."

"DEATH IS A GREAT LEVELER."

IT does not discriminate between,
Rich and poor,
White and black,
High and low.

One who has gained self - knowledge would permanently escape the cycle of births and deaths.
The house (body) remains beautiful so long as that Power (soul) is in it.
The moment it is withdraw, who cares for the body?
Nobody likes to keep the dead body at home even for a short while.
Everyone is in hurry to dispose it of at the earliest.
This then is the value of the mortal frame.

Alas!

We are totally ignorant of the Life- Principal in us or the Power enlivening the body.
If we all know a little, our knowledge is purely theoretical and confined to what is written in the scriptures.
Practically we have seen the POWER not to experienced.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI's LOTUS FEET 🙏

Why Are Men So Afraid of Death

First of all fear because death is usually accompanied by some DISEASE or AGONY, and is therefore conceived as a moment of suffering.

And then because he doesn't know anything about the AFTERLIFE: he doesn't know what awaits him, he is simply disoriented by the unknown.

Man, in the face of this mystery, often locks himself up in his own IGNORANCE, rejects this idea, seeks to escape and forget it, and finally puts aside the religious teachings, saying, "I cannot have any proof; what advantage is there in the searching in the Spiritual field, if I can't have certainly that is there a GOD and am spirit an immortal being?"

If there is no possibility of trial, let's put all this aside and enjoy life!

"This is kind of the idea of many human beings in our time, even apparently very intelligent."

Don't ask such important questions means to live like animals and therefore have no fate except that of animals themselves: to be born, eat, drink, procreate and finally return to the mystery from where they came from.

This attitude is a bit like mimicking ostrich.

Ostriches are sometimes attacked by some ferocious animal, they are very fast and therefore they first try to escape.

However, when they are reached or tired, then they put their heads under the sand and believe that the animal that hunts them cannot eat them; but without saying, they unfortunately end up in its ruthless jaws.

This is us: we basically spend our lives trying to forget that one day we will have to give it all up.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJI'S LOTUS FEET 🙏

Do You Really Go Empty Handed

The saying that you go from the world 'EMPTY HANDED' is only partially true. In fact, you carry a lot of baggage with you. Your mind carries it all, and there is no restriction to how you can carry.

The baggage you carry consists of your KARMA, DESIRES, OBSESSIONS, BONDAGES etc., most of it being unnecessary.

Do you know that you can also carry your HONESTLY - EARNED MONEY with you? You just need to donate it for a good cause, and it will get deposited to your secured account right away with a very high interest rate, and will be given to you in your next life. So, in fact, you can carry as much money as you want with you.

THE BAGGAGE THAT YOUR MIND CARRIES DETERMINES YOUR 'NEXT LIFE.'

The one who is non - doer, detached, and carries no ill feelings towards anyone, he travels very light, both, while living and after death. Such a person does good deeds but without wanting anything in return. He leaves the world with very little or no baggage and enters into a new and higher dimension of life. But the one without WISDOM, burdened with desires and likes & dislikes, life after life, keeps living the same old life. Only the faces change.

Likewise, if you enter into the New Year carrying previous baggage, then the newness doesn't last very long. Soon, the past baggage and patterns take over. Through the practice of knowledge, if you are able to leave some of your baggage behind, then with a free mind you can truly experience the newness and freshness of life. The only the New Year is truly a New Year for you. But, you don't have to wait for a New Year to do this. Any moment you do this, becomes a New Year for you.

Make a resolution to lose some unnecessary mental weight. It can be done and must be done. Nothing else can make you more happy and content.

For the seekers,

THIS is the greatest SPIRITUAL practice of all.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

What Happens when we Die

There are so many theories and teaching about what happens to a person after death. Many people think, " That's it - the end." Many others think our spirit goes to heaven or hell, either for eternity or for a length of time before birth in new body. Some believe that those who have earned or received God's approval will be physically resurrected on the day of judgement. Others say that dead ancestors and ghosts remain attached to places and people still living. For many people the honest answer is "I don't know."

The masters do not regard physical death as particularly significant. It is the natural consequence of being born into a body that will not last forever. True masters view the present human life as one in a series of lives, governed by cause and effect. The choices we make and the actions we perform create our future -a future that may be played out across many lives. The masters emphasise that a human birth is a rare privilege. It offers a unique opportunity to become aware of the true nature of life and to free oneself from the otherwise endless cycle of BIRTH - DEATH- BIRTH DEATH.

Each one of us have existed in many different forms - as animals, birds, insects, plants - in other lives. If we do not fulfil the potential of this current human birth, if we live and therefore die with our thoughts and desires still directed towards the temporary things and attractions of the physical world, then we will naturally be drawn back by our worldly inclinations and attachments and be reborn. As GURUJI MAHARAJ JI PUTS IT :

Our karma (actions) can take us down to a lower species and our karma can also bring us back to human form. It depends upon our attachments, our desires and craving which we have not been able to fulfill or sublimate during the life span, the seeds which we have sown and have to come back to reap the fruit thereof. All this determines where we have to go.

It hardly makes any difference whether we die young or old. Our karma, our desires and our attachments determine where we have to go as well as the span of that life and whether to a lower species or whether to come back to the human form. From the point of view of a true teacher, this world is a world of suffering. Sometimes things go well for us for a time. If so, glance at the stories of conflict, oppression and misfortune in any newspaper will tell us that we are the lucky ones, for now. In this world nothing and no one lasts forever. Whatever we acquire, we fear its loss. No one, rich or poor, is exempt from illness or death. All of us would like to be happy and at peace with ourselves and no doubt wish this for others as well. The truth is that no one can find lasting happiness through the people and things of this constantly changing world. The masters explain that true and permanent peace and happiness can only be found by turning our attention within ourselves to a permanent plane of existence where true and lasting love and contentment reside. Otherwise our undiminished attachments and desires will keep bringing us back into this world.

If we are the kind of person who enjoys life in this world and can't get enough of it, the idea of returning for another life in a different form might seem an attractive option. However, if we understand that this world is a prison house that is keeping us away from a state of complete freedom, and we regard a life as a life sentence, why would we want to incur more life sentences, when we are already serving one? The aim of the path of Sant Mat is to end the cycle of rebirth, to achieve liberation, to merge in the infinite love which is our real being and be eternally free from all limitations.

 GRACE OF ALMIGHTY 

 BOWING DOWN TO GURUJI's LOTUS FEET 

The Last Leg

THE *LAST* *LEG*

MOST of us are now in the last quarter of the life and should read this interesting piece of advice.

This is one of the nicest and most gentle articles I've read in a while: no politics, no religion and no racial issues - just food for the thought.

You know..... time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young and embarking on my new life. Yet in a way, it seems like years ago, and I wonder where all the years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

However, here it is..... the last quarter of my life and it catches me by surprise.

How did I here so fast?

Where did the years go where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first quarter and that the fourth quarter was so far off that I could not visualise it or imagine fully what it would be like.

Yet, here it is, my friend's retired and getting grey - they move slower and I see an older person now. Some are in better and some in worse shape than me, but I see the great change. They're not like the ones that I remember who were young and vibrant.....but like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day and taking a nap is is not a treat anymore. It's mandatory because if I don't of my own free will, I fall asleep where I sit.

And so now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did. But atleast I know that, though I am on the last quarter and I am not sure how long it will last, that when it's over on this earth, it's over.

A New Adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done and that I am not proud of; things I should have done but truly there are many things I'm happy to have done and did what I had to do at that point of time with no regrets.....

It's all in the life time.

So, if you're not on the last quarter yet, let me remind you that it will be here Faster than you think.

So, whatever you would like to accomplish in your life, do it quickly.

Don't put things off too long.

Life goes by so quickly.

Si,do what you can today, as you can never be sure whether you are on last quarter or not.

You have no promise that you will see all the seasons of life. So, live for today and say all the things that you want your loved ones to remember - and hope that they appreciate and love you for all the things that you have done for them in all the past years.

'LIFE" is a gift to you.
Be happy!
Have a great day!

Remember, it is health that is real wealth,
and not pieces of gold,
Money & Titles

You may think:

Going out is good - but coming home is better!

You forget names- but it's Okay because some people forget they even knew you!

You realise you're never going to be really good at anything like golf- but you like the outdoors!

The things you used to care to do, you aren't as interested in anymore - but you really don't care that you aren't as interested.

You sleep better on a lounge chair with the TV on than in bed - you call it 'pre- sleep '!

You miss the days when everything worked with just an ON and OFF switch!

You have lots of clothes in your wardrobe, more than half of which you will never wear - but just in case!

OLD is good.
OLD is comfortable.
OLD is safe.
OLD songs.
OLD movies.
..... and best of all,
Friends of old!

So, stay well, 'Old friend!
Have a fantastic day!
Have an awesome quarter -
Whichever you are in!
Take care!

Send this to your Old Friends and let them be smiling in agreement.

It's not you gather but what you scatter that tells what kind of life you have lived.

🙏 GRACE OF ALMIGHTY 🙏

🙏 BOWING DOWN TO GURUJIs LOTUS FEET 🙏





Miracle of GURUJI MAHARAJ

SATSANG OF KAMLESH AUNTY JI in the month of JAN – FEB 2023.

ONCE YOU ARE UNDER HIS LOTUS FEET,
YOU ARE WELL PROTECTED,
FOR HE WILL FIGHT OUT FOR YOU EVEN DEATH!

He makes impossible into possible, that's what he did for me,

That's what he did for me. He stood by me like rock of Gibraltar

He stood by me like a rock beside me for four days sheering death away from me, giving me this new life.

THANKS GURUJI!

I am here writing today my Satsang by the blessing of our DIVINE GURUJI. He gave me these few breaths to serve him and do Sewa. I am so grateful to the Almighty. I have no words to express, its beyond all. I thank him to this infinity who gave me this life to see beyond the horizon.

The doctors had given up hope and said that she has only 4 days left. We cannot do anything beyond this. My blood was not clotting. If I scratched, the blood would ooze out. But I never left hope. I had all faith in my GURU. I knew he will never let down his Sangat.

All tests were performed.

When I used to close my eyes, I saw GURUJI moving his fingers. I knew he was curing me. I saw my family crying. But I could not understand that I was on the last leg of my life. But not once did my faith waiver. My faith was like simmering water still.

Bone Marrow test was done. I was not perturbed, I knew results will be negative. Bone test was the same negative. When I saw a white little spot, I prayed, GURUJI please make this white spot in the report also red so that everything is smooth. Doctors said that they will take the blood at 4 AM and if that is ok, then I could be sent home. I just told GURUJI that everything is in your hands. The blood had clotted due to the medicines, but by GURUJI's grace, the nurse could take it out with ease. It was painless to my happy surprise.

Doctor came for a round at 9:30 AM and said 'AMMA JI, Your blood is fine. You can go home.'

On the 10th day, my discharge papers were ready and by 2 PM I was home.

MY GURU is great. He is very DAADHA. He can move rocks and he proves it.

I thank the Sangat who stood beside me, prayed for me and thanks to all those who donated blood for me.

When GURUJI is beside you, he makes sure that the right food is forward.



DIVINE VACHANS OF GURUJI MAHARAJ

JAI GURUJI

GURUJI's VACHAN are some very enlightening messages that came out of Guruji's conversations with Sabina Kochhar Aunty. We hope these precious pearls of wisdom will guide you all, and illuminate your lives with Guruji's divine blessings. These noble words convey how 'direct connection' with the Divine can be attained by simply walking on the path of righteousness, selflessness, and humility. A sincere prayer from a devotee has the virtue to bring him closer to the Divine rather than indulging in needless rituals and superstitions. Please feel free to share with more sangat, so that everyone is benefited from these profound messages which can guide all to live a peaceful and contented life.

JAI GURUJI

"Pehle vi mein, hun vi mein, te baad vich vi mein, aithe koi gaddi nahin chaldi." – Guruji

"I was, I am, and I will be forever. I have no successor." He alone would be on the divine seat till eternity.

"Mere vaste mera parivar v sangat hai." – Guruji

"Sangat is my family for me."

"Main apne bhakt nu bahut pyarkarna va." – Guruji

"I love my bhakts; I remove their bad time."

"Jadjutti baharlande ho taa apni intelligence v bahar la ke aaya karo,uda aithe koi kam nahi ." – Guruji

"When you take off your shoes outside the temple, take off your intelligence also because it is of no use here before me."

"Jeh cellphone mere nal use kitta te teri blessings unu transfer hojaan giyan." – Guruji

"Do not use your cell phone in my presence as your share of blessings will be transferred to that person."

"Jeh zindagi da ghoda mainu diyo teh main bilkul sidha hankan ga." –

Guruji "If you hand me the reins of your life, I will guide it straight towards your salvation."

"Gharda ek member vje mere kol aajave te poori family da kalyan hojanda ve." –

Guruji "If one member from a family comes to me, the whole family is blessed."

"Sirfkitabi paath, paath nahin honda." – Guruji

“Prayer reading from a book alone is not enough, your daily chores, your work, looking after your family is also prayer.”

“Sabton uccha paath, gharwalagharwali di seva kare, gharwali gharwale di seva kare, dono milke apne baccheyan nu sanwaro, apne ghar nu kalesh rahitrakho.” – Guruji

“The prayer of the highest order is when husband and wife look after each other and their children and maintain peace in the house.”

“**Guruan nu contradict nahin karde.**” Guruji said to me. Then he turned and told someone, “**..chal bhai lata mangeshkarde gane laga.**” We listened...then he said, “**kinna sona gandi hai na Asha Bhonsle?**”...what does one say to that....I was zapped and kept mum...He repeated the question. I said yes (thinking Guruan nu contradict nahin karde)

“Rab kadi nazar nahin aanda.” – Guruji

I answered, “mainu tuwade vich nazar aanda hai.” He smiled. “You can never see God. He made the world, solar system, everything.”

“Rab nu pyar karo, ude kolon daro na.” – Guruji

“Love God, do not be scared of Him.”

“Mahapursha de level honde ne. Jo lokan da marz apne utte le sakda hai o universe ich sirf ek honda hai. O Satguru honda hai. O mai haan.” – Guruji

“Harkoi logon ka marz (disease) apne upar nahin le sakta, unhe hukam nahin hai, voh sirf logon ka marg darshan kara sakte hain.”

“Mahapurush (saints) have levels. The one of the highest order is a satguru, that is who I am. Only a satguru can take people's diseases on himself and cure. Others may show correct path towards

salvation. What use is a human being if he cannot thank God for all that he has?”

“Kadi kisi di Rees nahi karni chahidi.” – Guruji

“Never try to keep up with the Jones syndrome ie. Don’t aspire for what others have.”

“Panditan de chakran vich nahin pena chahida, una nu poora gyan nahin Honda.” – Guruji

“Avoid going to pandits. What if a particular one puts you on the wrong track?” I answered that we did not go to pandits. He said, “I am speaking generally.”

“Loki birth stones te khushali vaste stones paa lende ne, jehohiyo stone puttha asar kar raha hove taa ki? Nahipaane chahide.” – Guruji

“Do not wear birth stones for prosperity. A particular stone might be having just the opposite effect on you.” I answered the four of us (husband, myself and two children) have never worn them. Guruji said He was speaking generally.

“Kadi v hath na dikhao.” – Guruji

“Never show your hand (palm) to have your future predicted.”

Guruji forbade people to do Reki and read tarot cards. He did not believe in astrology by others or in ‘Feng Shui.’

“Kadi v mala nahijapde, mala japan naal ahankar aa janda ve.” – Guruji

“Never pray on bead strings as ego surfaces in our being. Never count the times you pray.”

“Ganesh da sthan mandira vich hai.” – Guruji

“Lord Ganesha’s rightful place is in a temple, not on the floor in people's houses or as decoration pieces and paper weights.”

“Tusi log karora rupiyan di paintings le ande ho apne ghar nu sajan layi, twanu kipata o twanu ki negativity de rahi hai.” – Guruji

“You people buy paintings worth crores for adorning your houses, what if the negative vibrations of a particular painter comes onto you?” I answered that I did not have the capacity to buy such expensive paintings. Guruji's answer was, “Oh ho I am speaking generally.”

“Dur baithajo mere kol nahipahuch sakraya, o meri photo naal gal kare ... Main sunana haa.”

– Guruji

“If someone cannot come to meet me or go to Bade Mandir, and he talks to my photo, I listen to that devotee too.”

“Discussion Karan naal rab nahin milda.” – Guruji

“God is not attained by discussions.” Guruji had reprimanded once. When one does Guruji’s sangat, it is not open for discussion. Whatever transpired is between the Guru and his disciple. Nobody can or would know what another’s connection is all about.

Guruji spoke in English – **“Only dead fish swim with the tide. Self-praise is no praise. Health is your real wealth. Keep your ego in control. Life is not easy. Prayer can sort out anything. Those who pray are blessed. Too much of everything is bad.”**

“One should be conscientious and speak up for what is right, and go on the correct path, even if the rest of the world is going in the other direction.”

“Doctor apna kam karange main apna.” – Guruji

“Doctors will do their duty, I will do mine.”

“Dwai vi taa lagdi haijad main bless karanga.” – Guruji

“Medicine works only when I bless it.”

“Pani pitta karo. Je doctoraye dus deve te ude koljayega kaun. Pani har marz da ilaj hai.” – Guruji

“Drink lots of water, it is a cure for all diseases.”

“Pancreas ek o organ haijo rab ne apne haath vich rakhiya hai.” – Guruji

“Pancreas is an organ which God has kept in his hand.”

“Chhange darshan ho rahe ne, baad vich main tarian vargan nazar avanga,...sangat vaddegi.”

– Guruji

“Jinni marzijagah vada lo (regarding Bade Mandir) phir vi kum payegi, ennisangat vaddegi.” – Guruji

He often remarked that the sangat would increase, the number of people coming under his fold would increase, so no matter how big a mandir one would make, it would always overflow with the sangat members. Those were the days when Guruji’s sangat was not open to the public and He would choose to meet people at His discretion.

“Haalaat bahut maade aa rahe hain.Jo paathkarega o bachjayega.” – Guruji

“Times to come are very bad and harsh. Those who pray will be saved.”

“Aais mandir vich 12 teerth sthano ka dhaam hai .” – Guruji

The “Guruji ka Ashram” or Bade Mandir as it is fondly called, has the power of twelve pious places put together as stated by Guruji. “Whoever comes here,” he said, “will receive my blessings.”

“Mandir de andar sona nahin hai...kalyan adhoora rehjata hai.” – Guruji

“Never sleep inside the temple when prayer service is on. Your blessings otherwise remain incomplete.”

“Guruan nu kadi chitthi nahi likhidi, Khush raha kar ”... “Jo hoga acchha hoga.” – Guruji

“Never write letters to a Guru”... “Stay happy”... “Whatever life brings your way will be good.” “Let by gones be bygones ...”

“Haad (bone) maas (muscle) ka saamne baaita haa, loka ne insaan samajh litta....Loka nu baad vich samajh aaigi ki main ki haa ”,,,”Main bahut taap (penace) kitta hai, patteyan the nirvah kitta hai. Bambai di saraka te bheek mangi hai. Tenu paata hai kinna mushkil honda ha?.” – Guruji

“People think of me as being human because they see me in bone and muscle. They will realize one day. I have done penace (tapp) of the highest order, roamed around

streets of Bombay to beg. How difficult that is!” A Guru’s stature is so great that he can be in many places at the same time”

“Twaanu main insaan nazar aanda wa. Jithe main khada haa, mainu tusi log cheenti varge nazar aande ho” – Guruji

“This is the human form that you see. From where I see, you all seem like tiny ants.”

“Mauf Karan hi te main ayaanwa” – Guruji

“I have come to forgive.”

“Mere vich suraj nu control karan di shakti hai..Suraj hun budha ho chala hai..Mee vadde ga. Loki ped katde ne.” – Guruji

“I have the shakti (strength) to control the sun. The sun is getting old now. The water level will rise. People should not cut the trees.”

“Mere kol aan da raasta bahut pathreela hai. Main nimbu vakan nitichodanga..jeh zara v ras reh gaya phir ki fayeda” – Guruji

“The road to come to me is not easy. I will squeeze you like a lemon, test you out in every possible ways; if your surrender is not complete, then what is the use?”

“Jeh koi meri tarafik kadam vi badanda hai toh main oddi tarafsau kadam chalkar aanda haa.”

– Guruji

“Whoever takes a step towards me, I take 100 steps towards that person.”

“Langar te chai parshad vich meri blessings ne. Langar twadi dawai hai. Aithe poora khatam karna chahida hai. Ainu varat vale dina vich vkha sakde ho. Ainu parshad di tarah dekho, padarth (ingredients) nahi. Jad tusi aaithe langar khande ho twade ghar de member, jo nahiaaye, bacche, ma pyo, o v bless hojande ne.” – Guruji

“The langar and chai prasad is the medicine and cure for all your problems. It is to be viewed as prasad even when you are fasting, no matter what it is made up of. When a family member eats here, family members at home or hospital are blessed.”

“Langarda parshad aithe khao ta davai baharle ke jao ta mithai.” – Guruji

“The langar and chai prasad have my blessings and must be completely consumed inside the mandir.”

“Langar prasad nu dobara garam nahi karde.” – Guruji

“Never reheat the langar.”

“Mere blessings dain de bade tarike ne, ek sangat karna hai. Jo bolda ve uda v bhala , jo sunda ve uda v bhala... Woh kya dete hai zaroorinahi hame pata ho. Kinne kalyan main gupt karna va.” – Guruji

“I have many ways of blessing people. Many a time I do not disclose how I do it. When you sing your Guru's praise by narrating all that He has blessed you with, I not only bless you but the listener as well. “Sometimes I bless by keeping you away. I bless in multi-faceted ways.”

“Ehojiha guru milega kidre? Main koi pravachan nahin karda, practical karke vikhana haa.” – Guruji

“I am a guru who doesn't believe in pravachans but in doing kalyans practically.”

“Sabton positive, sabton wadiya rang haigain ne laal, cream aur kaala. Pher ande ne jogiya, santra, gulabi, peela, hara, jaamni, safed. ‘Goorh’ neela guruan da rang nahi hunda, o nahin varatna chahida, negativity hor confusion kaarda haipaan wale nu. Ferozi, aasmaani, navy blue change hain.” – Guruji

“The Best colors that generate positivity and prosperity are Red, Cream and Black, then come shades of oranges, pinks, yellows, greens, purple and white. ‘Goorh’ neela, a particular shade of electric blue, is not a Guru's color. It emits negativity and confusion to the human wearing it. Turquoise blue, sky blue and navy blue were all right and do not come under that category.

I asked Him whether He said this for my family. The answer was, ***“Jo sunnle uska bhala”***...
“For whoever hears it.”

Guruji also said not to give discarded ‘goorh’ neela colored clothes to anyone, but to destroy them or throw them away so that even a poor person may not get harmed in case they find it to use or wear. He strongly urged that even curtains, upholstery, and towels of that color should be discarded.

“Ankh, naak, kaan sab aage hain, peeche nahin, aida rab nu shukrana karna chahida ve.” – Guruji “Thank God for eyes, ears, nose, mouth and your face in front and not at the back.”

“Insaan kis kum da? Janwar mar ke bhi kam ande ne, chamde de bag, joote, belt, khan de v kam aande ne, lekin insaan te mar ke kisi kamda nahin. Jeende ji sirf paath karsakda ve.” – Guruji

“Animals come in handy even after death. Leather bags, shoes, shoes, belts, meat to eat but a human is useless after death. The only useful thing he can do is pray.”

“Guru ke vachan yaad karna is sangat karna in his words” – Guruji

“Doing sangat and narrating your personal blessings in the thanksgiving one must do. Guruji often used to say, “Narrate all the kalyans I have done for you.”

“Om Namah Shivaya, Shivji Sadaa Sahaay” is the beej mantra given by Guruji, and He explained that ‘Shiv’ refers to the creator Himself. Guruji called Himself Shiv.

“Jeh main ek vi banda rab passe pa dita, mera kam ho gaya.” – Guruji

“If I put even one person on God's path, my work is done.”

“Je karam changge ne, sab kuch lavo, koi manai nahi hai.” – Guruji

“If one does good deeds, one is free to indulge in materialism too.”

“Kadi v mannata nahi mangte.” – Guruji

“Never barter with Guruji for blessings that if you do this, I will sacrifice that...frankly, we have NOTHING to offer, even when anyone does seva they help themselves not a favour to Guruji.”

Junior paathe (who reads Granth Sahibji) told him nothing went right in his life, finances low, money lost. Guruji answered, **“Jad lokan da path parda hai, kinne safe palat janda hai?”**

The paathe was skipping reading pages on people's behalf. Guruji turned towards us, **“Aape paath kitta karo.”** Pray yourself and do not depend on others to do it for you.

“Loki puttar mangde ne, je mentally retarded paida hojave taa?” – Guruji

“People ask for sons, what if he is born mentally retarded?”

“Je kisi gareeb nu khana dena v, te party ton pehlan ude vaste kad ke rakho, baad vich left overs nahin.” – Guruji

“If one has to give food to the poor or your helpers, take out before the party, not afterwards.”

“Je bhikari nu kutch nahin dena kadi v dutkaro na, hath jodh ditta karo...kee pata kaun kide bhesch vich aajave?” – Guruji

“If beggars are not to be given anything, just fold your hands towards them, you never know who might come when in disguise. Never shoo away or speak harshly.”

“Ghar vich murat na rakho.” – Guruji

“Keep no statues in your house, (of animals, birds, humans) go immerse them or throw them away if you cannot find water. Decorate your houses with flowers instead or photo pictures of flowers.”

Guruji went to a tailor to get pants tailored. When asked about pockets He answered, “What use are they to me?” **“Saanu bojyan di ki lod?”** – Guruji

He said earlier, he used to wear pants, then decided to wear a chola (dhoti kurta). **“Oye koi guru manda hi nahi si”**

“Kadi kisi di ninda nahi karni chahiye. O ghar bethe twadi positive kamai le janda hai te apni negative kamai twadhijholi vich paa dendahai.” – Guruji

“Do not talk ill of anyone, for if you do, your share of blessings will be transferred to them sitting at home and their negativity will come in your share.”

“Jad koi apna dukhda tere samney rove unu kavo, 'Guruji de kol javo, o theek karenge.' Suni naa, o twadi positivity le jange te apninetivity chadjange.” – Guruji

“Never listen to another’s woes but direct them to me.”

“Je tu feel kardi hai ki koi tere bare vich ki kehnda hai ta tu te ude control ich ho gai, apne control ich hona sikh.” – Guruji

“Do not be affected by what anyone says about you for you should be in your own control, not theirs.”

“Gupt path aur gupt daan kitta karo. Naal bethe nu na pata chale ki tusi paath kar rahe ho.” – Guruji

“Prayer should be done silently, without the person sitting to your left and right knowing; donation should be kept secret without one hand knowing what the other has given.”

“Ghar vich cactus aur bonsai (stunned growth plant) nahi rakhna.” – Guruji

“O sewa jidde piche mang hai, O asal sewa nahin. Asal sewa nis swarth hondi hai.” – Guruji “Sewa, behind which there is ulterior motive is not real sewa. Real sewa is unselfish, without demands.”

“Jo kam tusi karde ho, ude karan nal kissi hor da v bhala hojave ta ki pharak pinda hai.” – Guruji

“In your daily life, if the work that you do benefits others, what difference does it make?”

Guruji's orders were that he was never to be printed about in the media. ***“Jo pravachan karde ne, bolde ne, o asal nahin...asal guru hamesha apne aap nu lukaayega.”*** – Guruji

“A real guru will always try to hide himself. Those who proclaim themselves are not authentic (real).”

We sat till 2 am. Gurdas Maan’s tape was on, “raton ko uth uth kar....”, it was so apt. He prayed and did tapp so that we could sleep peacefully. Guruji never slept. He continuously did paath.

“Do jane nal bethe hovange; fragrance ek nu ayegi dooje nu nahin kyonki aye mere utte hai kinoo deni hai.” – Guruji

The fragrance from his body enhanced according to his will. It is prashad as he explained. One could get it in the mandir or at home.

Guruji once said ***“Ki khavo ge? Tomatoes vich v spray hai.”*** on food contamination.

“Gurbani de tape sunde ho?” – Guruji

I answered, “Haanji Guruji, kadi kadi.”

“Samajh ande ne?” – Guruji

I replied, “ji, thode thode.”

“Sunya karo, chhange honde ne.” He said.

“Jad main tuwanu dance karanah wa, thuwaddi body da poora X-ray khitch janda hai horjithe kharabi hondi hai, main theek karna vaan.” – Guruji

“When I make you dance, the whole body's X-ray is etched out in front of me, I can see the malfunctioning and cure it.”

Guruji asked sangat to read ‘Shiv Puran’ the Holy book.

“Botta paisa changa nahin honda. Sai itna deejye ja main kutumb samai.” –

Guruji “Too much money is not good. One should have just enough for the family.”

“Guru agge apne karam bakshwa lene chahide ne. O karam jo tuwanu nahin pata ki tusi galat kare ne o v.” – Guruji “One should ask for forgiveness in front of a guru even of those sins which you do not know you have committed.”

“Guru vaste aina pyar hona chahida kisutte, jagte, lipstick lagande vele v guru chete hove.” – Guruji

“Your love for your Guru should be such that you remember him every waking, sleeping moment, even when putting on lipstick.”

“Moksha milda hai?” I asked.

“Jeh chhange karam karo tah. Do good for humanity.”

“I am a rasik bairagi, who takes you towards prayer but does not take you away from your family duties.” – Guruji

“Mein Srishti ke pher mein kabhi hastakshape nahi karda...lekin jidde utte Guruan di mauj aa jave, lekh mitakar nava lekh likh saknawan.” – Guruji

“I normally do not interfere in the wheel of life and karma but if I decide to do so, I can rewrite your destiny.”

“Guruan di gal, patthar di lakeer.” – Guruji

“A Guru’s words are the ultimate. Whatever I say will happen.”

“Negative gane nahi sunne chahide...har negative serial, picture nahi vekhni.”
Guruji

“Skip hearing sad and depressing songs. Avoid watching negative films.”

“Manglik, phazul de vaham ne.” – Guruji

“There is no such thing as a person being manglik.”

“Non veg nahi khaoge te changgerahoge.” – Guruji

“You would be better off being a vegetarian.”

“Gharda langar sabton changa honda hai.” – Guruji

“Your house langar is best, avoid eating out too much.”

“Aatm Hatya karna bahut vadda paap honda hai.” – Guruji

“It is a magnanimous sin to commit suicide.”

When asked about another pious place, Guruji answered, ***“AjmerSherif.”*** Ajmer Sherif is authentic, pious.

When asked about a female Guru, Guruji answered, ***“Aurat Kadi Guru nahiho sakdi.”***

“Jad tusi diamond pande ho, changi quality leni chahidi hai kyonki uda twade utte asar honda hai.” – Guruji

“When deciding to wear diamonds, choose good quality as it has an effect on the wearer.”

“Main kisi political party nu belong nahi karda.” – Guruji

“I do not belong to any political party.”

“Chadaye huae phul nahi lene. Gharjande vakt nadi vich baha dena.” – Guruji

“Guruji had ordered us not to take home flowers given by someone else to him. We got a duty to immerse them in any river on the way back home from Punjab to Delhi.”

“Salwar kameez sabto changi dress hondi hai.” – Guruji

“Salwar kameez is the most appropriate dress for women, better than a saree.”

“Phave sab de kol pura ghar hai parrehna ek bedroom vich hai. Rehen vaste gharda ek kamra kam anda hai.” – Guruji

“One has a house but actually uses a bedroom to live in.”

Regarding the copper vessel for the patient who cannot reach the Bade Mandir.

“Je meri photo nal tambe da lota chuva deyo ta o bless ho gaya. Kadi v detergent de nal nahi dhona. Ratti nimbu ya rakh de nal dho ke bharkerakho, swere pahla pe lo”, Guruji said.

“Touch my photo to a copper vessel and it is blessed. Never use detergent to clean it. Only use lemon or ash. Fill it up at night after cleaning and drink first thing in the morning.”

“Ay kalyug hai, aide vich rab jaldi miljanda ve. Putha nahin latakna painda.” – Guruji

“Today in Kalyug, God is easily achievable, you do not have to hang upside down from trees and do penance, just pray and thank Him.”

A sweet fragrance emitted from his being. He told me it was years of penance.... a Heaven within called “Sachkhand”.

There was nothing as new or old sangat in his presence. He would tell us not to count the years of our association with Him, as He said only he knew how many births we were associated with him for. He could see the past, present and the future. Nothing

was hidden from him. He could tell what one had eaten for any meal just to show that He knew it all.

“Mere naal direct connection jodo.” – Guruji

“Have a direct connection with me. I first bless those who guide you to me, after that the journey is yours.”

“Gulab vich vi kanda honda hai.” – Guruji

“If something good has something negative attached to it, take it in your stride, accept, as nothing is perfect.”

“Samay kissi ka intezarnahi karta.” – Guruji ; “Time waits for nobody.”

“Paath kidre v karsakde ho, ghar de kisi v kamre vich rab nu yaad karsakde ho, toilet vich v.”
– Guruji.

“You can pray and remember God anywhere, and in any room of your house, even in the toilet.”

“Samay nu hamesha vadha ke dasde ne. Pone 9 na kavo, 8 .45 (ath pantali) kavo.” – Guruji

“Time should always be increased, not decreased and told. Don’t say a quarter to 9, say eight forty five (8.45) instead.”

“Loki enna faltu kharcha karde ne vyah utte. Vyah simple hone chahide ne. Asal ceremony kinnijaldi hojandi hai.” – Guruji

“People spend extravagantly on weddings, it should be kept simple. The actual ceremony doesn't take much time.”

Walking down a lane with Guruji one day I requested him to walk on pavement but he continued walking on the road. He increased his speed when we approached a T point, a motor cyclist came with great speed on the main road, his bike somersaulted and whirled in the air quite high and went crashing on the road with great ferocity. I screamed, “Wahe Guru!” Guruji turned left on the main road and continued walking saying, “***Bach gaya hai. Udi maa di duavan ne unu bacha litti hai.***” He is saved due to his mother's earlier prayers.

A Guru never takes back His blessings. His ways are gracious and wondrous. We are not to equate His blessings with monetary gain or loss



ॐ नमः शिवाय
शिव जी सदा सहाय
ॐ नमः शिवाय
गुरु जी सदा सहाय

