

Edition: 26

ESSENCE

Aavirbhav Parv Edition

We Have
Forgotten That
We Are Gods !

My Way Is
The Right Way

The Awakening
Of Rudraansh

Hast
Mudra
Therapy

Baba Ne
Kaha

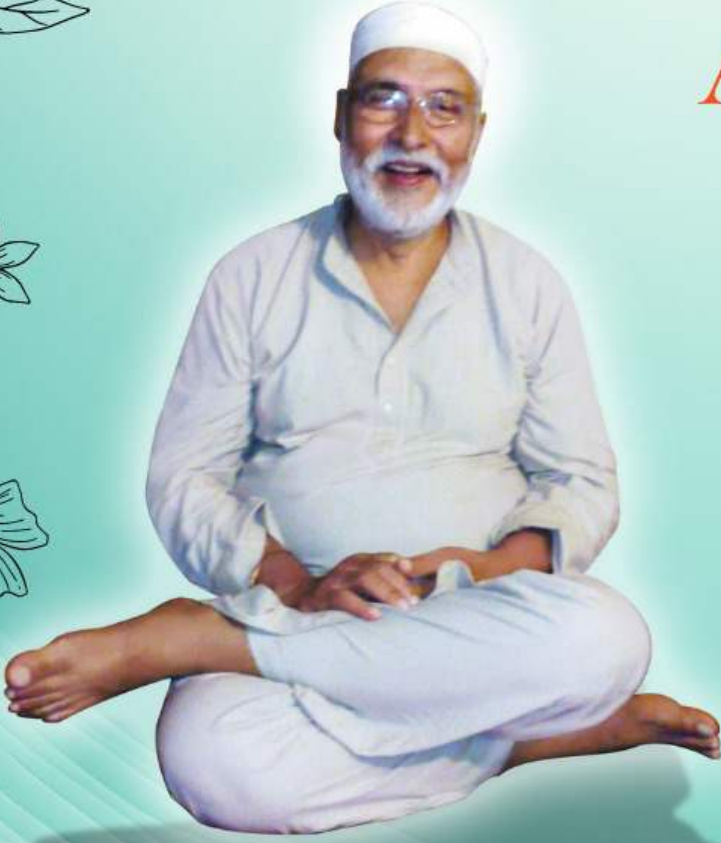
Crossword
Puzzle
included

The Fragrance
Of Purpose



Dhyaan-Muulam Gurur-Murti | Mantra-Muulam Gurur-Vaakyam |
Puujaa-Muulam Guru-Padam | Moksha-Muulam Gurur Krupaa |

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Aavirbhav Parv

29th Sept 2024

Jyoth dhoop

29th Sept - 06:05am

Pradurbhav Yagya

29th Sept - 09:05am

Experience | Participate | Volunteer
Gurudham, Lonavala

Find the light in your heart,
You will find your way home.

मन में ढूँढो गुरुभक्ति के मोती,
पाएँ गुरुकृपा महके जीवन ज्योति ।



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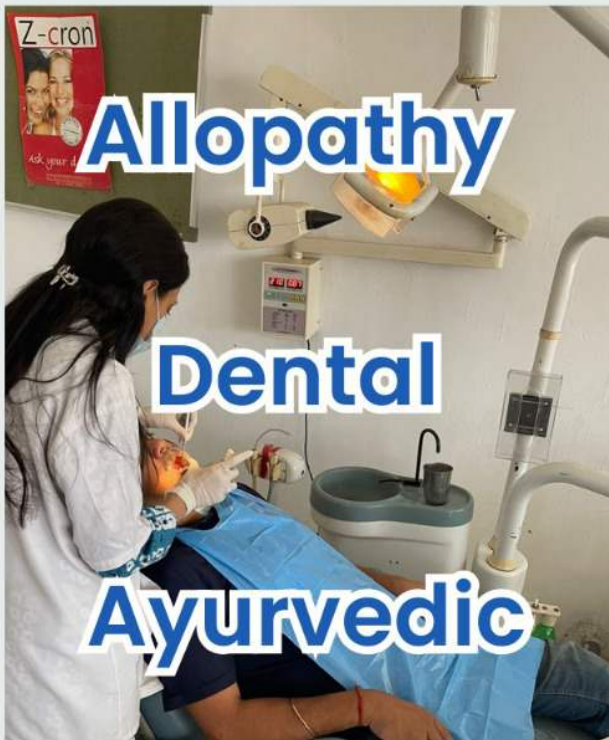
Himgiri Spiritual Research and Training Center



has organised a

Free Medical Camp

of



Allopathy

Dental

Ayurvedic



Naturopathy

Homeopathy

Yoga

on

29th Sept 2024, Sunday

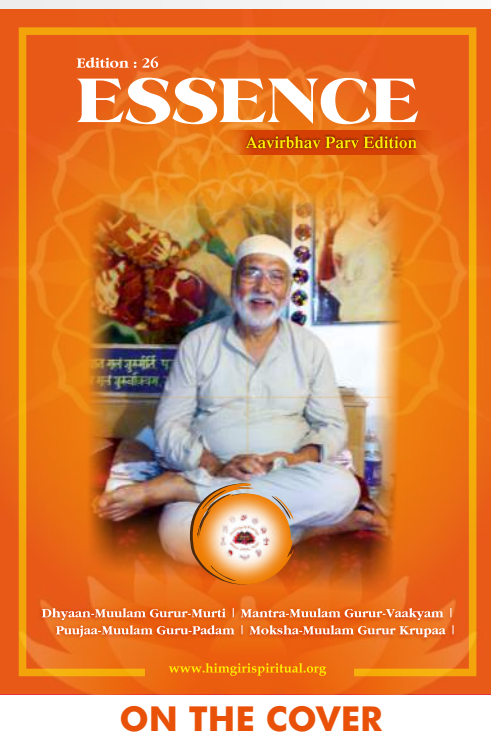
Timing: from 11 am to 4 pm

Location: Clinic at Gurudham, Pavana, Lonavala.

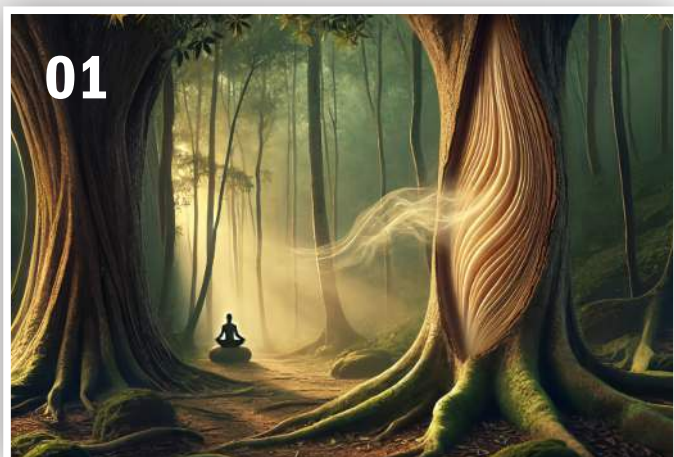
For any help or enquiries, please contact:

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The Fragrance Of Purpose: A Spiritual Reflection

In the grand tapestry of nature, certain elements exist not merely for their own sake but to serve a higher purpose. Among these, the humble sandalwood tree stands as a profound example of sacrifice, social service, and deep spirituality.

Consider the sandalwood tree, known for its remarkable fragrance. Unlike other trees that bear fruits or flowers, the sandalwood tree's true value is revealed only when its bark is rubbed. In this act of abrasion, the tree releases an enchanting aroma that spreads far and wide, touching the hearts of all who encounter it.

But why does the sandalwood tree give away its precious scent so freely? What drives it to offer something so valuable without expecting anything in return?

The answer lies in the spiritual essence that some things in nature embody. The sandalwood tree, with its ability to release a captivating fragrance, teaches us a profound lesson in selflessness and inner fulfilment. It does not hoard its scent, nor does it seek recognition for its gift. Instead, it quietly offers what it has, knowing that its purpose is to bring joy and comfort to those around it.

This quiet act of giving is deeply spiritual. The sandalwood tree is unaffected by the external world—by praise or neglect, by admiration or indifference. It is content in the knowledge that it is fulfilling its true purpose. This is the essence of spirituality:



understanding that true satisfaction, happiness, and peace come from within, not from the opinions or judgments of others.

A truly spiritual person, like the sandalwood tree, is deeply rooted in their own sense of purpose. They are not swayed by what others think or say because they carry within them a deep reservoir of joy and peace that comes from knowing they are living in alignment with their higher calling. Their actions are motivated not by the desire for external validation but by an inner knowing that they are contributing to the greater good.

Just as the sandalwood tree shares its fragrance without expectation, the spiritual person offers love, kindness, and service to others, not for recognition, but because it is a natural expression of their inner being. They understand that true fulfillment comes not from what they receive but from what they give. Their sacrifices and efforts are not burdensome because they are carried out with a sense of joy and purpose.

In this way, the sandalwood tree becomes a symbol of the spiritual path—a path where the greatest achievements are measured not by worldly success but by the peace and contentment that come from living a life of selfless service.

The fragrance of the sandalwood tree reminds us that in the quiet acts of giving, we find our true spiritual nature. Just as the tree is unaffected by the external world, the spiritual person remains centered in their own inner peace, knowing that the joy and satisfaction they carry within are far greater than any external reward.

So, the next time you encounter the soothing scent of sandalwood, let it serve as a gentle reminder of the spiritual journey—a journey where the greatest joys in life come not from seeking approval from others but from sharing your unique gifts with the world, just as nature intended. In this lies true spirituality: the deep, unwavering contentment that comes from living in harmony with your higher purpose.

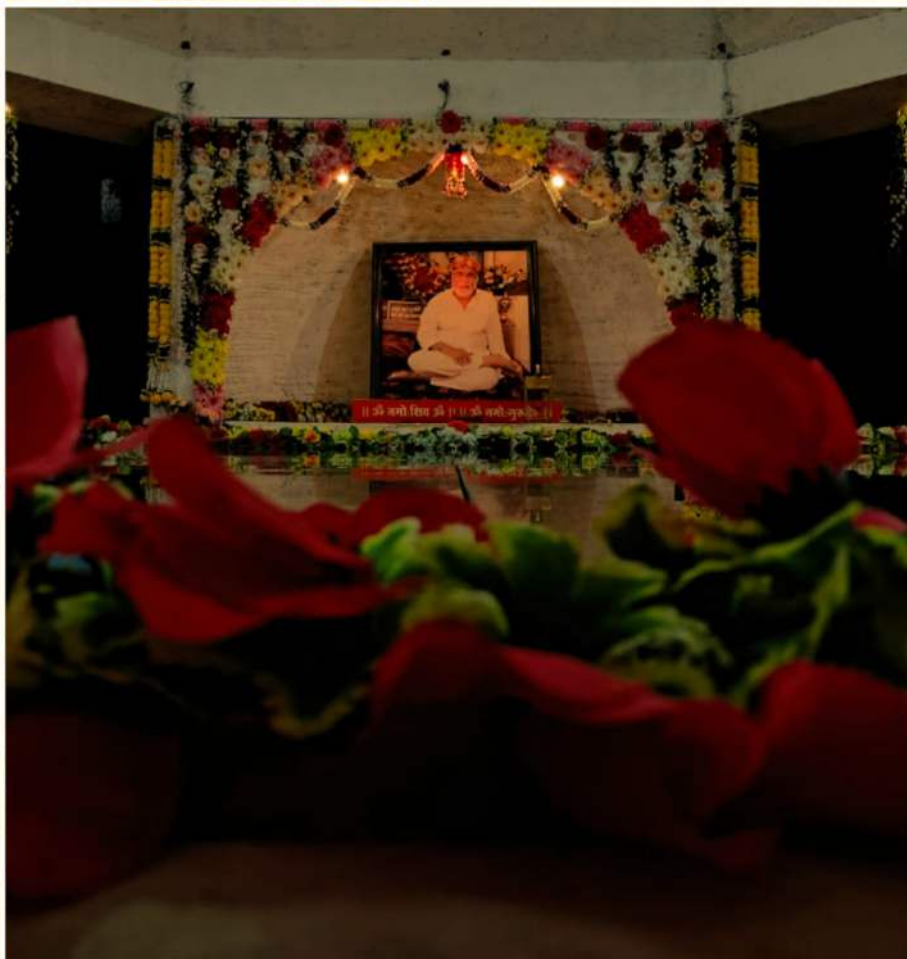
MORAL:

The concept of selfless giving and inner fulfillment to spirituality, emphasizing that true peace comes from within and is not dependent on external validation.





GURU PURNIMA PARV JULY 2024





GURU PURNIMA PARV JULY 2024





Hast Mudra Therapy

The ancient Vedic Science discovered by our Rishis and Sages is the perfect science to regain health. The secret lies in making different poses with our hands and fingers in relation to the thumb.

Human being is the best creation of Nature and hands are very important organs of a human being. A particular kind of energy of Electromagnetic waves or the Electricity of the body (Aura) is continuously emitted from our hands (fingers & palms). Our hands act as our body health control department. The human body is made up of 5 basic elements. The fingers represent the 5 elements of Nature. They are:

1. JAL (Water representing Little finger).
2. PRITHVI (Earth representing Ring finger).
3. AKASH (Sky or space representing Middle Finger).
4. VAYU (wind or air representing Index finger).
5. PRAKASH/AGNI (Fire representing Thumb).

Any imbalance in these 5 elements, either excess or deficiency, is the root cause of diseases in the body and mind, which can be eliminated through the fascinating science of mudras to keep our body healthy.

“LET THE HAND CONTROL YOUR BODY AND MIND, PRESS THE RIGHT SWITCH.”

Some of the original writings on Mudras are found in scriptures like Shiv Samhita, Gherand Samhita and Hath Yoga Pradipika. In the modern times, the credit of study, research and popularization of Mudras are attributed to Acharya Keshav Dev, the renowned researcher based in Delhi.

Guidelines for Mudra Therapy:

- Mudras are an excellent alternative therapy.
- Mudras can be practiced anytime, anywhere, while sitting, standing, walking, travelling, watching TV, listening to music or even while sleeping.
- Whenever possible perform the Mudra with both the hands. Perform Mudra with one hand when there is any problem in the other side of body.
- Even passive performance of Mudras using rubber bands, sticking tapes for



unconscious/insane people or for children while they are sleeping, proves beneficial.

- Some Mudras show their effects immediately-e.g. Shoonya Mudra cures vertigo within a few seconds. Similarly, Apan Vayu Mudra gives instant relief during a heart attack. In case of chronic diseases some Mudras show their effect within eight to fifteen days.
- Pran, Apan, Prithvi, and Jnana can be practiced for unlimited time. Other Mudras must be practiced till the illness persists.

Samaan / Mukul Mudra

This is known as Samaan Mudra, Mukul Mudra, or Sukari Mudra. It helps balance and harmonize the five elements.

Bring the tips of all four fingers and the thumb of your hand together, similar to a bird's beak. Place this beak on the part of your body where you feel weakness or pain. Practice this five times a day for 5 minutes each.



For any internal organ-related issue, such as problems with the stomach, liver, gallbladder, spleen, kidneys, bladder, urinary problems, or intestines, use this mudra on the affected area and rotate it with your breaths. You can perform this action similarly on other parts of the body.

**Benefits:**

1. This mudra provides energy to the part of the body where it is placed. Combining the five elements, this mudra works like laser rays, healing the affected organ.
2. This mudra acts as laser therapy for each organ of the body.
3. The mudra stimulates the pituitary gland in the brain, helping regulate hormones.
4. It brings harmony to the body, mind, and intellect, helping prevent accidents.
5. It increases mental and physical strength, enhancing willpower. It is beneficial in achieving goals.
6. This mudra is connected to the 'Samaan Prana,' which improves the health of all organs linked to the Manipura Chakra and enhances digestion.
7. Sukari/Mukul Mudra affects the planet Venus, bringing wealth and prosperity.
8. Practicing this mudra leads to the awakening of immense courage and strength in the practitioner, resulting in a state of bliss.

**“ Guru Dhayaan Se Chalta Chal
Har Uljhan Suljhata Chal ”**

Caution : Do not practice this mudra for too long.





**Jab tak
main tha
mujh mein,
tab main
nahi tha tujh
mein, jab
main hua
tujh mein toh
tu hua mujh
mein.**





Satguru Prasad - The Essence Of Guru's Benevolence And Grace (Gurukripa)

THE WORD Guru itself is the indicator or gives the perception of the Supreme Soul. The Almighty Ultimate Divine Guru is the master of all types of Guru Element, qualities, art, knowledge and science. The Divine Guru is the benevolent one and the benefactor of all. The word Guru's grace and benevolence itself makes us perceive and realize the Grace of the divine Supreme Soul God. The word Guru brings us face to face with and evidence of the Ultimate truth. Just by reciting the word Guruji over and over, with the Grace of Guru, one gradually starts realizing the ultimate element naturally. The person starts becoming self-soul embodied. Selflessly serving any self-realized and embodied wise man or Guru, a person can easily acquire his self-soul form.

The word Guru itself takes the man from ignorance to knowledge. Therefore 'OM Namō Gurudev' is said and chanted. To acquire the knowledge of the ultimate element easily it is necessary to have a Self-soul knowledgeable Satguru. In the ancient scriptures The Supreme Soul Lord Shiva has been accepted as the prime Ultimate Divine Guru. Lord Krishna is accepted as the universal Guru. The Almighty Sun Lord is accepted as the evident enlightener and guiding Guru. It is difficult to worship and revere the formless, thus it is easy to serve and worship the form embodied. If a person cannot worship or revere then he should perform actions for the Almighty, those who perform the action for the Almighty, he starts getting perfect



and proven himself. GITA (12-5, 10)

This universe and cosmos has been created by the grace and will of the Ultimate Divine Guru the Almighty God. The divine Grace is the Ultimate true element and only truth is fruitful. Therefore it is the Divine Grace that, is the creator, the nurturer, the bliss bestower. The Ultimate Guru element is the doer, reason, process and the action. The Divine Grace is all pervading and omnipresent. The Ultimate Divine Guru is the Ultimate Lord Almighty, He is the sovereign and master of entire arts, education, knowledge, science, quality-attributes and virtues. Thus the word Guru is the best or the Supreme name of that Almighty Divine Being or God. Truth, time, darkness, ether, energy are the eternal all-pervading true elements, truth is the Grace of the Divine Guru. The Guru element is itself the Ultimate True Almighty Divine God. The Guru element is found wherever there is Truth, Love, Compassion and selfless service, and Where Guru is existent, there itself is Truth, Love, Compassion and selfless service. Therefore Guru Himself is Truth, Love, Compassion and selfless service.

When one invokes or calls out the word Guru with his heart and soul, then the Almighty listens to his prayers promptly. Calling out to or remembering the Divine Guru with utmost devotion, by having Him in one's mental consciousness, the Guru sentiment starts transmitting within the person. True divine Guru is omniscient and omnipresent in the elemental form. As soon as a person heartily prays then immediately help arrives in some form or the other.

By chanting the mantra 'OM NAMO GURUDEV' a person's mind starts getting pure. The light of knowledge is automatically ignited in the mind and intelligence, and one starts getting an appropriate guidance. One gets freedom from ignorance, misery, problems, attachments and bondages by the Grace and benevolence of Guru therefore it is said Guru's Grace is the root cause and reason of salvation and emancipation.

All the words in this world are the names of the Almighty God, but that Almighty himself is in communion and mental consciousness of the Divine Guru. Therefore the word Guru itself is the Great Guru spell (mantra). There is but one Divine Guru who is the Lord of this creation only that Divine Guru. Keep Guru's image in mental consciousness, worship and pray to that Guru Divine, lord of this creation.

The Spiritual process - Divine Guru's spell consecrated and blessed copper bracelet defends and protects a person from harmful and negative energy. Wearing this bracelet is the acceptance of the Guru element. Those who wear Guruji's bracelet and one who follows His rules, who reminisces him with reverence and devotion, mentally his connection gets established with the Divine Guru and he also gets proper guidance at the required time.

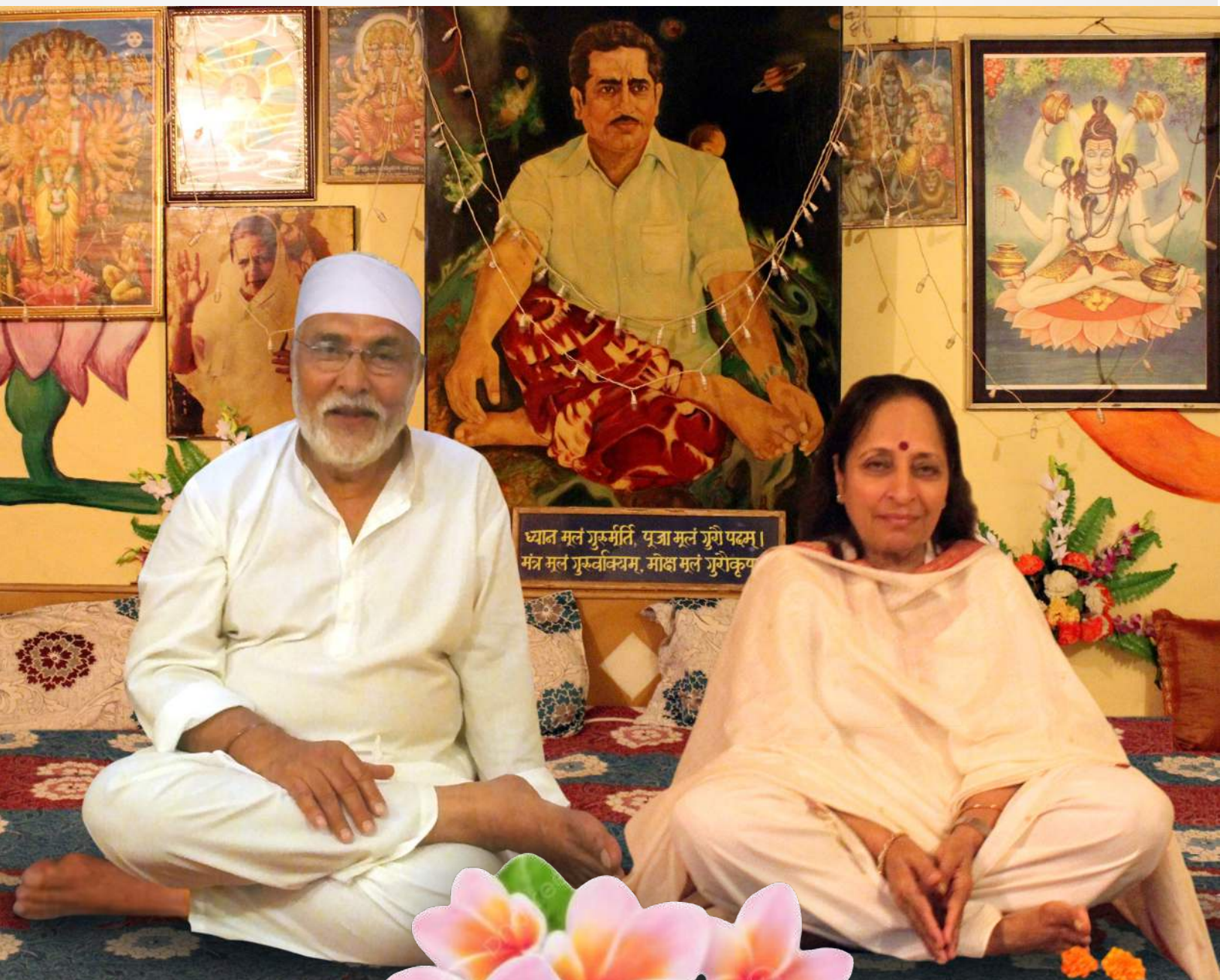
The person who is solely dependent on the Divine Guru, Guru takes care of him and



always looks after his welfare. Whatever happiness-misery, profit-loss, life-death, success and failure in this life they are all an embodiment of Guru's Divine Grace. Therefore the person who always stays under the refuge of Guru, he is always relaxed.

Food makes blood, and from blood a man's mental nature is made. A man's nature forms his thoughts and deeds, and these thoughts and deeds have an effect on a person's body. If spiritually the blood is contaminated then it also contaminates the body-mind and intelligence, therefore the person who wants to purify his blood spiritually, he has to drink Guruji's spell consecrated (abhimantrit) and blessed water, by drinking this water one's blood is purified and because of that one's feelings too get purified. On regularly having green cardamom, black pepper and sweet basil with Guruji's consecrated water as per His instructions, the blood, muscles, glands, kidneys, intestines, lungs and brain etc. all the internal organs are spiritually cleansed and purified. When the blood and organs get purified spiritually, then the person's nature, thoughts and actions also start getting auspicious and pure. With the Grace of Guru on getting true wisdom and discernment a person himself starts taking appropriate decisions. A person becomes self-dependent, self-supporting, self-reliant and independent.

This is itself called salvation or emancipation spiritually. If a person wants to avoid the bonds of his actions then it is necessary for him to perform his actions in agreement with or with consent of his parents, kith and kin, wife, children, friends, associates and his Satguru. The person who orders or does as per his own wish then, only he is responsible for his own actions, only he becomes bound by his actions. Therefore it is always best to perform all the actions with the feeling of selfless service. Rest going forward it is the will of the Supreme Soul. The Supreme Soul God is formless, but He is true and evident in the form of nature, substances and beings. All the living beings are a fraction of the Supreme Soul God, He is truly existent within everyone in the embodiment of consciousness and bliss. Still man tries to search for him on listening to the stories of great incarnate beings or thru the medium of divine beings. If a person reveres or worships the formless true Supreme Soul God then he can easily perceive that true Almighty God. This is called the meeting of one with one's soul. This process can happen easily with the Grace of any Satguru. There is only one easy way for self-soul knowledge and perceiving the Supreme Soul God that a person goes to the refuge of any self-soul realized authentic Satguru and establishing a Guru-disciple relation with Him, make Him happy with his services and take His blessings. With the blessings a man starts getting purified easily and one day with the Grace of Guru achieves self-soul realization. The self-soul realized evident live Satguru's reverence and devotion is considered as the reverence and devotion of the Supreme Soul God. Therefore in Vedic period only the Spiritual SatGurus were called Gurus. A tutor was called a teacher and the wise man who performed rituals was called a priest. The word Guru was used only for the self-soul knowledgeable Satgurus. A person can get the spiritual perception with the service, revered devotion and the Grace of a Satguru.





We Have Forgotten That We Are Gods

Due to our exceptional capabilities, humans are considered as the most powerful beings in creation. Humans have extraordinary control over both the material and subtle worlds. Because of this authority over both the visible and invisible realms, human existence is also called *Sūrar Durlabh* (rare even among the gods).

Param Pujya Guruji says that humans are forgotten gods. Divine powers reside completely within them, but due to getting lost in the entanglements of the visible world, they stumble and wander. The problem begins when one forgets their true nature and considers themselves to be just the body.



There is an image in the mirror, but no personality. The body exists, but it is the soul that is real, yet humans forget this. The desires of the body should be fulfilled, but dedicating one's entire life to them alone is a mistake.

We've all heard the story of the lion who, having grown up among a flock of sheep, believed himself to be a sheep. But we don't apply this story to ourselves. We are all parts of that Supreme Being, and the only way to realize our true nature is through service.

Our body is a temple. Our feet are the steps leading to this temple. Our stomach is the assembly hall of the temple, and the heart is the sanctum sanctorum, where the deity is installed. The temple's pinnacle represents the intellect, which, like the pinnacle, tends to get lost in the infinite and fails to see the deity installed in the sanctum sanctorum. We remain lost in materialism due to our desires and longings from countless births, spending our lives fulfilling these desires and never seeing the God residing in our hearts. Param Pujya Guruji says that it is important to narrow the gap between the heart and the mind. Having a sharp mind is a good thing, but we constantly use our mind to find ways to counter the other person's point of view. We fail to recognize that the other person may think differently, that their perspective might be different, and we get into disputes. There is a difference between exchanging ideas and getting into arguments. To do something good for the beings that come into our lives, we must use our heart. To figure out how to do good, we must make full use of the sharp intellect given to us by God.

In the Bhagavad Gita, it is beautifully stated about the heart: "God resides in the hearts of all beings, O Arjuna, and by His illusory power, He directs all living entities who are seated as if on a machine, made of the material energy." (Bhagavad Gita 18.61)

Only the Guru can help us recognize the God residing in our hearts. To connect the intellect with the God within the heart, only sincere devotion is needed. Therefore, it is essential to take the support of the mind, which is pervaded in the body. The mind must be connected with the mantra and service. To keep the assembly hall (the stomach) free of garbage, a sattvic diet is necessary. (As is the food, so is the mind.) The only true and simple path to climb the steps of the temple residing in the heart, as taught by the Param Pujya Guruji, is service.

Summary : The vision of the God residing in our hearts is possible only through service with Guru mantra . The whole Spritual journey can be summed up in two lines:

Rest your focus on guru and guru mantra!

**"Dhyaan Muulam Guru Murti,
Mantra Muulam Guru Vaakyam."**





Baba ne Kaha Niyaamat - Divine Blessing

Baba one day was in an altogether different mood & said: Dear, life is a divine blessing given by the Master. Master has given the soul this rare opportunity to journey through the life in form of body. Only if we utilize this life in an appropriate manner, we will be able to understand the deep secrets of life and reach the “Ultimate”.

Baba very simply elaborated that, earth is at ground level & above it is Mother Nature and in between is progress. But the self centered man has changed the equation to earth below, Mother Nature above and regression in between and to worsen his life, lives under the delusion that regression is actually his progression. Actually Master has sent us on earth to enjoy bliss in growth but that is possible only, if the man respects the creation of the Master. Respecting the creation will give sense to him that the creation in fact is for the benefit and development of mankind. Life is an invaluable gift given by the Master.

Everything belongs to Him, we live and die also according to His will, then concentrating in Him only, will guide us to understand the significance of life.

Baba metaphorically explained, on this earth to start any kind of work you need raw material, you invest your time and hard work and then only work gets accomplished. Try to look minutely at this point, to make this creation, even Master must have done the same. If you invest Rs.2 even, it remains at the back of your mind that I have invested Rs.2 and put your energy in protecting your investment and plan for the returns. Now look at the Master, for this creation, He has invested his blood and sweat. Now try to compare yourself & assess where do you stand? Isn't the creation invaluable? To understand the significance and goals of this invaluable creation, you will have to live valuing the creation to be invaluable.

Master has given us divine gift in the form of life, for our welfare only.

Master is the Ocean of Mercy. He saw that man is unable to understand his own welfare, consequently He himself took a human form to guide us. Furthermore He gave us the path of serving humanity to save us from various hassles. Among all illusions and perplexities, Guruji gave us the message of serving humanity by saying — Son, keep on doing seva, mention your problems to the Master and rest I will take care. Now did you understand the meaning of life, the precious Divine Gift given by the Master? Firstly, Master gave you priceless life, than to utilize the life in the appropriate manner He Himself descended on earth in the human form and best above the rest is He guided you on to a simple and beautiful path of serving mankind for your welfare.



Does your soul even question you that, — Why did the Master do all this for us? If we concentrate on Master while doing service and pray Him, than we will definitely get the answer. One thing is clear; life is invaluable because by only utilizing it correctly will every soul be meeting the Divine and reaches the Ultimate.

This is what my...
Baba said





**All
worship
and
recitation
remained,
peace and
love were
accepted.**





The Awakening Of Rudraansh

Chapter 1: The Weight of the World

Rudraansh's alarm buzzed for the third time that morning. With a groan, he reached out from under the covers and slapped his phone, silencing the persistent noise. It was 7:30 AM, and he had exactly 30 minutes to shower, dress, and dash to his first class. He'd planned to wake up early to review his notes, but once again, he'd hit snooze too many times.

The day stretched before him like a never-ending to-do list: classes, a group project meeting, his part-time job at the campus café, and an essay due at midnight. His mind whirled with all the tasks he had to complete, each one more urgent than the last. The weight of it all pressed down on him, making it hard to even get out of bed.

He stumbled into the bathroom, splashing cold water on his face, hoping it would wash away the exhaustion that clung to him like a second skin. But as he looked at his reflection, all he saw was a tired, stressed-out college student staring back.

By the time Rudraansh made it to the campus, he was already behind schedule. He rushed into the lecture hall, slipping into a seat at the back just as the professor started talking. His phone buzzed in his pocket—another reminder about the group meeting he had immediately after class. As the professor's voice droned on about economic theories, Rudraansh's thoughts wandered to his looming deadlines. How was he going to get everything done? He scribbled a few notes, but his mind was elsewhere.



Hours later, Rudraansh found himself at the campus café, trying to focus on his work between serving customers. The whirr of the espresso machine and the chatter of students filled the air, blending into a chaotic background noise that only heightened his sense of overwhelm. He made a mistake on a customer's order and got a sharp comment in return. His frustration mounted.

After his shift, Rudraansh left the café, his head pounding from the stress of the day. He needed a break, but there was no time. He had to finish that essay, and he hadn't even started. As he walked across the quad, he spotted a familiar figure sitting by the fountain—Saanvi, his cousin.

Saanvi was practically an older sister, but older by just a few years. Though they hadn't spent much time together recently, they had always shared a bond at family gatherings. Saanvi had this calm presence about her—someone who could take life's chaos in stride and still find peace. Her vibrant energy always contrasted with Rudraansh's high-paced, anxious way of living.

“Rudraansh!” Saanvi called out, waving him over. She was sitting with a book in her lap, looking completely at ease, as if she didn't have a care in the world.

“Hey, Saanvi,” Rudraansh replied, managing a tired smile as he approached. “It's been a while.”

“Yes, it has. You look like you're carrying the weight of the world on your shoulders,” Saanvi said, her eyes full of concern.

Rudraansh sighed, sinking onto the bench beside her. “I guess I am. There's just so much to do and not enough time to do it. I feel like I'm always running, but I'm never getting anywhere.”

Saanvi nodded, listening intently. “I've been there, Rudraansh. It's easy to get caught up in the rush of things. However, this is not how you have to live. Have you ever heard of mindfulness?”

“Mindfulness?” Rudraansh echoed, frowning. “Isn't that just about meditating or something?”

“It's more than that,” Saanvi explained. “Mindfulness is about being fully present in the moment, not letting your mind race ahead to the next task or worry about what's already happened. It's about finding a sense of peace, even in the midst of chaos.”

Rudraansh looked at her skeptically. “That sounds nice, but I don't see how it could help



me with all the stuff that I have to do.”

“Why don't you come with me? Let's take a walk, and I'll show you,” Saanvi suggested, standing up and offering him her hand.

Rudraansh hesitated for a moment, but then he took her hand and stood up. They walked in silence through the campus, the evening sun casting long shadows on the ground. Saanvi led him to a quiet spot in a nearby park, away from the noise and bustle of the main paths.

“Let's sit here for a minute,” she said, settling down on a patch of grass. Rudraansh sat beside her, feeling the cool earth beneath him and the gentle breeze on his face.

“Close your eyes,” Saanvi instructed softly. “Just breathe. In and out. Don't try to force your thoughts away—just notice them, and then let them go.”

Rudraansh followed her instructions, though his mind was still buzzing with everything he had to do. But as he focused on his breath, he started to notice the sounds around him—the rustle of leaves, the distant laughter of students, the chirping of birds. Slowly, the tension in his body began to ease. After a few minutes, Saanvi spoke again. “How do you feel?”

“Surprisingly... calm,” Rudraansh admitted, opening his eyes. The knot of stress in his chest had loosened, and for the first time all day, he felt like he could breathe.

“This is just the beginning,” Saanvi said with a smile. “Mindfulness isn't about fixing everything overnight. It's about learning to be in the present, to find peace in the moment, no matter what's going on around you. It takes practice, but I think it could really help you.”

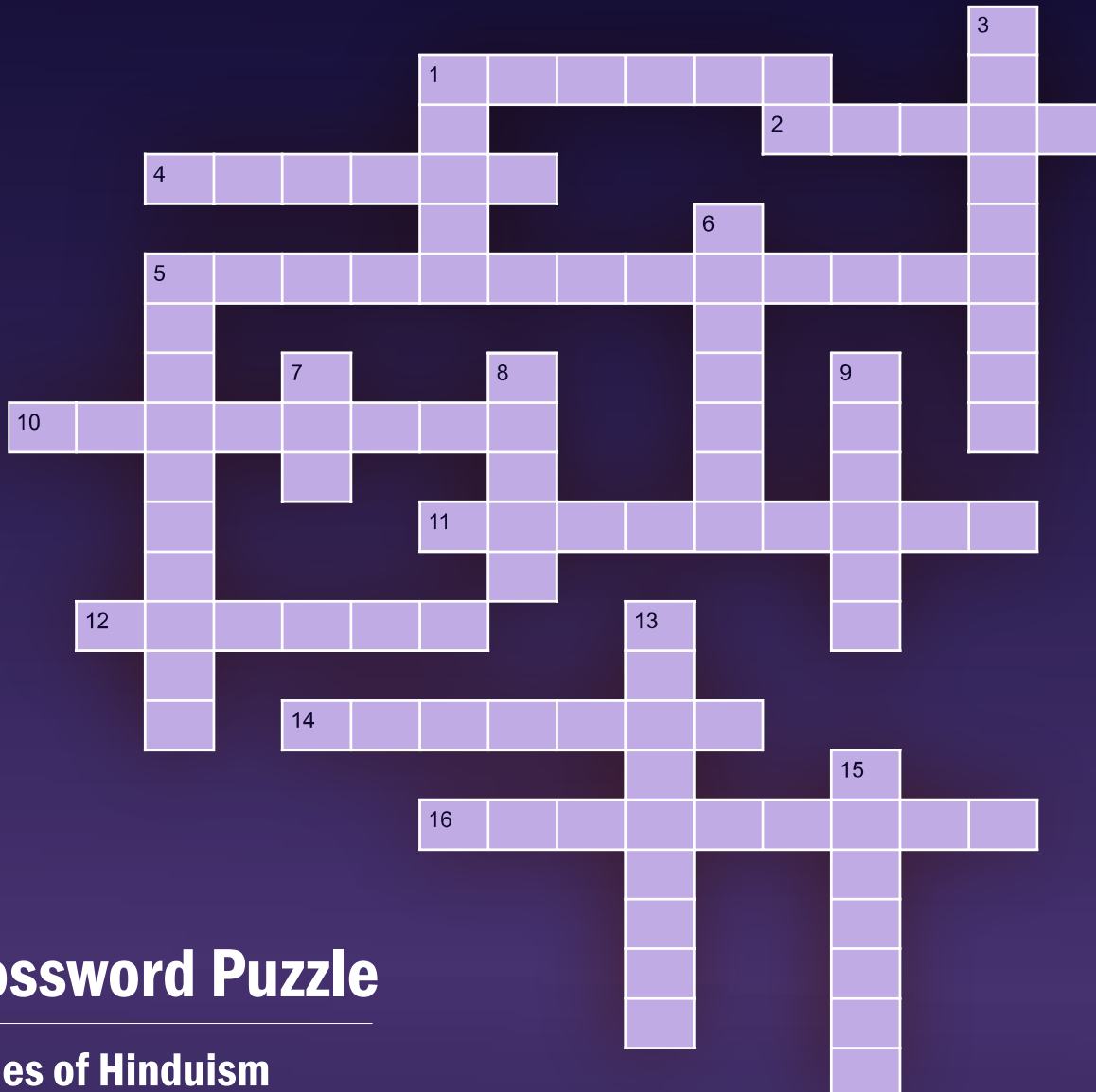
Rudraansh looked at her, gratitude shining in his eyes. “Thanks, Saanvi. Maybe I've been going about things the wrong way. I'd like to learn more about this.”

Saanvi smiled warmly. “I'll be here to help you out. We can start small and see where it takes you. Let's meet tomorrow afternoon at campus café.”

“Sure.”

As they walked back to campus, Rudraansh felt lighter, as if the weight of the world had eased off his shoulders, just a little. And for the first time in a long while, he felt a glimmer of hope.

To Be Continued..



Crossword Puzzle

Deities of Hinduism

Across

1. Revered as Vighnaharta, this deity's mount is a mouse. (6)
2. Known as Mahishasuramardini, she represents the triumph of good over evil. (5)
4. Protector of the universe, his mount is Garuda. (6)
5. This name, meaning "son of Keshari," is a reference to the divine monkey god. (13)
10. Central figure in the annual Rath Yatra, this goddess is associated with the chariot. (8)
11. The commander of the gods' army, he is also known as Skanda. (9)
12. Born from a lotus, this deity is often shown with a swan as his vehicle. (6)
14. The embodiment of the universal prayer, her mantra is revered across all Vedic texts. (7)
16. Warrior sage, known for breaking Ganesha's tusk with his axe. (9)

Down

1. Descending from the heavens, she was caught in the locks of a powerful deity to reduce her force. (5)
3. His name means "Lord of the World," and his image is distinctive with large round eyes. (9)
5. Guardian of the sacred city of Kashi, this fierce deity is associated with time and destruction. (10)
6. Often depicted with an owl, she emerged from the churning of the ocean. (7)
7. He is an epitome of dharma, and his life is chronicled in a famous epic. (3)
8. Taking the form of a dwarf, this avatar of Vishnu subdued the demon king with just three steps. (5)
9. Another name for the destroyer among the Trimurti, often depicted with a trident. (6)
13. Seated on a white lotus, she plays the veena and symbolizes the flow of wisdom. (9)
15. This divine charioteer delivered the Bhagavad Gita on the battlefield. (7)



**The feeling vanished, the search vanished and
all hopes vanished, everything vanished but what could not be
vanished are only your memories.**

The background is a soft watercolor wash in warm tones of cream, pale yellow, and light orange. Scattered throughout are delicate, hand-painted autumn leaves in shades of orange, yellow, and brown, some attached to thin, dark brown branches. The overall feel is gentle and seasonal.

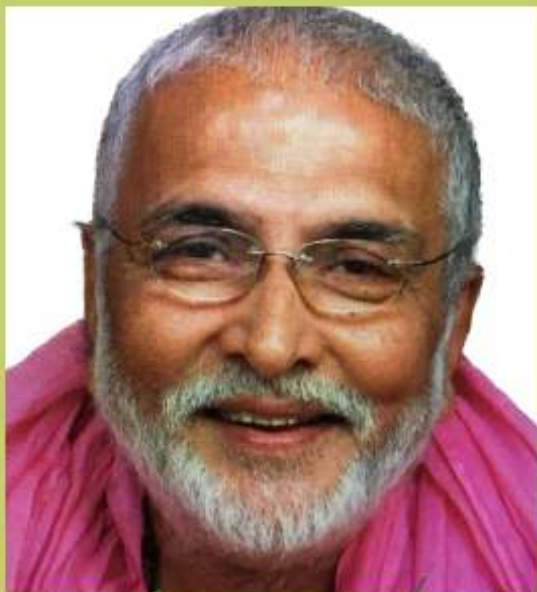
2024

Upcoming Events

Sep to Dec



Nirakar ko saakar karta hai sevakaar



SU	MO	TU	WE	TH	FR	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

05.09.2024 Bada Guruwar, Gurugram

12.09.2024 Bada Guruwar, Andheri

29.09.2024 Param Pujya Guruji Janam Din -
Avirbhav Parv

September



Sab karte hain arpan, koi nahi karta samarpan, jab karenge samarpan, to ho jayenge darpan.

SU	MO	TU	WE	TH	FR	SA
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

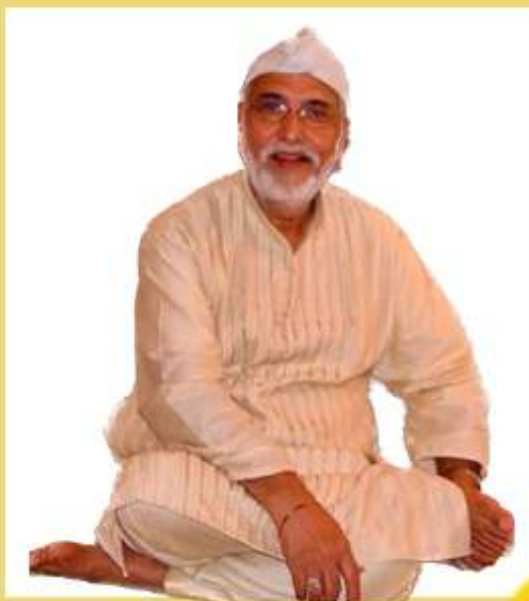
02.10.2024 Sarva Pitri Amavasya, Gurugram

03.10.2024 Bada Guruwar, Gurugram

10.10.2024 Bada Guruwar, Andheri

29.10.2024 Dhanteras

31.10.2024 Narak Chaturthi

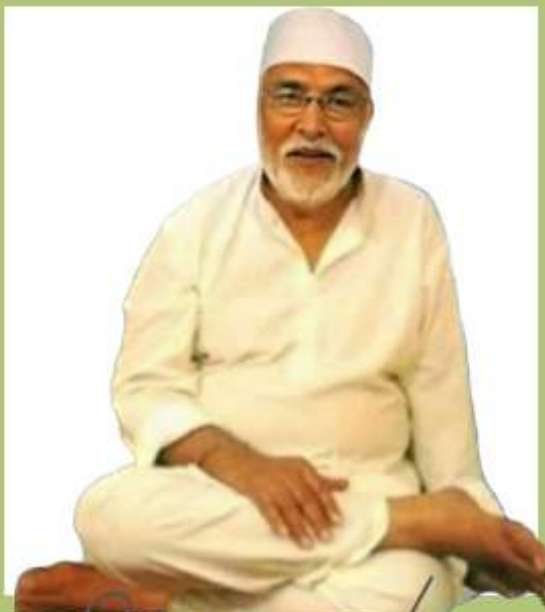


October





Maalik ke yahan na der hai na andher hai, kar satkarm, tere karmo ka fer hai



SU	MO	TU	WE	TH	FR	SA
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

01.11.2024 Lakshmi Pujan
 02.11.2024 Balipratipada
 03.11.2024 Bhai Dooj
 07.11.2024 Bada Guruwar, Gurugram
 14.11.2024 Bada Guruwar, Andheri

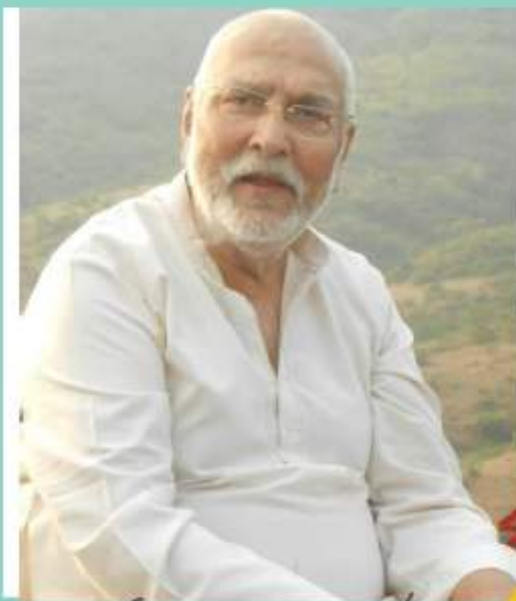
November



Jaate samay se seekh le, aate samay ka mol, tere andar baitha raha hai wo bol.

SU	MO	TU	WE	TH	FR	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

05.12.2024 Bada Guruwar, Gurugram
 12.12.2024 Bada Guruwar, Andheri
 14.12.2024 Datt Jayanti
 31.12.2024 Varsh Samapti - Gurugram



December



**“Surrendered at the Lotus Feet
of His Holiness Guruji”
TEAM ESSENCE**

| | Om Namoh Gurudev | |

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