

ESSENCE

GURU PURNIMA EDITION



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

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GURU PURNIMA PARV

19th - 23rd July 2024



It is your Light that brightens my world..

आप ही की ज्योत से रोशन हुआ संसार हमारा ...

21st July	Guru Purnima
06:05 am	Jyoth
09:05 am	Guru Pooja followed by Darshan

Experience | Participate | Volunteer
Gurudham, Lonavla



/hingirispirtual





Baba ne Kaha Salvation

Once, Baba was narrating an incident of the times before he came to the Gurus' Holy Feet. He said once someone asked me - Are you God-believing or God-fearing?

Baba questioned him - Are these the only two options, to which the man replied, yes. Baba remarked - I would like to subscribe to a third option. I am God-loving. Baba's reply to this is worth listening to, understanding, and adopting. Baba said, dear there are two visible options for every situation on the earth. But in reality, there are three options for every situation. The third remains a secret because the Guru is undisclosed. So, at a young age, I did not understand the two options. I went ahead with the third option "I love nature".

On Earth, man has two options for every situation. The first centered on the heart, and the second on the mind. Through the churning of these two factors, individuals make decisions in every situation. But the mystic who is awakened soul by the power of the Master goes with the third option i.e. they listen to the soul.

But it is very easy to say and difficult to be!

Awakening of the soul takes place through the service of the Guru. The mystic only listens to the soul. Thus, it is said about the mystics that they live in their trance with an approach of their own. In each of the two options available to the person, he has to choose the better one but I am telling you the best option.

The first thing a man thinks about doing karma is, is this easy to do or how can this be done. Fakir / A nobody introspects differently in every situation and thinks – What is it, that the Master would like to do through me?

In your life, as a father, you either are a fatherly person with your child or you are a friend to your child.



The awakened soul simply shoulders the responsibility of caring for, and treats the child as a Gurus' invaluable gift.

Baba said – Dear, once a gentleman asked me, —Guruji, what is salvation?

I asked him, —What knowledge do you already have about salvation? He explained it as liberation from the process of birth and death. Baba asked him if he knew anything else, to which the person replied, —It also means that you belong to the Guru. Baba agreed and said what more do you yearn to learn? God's beloved said that these are definitions I have read, and heard from elsewhere, but I seek the real meaning of salvation from you Baba. Hearing this Baba said: I am just a granule of dust to my Guru's Holy Feet. But yes, I keep a little bit of information. I loved Guru and consequently got contented. The Wish of the Guru is salvation to the mystic. Dear, the ecstasy of Guru is salvation for the mystic. Baba said, then I asked him if you loved Guruji to which he replied: Yes! It is HIS love which is everything, I feel like staying with HIM always, so I said to him dear, do you love Guruji so much that you want to stay with him every moment?

But whenever Guruji is in the mood, he comes to this world, so do you want to attain salvation by getting liberation or do you want to stay with Guruji every moment, then you would have to keep coming to the earth with him, so you decide this yourself.

Baba said that he hastily bowed his head and asked for mercy and blessings!





Sadguru Prasad Guru-Disciple Tradition

In nature, the parents of every creature are their Guru. They are the ones who teach them to hunt, how to get food and self defense. In the human society besides parents there are Gurus for art, learning, education and spiritual Satgurus; this is because if parents are uneducated or do not have any special knowledge how will they be able to educate their child? Therefore, such parents send their children to some educated and knowledgeable person or university to master these arts to gain education and knowledge. It is due to this teacher-disciple tradition that a person acquires more knowledge as compared to his traditional family knowledge. If the Guru-disciple tradition is absent in our society then we would be confined to basic know-how of life. In ancient times Guru-disciple tradition was the main source to protect knowledge and science. If this tradition was not in force, then how would knowledge and science progress? It is due to this tradition that today knowledge and science in this world, (of various countries like India, America and Japan) has progressed and prospered.

When a monkey is trained by a Learned master then that monkey becomes a bit more knowledgeable compared to others in its own species, it starts showing special arts and abilities because he has been trained by the master. Similarly a dog also on being trained by a master becomes intelligent. It even starts to understand the human. Strong wild beasts like lion, tiger, cheetah and elephant also become obedient, cultured and disciplined on being taught by the ringmaster. This is the special benefit of the Guru-disciple tradition that a rustic uneducated person also becomes intelligent and acquires knowledge, becomes cultured and educated. Therefore the concept of this tradition has been given great importance. A beastly less educated person also becomes educated, disciplined and civilized being. Only an educated, cultured and disciplined person is useful in the civilized society.



Therefore since the start of human civilization special importance and emphasis has been given to the Guru-disciple tradition.

Whatever discoveries in knowledge and science that have taken place in this world till date or whichever philosophy and religion has been created that is a work of some Guru or the other. The progress of all these subjects has been possible due to this tradition. In reality this tradition was created for acquiring knowledge, but today that same tradition has only become the primary basis of religious faith, superstition and sometimes blind faith. Whatever confusing thoughts and notions that are produced in the society or any difference of opinion that takes place, those are also due to this tradition. When a person, due to any kind of anger or hatred or selfish interest, desire or ambition becomes confused, that's the time he starts misusing his position as a Guru. He gives wrong guidance to his disciples and followers, gives them incorrect education and due to their own superstition and reverence to their Guru the disciples even accept such incorrect education. The thing that is to be understood on the basis of humanity and justice, such people accept it as the command of the Guru.

This same tradition is also responsible for whatever confused religious condition prevails in the society but if any person can get confused due to some Guru then he can also be corrected by a Satguru. In the middle ages, when the Nath sect started misutilizing this tradition, then Guru Nanak had strongly opposed many confused principles, he brought about many positive changes within this tradition. Similarly Guatam Buddha, Dayanand Saraswati, Saint Kabir, Saint Tulsidas, Tukaram, Namdeo, Eknath and Saint Gyaneshwar also brought about many good changes. Thus it is proven that it is the contribution of this same tradition that has given human society, a right direction and to brought them back to the correct path. In present times so many confused assumptions have developed regarding religion, God and spirituality in every society, that people have got confused in deciding which is appropriate and which is not. Most current



religious Gurus, spiritual Gurus, keep trying to prove their own thoughts, religion and philosophy as correct. On hearing all this, a person gets puzzled and confused. Standing on the intersection of such confusion, a person is forced to think which is the correct path? Which path will take him to the correct destination? How can a person understand his welfare and benefit, which yard stick should he use to know the correct and appropriate path?

True spiritual knowledge can be provided only by that person who is a realized being and has gained knowledge with a diligent feeling, on universal basis and one who understands the humanity. Like the rules of mathematics, science, psychology, biology and all the natural laws are proven on a universal basis. Similarly in spiritually too, there are some true laws, to know and understanding these is of great importance to the mankind. Therefore to understand an appropriate truth, firstly it is important for one to appropriately know and understand natural human requirements and humanity. To know all this, primarily a person has to understand, study, contemplate and analyze his own nature and his own natural requirements, diligently. Only then a person can truly understand the objective of his life. If a noble person guides a miserable astray person in the right way to his objective then who can be a bigger benefactor for such a miserable person? The person who gives proper guidance, who provides true selfless service, that benefactor is also called a Satguru in societal terms. A person who reaches his destination on acquisition of knowledge and on being satisfied with the grace of his Satguru expresses his heart felt gratitude towards Him, only that person is called a disciple. The relation between a Guru and his disciple is not based on any religion. It is based on knowledge, science, art and education of the universe in a pure and genuine form. Whatever the desire, requirement or interest of a person, he can select an authentic capable Guru as per his own intelligence, independently and related to his area of requirement. If the disciple is sincere, he will receive everything through this relationship.



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Untravelled Paths



While walking through the jungles of Sundarbans, on a vacation alone, I had reached a point where there were two visible roads to take. I glanced from the hills as to where each road went. One looked with higher number of footprints and the other with very few. One had dense woods but plenty of space and the other had narrow, steep and risky ways. Looking at the roads, it was clear that only one could take me to my destiny. I knew that an incorrect decision here could take me to a wrong destination and so I waited to decide which one to take.

On silencing myself for a while and letting go all the noise, I listened to my heart and decided to take the path less taken by! This was the best decision I had taken that day as it took me to an amazing Shiv temple which brought immense bliss, satisfaction and rest. Taking the path less taken by, lead me to a most inspiring feeling of a life time.



Self Improvement through Service



Once, a disciple climbed a difficult mountain. There, he saw a woman. The man was very surprised and asked her out of curiosity, "What are you doing in this secluded place?" The woman replied, "I have a lot of work to do." The man then said, "What kind of work do you have, because I don't see anyone around here?" The woman replied, "I have to train two hawks and two kites, reassure two rabbits, discipline a snake, and tame a lion." The man said, "But where are they all? I don't see any of them." The woman said, "They are all within me."

The two hawks, which keenly observe everything I encounter, good or bad. I must work on them so they only see the good — these are my eyes.



The two kites, which only cause harm and injury with their claws, need to be trained to avoid harm — these are my hands.

For the rabbits, who wander here and there but don't want to face difficult situations, I must teach them to remain calm even when suffering or being hurt — these are my feet.

The donkey is always tired, always stubborn. Whenever I walk, it doesn't want to carry the burden; I must remove its laziness and stubbornness — this is my body.

The most difficult is disciplining the snake. Even though it's confined in a cage with 32 locks, it always eagerly awaits to bite, strike, and inject its venom upon anyone who comes near. I must discipline it as well — this is my tongue.

I also have a lion, oh! It's arrogantly proud. It thinks it's a king. I must tame it — this is my ego.

Upon hearing this, the disciple said, "My respected Guruji tells me that there's no need to go to a difficult mountain or into the jungle to discipline our senses. By diligently following the path of service, one can easily improve oneself.

Attachment can arise at any moment, that's why my Guruji has instructed me to observe everything only through the lens of discipline. As our perception, so is our creation. Therefore, look at the good. Until we use the two eyes given by the Supreme Being correctly, how can the third eye open? I must train these eyes to only see beneficial sights for my spiritual progress.

At the tip of the hand resides Lakshmi (goddess of wealth), In the middle is Saraswati (goddess of knowledge), At the base is Govind (a name of Lord Vishnu), thus, in the morning, I should pay homage to them.



This mantra suggests that upon waking up from sleep, one should bow to their palms. The meaning of this mantra is that at the forefront of the palms resides Goddess Lakshmi, in the middle part resides Goddess Saraswati, and at the base resides Lord Govind, meaning Lord Vishnu. By doing this, one gains inspiration to perform righteous actions along with acquiring wealth and knowledge. Life is primarily about performing duty, and one should always aspire to do good.

According to the Purusha Sukta, the arms symbolize the warrior. In the path of my spiritual progress, I must defeat the demonic forces produced by my own vices, for which I must perform righteous actions with my hands.

According to the Purusha Sukta, the feet symbolize the laborer, and serving is the duty of the laborer. I must engage my feet in service and make proper use of it.

After wandering through 84 lakh species, human birth has been bestowed upon me. The sole purpose of human life is to attain liberation from the cycle of birth and death by nurturing one's own spiritual well-being. Apart from the human birth, all other species indulge in pleasure according to their actions, only humans possess the capability of discrimination and performing actions. I must accept the attributes of goodness in my body and strive towards spiritual progress.

Always speak the truth — speak less — do more — remain silent. For humans, speech is life. Speech is the backbone of human life. Speech holds great power.

Speak good words, speak sweet words.

Where all other senses perform only one function each, the tongue alone possesses the ability to perform two tasks, tasting and speaking.



With thirty-two teeth surrounding and grinding everything around, the tongue not only remains intact but also enjoys all flavors.

Ego is the feeling of being separate from the Supreme Being.

The five signs of spiritual ego are:

1. Looking down upon others.
2. Vanity, thinking oneself as superior.
3. Sharing excessively - I know more.
4. Using spirituality to avoid responsibility. Denying one's mistakes.
5. Rejecting change.

Think about it, we have a lot to do on ourselves, so let's leave aside judging others, criticizing, making sarcastic comments, and forming negative opinions based on them. Let's first work on ourselves. Adopt this on the spiritual level through the path of service".





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The boat of truth steered by SatGuru



When going on a long journey, we plan and do proper preparations for the journey and take the path of complete understanding. If while traveling, we reach a point where we need to cross the ocean, then we don't just run across the ocean, as we will sink and perish. We would then have two choices. Either swim by yourself or take help from your partner who has experience in this journey. However, the ocean is long and deep and it would be wise to swim or take a boat. Wisdom says that I have to go by boat. Now having a good boatman is a must. So, what kind of boatman should he be? The one who is experienced and who has helped numerous people sail through. Now who receives what, it is the boatman's will - Similarly, we need a guide in our life who will be our boatman. Whatever fate the Guru bestows.

Boatman is the one who sails the boat and takes us to the other side.



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.

Apana Mudra

Apana Mudra is formed by joining the tips of the thumb, middle finger and ring finger together.





Combination of earth element, sky element and fire element. Apana Vayu travels from the navel down to the feet. Therefore, all diseases from navel to feet are cured by Apana Mudra. The movement of Apana Vayu is downwards. Apana Mudra activates Apana Vayu.

Caution:

Do not use this mudra in the first seven months after delivery.

Benefit:

- Nasal vessels are purified.
- By removing foreign elements from the body, the body becomes pure and clean.
- It is beneficial in all stomach disorders- vomiting, hiccups, nausea, diarrhea.
- This posture removes unwanted heat from the body by stimulating the process of sweating. Burning sensation in feet goes away.
- High blood pressure, diabetes, kidney diseases, respiratory diseases, toothache, gum diseases, urinary retention, burning sensation, liver diseases, stomach pain, constipation, digestive diseases, and even colitis are 'cured'.
- Hormonal problems are cured in women. This mudra also cures impotence, insomnia, jaundice, and mouth ulcers. Childbirth becomes easier by practicing this mudra for 10 minutes in the ninth month of pregnancy.

**“Don't forget even by mistake.
Creation is the dust of Guru's feet”**



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Faith & Grace

Revered Guruji used to narrate that many people would come to him and request, "Guruji, please bestow your grace upon us." Then Guruji would explain to them, "My dear child, grace is not bestowed, it flows on its own."

They would then ask in surprise, "Guruji, how does grace flow? Towards what does it flow?" Guruji would lovingly explain to them, "My dear child! Grace flows on its own, and it flows towards that direction, where there is faith."

"Where faith exists, grace automatically flows there."

People would then ask, "Guruji, how does one gain faith?" Guruji would explain to them, "When the feeling of gratitude awakens within us & the feeling of thankfulness arises, then slowly, the feeling of faith begins to develop within us."

Therefore, Guruji always advised, "My child! Whether you are sitting or standing, coming or going, eating or drinking, always remain in a state of gratitude."

"Continuously thank nature. It has given you a good life. It has given you good relatives and friends. It has given you a home to live in, made arrangements for your food, and so on."

Guruji further use to explain, "Merely saying thank you is not enough, with this feeling of gratitude, we should continuously serve and help others. By doing this regularly, faith will gradually enter our lives, and with faith, the grace of the Guru will surely flow towards us."



Whom can you truly call your own?



When we are born, as we grow up, we do not know it in childhood, but when we grow up, a question definitely comes to our mind. Whom can you truly call your own in this world?

We study in school, make friends, then we feel very happy, at home we get love from parents and family members, we think, wow, everyone is ours and then when we make friends in school, we feel a sense of belonging while playing with them, studying together and having fun together. We start feeling that everyone is ours.

After 10th exam, our old friends leave us, because everyone takes admission in other schools, some go to school together, but mostly our old friends go to other schools.

In 11th and 12th, friendships are formed again, and some good friends are found, and that feeling comes back by spending time with them, studying together, going out to eat samosas together in the evening, playing, etc. It is known that he is with us, he is ours.



Then? Then comes the 12th exam, and after that, we leave all those friends again, everyone goes to college in another city to do different courses and study, and the talk remains limited to social media only. Those who used to meet each other, now talk to them only once a month.

Then? Then we become friends again, when we go to college, we meet them for 3-4 years, we share a lot of stories and make a lot of memories together again. Here we used to live away from our parents, but it is a different world in college. We talk to parents over the phone, through text messages, or through video calls, and even when we go back home during semester breaks, we meet them.

Till this time we feel that mother, father, and friends are all whom we can call our own.



Then the same thing continues, as soon as the Bachelor's course ends, someone prepares for Masters, someone starts a job, again the same, separation, friends in different cities, all go on their own path of life.

The same people with whom we used to meet daily, now we talk to them once in a month.



In the midst of thinking about meeting, we realize that we get company and then leave it, people become friends and then separate, we have to stay away from our parents either because of studies or because of job.

Living in a new city, away from one's hometown, is also a different experience, one has to face many things alone, life teaches many things, and many things we start to understand.

Many times we start thinking that if nothing changes in all the changing circumstances, then it is your own company. Now many times we do not even support ourselves, because we do not trust ourselves, perhaps because we allow external circumstances to dominate us, we start weakening ourselves, we cannot tell many things even at home. , Because people at home will be upset, but being out of the house makes us realize how alone we are.

Although it is not necessary that we realize that we have lived away from home, even while staying at home you can realize that who is your own?

The question again begins to arise, who is ours in the midst of all these changes? Who supports us in every situation? Who is there who always stands with us? Who is there to whom we can speak whatever is on our mind? Who is our own?

We start trying to find the answer to this question, go to the temple, pray to the Lord, ask for His support, and we also get it. Then we realize that we are not alone, our Lord is with us.

We make mistakes, realize them, apologize, want to improve ourselves, ask God, share joys and sorrows, because God seems to be ours.



Due to his kindness, people start moving forward on the path of spirituality, do service, share happiness and sorrow with their Guru, they get knowledge, they also get a confidence, someone is sitting, he is sitting who thinks about me. Yes, he thinks about my interests.

And from here begins a new story of life where you will probably never again have to ask, who is mine? You know that your guru is available and forever yours.

In the lives of many people who are very fortunate, they find a Guru, and after that a love relationship begins, the relationship between Guru and disciple. A relationship which cannot be put into words, words will fall short to write about it. A relationship which starts with love. When we are theirs, when they are ours, we also come to know.



The smile does not go away from our faces,
With eyes full of respect,
Eyes remain on your feet,
There is only love in our the hearts.



नमो गुरुदेव



Suffering or Bliss, is it my choice or my karma?



Karma, which means actions or deeds, is like a chain reaction where every action we take has consequences. Just like how a small action can lead to big results, our choices impact our lives and the world around us.

Karma has two parts: the actions we do and the results they bring. Whether good or bad, every action adds to our "karmic account." Both good and bad actions teach us important lessons and help us grow.

Karma is complex, involving not only what we do now but also the effects of past actions from past lives. This shapes our lives and journey.

A constant question is, have I chosen the suffering?

What you sow, So shall you reap! How can I change negative karma into positive karma, make the best out of waste. Can I be a healer of my own emotions rather than feeling my emotions? The answer is given by being constantly aware of our actions and trying to do better, to be better, we can improve our lives and make the world a better place.



Having someone to guide us, is such a blessing, who can help us on this journey. By being kind, generous, and forgiving, we can free ourselves from negative karma and become a better person.

By the grace and guidance of a SatGuru, the complex Karma theory became simple for me. I started to understand the know-how to balance the present moment, the power of Now.

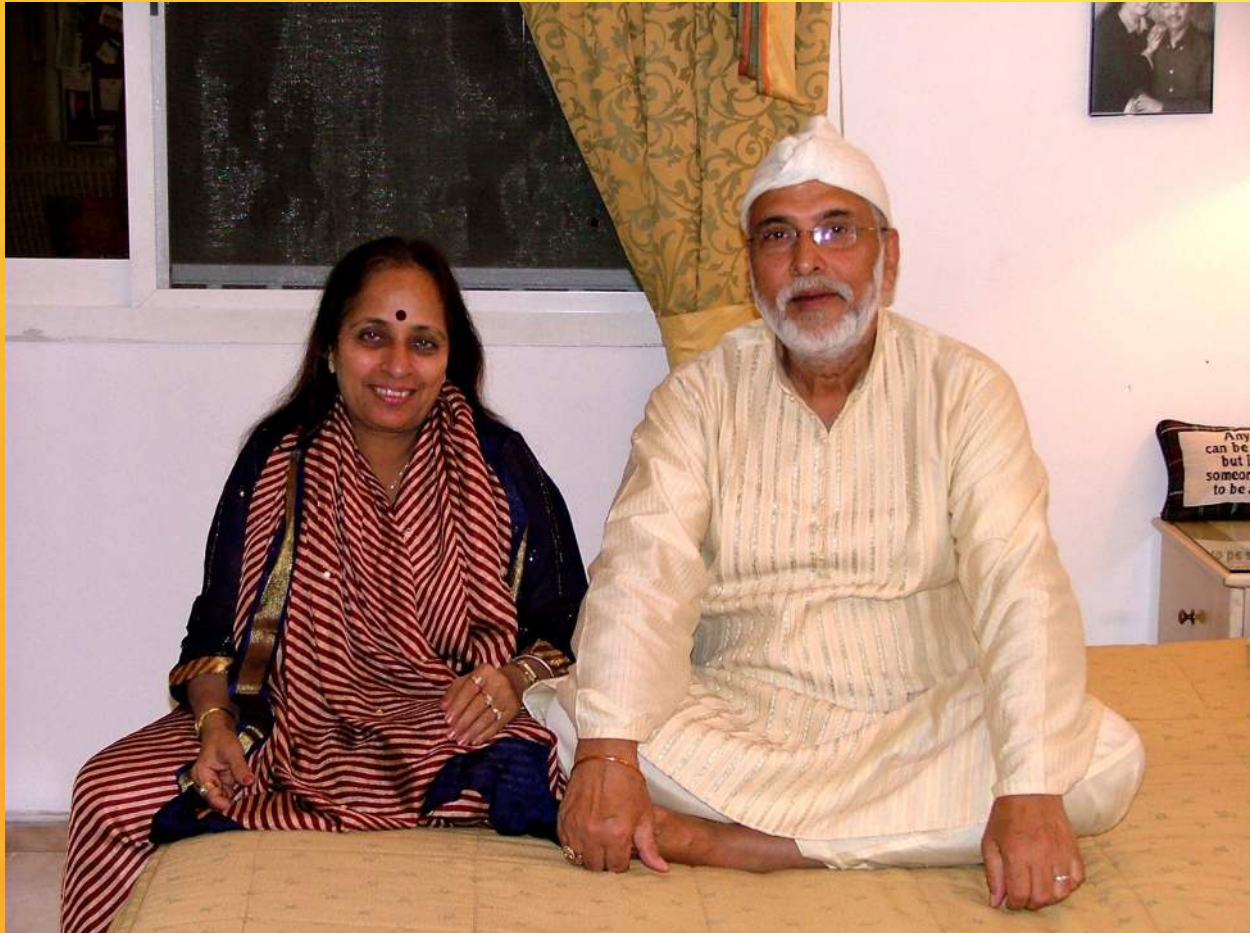
In the end, all the words are just scribbles on a piece of paper and meaningless unless I practice and follow the lessons learnt in my life. My reaction is my choice, which is creating my karma. And, by being mindful of our choices, we can easily add to the good karma and create a happier and more loving world for our self and for everyone mattering us.



But the question is, what about others?



Dedication



Meaning of Dedication

Dedication is the willingness to give a lot of

- time and
- energy

to something that holds great importance in our life.

Explanation of dedication

Dedication means being totally committed - it could be to a goal, a cause or a person. It means having a wholehearted approach to what has great meaning in our life. It means taking a focused approach and putting in the necessary work to achieve our goals and following through with whatever needs to be done.



However, it does not mean that we are working on it all the time, nor that that's our only pursuit. We have to strike that perfect balance between doing what is important to us and what is expected from us in terms of worldly duties.

When we are dedicated, we do not give up easily. We push through the tough times and continue working towards our end goal and ultimately to success.

Examples of dedication

Some common examples of dedication are... a mother dedicated to her children, a teacher to her students, soldiers dedicated to their country and revolutionaries to their cause but the best example is Badé Guruji's dedication towards Dada Guruji. In less than few decades, he inspired a following that will continue to exist for centuries.

His calling was for “the salvation of our souls...hamari aatma ka udhdaar” (हमारी आत्मा का उद्धार). And where most gurus only speak about it, He practically did it and taught us to do the same, taught us how to provide Healing to other's Feelings.

Steps we need to practise:

- 1) Invoke Guruji's grace
- 2) Set goals and write them down. Within the larger framework, set smaller goals to check for progress
- 3) Create a plan of action
- 4) Make a commitment to ourselves to see it through
- 5) Take action regularly towards the goal, no matter how small it may be
- 6) Do not allow hurdles and tough times to fluster or derail our efforts. Stay Focused, think positive and pray for Guruji's



guidance and grace

- 7) It is important to have a support system...we must find like minded people who Identify with our goal/cause
- 8) Track our progress to see how far we have come
- 9) Celebrate and be grateful to Gururaj for every milestone that we achieve along the way.

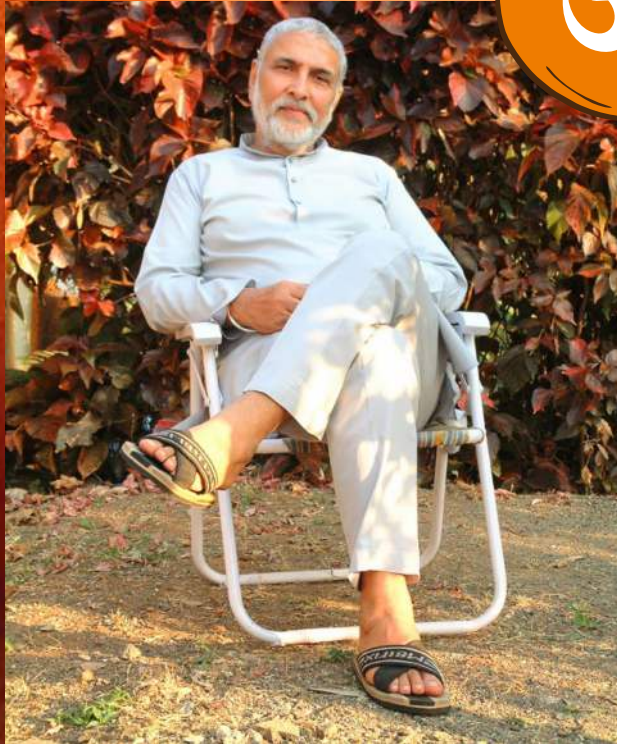
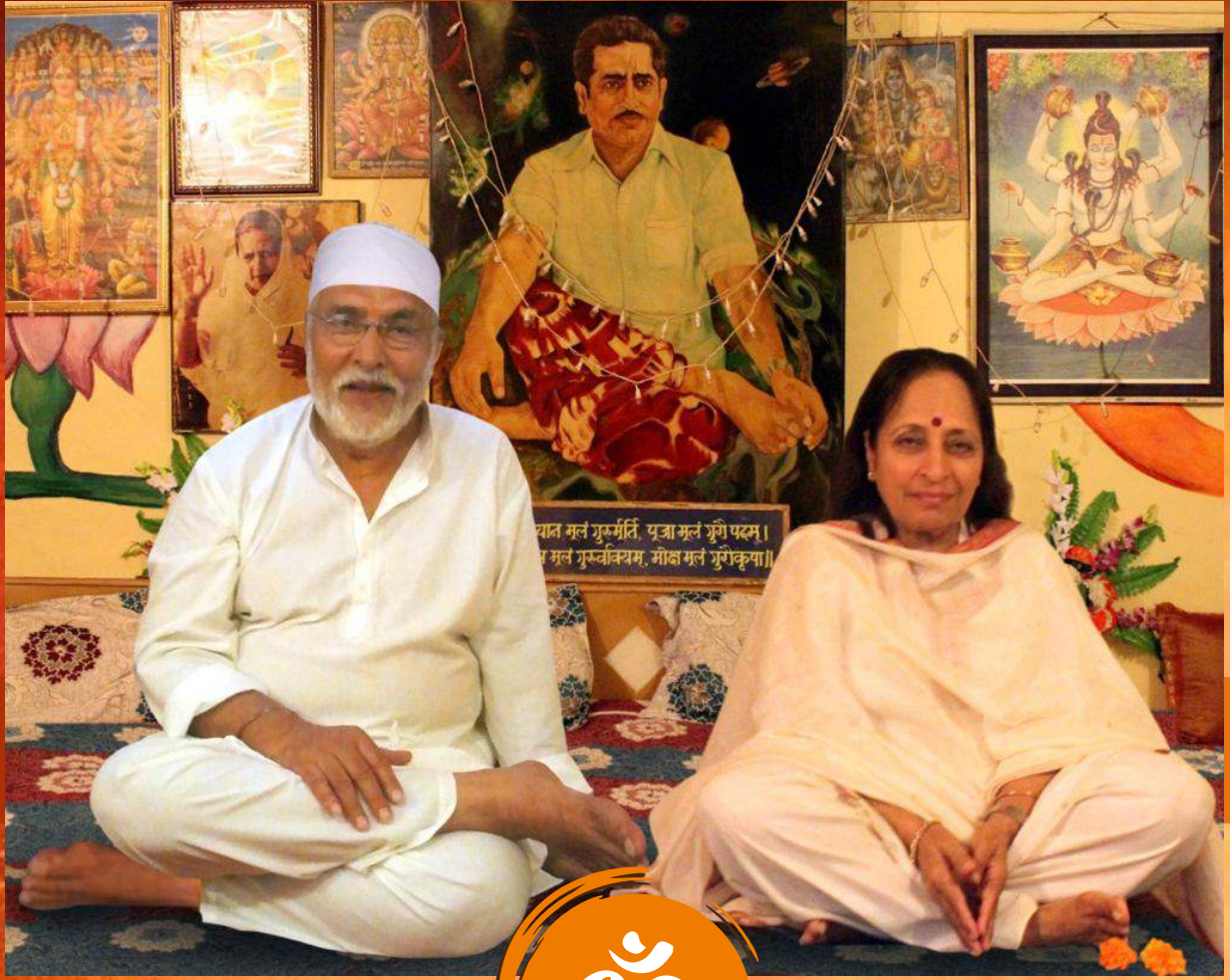
Benefits of dedication

- 1) It helps us focus on our goals and stay motivated
- 2) It brings about greater self discipline
- 3) We will push ahead despite all hurdles and difficulties
- 4) It enables us to stay calm under pressure and handle stress more effectively, because the end goal is more important to us than the temporary irritants
- 5) Dedication brings about greater and a higher level of learning thanks to the "never give-up" attitude.
- 6) It helps us make better decisions and that leads to a successful life
- 7) Dedication helps us to achieve our goals faster
- 8) Thanks to our dedication we become an inspiration for others, as our passion and commitment is contagious.
- 9) Dedication builds your character and helps us live a satisfied, happier and fuller life.

Prayer

**Boond boond sagar ko tarsé,
Milé toh sagar bun jayé**

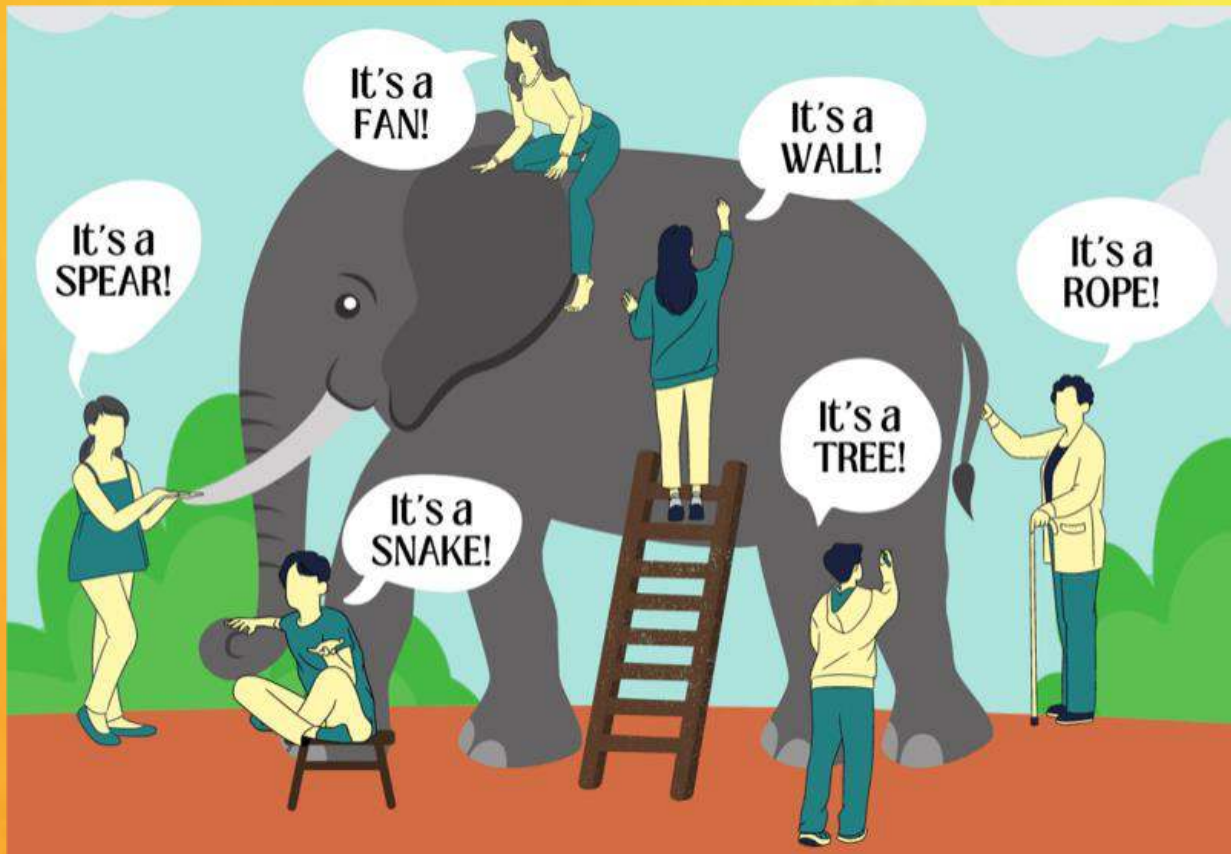
Gururaj, Your dedication to Dada Gururaj is a big inspiration for all of us... we, small droplets of water, yearn for the ocean... May Your grace make us the ocean too.



**Dhyaan-Muulam Gurur-Murtih | Mantra-Muulam Gurur-Vaakyam |
Puuja-Muulam Guru-Padam | Moksha-Muulam Gurur-Krupaa |**



Is your perception killing you!



Greetings! First, let's quickly outline what is 'Perception' and then we will soon dive deep into the topic. So, have you ever wondered why two people can experience the same event but come out with completely different interpretations? Or why some people seem to see the world through a sceptical and cautious glasses while others see with rose-coloured glasses? The answer lies in perception.

Perception is a very interesting phenomenon because almost everyone has a different one!

We organize and interpret sensory and psychological information to make sense of the world and everything in it through 'Perception'. It involves our senses like sight, hearing, taste, touch,



and smell in the outer realm and experiences, beliefs, thought process, expectations and collective conclusions drawn through our senses in the internal or spiritual realm of our existence. It is also the way our mind processes and interprets information or sets of information from the world around us and is like a mental filter through which we view and understand “Reality”.

So why perception matters: Perception plays a crucial role in how we navigate our daily lives. Our perception shapes how we understand and interpret the information we receive. Our 'perception' influences the decisions we make and the karma's we execute. Our perception of others affects how we interact and form relationships. Our perception of difficulties and setbacks determines how we respond to them. A negative perception may lead to feelings of defeat while a positive perception can motivate us to do the right things. If we perceive someone as loving, truthful, kind and trustworthy, we're more likely to befriend them. Perception matters because it influences our thoughts, feelings, and actions. It is a critical factor that decides our state of reality in our lives so it certainly matters.

My initial days with trying to understand “Perception' were full of struggles. Since early childhood days, I had started working on my perception because I knew that my outlook towards things was causing setbacks and thus things were not falling in place and so, I had to do something more around mental aspects of being and work on my perception to make things right. I continued to improve it by decoding it with my 'perception' and attain goals, desires and try to execute Dharma in a successful manner but the struggles and setbacks continued to affect me and pull me down. I somehow never reached a state of 'I got this'. I further found that many others too, were more blind than they realized. Their



subjective experiences were limited, and yet they were convinced that they lived in absolute truth. Being overconfident prevents us from learning or growing our minds and under confidence suggests us to ignore. If my goal is to better understand the true 'nature' of reality then I must recognize that my collective perceptions too, were incomplete, flawed, and biased, and so I need to be open to hearing the experiences of others and learning from them. Listening was found way more important than talking for the growth of my perception!

While decoding over decades, I also found that it is very important for me to understand my scope of energy, space and capacity that I possess which is generating my perceptions in the first place. For example: If I am a golf ball in this life time then all I will understand is from my 'perception' of the world as a golf ball and we know that a golf ball will not be able to see and Perceive like a football. A football will certainly have different capacities but thankfully we humans can think and evolve so I decided to learn from everywhere and everyone influential known, to grow, improve and evolve my perception from a golf ball to a football and hopefully even to a size of a cricket field but over decades, I realized that although, they all were helping me a lot but still, somehow continued to fail me in allowing me to reach "I got this" state. The hunger for more and bigger knowledge continued.

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So how was 'Perception' killing me, my growth and aspirations?

You see, until I perceived from any personal perception, there was a limit to my growth and access to reality or truth so they misguided me in various ways leading to a life full of struggles that affected me. They stopped me from being happy, content,



cheerful, successful and most importantly 'natural' or in sync with the nature. Losing the state of being 'cheerful' was enough to be mis-guided in life. I saw that this was the root cause of all the struggle and sufferings. It was killing my satisfaction, growth and dreams! I found that my perception/s and other collective perceptions of any other being are never going to be enough for resolution and felt to let go of this topic as defeated but one beautiful day, I had an opportunity to meet 'Guruji' who changed everything! He simplified and said, 'Personal is problem and Universal is solution'. Surrender your existence in to the holy feet of the master. Surrender all your perceptions and yourself to the master. Over years, I learnt that when I tried to learn and perceive from a Guru's perspective, everything started to resolve. You see, so far, I had tried to learn and perceive from my father, my mother and all other worldly resources, through my intellect or the mind but this time, I had a spiritual or a universal being to learn from, through my heart and so, this was different!

I saw that I will never be able to perceive from the point of view of the Universe until I was personal. To even, get a glimpse of the Universe, I would need to evolve and elevate my collective perception to a Universal or a spiritual being and a true Guru is the best way as he is the ultimate spiritual being on this planet!

Eureka moment!

When I continued to resonate, vibrate and imbibe the perception of a Guru, which is his thoughts, talks and acts, into my life as mine and to dissolve myself in to him on a psychological, spiritual and heart or feelings level, the evolution and growth begin! I started to let go all of my personal perceptions and all other accumulated perceptions into him. All thoughts, which were bringing negative feelings were slowly and steadily surrendered through imagination and visualization into the holy feet of Guruji's picture, and a new me was forming.



I was no more my father, I was no more my mother, I was no more anything or anyone else and most importantly, I was no more me either. I committed to dissolve myself into this spiritual being that is a Guru and pour pure devotion into him and only then I realized that I had found the true path this time. By practicing, imbibing and following the master, I started to get a glimpse of what nature wants from me. I was able to be happy and relaxed. My creativity started to return. A new dawn of universal or Nature's perception was happening within and that had started to smoothen things, making cheerfulness natural and the overall experience nice and blissful.

I wish and pray that everyone gets to experience this new way. One has to try it to believe it!



Sundarkaand Havan

April 2024 | Gurudham

॥ ॐ नमो गुरुदेव ॥

जय जय हनुमान गोसाई कृपा
करो गुरुदेव की नाई



सुंदरकांड हवन



जन्मोत्सव



सुंदरकांड हवन



सेवा विन्यास



ॐ

गुरु बिन कठिन है डगर पनघट की, सेवा में रम जाओं, गर भरनी है मटकी



July

SU	MO	TU	WE	TH	FR	SA
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	3

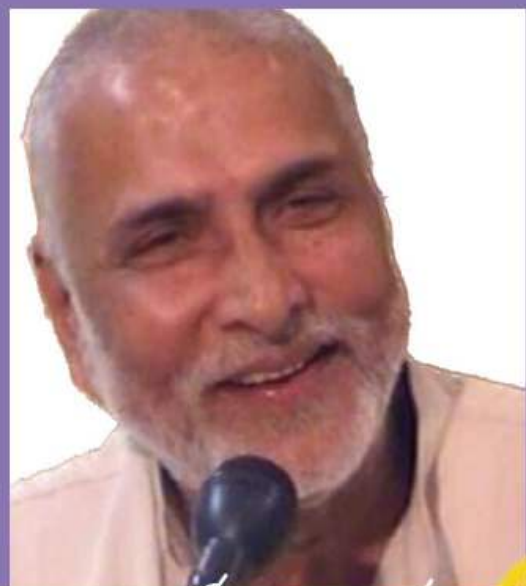
११.०७.२०२४ बडा गुरुवार गुरुगाव
 १८.०७.२०२४ बडा गुरुवार अंधेरी
 २१.०७.२०२४ गुरुपौर्णिमा
 २३.०७.२०२४ परम पूज्य दादा गुरुजी निर्वाण दिन



भक्ति, साधना, तप, उपवास, जो भी करो मन से करो, सबसे अच्छा, मन गुरु चरणों में धरो

SU	MO	TU	WE	TH	FR	SA
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	31

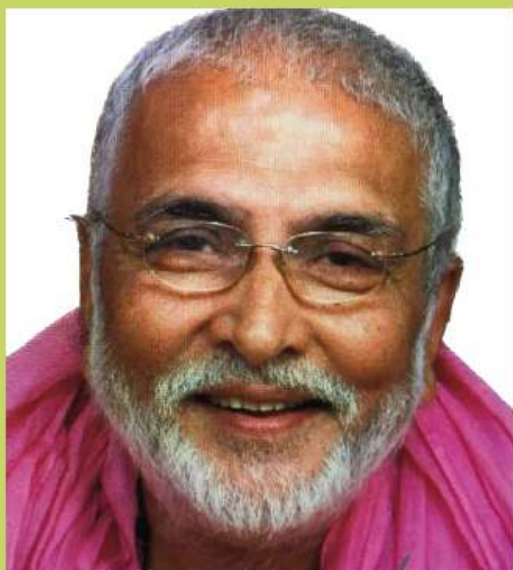
०८.०८.२०२४ बडा गुरुवार गुरुगाव
 १५.०८.२०२४ बडा गुरुवार अंधेरी



August



निराकार को साकार करता है सेवाकार।



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

०५.०९.२०२४ बडा गुरुवार गुरुगाव
१२.०९.२०२४ बडा गुरुवार अंधेरी
२९.०९.२०२४ परम पूज्य गुरुजी जनम दिन -आविर्भाव दिन

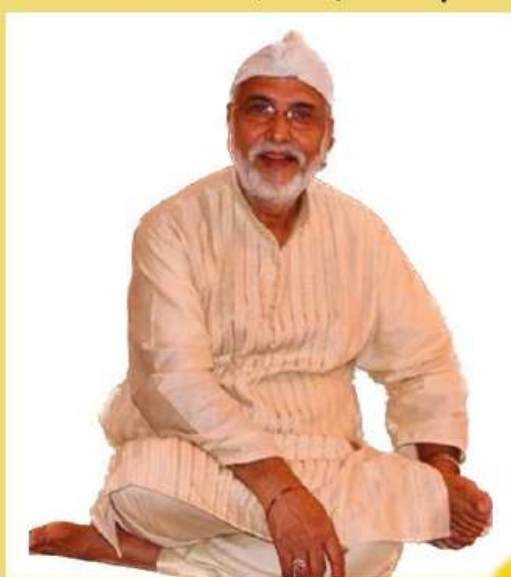
September



सब करते है अर्पण, कोई नहीं करता समर्पण, जब करेंगे समर्पण , तो हो जाएंगे दर्पण।

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

०२.१०.२०२४ सर्वपित्री अमावस्या-गुरुगाव
०३.१०.२०२४ बडा गुरुवार गुरुगाव
१०.१०.२०२४ बडा गुरुवार अंधेरी
२९.१०.२०२४ धनतेरस
३१.१०.२०२४ नरक चतुर्थी



October

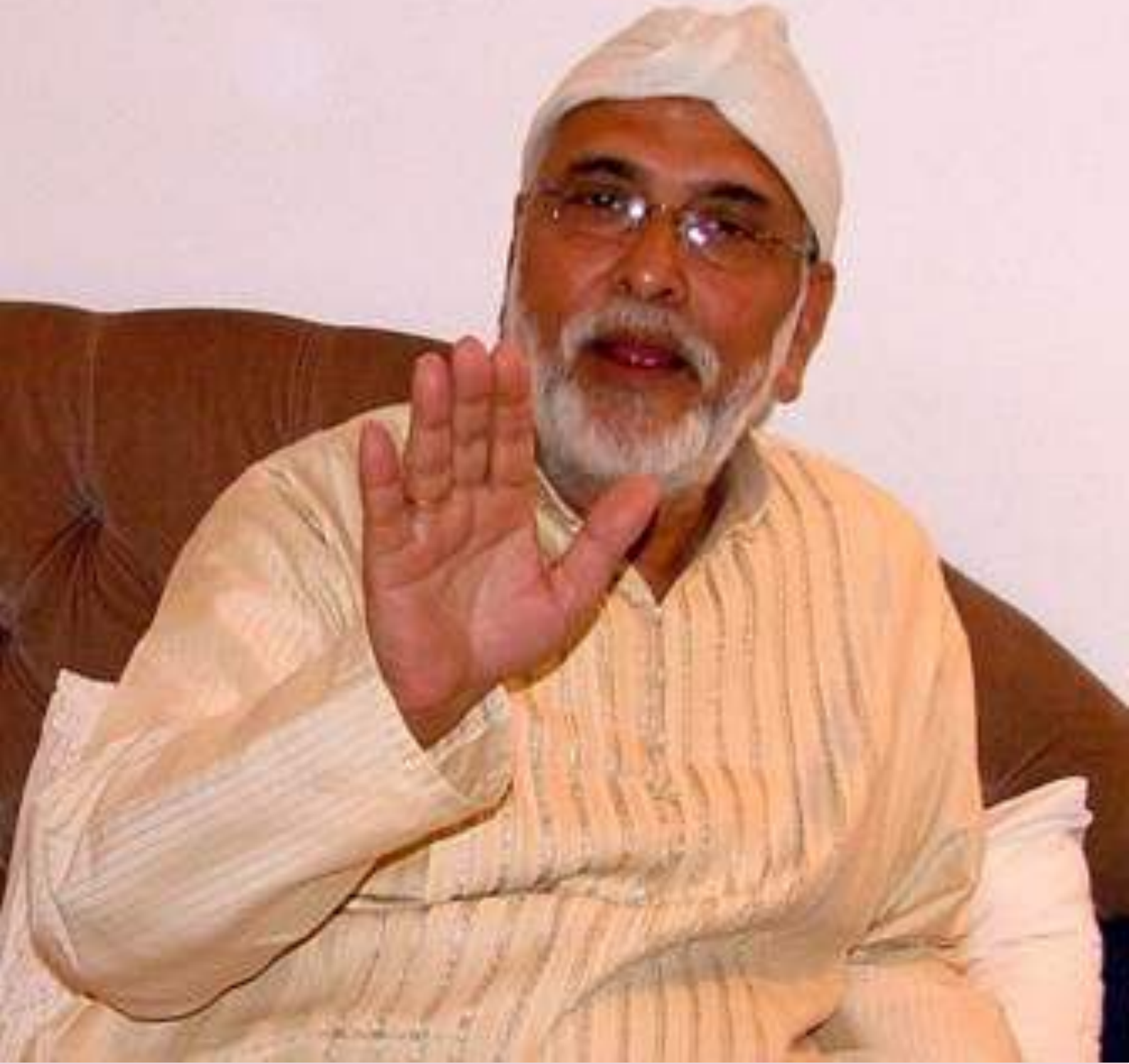






**“Surrendered at the Lotus Feet
of His Holiness Guruji”
TEAM ESSENCE**

|| Om Namoh Gurudev ||



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