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Assimilating Power of the Guru

To this spiritual sons and daughters revered Sadgurudev had gifted a most wonderful Sadhana during his birthday celebrations. But unfortunately all are not able to attend Sadhana camps and miss such invaluable Sadhanas. For all such sadhaks here is this amazing Sadhana.

Man is incomplete and sinful. He might call himself most evolved but he is not fully evolved yet. There always is something or the other lacking in his life. If he has wealth he lacks fame, if he has fame he might have no sons, if he has sons he lacks good fortune, and if he has good fate he might be plagued by ailments. If the human body is dissected then all we shall find in it is flesh, blood, bones and excreta.

There is nothing is the human body about which we can be proud of. Even the food which we eat finally gets converted into excreta. You might eat the best of delicacies and the choicest of foods yet everything gets transformed into excreta.

The ordinary man is un aware of any process that could make him divine. The human body as such is useless and highest level of knowledge and consciousness cannot be assimilated in it. You might eat what you like, the body is not going to transform or become special in any way. Food alone cannot generate a divine radiance on one's face.

Why can't it? what then is the significance of human life?



A flower lying in the garbage cannot be offered in a temple, Our bodies are impure. How then can we offer them in the holy feet of the Guru of the Lord? The body is just a mass containing among other things excreta. Can such a form be devoted in the feet of the Lord?

All Gods and Goddesses are present in the holy form of the Guru. The Guru is linked to his soul and to the Divine. He is no ordinary being like us. He has knowledge, divinity, his Kundalini is activated and so is his Sahastrar.

Our bodies are Impure. How then can we offer them in the holy feet of the Guru or the Lord? The body is just a mass containing among other things excreta. Can such a form be devoted in the feet of the Lord?

Highest level of Sadhaks do not eat food nor do they drink water. They can sit in the air six feet above the ground and accomplish Sadhanas in midair. Those who can do this are real human beings. Others are just leading an animal existence. They are leading a life that is Impure.

What is the process through which one can rise to such a state in life? How can one become so pure and sacred? How can one really and truly become humans? How can one rise six feet in the air and accomplish Sadhanas in midair?

There is no part on the earth where bloodshed has not taken place. Every inch of the earth has been a witness to bloodshed, wars and violence. The whole earth is impure.

How then can one succeed in Sadhanas if they are accomplished seated on earth?

Without purity of heart the highest level of Sadhanas cannot be accomplished. Without purity one cannot attain to an age of thousands of years. Without it one cannot reach Siddhashram. And if one cannot gain entry into the divine land then human life is useless. Then life would just mean a journey to the funeral ground.

Your ancestors or their past generations have led such a very life and this is why no one remembers them today. You might well remember the name of your grandfather or great grandfather but you might not know who the father of your great grandfather was, what sort of life he lived and what he accomplished in his life time. If this is the sort of life that you want to lead then you do not need a Guru.

The body is so impure that it cannot remain clean even for four days. Just don't have a bath for four days and it shall start to stink. No one shall wish to be in your company or even talk to you. From the body of Lord Krishna a divine fragrance used to emanate. This fragrance is called *Ashtgandh* and it poured out of the forms of Lord Ram and Buddha as well. All great Yogis are blessed with this virtue.

What is it that we lack that we cannot produce this fragrance from within?

Once this fragrance starts to pour forth people shall stop and stare at you when you pass through a crowd. They shall wonder where this wonderful fragrance is coming from.

And if you are not thus blessed, if you cannot achieve this state then life is useless. Even Gods take birth as humans in order to experience this phenomenon. Appear as Rama, Krishna, Hanuman, Buddha, Vishnu, and Mahavir and try to reveal secrets of the human form to everyone.

For making the body pure and sacred it is important to stop identifying with gross physical form and link oneself with the soul. When one is like to the soul then one becomes completely oblivious of the physical form.

Then although one shall lead a normal life yet there shall be no need to eat or drink. Then one shall be able to sit in midair and accomplish Sadhanas. Then a divine fragrance shall start to emanate from one's body and one shall know that human life is something special.

Once one gets linked to the soul there shall be a rise of consciousness. A transformation shall start to occur and one shall on one's own gain the knowledge of Vedas, Upanishads and Purans. How many



Sadhanas can you accomplish in your life? How many times can you chant a Mantra? How long can you chant a Mantra?

One's life span can be at the most sixty or seventy today out of these most of the years have flown by and the remaining years too shall be devoted to fulfilment of one's duties. How then can one make one's life extraordinary? And if life is not unique then life shall be meaningless.

We do not remember Krishna as the Lord, rather we remember him as Jagat Guru or the Guru of the whole world. Why is he called a Guru? This is because he successfully

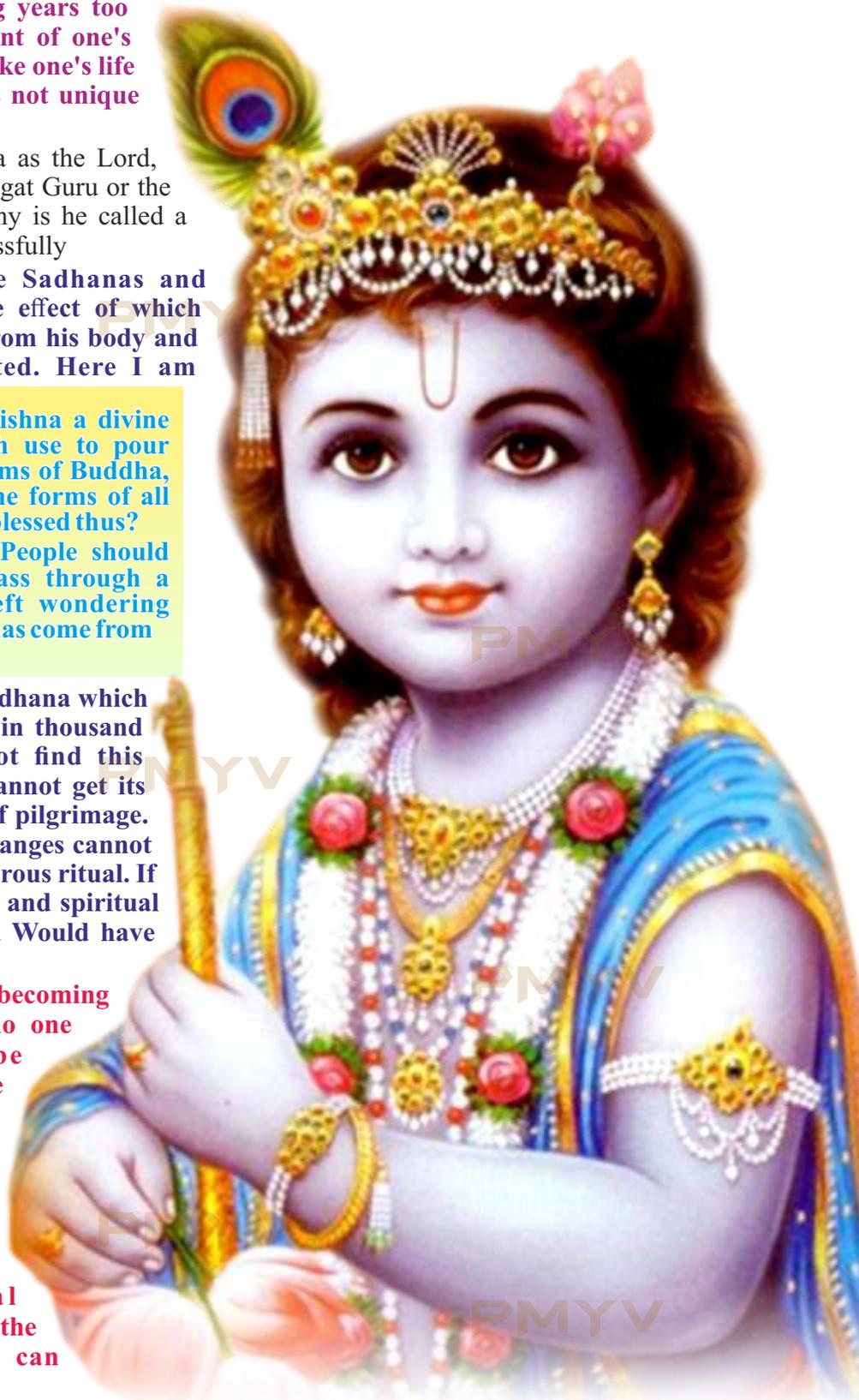
Accomplished those Sadhanas and gained the divinity due the effect of which Ashtgandh started to flow from his body and his soul was fully activated. Here I am

From the form of Lord Krishna a divine fragrance called Ashtgandh use to pour forth. So did it from the forms of Buddha, Ram and so does it from the forms of all great Yogis. Why we are not blessed thus?

Life means being unique. People should stop and see when you pass through a crowd. They should be left wondering where this divine fragrance has come from

revealing to you a unique Sadhana which shall not be revealed again in thousand years to come. You cannot find this Sadhana in any text. You cannot get its knowledge from any place of pilgrimage. Even taking a daily dip in Ganges cannot make you aware of this wondrous ritual. If bathing thus made one pure and spiritual then fishes living in Ganga Would have become great by now.

Essence of life is in becoming unique. There should be no one with whom one could be compared. Only then can life be worthwhile. In order to gain such an existence one should seek the guidance of a Guru who is linked to his soul, who is divine, whose voice is divine, whose eyes sparkle with spiritual radiance, who can captivate the minds of others and who can bestow totality on others.



But you do not know how to assess the true worth of a Guru. For that the best way is to sit in his company and listen to his words. From his knowledge you can realise his true worth. Once you have a SadGuru in your life you shall know the true significance of human life. Then you shall feel proud that you are the disciple of a Guru who is a vast ocean of knowledge.

If a person is wise, if he has even a bit of wisdom he will decide not to lead an animal existence or lead an ordinary life. Such a life is useless. Once he has made up his mind thus, he should try to find a SadGuru who is divine, who possesses real knowledge and from whose form divine fragrance pours forth.

If one does not try to achieve this state

Without purity in life the highest level of Sadhanas cannot be accomplished, one cannot live to thousands of years, one cannot reach Siddhashram then life is useless. Then life is but a journey to the funeral ground. Presented her is the blessing of revered SadGurudev in form of a wonderful Sadhana through which life could be made really meaningful.

then the body would soon become a prey to ailments and having become old and weak it would perish. When shall the moment of realisation dawn in your life in which you shall decide to make the journey towards divinity, towards uniqueness, towards greatness?

This shall be possible when your soul gets fused with that of the Guru, when your thoughts become fully immersed in his knowledge, when all your actions are devoted to him. And for this the best method is giving a permanent place to the Guru in one's life, in one's body and soul.

As soon as the Guru is given a permanent place in one's body his divinity shall produce a wonderful fragrance, a powerful radiance and a uniqueness. Then one's life shall become extraordinary and one shall become pure. Then one shall be linked to the soul and one shall gain all knowledge of the universe.

Sadhana Process

For Sadhana one needs **a Guru Hridyasth Sthapan Yantra** and **a Saafalya rosary**.

One can start this Sadhana from any **Thursday** or **21st** of any month. For **Sadhana** have a bath and **wear yellow clothes**. Sit on a yellow mat and cover yourself with **a Guru Pitambar (special shawl imbued with the power of Guru Mantra)**.

Cover a wooden seat with **a yellow cloth** and on it place **Yantra**. Light **ghee lamp**. Then chant thus meditating on form of revered Sadguru.

*Deergho Sadaam vei Paripoornna
Roopam, Gurutvam Sadeivam Bhagwat
Swaroopam, Twadeeyam Prannamyam,
Twadeeyam Prannamyam. Na Cheto
Bhavaabdhe Ravi Netra Netram, Gangaa
Sadeiv Paramam Cha Rudram.
Vishnnorvataam Mevatmev Sindhum, Eko Hi
Naamam Gurutvam Prannamyam. Aatmo
Vataam Poornna Madeiv Nityam,
Siddhashramoyam Bhagwat Swaroopam.
Deerghom Vataam Nitya Sadevam Tureeyam,
Tvamevam Sharannyam Twadeeyam
Sharannyam Eko Hi Kaaryam, Eko Hi
Naamam, Eko Hi Chintyam Eko Hi
Vichintyam. Eko Hi Shabdm Eko Hi Poorva,
Gurutvam Sharannyam Gurutvam
Sharannyam*

Offer **saffron, rice grains, flowers** and sweets on the **Yantra**. Then standing on your toes with the body stretched upwards on your toes with the body stretched upwards chant **one round of the following mantra**.

**Om Hreem Nrim Mam Rakta Bindu
Hridyasth Guru Sthaapitam Nrim Hreem Om**

Do this regularly for **21 days**. After 21 days drop the **Yantra** and **rosary** in **a river or pond**.

This Mantra is very divine. Accomplish the Mantra chanting only while standing on the toes. The ankles must be raised above the ground. There is no other way of chanting this Mantra.

Through this Sadhana the Guru Power can be instilled into each particle of one's blood and life could be made pure, divine and great, and thus one could make amazing spiritual progress.

Sadhana Articles 740/-