

SadGurudev's Birthday

21st April

PMYV

SadGurudev

! Please
reside in
My Heart!



The essence of this universe is none other than the Guru element. **Guru is not a mere human body but is the divine incarnation of the Brahma.** He is an ocean of divine consciousness as he resides on a higher spiritual plane, because His Kundalini is fully activated and so is His **Sahastrar.**

There is no need to eat or drink anything for such great souls. They might pretend to show that their existence is based on the food and drink just as any other ordinary person, they do so to keep the people around them under the veil of Maya. Such great souls can perform Sadhanas sitting six feet above the ground in air. There is no place on this earth where blood has not been

shed out of hatred or jealousy and thus special sadhanas can't be performed seated on the ground.

It is also a fact that everyone can't sit six feet above the ground and perform the sadhanas. To accomplish this feat, one has to achieve purity of mind, body and soul. Without it, one can't live for thousands of years or reach the divine spiritual land known as Siddhashram. The type of life you are leading is nothing special. You are just heading towards the crematory where all your ancestors have ended and if you also need a similar ending, then you don't need a Guru.

Every time I warn you, every time I explain you that I will take you to the nirvana in this very life and that this is my guarantee; the clause of this guarantee is when you completely get rid of your ego, when you completely end yourself. What you are and how you look like is immaterial. However this life is beyond how you perceive it, to take a birth and then finally get cremated is not what you can call as life. **It is said that the divine fragrance of Ashtagandha used to emanate from the body of Lord Krishna, Lord Buddha and other great yogis and saints.** On the other hand your body starts stinking if you don't even take a bath for one day. Why can't such a fragrance emanate from your body? Why can't you have a divine personality?

Even God remains desirous to be born as humans because it is the only medium through which one can achieve highest level of spirituality. The method of doing this is by entering into the **Praantatva** or linking oneself to the Guru element that is within a human. The true knowledge will pour out on its own without you having to read ancient texts. There are thousands of sadhanas and no human being can try all of them to rise spiritually. The question that arises here is there no sadhana that can bestow all the boons - may it be spiritual or worldly?

The answer to this is **Guru Hridayasth Sthaapan Sadhana**. Presented here is a unique Sadhana that cannot be found anywhere else and is very difficult to procure. It is the highest sadhana that a person can try and so it has been kept secret over last thousands of years. It might appear too simple to believe; but one could get linked to the Guru element, to one's soul and its amazing infinite capabilities by the means of this sadhana.

Sadhana Procedure:

One needs **Guru Hridayasth Sthaapan Yantra** and **Crystal rosary** for this sadhana. Get up early in the morning and have a bath. Get into fresh yellow clothes. Sit on a yellow mat facing north. Cover a wooden seat with yellow cloth. Take some petals of a yellow colored flower and place **Guru Hridayasth Sthaapan Yantra** over it. Light a ghee lamp and then speak out thus:

**Deergho Sadaam, Vei Paripoorna
Roopam,
Gurutvam Sadeivam Bhagwat
Prannamyam. Tvam Brahma Vishnu
Rudra Swaroopam, Tvadeeyam
Prannamyam, Tvadeeyam
Prannamyam.
Na Cheto Bhavaabdhe Ravi Netra
Netram,
Gangaa Sadeiva Paramam Cha
Rudram.
Vishnnorvataam Mevatmev Sindhum,
Eko
Hi Naamam Gurutvam Prannamyam.
Aatmo Vataam Poorna Madeiv Nityam,
Siddhashramoyam Bhagwat
Swaroopam.
Dheergho Vataam Nitya Sadevam
Tureeyam, Tvadeeyam Sharanyam
Tvadeeyam Sharanyam. Eko Hi
Kaaryam,
Eko Hi Naamam, Eko Hi Chintyam,
Eko
Vichintyam, Eko Hi Shabdham, Eko Hi
Poorvam, Gurutvam Sharanyam,
Gurutvam Sharanyam.**

Offer **saffron, rice grains, flowers** and **sweet** made from milk on the **Yantra**. Then chant one round of the following mantra while standing on toes with heels kept above the ground.

Mantra

**|| Om Hreem Nrim Mama Rakta Bindu Hridayasth
Guru Sthaapitam Nrim Hreem Om ||**

**॥ ऊँ ह्रीं नृं मम रक्त बिन्दु
हृदयस्थ गुरु स्थापितं नृं ह्रीं ऊँ ॥**

Do this regularly for 21 days. Then drop the yantra and the rosary in a river or pond. Guru element is established in each atom of one's body and one starts the journey towards spiritual enlightenment by the means of this sadhana.

Sadhana Article 790/-