



Fear No More

Sometime back I was blessed with the company of Gurudev. One day, a young couple came to seek Gurudev's blessings. The couple seemed to be in some grave danger which appeared to be life threatening. Gurudev said, "When I am with you, why are you afraid?" However, the fear had taken over the couple so much that they were somehow not getting convinced and returned in the same state of mind in which they had reached.

After their departure, I asked Gurudev, **"Guruji, I know that they have a strong faith in you, yet they didn't look convince? What is their problem? Why are they so terrified?"**

SadGurudev replied, **"Both of them are in the grip of fear. Due to this reason, their mind and thought process is completely captured by this fear and they have lost all their faith."**

I was a bit moved by this statement. I further asked, **"The world of Sadhanas has a solution to every problem. It can't be that there is no Sadhana for this problem. Why didn't you suggest some powerful ritual?"**

SadGurudev smiled and said, **"Who needs Sadhanas when there is Gurudev to take**

upon himself all the pains of everyone."

I could read the sarcasm in his voice, it appeared as if no one is interested in becoming capable. He was being critical of the attitude of Sadhaks who were slowly turning towards blind faith rather than relying on the power of Sadhanas. Their so called devotion towards SadGurudev reflected more of selfishness rather than faith. Sadhana too is a form of devotion towards the Guru although one does not get a chance in it to display one's love for the Guru. However, faith in Sadhanas is a stronger way of expressing one's love for the Guru.

When some Sadhak enters into some Sadhana to obtain a solution for some problem, the person is helped by the Guru and because the person tries something by self, the person becomes very dear to the Guru. Such a person tries to become independent in solving one's problems without becoming a burden on the Guru. And Guru too likes this, although he never shuns from his duty of helping his children whatever their feelings might be.

A person who is in the grip of fear is as good as dead. Weakness, hopelessness and frustration

makes a person miserable. He might continue to breathe but he is dead within. Each moment in life, the person remains fearful about the occurrence of the fateful event whose fear clutches his mind. It is better if something bad occurs, for then the person starts to think about the future i.e. how to recover from the mishap. But one who fears some danger goes mad trying to find means of protecting himself. Each day his fear intensifies and he develops a phobia. Still, phobia has limited meaning while fear covers a large sphere of negative feelings.

Fear means apprehension of some struggle in the future. One can come out victorious in any struggle by taking on the enemy or problem with one's entire force and destroy it or render it harmless before it could harm one. When the war cry has been raised then peace messages can't work. Rather, then one has to accept the challenge with the spirit of do or die. One has to attack like a lion on the enemy or the situation. All heroic deeds in the world have been accomplished with this spirit. The brave do not worry how strong the enemy is, rather with full force they attack the foe and fight with the determination to win.

A lion doesn't plan its next kill. Rather as soon as it spots its prey, it attacks and brings it to the ground with its sharp teeth and claws. Men who display such courage and determination are called *Narsinghs* or lions in the form of men. One can defeat all adversities of life by facing them like lions.

The *Narsingh incarnation of lord Vishnu* signifies this very fact. Fear is an emotion that deludes one's thinking. Then one can't think clearly or laugh or cry properly. The person can't live properly as there is a constant threat in the life and thus such a person can't make any sort of progress in life. Then there are situations when one is not even sure about who enemies are and who friends are. Worst is the case when there are hidden enemies as the fear increases many fold.

The current era is of hidden enemies. Businessmen remain adamant on destroying the business of the rivals. Enemies try to trap in false cases, jealous relatives keep trying to dupe one of one's property and money. One can read about such cases daily in the newspaper. And if one believes that one is safe then the person is living in a dream which is bound to get broken very soon.

Narsingh sadhana is a fitting reply to all such attacks of the society. The same Sadhana can work wonders not just for the individual but for

the whole society. If tried by an individual, it could bring benefit only to individual but if tried in a group, it can benefit the whole society. All our festivals are created to be celebrated together. Festivals signify discarding an individual identity and becoming one with the society. If *Narsingh Sadhana is tried in a group*, then its benefits multiplies many folds and thus helps the whole society.

It is important for the Sadhak to have a strong will power and determination to perform this Sadhana. The best day to perform this Sadhana is *Narsingh Jayanti* however it can also be accomplished on any *Tuesday* or on 14th day of any fortnight of the lunar month. It must be tried after 10 pm.

Sadhana Procedure:

One needs *Narsingh Yantra and Narsingh Rosary* for this Sadhana. Take a bath and get into fresh red clothes and sit on a red mat facing west. Take a wooden plank and cover it with a red cloth. **Take a picture of Gurudev and worship Him with vermilion, rice grains, flowers etc. Light a mustard oil lamp and an incense stick. Pray to Gurudev for success in the sadhana and chant one round of Guru Mantra.**

Next take a copper plate and put it in front of Gurudev's picture and place *Narsingh Yantra* over it. If you are troubled by any enemy, then one can write the name with vermilion or lamp black on a paper and place it below the Yantra. Worship the Yantra with red flowers, incense stick etc. Next chant **1 rounds** of the below mantra with the rosary. Mantra must be chanted aloud with full energy.

Mantra

॥ Om Nrim Narsinghaaya Shartu Bhuj Bal Videernaaya Namah ॥

॥ ॐ नृं नरसिंहाय शत्रू भुज बल विदीरणाय नमः ॥

One may feel overwhelmed with anger and excitement after the mantra chanting, which is a good indication that the Sadhana process proceeded in right direction and results are positive. Tie all the Sadhana articles along with the paper containing the name of the enemy in the red cloth and drop this bundle in a river or pond. This completes the Sadhana procedure. You will soon start to feel how confident you have become after completing this Sadhana and handling fears that used to torment you earlier will be like a child's play for you.

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