

13th July

Guru Poornima



GURUTATVA SADHANA

**Maya Manushrupinam Shashidharam KailashVaasapriyam,
Sansaraarnavaraaranam Priyakaram GaanaikaBodhaamritam |
AganaandhVinaashikena Vidhinaa Shishyaan SadaabHAVINAM,
Soyam No Vidadhatu Tatpadamiti Nikhileshwarah SadGuruh |**

One who has incarnated in the human form due to His Maya, the one who delights everyone, who loves to stay at Mount Kailash, who frees His disciples from the cycle of birth and death, who thinks for the betterment of all, who is filled with knowledge, who removes all the darkness from the life of His disciples and enlighten them, may that SadGurudev Nikhileshwaranand Ji bless me in His Supreme form!

In that subtle moment in which the artist catches a breathtaking scene, he completely merges with it and it is due to this blending of his **personality** with mother nature that the results produced on the canvas turns out to be so spectacular. This **amalgamation** with nature is the secret of creativity and the **greatest** of all creators, the Lord, the Guru could manifest such a **wonderful** world as He is present in every particle of **nature**. Yet, the man fails to perceive Him, as he has lost the artistic touch, the art of meditation and the power of Sadhanas. Today, his search remains outside while the real treasure lies within himself.

No wonder, the Yogis sit with closed eyes exploring the inner realm. And when they discover the real pleasure, a blissful radiance pours from their form. For the uninitiated, it might seem a waste of time to sit idly like this, however, once a sincere disciple is guided gently onto the path of **Sadhanas**, he is sure to taste the divine elixir which prompts him to seek deeper within oneself to reach to the source of this joy.

This stage however is very crucial, as the first encounter is so pleasant that one may be tempted to neglect one's material needs and duties and devote all his time to **meditation**. This would invariably lead to failure on the material front and then result in frustration. In most of the cases, the

final result is that one is either left deprived of material pleasures or the person is able to just attain the material pleasure in life. This only creates disillusionment and the individual in his **ignorance, shifts** all the blame on to the **Guru**.

The Master, however, knows that only through perfect balance a person can attain the Supreme in life. Hence, like **Lord Buddha**, He suggests the **Majhim Nikaay**, i.e. the path of golden mean. An ascetic might well spend all his time in meditation, but for a **householder**, the Guru prescribes a special schedule in which only a few minutes are required to be devoted daily to his **Sadhanas**.

A very wrong belief exists among the householder disciples that the ascetic disciples of Gurudev can meet Him or have His glimpse through **Siddhis** whenever they wish. The fact is that they are strictly bound by Gurudev's orders and can see Him only when He wishes to – sometimes even after years at a stretch. Yet their devotion in the Master never fluctuates, for they have had wonderful divine experiences which leave them in an uninterrupted state of spiritual ecstasy. In such a state, they are able to concentrate better in Sadhanas and progress much faster in life.

Entering such a state means identifying the Supreme Element, essence of **Guru – Gurutatva**, which can be attained only when one's subtle vision is activated. This journey from the gross to the subtle plane is known as the **GuruTatva Sadhana**. Even when the Guru is present in physical form, His aim is to unite the disciple with His own soul so that the disciple could form a link with the Supreme. And once a disciple amalgamates oneself with the **ParaBrahma form of Gurudev**, he can then have a glimpse of any God or Goddess in life.

As he enters this wondrous state his doubts vanish, and he remains in a state of utter joy. His activated vision can visualize the divine form of the Master every time and such is the joy that he fearlessly and calmly goes on with his duties in the outer world. **Sorrows, tensions, passion** can prey on his peace only till he has not entered this state, but once he does, they are simply fended off by the power of the Supreme **Guru Element**.

Undoubtedly, it is the best Sadhana of all ages, as through it one can directly interact with Gurudev wherever he might be – in **Siddhashram**, in the Himalayas or on a far-flung planet of this universe. Thus, one could

seek His help and guidance directly, and smoothly sail over all the **problems** and difficulties of life. As Gurudev always said, **“This is a transition period we are going through and one can emerge victorious only through the power of spiritualism.”** To enable Sadhaks to overcome this very crucial period, we present this wonderful Sadhana below.

Sadhana Procedure:

This is a **seven-day** ritual and shall be started from the day of **Guru Poornima**. One can also start this Sadhana from any **Thursday** if you are unable to perform this **Sadhana** on this divine day. Wake up early during the **Brahma Muhurt** and take a bath. Get into fresh white clothes and sit on a white mat facing East. Take a wooden plank and cover it too with a fresh white cloth. Now place a **picture of Gurudev** on the plank and then make a mound of rice grains in front of the picture. Place **Parad Guru Yantra** over this mound and **worship Gurudev** with **vermillion, rice grains, flower** etc. Worship the Yantra too with all these articles. Light an incense stick and a ghee lamp. Chant **one round** of **Guru Mantra** and seek Gurudev's divine blessing for success in the **Sadhana**.

Next chant the below mantra gazing continuously on the yantra for **30 minutes**.

Mantra

॥ **Om Mam AatmaPraan Chintya Jaagraya Darshaya Gum Sphotaya Phat** ॥

॥ **ॐ मम आत्मप्राण चिंत्य जाग्रय दर्शय गुं स्फोटय फट् ॥**

Try to remain as much focused as possible during the mantra chanting. Repeat the process for next **7 days**. One must take care that the mantra recitation is started at the same time every day. For best results, again chant one round of **Guru Mantra** after completing the above mantra chanting. If possible, try to chant the mantra with **Shwetaabh rosary**.

Place the Yantra at your worship place after the Sadhana procedure. Undoubtedly, there shall be amazing experiences and one can even get blessed with the divine glimpse of SadGurudev. All one needs to have is full faith in Sadhana procedure and perform the Sadhana with full devotion. One must ensure not to share the experiences with anyone else than Gurudev!

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