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पुराणों में माया, ब्रह्म, स्वर्ग ये जो बताया है वैसे अलग - अलग नगरी नहीं है। देह में और देह के बाहर पंचमहाभूत तत्वों का कार्य है।

रेलगाड़ी तेज गति से पटरी पर चलते समय पटरी पर घिसने के कारण, जो चिंगारियां उड़ती हैं वे जैसे रेलगाड़ी की गति के कारण होता हैं वैसे ही देह और सृष्टि की भी गति होती है। देह के पास ये गति नापने का साधन नहीं है लेकिन देह सृष्टि की गति में ही घुमता है इसलिए सृष्टि की गति के कारण लड़खड़ाता या गिरता नहीं हैं। जैसे लट्टू घुमने के बाद जब वह लट्टू अत्यंत गतिमान होता है तब वह स्थिर है, घुम नहीं रहा है ऐसा लगता है मतलब तब वह लट्टू अपनी गति से एक रूप हुआ होता है। वैसे ही हमारा शरीर निसर्ग की गति से एकरूप होने के कारण हमें निसर्ग की गति से तकलीफ नहीं होती है। लेकिन गति में विषमता आने के बाद तकलीफ होती है। जिस तरह घूमते लट्टू को उंगली लगाई तो लट्टू लड़खड़ाकर गिरता है।

निसर्ग की आत्मिक शक्ति में कभी कभार ही विषमता आती है। ज्यादा कर के निसर्ग की आत्मिक शक्ति में विषमता नहीं आती है। लेकिन देहिक शक्ति में विषमता आती है ज्यादा कर के निसर्ग की आत्मिक शक्ति में विषमता नहीं आती है। लेकिन देहिक शक्ति में विषमता आती है। जिसके कारण देह के पंचमहाभूत तत्वों की जो धारणा निरंतर चलते रहना आवश्यक होता है उस क्रिया में रुकावट आती है। और आत्मिक शक्ति जो पहले जितनी ही होती है उसका दबाव सहन करने के लिए देहिक शक्ति असमर्थ होती है, और वह आत्मिक शक्ति का दबाव सहन नहीं कर सकती है तब मनुष्य को हार्ट अटैक, ब्लड प्रेशर जैसी बीमारी होती है। देहिक शक्ति की विषमता से देह के पंचमहाभूत तत्वों के प्रमाण में बदलाव आने के कारण बीमारी होती है।

पृथ्वी - आप                      तेज                      वायु - आकाश

1

3

2

ऊपर आकृतिनुसार पृथ्वीआप से एक शक्ति और वायु -आकाश से जो दो शक्ति निर्माण होती है वह तेज तत्व में एक दुसरे से जोड़ी जाती है और उससे मनुष्य को शक्ति प्राप्त होती है।

जैसे दो इलेक्ट्रिक वायर्स स्वीच में जोड़ने के बाद बटन दबाने से दिया जलता है। पृथ्वी और आप तत्वों से निर्माण होने वाली शक्ति में कमी आई तो हार्ट अटैक आता है। वायु, आकाश इन तत्वों से निर्माण होने वाली शक्ति कम-ज्यादा हुई तो लो या हाई ब्लड प्रेशर से तकलीफ होती है।

इसलिए साठ साल की उम्र में हार्ट अटैक न आये श्री सद्गुरु की सिद्ध की हुई ऊँकार साधना करके आकाश और वायु तत्वों के कार्य सामान्य प्रमाण में होते रहने के लिए प्रबंध करना आवश्यक है। पृथ्वी और आप अपना कार्य योग्य प्रमाण में करते हैं लेकिन वृद्धावस्था में जब भूख कम होगी, तब वायु और आकाश के कार्य की गति बदेगी। आज आप अन्न जल लेकर देहिक - आत्मिक शक्तियों में संतुलन रख सकते हैं लेकिन आगे जब खाना कम खाया जाएगा तब वायु और आकाश तत्वों की गति ज्यादा होगी।

पृथ्वी और आप से शक्ति निर्माण होती है वैसे ही वायु और आकाश से भी शक्ति निर्माण होती है - यह दोनों शक्ति तेज तत्व में केंद्रित होती है किसलिए? ताकत पैदा करने के लिए (To generate force, energy) ऊँकार साधना से यह प्रबंध पहले ही करना आवश्यक है वरना बढ़ती उम्र के अनुसार खाना कम हो जाने के कारण पृथ्वी और आप तत्व कम होने के कारण वायु और आकाश तत्व बढ़ जाए तब तुरन्त हार्ट अटैक आएगा।

इसलिए आज जो ऊँकार साधना आप कर रहे हैं वह आगे का प्रबंध है। आगे बहुत कुछ कष्ट न उठाने पड़े। इसलिए आज प्रबंध करना आवश्यक है। श्री गुरु ने जो दिया उसका ज्ञान प्राप्त करके आज श्री गुरु के उपकार मानना आवश्यक है।

आज तक हम जी रहे हैं उसके लिए श्री गुरु ने हमें प्रकाश दिया, पानी दिया है, हवा दी है सब कुछ दिया है, यह ज्ञान प्राप्त करके कृतार्थ, कृतज्ञ भावना से श्री गुरु को प्रणाम करना चाहिए श्री गुरु की देन का मूल्य समझ लेना चाहिए। जब हम बीमार होते हैं और डॉक्टर आक्सीजन देते हैं तब आक्सीजन का मूल्य समझ आता है। क्योंकि उसके बिना हम जी नहीं सकते। देव की दी हुई हवा मुफ्त होने के कारण उसका मूल्य समझ नहीं आता है परन्तु निसर्ग से लेकर पिंड तक सब नैसर्गिक कार्य पंचतत्वों से चल रहा है।

इन पंचतत्वों का एक दुसरे से प्रमाण इस प्रकार है।

पृथ्वी	आप	तेज	वायु	आकाश
1	3	11	21	108

अर्थात् आकाश तत्व से जो वलय बनता है वह शक्ति है। आज तक इस शक्ति के अलावा कोई वलय है श्री गुरु कहते हैं मुझे नहीं लगता।

अतः आज सभी गुरु भक्तों को श्री गुरु की दी हुई ऊँकार साधना का महत्व समझकर नित्य नियम से करना आवश्यक है ऐसा दृढ़ विश्वास रखना चाहिए।

जन्म जन्म का सेवक

श्री साईकल्प आध्यात्म संस्था

### Lessons from the Path of Our Guru Marg..

We were on a holiday and had met Prakash bhai at our Ahmedabad centre just a few days ago. The news reached us that our dear Prakash bhai had met with an accident! That his leg is fractured. We were shocked! The first thought that came to my mind is how can Baba let this happen? Any way putting these thoughts aside, we called him in Mumbai. I am sharing some of the lessons we have gained from this incident!

When we spoke to him, he was calm! Totally normal, asking how we were, how the kids were doing! After a few minutes, he casually mentioned a few details of his 'small' accident, that was it!

#### Lessons for me:

1. In this marg, learn to stay calm! As Babuji says 'duva' is very delicate, if one is agitated, it will not be effective.

2. Problems do visit all of us! Being in this marg does not mean that Baba will protect us from 'suffering' visiting us, but he will show us the way to deal with the challenges of life.

We got back to India and decided to visit Mumbai to meet Prakashbhai. We were two couples visiting him. We spent a few hours with him and his family, a joyful experience and again there were lessons hidden for us:

1. The calmness again was the key learning. He was, by now in a cast for over 45 days (with another few weeks remaining), he had also undergone a cardiac procedure, but not a word on pain, suffering or bitterness! This was just amazing! The lessons here - talk of the positives, not about your pain!

2. He and his wife Swati ji, kept thanking Baba for having protected them from larger problems!

Again a lesson - Baba protects us from larger suffering! Ask Babuji if you have hurt or burned yourself, he will always say, "if you burn your hand, no problem, at least you were protected from a greater suffering", he reminds you that these 'small burns' protect us from larger burns! This is the way of this marg!

I am an infant in this marg, struggling to learn and maintain the daily Sadhana, daily prayer, etc., but such lessons help me understand the marg in a more practical way.

Why did this happen to Prakash ji? When he is in this marg for all his life? When he is a person doing Kamkaj to help others? Why is he suffering? I would have expected him to talk of his pain and suffering when we met him...but none of that happened!

This incident has taught me some profound lessons of this marg!

Pain is possible, but suffering is an option! Stay calm, Baba will show us the way! By being calm, the duva will work and stay with you!

Never ask why me? Smile and thank Baba! It could have been much worse!

**Sairam  
Jayanth and Ami  
Ahmedabad**

### **“Gurupurnima” “Guru Kripa Ashirwad”**

Has our prayer today been on the same lines as our daily prayer wherein we ask for Param Pujya Baba and Dada Maharaj's blessings for the upliftment of entire humanity, worldwide, and to let them enjoy happiness, peace and contentment in this life and that our next birth also be in the service of the Lord. One element included as an undertaking in our ratified prayers will ensure that the world benefits from the Guru's supreme blessings and benefit in terms of peace, harmony and contentment in their lives. These Guru Shakti centres have been established to ensure that this blessing will always continue to be available to mankind. This Guru Shakti is resident in the centres and is there to relieve the suffering of humanity without any selfish motive or gain, and to distribute it without any egoism is the Guru Path or the Guru task. In the same way, Shaktipeeth founded by Jagatguru Sri Sainath Maharaj will continue to service the needs of mankind.

However, the question that now arises is whether the peace, harmony and contentment that have been gifted to you as a blessing are being absorbed wholeheartedly, i.e. absorption in your thoughts, words and deeds.

There is a new product introduced, daily, into the market to enhance our comforts or pleasure. We have a

longing to acquire it; however, it is very important for us to first think over whether or not we have properly utilized whatever we already have. This may result in our 'longing' changing into a desire thus not being able to benefit from the supreme blessings of Sri Guru in a proper manner. In other words if we have peace, satisfaction and tranquility from the products we are presently using, then we should not feel the need to acquire something new constantly. New products to cater to our pleasure will continue to be introduced daily, but it is necessary for us to appreciate the satisfaction that we are getting from whatever we currently own or have.

How much happiness, peace and contentment should we have? In one of Rev. Dadaji's Mulakats he mentioned that you should get 25% happiness, 25% peace and 50% contentment from the products you use. In other words you should get equal amount of peace and happiness but double that quantity in contentment.

Amongst the three, the most important element is contentment as it converts to Satkarm, in one's subsequent births. Whatsoever problems we faced in this life were due to the inadequacy of Satkarms in our current birth. To prevent facing these problems in our future births, it is important to be content in all circumstances. It is from that contentment that you will accumulate the Satkarms for your future births. Its implication is that if the life we are currently leading which is directed primarily by the fulfillment of the desires of the body (Annamay Kosh) was to be changed to primarily fulfillment of the needs of Anandmay Kosh (the seat of contentment), it will lead to this life being more meaningful or significant and will give you the directions for your subsequent births.

To retain Annamay Kosh (bodily desires) as our primary state leads to its predominance over the other koshs in all decision making and eclipsing them. It implies that all decisions will relate to the satisfaction of your desires whether it is what to eat and in which restaurant, which big car to purchase, how big a house you buy, etc. It is due to this indulgence that our Anandmay Kosh (which gives you contentment) cannot become dominant. We need to reverse this completely. We need to attain happiness and peace from the satisfaction of our Annamay Kosh and via that gain contentment in our Anandmay kosh which, while not actually enjoying it, will still experience the feeling and give you immense satisfaction and contentment. We should always keep this as our main objective.

Today, a normal man works hard to provide for his old age, because most people are unaware of their future lives. However, we, with the kind benevolence of Sri Guru, have not only been made aware of it but he has given us the ratified solutions for arranging for our old age and future lives. In spite of His graciousness, we are unable to take out time from our secondary employment, business, etc. The word “up jivika” derives from the word “up” means primary means of supporting livelihood or sustenance by employment, business etc.. Is that our main objective? Our primary aim in this life is to make this life more meaningful/significant while preparing for our future births. This is your primary aim in life.

This arrangement is available to the world by the dedicated worshipping of deities, without necessarily understanding how. It is for this reason that people, ranging from rishi munis, sanyasis (sages and hermits) to ordinary people, make efforts at worship. However, our Sadguru has established a proven path via Aumkar Sadhna, Aarti Sadhana, Anushthan, Mulakat Sadhana, and Kaam Kaaj (Spiritual Counselling) in which he has collated and embedded the blessed and proven remedies. This is resulting in devotees experiencing peace, happiness and contentment without them asking for it or understanding it. This important realization becomes apparent from the demeanor and comprehension (knowledge) of the devotees as time goes by.

Our Guru provided for our next lives from the initial stage of our development work. The next 35 years were spent by Param Pujya Dadaji in ratifying and calling upon the Shakti for the right rituals for inclusion in this mission. The gain from the effort, as a result of the inclusion, was the equivalent of a small drop according to Param Pujya Dada. Now what is in Brahmandi (cosmos) is also in Pindi (Earth) and a drop of the Brahmand Shakti has now been positioned in Shakti Peeth, in Goa.

In the beginning of his mission he changed a word in our daily prayer from “ the concerns of the future **birth** should be catered for in this birth” to “the concerns of the future **births** should be catered for in this birth”.

Which future births did Rev. Dadaji arrange for with the

blessing and ratification of the many rites in this mission?

**First :** The redemption of the shortcomings in our life and the lives of our families. He also made arrangements for the children to be born to our family members.

**Second:** He blessed and initiated us and, with the Guru Shakti status, enabled us to receive Kaaran Diksha or in other words he initiated the commencement of our journey in this birth. “Umangle janmache kaaran” as written by Rev. Pant Maharaj. He granted us this state and provided for our future births.

**Third :** The next step was the ratification of Mahakaran state. It is through this status that our Obeisance, Aarti Sadhana, Aumkar Sadhana, Anushthan, Mulakat Sadhana and the proven remedies/solutions, introduced Guru Shakti into the atmosphere whereby He ensured that future births on earth and our own future births will be according to the Guru's wishes.

It is the Guru's wish that all these tasks be carried out through us as mediums; however, to do this, all of us have to reach a state of contentment. It is important that we take care of and be considerate to others as it is only then can our Guru Rev. Dadaji use us as mediums to take care of our future generations and our future births.

To enable us to do this we need to follow our Guru's directions with due diligence, faith, belief, love, sympathy, compassion, sentiment and gratification, and follow the stated path of this mission. We should eliminate desires, illusions and jealousies. Param Pujya Baba's, and Rev. Dada Maharaj's mission for upliftment of mankind be successfully and gloriously rendered and Sri Sadguru and Jagatguru Maharaj should get it accomplished through us. This is our solemn prayer at the Lotus feet of Sadguru Dada Maharaj and Sri Jagatguru Sainath Maharaj.

**Shubham Bahvatu**

**As per the Gurus Command  
Your sevak for all births  
“Sainiketan”**

**Sri Saikalp Adhyatm Sanstha, New Delhi**