



# सद्गुरु तत्व बोध SADGURU TATV BODH



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**||AUM SRI SAI NATHAYE NAMHA||**  
**||AUM SRI SADGURUNATH DADAYE NAMHA||**

## To The Devotees

“Nectar” (Amrit), what is its taste? We say that Gods name is sweeter than nectar, but in reality, nectar is bitter. After Samudra manthan when Gods were taking the pot full of nectar then just a drop fell on the Neem tree and it's leaves turned bitter. This means that nectar is bitter and neem is the testimony to it. Pots full of this type of fluid that was flowing from my mouth, it had seven colors. My wife and my younger brother were witness to this. At that time, they were scared as they did not understand that stage. **Today as a “Guru” I can tell you about that stage and also take you to that stage. That time I didn't have a “Guru” medium to guide me, I had only myself!!** The answer to the state I was in came 30 years later at 3 am in the morning. Now you think what is the time duration for experiencing the Aumkar Sadhana. To come out of that state it took me 28 days and 30 years to get the answers. Then how many days will you take to experience the “Aumkar Sadhana”?

**Temple, Moon – Stars and Cross**, these three symbols have been put before you. In olden days, these **symbols were for the welfare and service of mankind**, but today how are they being used? These places are not being utilized for the welfare of mankind. You say “we have made good progress in Physics, which has led to so much development otherwise in olden days people were so lazy”. You call people in olden days lazy and call yourself enterprising. **But actually a few centuries ago, peoples outlook towards society, towards nation and towards the world, how far sighted was it. How wise were they and what was their perception!!** Today, this is the age of science (Physics) but everyone's wisdom and sensibilities have gone haywire. Since the emergence of creation, world science as a discipline has existed, but did this science make anyone anxious or apprehensive? When I am explaining this science to you, do you feel like running away? In case there is a bomb blast here, you will try to run or jump out of a window. **This is the difference between our physics and our scientific discipline. Where we are present/stand there will be a mass gathering and if you explode a bomb, everybody runs.**



### Publisher

**Sri Saikalp Adhyatm Sanstha**  
“Sai Niketan”

New Delhi - 110025

Ph. : 26956561

E.mail : saikalp@gmail.com

dadab6@gmail.com



### Patron

Anand Bapshet



### Editorial

Vijay Kumar Varma

Jogesh Grover



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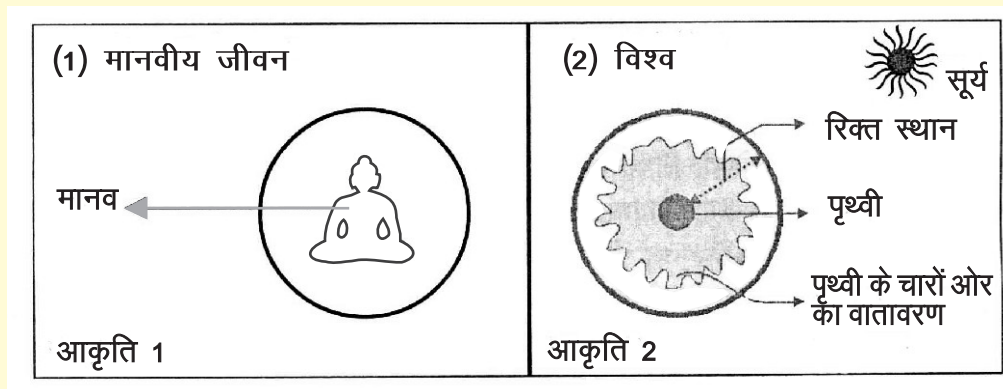
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### Published Every Month

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Today, temples are being used places for providing relief from your suffering/hardships. The prasad in the temples is with regard to the suffering. In these circumstances, for how long can the deity behold the divinity in the temples? It is easy to blame God – Goddesses. You cannot even dare to tell your own children that “you are doing wrong”. But God answers your prayers, so you are very vocal about your complaints.

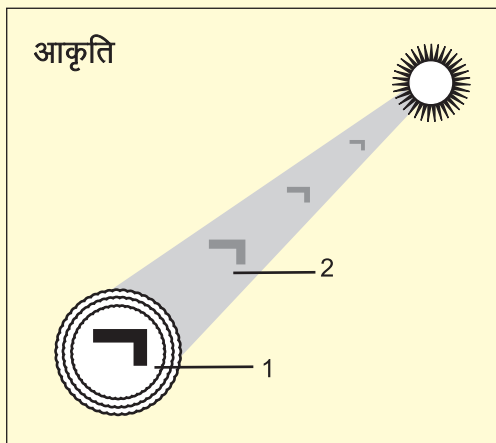


In the above figure, “human life” and “world” have been shown. On both peace be bestowed. That's why the chaos/upheaval that has been created now to bring them to one level i.e. how to unite them (Yoga star) **How to bring human life and universe on one level?** You are a scientist can tell how you will find a solution to this problem? See, this work has to be done without money, otherwise you will put up a proposal of Rs. 10 crores to Bank of India. This means, as it is we are poor, this will lead to more poverty. People will earn Rs. 1/- and give Rs. 1.25 as tax. **That will be the fate of our life.** To bring human life and Universe at one level, **what should be done?** If you scientists are unable to tell then, I am ready to give you the solution.

Today America and other countries have launched satellites in space. For here, i.e. the earth and other information waves (are first towards the satellite in space and from there diverted and sent to places where it is required. Yesterday, I told you that the light and energy that we get from the Sun is contaminated, as the full spectrum of seven colors is not reaching us. Out of these seven colors, one color is getting mixed with another color and this is creating impurities/contamination. This is why today our food, water, vegetables, milk etc. all are impure and as consequence we all are 100% impure.

The Aumkar Sadhana bestowed is a means that can rectify all impurities? See, before coming to this Guru Marg, how impure were you? Before coming here, you were 100% impure. Your own life was not favorable, in fact it was detrimental. In spite of this I didn't give up on you. IN your life you are utilizing your Somatic (bodily) and spiritual energies/powers and have struck them with the sound waves and Aumkar and then you started the utterance of Aumkar yourself. By this your body-speech-mind (Kaya – Vaacha – Mann), i.e. your body mediums, physical and spiritual power will firstly get Aumkar shape/form. After getting the Aumkar form, your physical and spiritual powers will then reverberations Aumkar sound waves in the space/atmosphere. Then the sun rays coming towards you, which were impure because of the impure environment will be purified by the atmosphere. This is the science (shastra) of Aumkar.

Your life was worthy but even then, we do not abandon you. We began to enthrall your physical and spiritual energies with the Aumkar reverberations and made you (your physical medium) utter Aumkar. (because of the impure atmosphere, Sunlight's seven spectrum rays have absorbed the Raj (Ego, jealousy, wars) and Tam (selfishness, shrewdness) attributes. Now we have to Aumkar sound per



As shown in the picture when you continuously do Aumkar the environment retains and absorbs these Aumkar waves. In this way as the Aumkar waves are continuously absorbed and flow in the entire world. This way the empty space will be filled and happiness, peace and resolution will prevail. In this way through our Marg we will keep working toward peace, happiness and resolutions in the world.

According to this figure – what will happen if we by following our Marg spread the flow of Aumkar in the whole world? Slow and steady wins the race i.e. if you scientists are going to accomplish something in a year then we might take 5 years but we will certainly do it. You were flawed/impure, but we never thought much about it. We reformed and reshaped you. After you were reformed the Aumkar uttered by reverberates in the world

sphere. Slowly slowly as shown in the figure they will reach other Aumkars and purify the impure rays there, which will also absorb the Aumkars and thus magnify. This way through your medium Aumkar will keep traversing the environment and the world environment will keep getting Aumkarmay. By the spread of Aumkar waves in the world sphere the empty space will slowly start getting filled and peace, happiness and resolution will be established in the world.

A Christian Guru bandhu asked – Please tell me, when to say Aum, we can speak through mind and through mouth also.

Dada Ji – If you see, in every word, if you minutely observe, it is nothing but “Aum”

Bhakt – Yes, but it should be through mind or mouth.

Dada Ji – Through anything, through whatever elements God has given. You can do Aumkar through eyes or through any other organ. As you can write “Aumkar” with the help of your 2 fingers, you can repeat it, feel it, smell it, you can see it. Then your physical body becomes Aumkar fully. What is the process? I don't see you as Mr. so and so but I see you as “Aumkar”. So automatically your physical tendency transforms to Aumkar. Why do you love me?

Bhakt – When you say Aumkar it feels good but when we say Aumkar it is not that good but when you say “Aum” with us, our Aumkar becomes good (effective).

Dada Ji – That's exactly right and that is what I am currently doing. To bring all of you to that particular level.

Bhakt – But what will take time.

Dada Ji – No

Bhakt – Because human mind is such that it is not focused

Dada Ji – That happens when your mind is in your possession. But as long as your mind is in my possession, it won't happen.

Bhakt – Who introduced this world initially as “Aum”

Dada Ji – God himself

Bhakt – To whom?

Dada Ji – Through this atmosphere

Bhakt – Then how you came to know?

Dada Ji – That is the secret of my life. As you are chief secretary and you keep some confidential files with you which you don't give to others, similarly this is my secret.

Abstract God is expressed in the word “Aumkar”

In my view you have been adequately apprised regarding this Sadhana. Further deliberations will be done in the next seminar. “Three color conception” this figure is after page no 106. Now you have reached the stage in accordance of the figure i.e. the three-color conception. One more explanation has to be given regarding this figure. What does the black color shown in the center of the figure represent? A lot of devotees said, “**this black color depicts our undeveloped stage**”. Revered Dada Ji said, it is not so, its explanation is as follows. When there is a very bright white light, then what happens? Before starting the sadhana you sit with your eyes closed, at that time no color is visible to you, only black

color is there. The reason for this is that **when the light/fire element(tejvatva) is very fierce then you perceive only black color.** When the light before you is too radiant you feel dizzy and experience a black out and for some time cannot see a thing. Lords Shiva's pindi (upper part of shivling) is black, because this element is very fierce. You have seen a burning coal at home. After some time, on burning coal ash will deposit. This is because the fire in the coal covers itself as you will not be able to bear its radiance. But if you touch the ash in the hearth you will burn your hand.

**Similarly, the Aumkar sound is converted to waves and those waves to sound and then if that sound is converted to light, then that light will be three color conception. As shown in this picture red, yellow and blue, these three colors create seven colors. At that time, that light is perceived as a glare (tejtatva) in the central part and appears black.** That means it takes a form and the conception of the radiance (tej) appears black. When the Aumkar Sadhana is fully developed/perfected this stage is achieved and, in the center, black color appears. What is infused in it? It is infused with such fears (Prakhar tatva) and acute power (Prakhar samrathya) that ordinary people cannot see it, even if they want to.

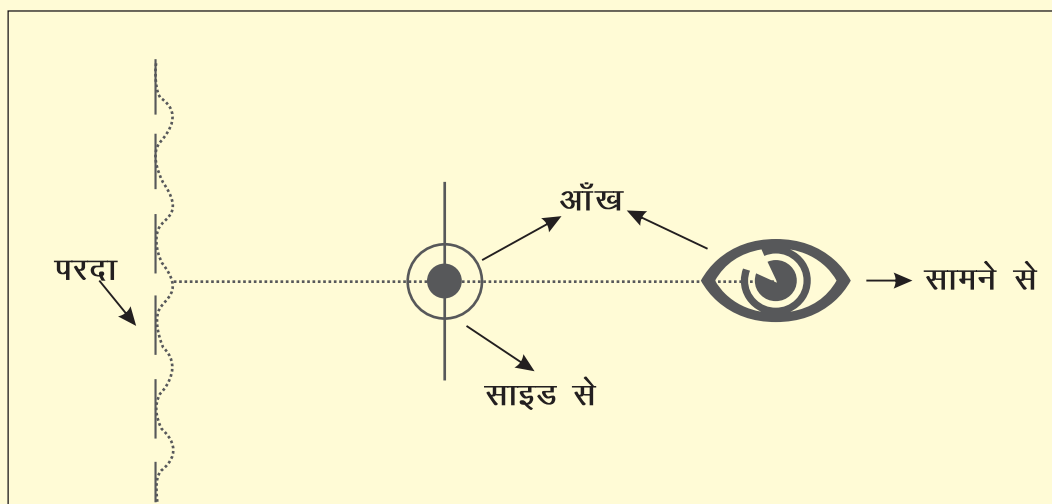
Before you begin your sadhana you sit with your eyes closed, then a black dot was visible in front of your eyes? When the Aumkar is eliminated and it becomes ablaze/radiant then the white color of the glow will change to black. This is the "three color conception". This picture and all the colors shown here are correct.

Lots of people have asked that, while doing Aumkar sadhana why should the gaze (drishti) be fixed in front of your nose? While doing sadhana you have experienced that when you fix your gaze in front of your nose, then without your realizing your five Kaushas begin the Aumkar. How many types of vision your eyes have? Two types.

1. Inner vision

2. Outer vision

What is the function of Inner vision? Have you ever walked in dark combining your inner and outer vision? In olden times the streets were not lit, in those days' villagers would walk miles in darkness. **When it is pitch dark all around at that time your inner and outer vision unite and you see the path.** Have you ever tried walking like this? Try this on a no moon night (Amavasya). While walking even if it is dark on either side, in front of you there will be light.



To see using your outer vision, your eyes have a central pupil which has a small hole, behind which is a screen (as shown in the picture). When the light rays fall on the screen, you are able to see the object. As regards outer vision this is the external action (bahay kriya). Let's say you have to walk a certain distance, and people sitting there are not troubled by your movements, that's why you have been given outer vision. Why have you been given the inner vision? The working ability of your body medium is very vast. Externally how many parts do you see in your body? 2 hands and 2 feet. Internally your bodies composition from navel (nabhistan) to opening on the crown of the head (brahm ranthra) is a complex mechanism. This mechanism is working appropriately in a proper manner or not? The inner vision is for watching over this working. To control/regulate your digestion, breathing and blood circulation you have the inner vision. This way your inner and outer vision have different functions.

In sadhana when the seeker (Sadhak) combines the functioning of his inner and outer vision, he is granted divine vision. That means the vision that is accustomed to look within the body, that inner vision and the vision accustomed to look outside, that outer vision have to be united by the seeker. **During sadhana, while doing Aumkar, when the seeker fixes his inner and outer vision in front of his nose, then both the vision's ability to see gets deferred.** Then the inner functions are released from the control of the inner vision and navel (nabhi), heart (hriday), throat (kanth) forehead (lalaat) and crown of the head (brahm ranthra), these five places are free from the control of the inner vision to do Aumkar.

When my gaze shifts from you for a minute, you start to get restless and when my gaze is on you, you are silent like God. Regarding sitting silently, sometimes you even prove God wrong – proving that they also move. Like when you put a flower on the Deity's photo, if it falls you say I received the flower as a blessing. Actually, you don't get the flower because the Deity is pleased. It is because you pluck the flower from someone's garden or a neighbor's pot, God disapproves borrowings, God cannot bear the load of the loan, that's why the flower falls. You interpret it as Prasad from Param Pujya Baba. Sometimes it may be that, you can't adorn the flower in your hair so you place it before the Deity. Since Deity doesn't accept it, it falls. You decode it as, "I had asked God for the flower on the right hand and I got it, this means I will make money in the horse race today" but this is not so. Therefore, regarding this all I have to say is that offer only 2 flowers to God but they should be from your earnings, then they will certainly reach the Deity.

Our topic was "Vision". How does fixing your sight in front of your nose and doing Aumkar, increase its efficiency? We will look into this later.

Some devotees asked Revered Dada Ji – we went to a person to find solution to our worldly problems. That person pasted a big black bindi (a dot worn by Indian women on the forehead) on the drawing paper. He put the drawing paper on the drawing board and asked people to focus on the black dot and meditate (tratak). Actually, we had not gone to that person for spiritual guidance, but for getting rid of mundane problems. Meditating (tratak) by concentrating our gaze on the black dot and chanting "AumNamohShivaya" in a few days the black dot changed to white and around it, on the drawing paper 4 to 5 white rings (valay) appeared. We asked the person as to how it happened? He was unable to explain it, that's why we are asking you this question.

Revered Dada Ji asked, "this incident took place in Mumbai or some other city?" Devotees replied "Mumbai". Revered Dada Ji said – you see because Mumbai's air is humid so even if on the drawing board a plain paper is put, then also because of the moisture laden air a halo/concentric rings appearing on the paper is natural. You say that while doing tratak (a form of meditation) he asked you to keep a candle/lamp off. During the day, even if the lamp is not lit, the damp atmosphere will have its effect on the paper. Now you tell me if a book is twelve years old and its paper is not of very good quality then the pages are bound to turn yellowish. Regarding the book you told me that, "God has sprinkled it with saffron water", but how do I believe it to be true?

I have one more question "why and when is tratak done"? Devotees answered to bring focus to your mind you do tratak. Revered Dada Ji asked – then by doing tratak, were you able to focus your mind? No, if you were focused, then the change in bindi's color or drawing paper's halo wont even come to your mind. For this reason, I do not train/teach anyone's mind. I explain to you, and how you have to make your mind work for you. This is my teaching. Why do you go to a Saint, to say, "help me focus my mind"? Do you know when your mind will get focused? After your death, because then you don't even realize whether you have been picked up or placed on the pyre. You don't even feel the burning. Whereas in a normal course you can't even bear a burn from a small incense stick. **You want to focus your mind but to focus your mind doesn't exist. When you focus on some topic, then this topic of focus is your focus. That the stage of mind.** If you can't even explicitly describe the mind, then how will you focus it? How can you bring to focus an element (tatva) that you do not possess? Principally this is wrong. Now you understand what I am trying to say.

When you are concentrating on some topic, then your attention is on that topic only. Your intellect gets focused on that subject and after that stage you set your mind and heart on that. This subject can not be explained by any diagram. As

your focus on the topic keeps intensifying, you are drawn to that topic and it is in your thoughts and mind like an obsession and firms up in your physical medium. Else the topic is out of your physical medium.

What is happening today in the scientific world? All around there is intense disquiet and restless ness. This is the condition of all people in the world today. On this condition today, world over, psychologists are treating mental illness. The reason for this as follows – while studying geography, you have studied about recurring and altering winds. When due to the heat of the sun, the temperature on land rises and recurring alternate winds blow, the flow in opposite directions. Similarly, when you over think about a topic/problem, over which you have no control, you create a thousand thoughts, causing your **physical power and spiritual power to have a recurring and altering flow and they flow in opposite directions. This causes an imbalance in five places – navel, heart, throat, forehead and brahmrant.** This imbalance disrupts your intelligence and makes you acentric, stubborn and head strong. Sometimes certain individuals become vegetative/inactive. Giving too much thought to hopeless/depressing situations, leads to this mental state. A restless mind and a frown on the forehead is always there.

As explained in geography, the recurring and altering air currents create imbalance in the environment. Similarly, depressing thoughts are a reason for an imbalanced mind. The Sun's heat causes the land to heat up. The air near the land rises and goes up in the atmosphere and the cool air from the above starts coming down. When it is very hot this processes speeds up. This is the explanation/description of air.

**Similarly, to think too much about expectations in life, is like hot air, this is the physical power. Spiritual power works towards cooling down your mind and maintaining the balance. Because of the hopeless difficult thoughts there is a clash between the two and this is normal for most common people.** As we are all sitting here, here too the recurring and altering currents are going on. As a result of everyone's breathing, here an air pressure is built up, as a result of exhalation and inhalation. Here as the air pressure is low, you don't feel the air movement. In open fields and farms, you can feel the air/breeze. You are familiar with this, that's why have taken this analogy of recurring and altering currents. Just as with the rise of temperature in the atmosphere, the temperature from land to upper layers of atmosphere increases leading to a rise in pressure. Similarly, when negative thoughts are believed/perceived, they unnecessarily create negativity. This also happens when you have strong desire and hunger for amazing comforts and happiness in life. This stage is related to your everyday life. This topic is really very deep/intense, today we have just touched upon it.

**Let Peace Be To All**

**Eternal humble Sevak**

### **विनम्र निवेदन**

अति हर्ष के साथ आप सभी गुरुबंधु एवं भगिनियों को सूचित किया जाता है कि मासिक पत्रिका "तत्त्व बोध" का आगामी अंक एवं अन्य सूचना वेबसाइट पर एवं मेल द्वारा प्रेषित की जाएगी। अतः आप सभी गुरुबंधु एवं भगिनियों से अनुरोध है कि आप सभी अपना ई-मेल पता एवं अन्य जानकारी यथाशिघ्र निम्न पते पर प्रेषित करें :

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**“Sai Niketan”**

5, Jasola Vihar, New Delhi - 110025 Telephone : 26956561

E-mail : saikalp@gmail.com dadab6@gmail.com

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