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||AUM SRI SAI NATHAYE NAMHA||  
||AUM SRI SADGURUNATH DADAYE NAMHA||  
VIJAY DASHMI

### To The Devotees

If a person living this life is asked “what is the purpose of his life?” It will not be possible for him to answer this question, because he has not had an opportunity to think about this aspect during his life time. Having attained the requisite education in accordance to his capability, as also, after having got employment, he is always engrossed in seeking maximum material comforts for himself and he therefore has no inclination or time to think beyond the material world. When a person realizes that what he thought from time immemorial was comfort and happiness is actually not happiness, he then puts in efforts to seek and achieve other things. Also, if in spite of his best efforts he does not achieve success, he leaves everything to fate, thereafter in spite of having everything there is a sense of despondency and discontentment in the family, rather there is a certain amount of bitterness in the family. In spite of his best efforts he cannot find a solution to improve the situation. Under such circumstances he seeks advice from others, gets involved in discussions with people, consults an astrologer or based on his own thoughts follows the path



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of religion. But this holy path that he follows is because he finds no other alternative. Thereafter, if his problems are solved he believes in God and if he does not get a solution he loses his faith in God. Hence, after all the zeal for getting educated ,getting a good job, making a good house and having experienced a good family life with wife and children and in spite of having all the material happiness, a person leads a life full of discontentment.

If we think about this overall situation, then our thinking should lead us to the path that we are looking for- some kind of happiness and wealth, but have we thought of the wealth that the Nature or God has given us in terms of our sense organs, body parts, intelligence, voice and mind. Have we ever studied this invaluable gift given to us by God? If anything goes wrong with any of the above elements, then and then only, our attention is focused towards that element. But before illness strikes, that is when our body is functioning normally, we do not pay attention to those vital elements. The organs or any elements of a machine require energy to function and that energy is catered for. Similarly we should think about providing the requisite energy to our sense organs so that our body medium remains at peace and contented. Every organ of the body has a different role. Eyes to see, Ears to hear, Nose for smell, Mouth to speak and Tongue for taste. All these organs perform in accordance with the assigned role. Similarly have we benefitted from the medium that provides us contentment? If from our very childhood we make it a habit to maintain the performance capability of each of our organs, then we can derive the maximum benefit from the organs.

In the human body Intelligence is a significant medium. This medium stores all the events and in accordance with the prevailing needs we express our thoughts. This medium of expressing the thoughts is the Sthool Mann (Mind of physical body). We lead our lives through this very medium. "I am unwell", "I feel unhappy", "I attained an appointment", "I got a job", "I went abroad" such type of elations are experienced through Sthool Mann and when one attains success one after the other, one does not find time to think about life itself. But when failures strike one after the other, then one becomes nervous and is stricken by fear. What is in store in my fate and how do others achieve success? One feels that one's self confidence and ability to cope up with adversities is decreased. One tries to find answers to ones questions but finds no clear answers. We think that our children have grown up and we have provided them appropriate education and hence fulfilled our responsibilities, but if we do not

imbibe the right values in them, they don't listen to us. Relationships between husband and wife become strained, with no way out of the situation a person feels helpless and living a life becomes difficult.

Today such a situation has arisen because one has ignored an important medium that is the Sookshma Mann (Subtle Mind).

Sookshma Mann (Subtle Mind) is another state of the mind from which no benefit has yet been derived or it has not been developed, that is the state has not been experienced. Since all the stakeholders of the family belong to the same category they experience similar feelings as described above. There are differences between the members due to very insignificant reasons and there are unnecessary arguments. To lead a balanced and contented life the body needs energy. To perform our daily chores and activities the required energy is obtained from our intake of food. However to attain a feeling of Peace, Happiness and Contentment and to provide such a feeling to others the Soul energy is required. The Soul energy has above qualities. We can understand the Sookshma Mann by looking at a small child. Till such time the child's body medium and Sthool Mann is developed the child lives his life through the Sookshma Mann. The child always has a peasant disposition, is happy and content. Slowly as the child grows his intelligence increases and the Sthool Mann develops and in accordance with that development the child develops certain bad habits, hence the parents of a growing child have a tremendous responsibility towards ensuring the right development of the child. The nobility of our deeds and thoughts has a tremendous impact on the values imbibed by the child and the Sookshma Mann of the child develops in the right way. This development is essential right from the very childhood. It means that the Sookshma Mann should be much more developed than the Sthool Mann, only then will the child be balanced, at peace and take on more responsibilities.

Once we understand how to develop the Sookshma Mann, we get rid of the deficiencies that we feel in our lives, because, the Soul energy sprouts from the Sookshma Mann. The deficiencies that remain in the body energy from the food we take are filled by the Soul energy. But the deficiency in Soul energy cannot be filled by the energy of the body. We should find time to develop our Soul energy daily in the same manner as we take time out to have food. The Soul energy always keeps our morale high and we don't feel tired or weakness. There is always a sense of balance in life.

Today we live our lives with the help of Buddhi (intelligence) and Sthool Mann. Because of this, the affect of the environment around is reflected on the body. And we accordingly react to the environment and if we cannot react we feel pained or repentant .We get a feeling of sorrow, anger and instability. However if we get in the habit of leading our lives with Buddhi and Sookshma Mann then we get a different experience from life. We do not react without thinking even if we are affected by events. Our moral conduct and ethical behavior is conducive to our lives. Eyes do the work of seeing, Ears hear and mouth speaks. If we act under the influence of Sookshma Mann we intelligently differentiate between what is to be seen and what is not to be seen, what is to be heard and what is not to be heard and what is to be spoken and what is not to be spoken. And such a behavior brings happiness in the environment and this happiness keeps on increasing. Everybody likes the company of such a person and everybody who comes in contact with such a person is immersed in the happiness of the environment created by him.

If we do not develop the Sookshma Mann from the childhood even then as long as the going is good one does not feel the need to think about the Sookshma Mann. But when a person is faced with a problem and he finds no means to solve or get out of the difficulty, he starts thinking why did such a situation occur. At such a juncture (moment) the person requires to be guided about the cause of such a situation, why did the situation occur and what is to be done for the Nivaran (Permanently eliminating the difficulty and its cause) of the difficulty. The guidance so given should not be superficial or only effective for that moment. The guidance should be to eliminate the root cause of the problem that affects the body medium. If we get cough and cold due to allergy then taking medicine for the allergy round the year is not the correct treatment, the treatment should be directed to eliminate the root cause of the allergy that affects the body.

The major ingredient for development of Sookshma Mann is faith. In the earlier days people used to worship all the energies that kept the universe going and brought the various seasons to maintain a balance in the universe. Later the Dev Devtas were created through the five elements and the worship for each one of them was different. The aim of the worship of the Kul Devta or the Upasya Devta (family deities) was the same that is to create a balance in our lives and to worship all the elements. This was necessary, because, in order to develop the Sookshma Mann, one must experience and accept the existence of this unseen energy. Even today in the absence of our acceptance of these energies, it is not that any work

stops, but under adverse situations the requirement of Soul energy is felt in order to maintain the required balance. What will we do under such circumstances? Calling oneself rational is a sign of incompleteness. We do not experience a significant developed element of our body and we provide our own reasoning or rationale. It is like saying why does a healthy person ever require a doctor or a hospital. When a rational person starts shivering due to the onset of a difficulty/calamity he remembers to follow the path of religion. At such a time one is dejected at having some deficiencies in the intelligence after so many years of learning and there is also a sense of dejection due to loss of ego. In actual fact if the Buddhi (intelligence) was in sync with the Sookshma Mann such persons could have done pioneering work in their lives. They would be able to establish such processes for the welfare of humanity that they would become forever immortal.

Today with think that whatever name and fame we and whatever comforts we have, have been earned by our own efforts. In actual fact the achievement is due to so many persons' hard work and good wishes. That is why the holy books equate the Parents, Gurus or instructors and guests too Gods or Devs. Out of all the above the most important debt is to our parents because they have given us birth and means/direction to lead a good life. A good life does not only comprise of good education and food but it also means to provide an impetus to the absorption of your mind and to link the mind with presence of God. Today whatever life we have benefitted from is due to our parents and till such time we do not fulfill our duties or responsibilities towards them, we will never be contended despite having all the comforts. We should look after them in their old age the same way that they looked after us during our childhood, because old age and childhood are similar.

Acharya Devobahava, that is, the teacher is akin to God and the teacher moulds us in to whatever we are. We are indebted to all the Gurus starting from the Guru that taught the first word Sri and thereafter all the Gurus that taught us. Today when we sign on our salary slip we do not remember the Guru who taught us the words comprising the signatures and also the Gurus who enabled us to achieve the position that we hold. We cannot gain knowledge by just getting our curriculum books to our homes. There is a requirement of a medium to teach us that knowledge. And can we spend a portion of the money for welfare of humanity? The teachings imparted to us by our teachers have an element of welfare of humanity; hence do you also contribute a portion of your salary to

welfare of humanity?

Like the Gurus who enable us to lead our lives we also require people who provide us with knowledge of spirituality. But one feels a sense of backwardness to listen to or follow such Gurus. We did not feel any hesitation to go to schools then why do we hesitate to follow the spiritual Gurus? Instead of getting compelled to follow the marg due to adverse circumstances, one should think about making this marg (path) an essential part of one's life. People who want to follow the marg have a quest to gain spiritual knowledge by reading spiritual books. This will lead to assimilation in the mind but we cannot implement this in actual life. Because, this is not a path to be absorbed by the mind, but to be experienced, by the complete being.

The body medium that cannot be seen by the eyes is known as Sookshma Deh (Subtle Body). The all round development of this medium takes place by being close to the Guru. It means that only after having been accepted by the spiritual Guru and having received his guidance will these people achieve the fully developed state and live a life of happiness. Today the material and spiritual world are treated as two different aspects/subjects. Because of this belief a majority of people stay away from the spiritual world. In actual fact our zeal to accumulate the material wealth should be matched with our zeal for spiritual wealth because contentment in the material world can be only be achieved through spiritual development. The scriptures of the Dev Devtas Puranas etc. instead of being treated as mere holy books should be felt by the entire being by all the sense organs. One should as a matter of routine or daily practice set aside a time for spirituality. After the development of Sookshma Mann we can experience the perpetual bliss or happiness. Our internal ability to bear and our tolerance increases. We learn to respect others. We learn to understand the view point of others. We do not consider ourselves above others but we treat others with respect. Our ability to look for the positive attributes of others increases. And we have to contribute something to others, we get such a feeling and this is called Atithi Devobahava (Guests are like God).

The nominated Sevaks of the Gurumarg have shown an easy Marg (path) on how to fully develop our life and to gain maximum out of the body elements, even then people do not pay attention to this marg. It is generally noticed that the wife is the sole person vested with the responsibility for worship of the family Gods. In actual practice the tradition of Kanyadaan (Giving away the bride by the

girls father) in a wedding actually means Karmdaan (Giving the brides Karmas to the husband). It actually means the merging of the wife's Karma with the husband's Karma because during the birth of the progeny the child will require that space (vacated by the wife's karma having gone to the husband) for development of his/her own Karma. Thus the progeny is free of deficiencies. The Karma having gone to the husband, the husband should also perform his duties with full attention and spiritualism.

It is not possible to show or depict the Mann (mind/feeling thought). Mann is to be experienced, when one sees a woman the first ray of understanding that the person is a woman strikes in the Mann. If that lady is our mother then the Sookshma Mann feels that she is the mother. When we go closer to nature and view a Waterfall or the waves of the sea the view enamors us or we are attracted to the view. But beyond that physical being there is a different feeling of happiness experienced within us. This feeling of happiness that is inborn or the joy we feel is actually the blooming of the Sookshma Mann.

Sookshma Mann must be engrossed in the Sadhana. If we perform the Sadhana as a routine or like an ordered discipline then the Sadhana becomes a futile implement and nothing more. This sort of an act is akin to the action of a Robot. Because of this routine non involved nature even while performing service to God we really do not understand what we are doing and neither do we understand what we are achieving. The person thus lives in an illusory or false world.

The life of mankind is gaining a very fast pace. As in earlier times, people do not have the time to worship the Gods for peace of the Soul. Despite this people do not want to change the basic perspective of life. The actions for the well being of the body like breathing, digestion and flow of blood keep on continuing. The pulse rate at 72, blood pressure 140/80 and fasting sugar at 80 to 20 are signs of a healthy body. There is progress in cooking the food today and the time taken to cook is lesser than that in the earlier days. This progress in improvement in cooking for a healthy diet has been continuous. The same progress should have been achieved in increasing the Soul energy. These days, it is not possible to devote much time in worship of God. A person should be able to remain happy throughout the 24 hours by doing Sadhana for 15 to 20 minutes, such a capability (Siddhata) should be achieved and we should also have a Guru to provide that Siddhata(capability). This is the requirement of the day.

Our Guru Vandaniya Dada Ji studied this aspect and after a penance of approximately 40 years he provided such a method to the world, in the form of **AUMKAR SADHANA**. He has thus merged the Universal Energy with Aumkar Sadhana. This Sadhana is such that the entire humanity irrespective of religion, caste or creed, will leave aside their differences and adapt this Sadhana which will finally incubate a form within them of the religion of Humanitarianism.

The people who have been addressed as founders of religion spread the message of only religion of Humanitarianism, but their followers brought differences in the form of religion. The society instead of being united became divided and the leaders of religion started drifting apart. This drifting apart is visible today and hence there is a necessity to have an established (siddh) universal knowledge to unite the humanity.

The existing religion today is for the body medium and not for the Soul. It is possible for all to unite at the level of the Soul. There is no end to the development of the Soul and in order that, this development does not end and we do not start thinking that we are too clever and can take care of our family and then the society, we should make it a habit to remember those spiritual leaders who have taken stock of our lives and enabled its development. If we do that we will definitely experience how we develop in our lives. Then the question about the existence of God is automatically eliminated. There will be no requirement to learn about his miracles from books or the narrations of others. Everybody can feel that the God himself is close to him. This marg provides perpetual experience of contentment.

Let us all together pray, on this occasion of the 98<sup>th</sup> anniversary of our Parampujya Sainath Maharaj, that all of us Guru bandhus, of Vandaniya Dada Maharaj, will undertake and complete the task of, "Welfare of humanity" established by you, for which task we have been gifted "The Live Energy" at the Sai Niketan, this is our prayer at your holy feet. We also humbly pray the same at the holy feet of Navnaths and all other Vibhutis.

**Let Peace Be To All**

**Eternal humble Sevak  
Sri Saikalp Adhyatm Sanstha**