



सद्गुरु तत्व बोध SADGURU TATV BODH



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

To The Devotees

First of all, prayers at the feet of Shri Baba and Vandaniye Dada for everyone's health and wellbeing. For almost a year and a half, the whole world is battling the Covid pandemic. It seems that the fight for the existence of human beings is now at its last stage. Just as there is loss in any fight, in the same way people have suffered a lot in this fight too, fear and aggression has spread in the world. We pray for all of them, wish that everyone gains self-confidence and the world is back to normal again!

What are the reasons for such a calamity? About a hundred years ago there was a similar disease which was called Spanish flu. Even then lakhs of people died due to this disease which lasted around 2-3 years. Few years ago, there has been a lot of loss of human life due to H1N1 virus, SARS virus, MERS virus, Ebola virus, etc. How does this virus arise? The origin of any organism is due to the combination of the fire element, the movement of the earth and the speed of the universe. According to nature, due to the movement of the earth, the evolution of living beings takes place. Due to the movement of the earth, organisms breed in the closed box of grain. This is the natural system of continuous creation and evolution of organisms on earth. Today man is using more and more natural resources for his selfishness. Due to the misuse of weapons by humans, interference by satellites and



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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rockets in outer space, environmental pollution is increasing and the protective shield (ozone layer) of the earth is weakened. Due to such impurity of the atmosphere, the waves of the seven colours of sunlight are contaminated while coming to the earth and new germs or viruses are formed by absorbing such contaminated waves. There is no soul in them. These are living creatures that harm other living beings.

In the last 100 years, as a result of human inventions, there has been progress in the means of comfort and convenience. The life of human beings is continuously progressing. There has been a clash and imbalance in the progress of man and nature. Ethical or unethical research is being encouraged in the pursuit of greater sensual pleasures and humans are in a race to establish more and more dominion over each other and over nature. Human beings have lost pure respect for other living beings. As a result of this vicious cycle, while on the one hand the means of worldly pleasures have increased, on the other hand, disturbances and relentless sounds have arisen in the environment. The environment of the earth has become impure, due to which the possibility of creating deadly organisms is increasing. Vandaniye Dada had said in the fourth seminar, "As long as there is impurity in the atmosphere, new deadly organisms will continue to be created. How much will you research? There is a research related to the first deadly organism, by then some other colour from the seven colours of sunlight becomes a lethal for some different colour and creates another new deadly organism.

Many types of deadly organism, germs, viruses are present in the environment and when the immunity of humans is weak then they harm humans. The covid virus has caused a lot of damage to the world. Despite tireless modifications, scientists have not been able to find a concrete way to stop this infection so far. There is a fear in the minds of people and no confidence of life, after getting infected with this virus. In such a time, what is the duty of us Gurubandhus and Gurubhaginis towards Gurukarya and towards the world? To emerge from this pandemic, the world needs confidence and support, that means today the world needs spiritual power and we have to make efforts to achieve this through this Guru Marg. Sri Guru, through all of us will accomplish this global task, but whether we are ready for it, it is to be considered by each one on his own level. For giving anything to others, it should be with oneself first. According to this, when spiritual power will be created in our medium i.e., in our subtle body and subtle mind, by our daily worship and by our daily conduct, utterances, thoughts only then that spiritual power i.e., Guru Shakti will increase manifold and Sri Guru will deliver it to the needy persons.

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When our subtle mind is developed, then spiritual power starts building up in our body medium. Today many of us are working from home for many months. How much anger, irritation, annoyance is expressed through us while doing this? In spite of having all the means of pleasure, does the solution manifest itself? Meaning whether our subtle mind has developed or is it happening, this is necessary to consider.

Wisdom is a special medium in the human body. In this medium all the events, feelings, knowledge, information are recorded and then we can express our views on those events according to the need and desire. The medium of expressing this thought or feeling is the gross mind because most of the people spend their life through these two mediums, the intellect and the gross mind. Through this gross mind we keep saying - I felt sad, I fell ill, I graduated, I got a job, I went abroad, etc. We do not think that there is anything beyond the physical gross mind. Then when any trouble comes, when the difficult time comes, then this "I" gets confused and distorted. What will happen next, what is my destiny, others are getting fame, when will I get it, thinking this, he starts losing his self-confidence and tolerance. This situation is commonly seen in the world today. What is the reason for creating such a situation? We are not paying attention to the development of an important medium of the body, that medium is the 'subtle mind'. For peace with happiness in life and to do our daily deeds with satisfaction, we need a capable i.e., developed subtle mind. In our Guru Marg, the development of the subtle mind continues easily through these perfect means of Aarti sadhna, Aumkar sadhna, prayer, Mulakat sadhna.

To perform physical activity, we need bodily energy. To get physical energy, we take regular diet. Similarly, to experience peace, resolution and joy in life, we need spiritual power i.e., Guru Shakti. Regular worship is necessary for spiritual power. This spiritual power further develops the subtle mind. The developed subtle mind perceives the spiritual power i.e., Guru Shakti is better manifested and benefits self and others around. That's why we like meeting certain people, we feel good at the center (Karya Kendra).

What is the subtle mind? We can understand it by observing small children. Until the gross body and intellect develop, the child lives through the subtle mind. He always has a happy and innocent smile on his face. How many times do they fall while learning to walk but don't stop trying? This is the preliminary state of the subtle mind. The subtle mind continues to grow with regular worship. The person whose subtle mind starts developing, peace, gentleness, understanding, harmony, responsibility, are seen in the conduct and speech of that person.

This state of mind is not visible, it has to be experienced. If we see a woman, she is a 'woman', tells the gross mind and if that woman is our 'mother', then the identity as mother is made by our

subtle mind. When tired of daily life, we often like to go in the lap of nature, the colourful flowers, trees, plants, huge trees, different types of birds, etc. While admiring the beauty of nature, water fall, vast ocean, scenic mountains, hills, seeing them, we experience a different joy. There is a sense of peace and joy in us. This is the experience of the subtle mind.

With the development of the subtle mind, we can experience eternal bliss. Our tolerance and harmony increase. We get used to respecting others. It also becomes easier to listen and understand the views of others. There is humility in our conduct. Understanding and adopting the good qualities of others, the interest of learning something good from everyone arises.

How to achieve the development of the subtle mind? Vandaniye Dada has given us the Aumkar Sadhana after perfecting it. Our subtle mind is developed by doing the Aumkar Sadhana daily and regularly. When the subtle mind starts to develop, then there is no shortage in life. All shortcomings are filled by spiritual power. We have to involve and immerse our subtle mind in Aumkar Sadhana. While doing Aumkar sadhna, we have to listen carefully to what we are reciting. We don't have to do the Sadhana as a formality. When we try to be one (in tune) with the Aumkar Sadhana, for a few moments we don't even realize that there are repetitions (avtaran). Then there is no thought in the mind. This experience of a few moments gives us peace and joy. We have to try to keep this peace for the whole day and our conduct, speech and thoughts have to be as mentioned in the Paramarth Questionnaire. This is our duty towards Gurukarya.

It is difficult for a person to receive spiritual power from nature. We are Guru Margi's. For us Vandaniye Dada and Param Pujya Vibhuti's have proved the means to hold and flow Guru Shakti by means of Aumkar Sadhna, Aarti Sadhna, Prayer, Mulakaat Sadhna, etc. The spiritual power that flows through a person can be easily imbibed by another person. According to this, whatever part of Guru Shakti we hold from our daily worship, after storing it in the Guruvalaya, then multiplying it manifold, Shri Guru flows it to the needy people of the world. This work has been accomplished by Shri Guru in our Gurumarg. We just have to do the Aumkar sadhna given by Shri Guru everyday regularly and try to develop our subtle mind in daily life. The spiritual power that will be accumulated by the daily worship done by us with mindfulness will be channelled by Shri Guru himself for world peace and world welfare.

Today, to emerge from this difficult situation of Covid pandemic, Vandaniye Dada, Param Pujya Baba and all the divine, virtuous Vibhuti's may bless the world and overcome this pandemic successfully through all of us, this is the prayer at their feet!

Let Peace Be To All

Eternal humble Sevak