



# DIVYA SANDESH

2017 GURU POORNIMA



## Mental Remembrance of God Results in Attainment of Divine God

**Question:** Our mind is material and all it can think, see and hear are only material matters. Then how can the remembrance of God provide a divine result of God realization?

**Answer:**

मन ध्यान मायिक गोविंद राधे । किन्तु हरि वाको फल दिव्य दिला दे ॥

*Man dhyana mayic Govind Radhey, kintu Hari vako phal divya dila de*

“Since the human mind is material, meditation done by the material mind is also material and hence should deliver material results. However, the ever merciful Lord, bestows divine results for the material *sadhana* done by the mind”.

**Explanation:** God is Omniscient and merciful. He is well aware that the souls, those under the bondage of Maya, have a material mind. Capabilities of this material mind is so limited that, with this mind neither can they comprehend all aspects of the material world nor can they know the soul. Then knowing anything divine will definitely be out of reach of these material minds. Hence Supreme God, who is divine, is far beyond the reach of mind. As the Vedas say -

इन्द्रियेभ्यः परा र्था अर्थेभ्यश्च परं मनः, मनसस्तु परा बुद्धि बुद्धेरात्मा महान् परः । केनोप.



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“The Supreme Soul - God governs Maya, Maya governs the souls. The soul empowers the intellect. The intellect governs the mind and the mind governs the senses”.

Since Maya is an obstruction between the soul and God, soul would have to get rid of Maya in order to attain perfect bliss which is God. But that is impossible since God Himself controls Maya. Then how does this verse claim that our material mind can award divine result?

Let us reflect on this issue.

The soul is the master. It is divine. It does not perform any actions. It however is ever desirous of attaining perfect bliss. The intellect, mind and senses are made of Maya, hence are material. They provide their unalloyed services to the soul. The mind is the primary doer- the performer of actions. It thinks and presents various options to the intellect and based on the information provided, the intellect takes a decision. The intellect then communicates the decision to the mind and the mind to the senses, who then perform their respective actions. The results of those actions are then perceived back through the senses, sent to the mind, through the mind to the intellect and through the intellect to the soul. The soul, being divine, rejects the material objects and happiness and the quest remains.

Since mind is the doer, it is given the utmost importance in the divine realm. Mind can perform all actions without the support of physical senses. For instance, in dreams we perform numerous actions and even those that are physically impossible for us to do in our wakeful consciousness. For example, in our dreams, we can fly without wings, travel to the other countries without a visa or ticket and even go to outer space in a fraction of a second. Sometimes we enjoy the association of someone or enjoy the place we are in, at other times we feel scared, feel physically hurt and even feel frightened when an enemy is trying to kill. Since mind is the worker at both the times the sentiments and experiences while dreaming are no different than in real life.

Since mind is the sole doer, God pays attention to ONLY those actions, which are performed with the attachment of mind. If you are saying your prayers and your mind is wandering in the world, God notes that you indulged in worldly activities during that time. All the scriptures assert the same:



मन एव मनुष्याणां कारणं बन्ध मोक्षयोः । पंचदशी  
मन एव मनुष्याणां कारणं बन्धमोक्षयोः ॥ ब्रह्म बिन्दूपनिषत्  
मनसैतान् कामान् पश्यन् रमते । वेद  
मनः परं कारणमामनन्ति संसारचक्रं पवित्तयेद् यत् ॥ भाग.११.२३.४३

So it is imperative that mind has to be attached to God. Apart from the soul there are only 2 other entities; God and Maya. If mind is not attached to God then it is definitely attached somewhere in the realm of Maya. Only when mind is attached to God, it is called devotion, *bhakti* or *sadhana*.

God is Omniscient, Omnipresent and causelessly merciful. He is our father, He is our real well-wisher and He is gracious. So gracious that after killing demons for their hideous deeds, He sent them to His own divine abode! His grace is the reason why innumerable souls have already realized Him and we too can realize Him.



The merciful God knows that material beings cannot know Him with their material mind. Hence, He made a corollary to His rule. If individual beings, who are controlled by Maya, engage in mental remembrance of God and He considers that to be true remembrance of the true God. He, being all-knowing, knows when a being's mind is fixated on Him and is calling out to Him. So according to the intensity of our call, He comes closer to us.

Due to His merciful nature, He bestows grace through a saint. The saint gives practical and theoretical instructions on how to enhance meditation and *sadhana*. *Sadhana* guided by a genuine saint helps to replace material attachments with attachment to God thus purifying the mind. This purification of mind can happen in a fraction of a second or take many lifetimes based on the earnestness of the seeker. The spiritual master also bestows his grace according to the earnestness. The greater the earnestness the faster is the rate of purification of mind. Jagadguroottam Shri Kripalu Mahaprabhu says-

मान ले उनको तू सिर्फ अपना, सीख ले याद मे बस तड़पना,  
वे लगा लेगे सीने से तुझको, दिल मे बैठे है गाफिल नहीं है ।

"All you need to do is accept Him as your every own, and learn to yearn for Him. He is seated in the heart and He knows everything. If you do so He will gratify you."

Just as we can't see through a glass coated with a thick layer of smoke, even though God is present everywhere at all times, we cannot see Him due to the veil of our material attachments. As the layers of smoke are removed from the glass the view becomes clearer. Similarly, as we practice devotion the material attachments reduce and divine attachment increases bringing God closer to us. When the mind is free of all material attachments, then the Guru bestows divine power and makes it divine. Then he bestows divine love. From that point on, we can see God, hear God and experience His bliss forever.

So, our job is to follow the instructions of Guru and increase our desire to see God for real. For now we have to use our imagination to visualize His divine form, but be assured that one day the merciful God

will turn this imagination into reality. The effort we expend to do *sadhana* is not futile. The Bhagvat says-

यथा यथात्मा परिमृज्यतेऽसौ मत्पुण्यगाथाश्रवणाभिधानैः ।  
तथा तथा पश्यति वस्तु सूक्ष्मं चक्षुर्यथैवाञ्जनसंप्रयुक्तम् ॥ भा.१.१४.२६

That's why Guru is essential and the most important factor of life. We have to practice devotion ONLY according to his instructions. He would remove all the dust and enables us to see God.

अज्ञानतिमिरान्धस्य ज्ञानाञ्जन शलाकया । चक्षुरुन्मीलितं येन तस्मै श्री गुरवे नमः ॥

“We bow down to the lotus feet of Guru. He vanquishes the utter dark of ignorance and applies the collyrium- stick of knowledge, opens our eyes and enables us to see light”.

By following these three simple steps

1. Take shelter at the lotus feet of a God-realized soul.
2. Learn the easiest and realistic method of practicing devotion.
3. Remember God with each and every breath and increase intentness to meet God.

Anyone can attain bliss.



Always Remember

4 July 2017



भगवान् की भक्ति के साथ साथ गुरु भक्ति भी अनिवार्य है, क्योंकि गुरु द्वारा ही साधक का स्वार्थ सिद्ध होगा ।

Devotion to Guru is absolutely essential along with devotion to God, because it is only through the grace of the Guru that one can attain one's goal.

*Jagadguru 1008 Shri Kripalu Ji Maharaj*

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## Kripalu Leelamritam – Cajoling one and all to do *bhakti*

Shri Maharaj Ji began to propagate his mission from Mahabani Ji's house about 60 years ago. Shri Mahabani used to live with his wife, a son and two daughters in Pratapgarh, a small township, in the state of Uttar Pradesh. While staying there, Shri Maharaj Ji learnt about Mahabani Ji's two older daughters who used to live with their relatives. Due to His nature of causelessly bestowing grace Shri Maharaj Ji decided to bring the older two daughters back to Pratapgarh and guide them to progress further on the path of devotion.



The oldest daughter Urmila Didi used to live with Mahabani Ji's sister in Delhi. She was very well spoken, fluent in English and led a very modern lifestyle. She enjoyed attending social engagements and parties and was least interested in studies. Per Shri Maharaj Ji's instruction, Shri Mahabani wrote a letter to her and asked her to return to Pratapgarh. Her modern lifestyle could not be sustained in a small township like Pratapgarh. Hence, as expected, she refused.

Shri Maharaj Ji had decided to grace her, so He decided to go to Delhi to bring her back. This time Mahabani Ji wrote a letter to his sister informing her of Shri Maharaj Ji's arrival. Mahabani Ji wrote, "He is a little strange saint. Be careful as He is not like the other saints."

Shri Maharaj Ji reached Mahabani ji's sister's house and knocked on the door. No sooner did she open the door, Shri Maharaj Ji entered the house and went straight to the bedroom and sat on her bed. Seeing this Mahabani Ji's sister knew that this is the saint that Mahabani Ji had mentioned.

Mahabani Ji asked Urmila Didi to cook food for him, which she refused. Finally his loving attitude convinced Urmila Didi to cook food for Him. Somehow, Shri Maharaj Ji also convinced her to return to Pratapgarh with Him.

Urmila Ji was a good singer and quite competent in singing movie songs. One day, when she was sitting in the satsang, Shri Maharaj ji asked her to sing a bhajan. She timidly said, "Sorry Maharaj Ji, I sing only movie songs. I don't know anything except some Punjabi movie songs". Shri Maharaj Ji said fine, "sing something of your choice, be it a movie song". She sang a Punjabi song and Shri Maharaj Ji taught her to

sing “Hare Ram” *keertan* on the same tune. Thus, Shri Maharaj Ji trained her to be a lead singer in satsang.

Then he also inspired the other daughter to return to Pratapgarrh. He personally coached them for their Bachelor’s exams and made them walk the path of devotion.

**Moral:** the only reason saints descend on earth is to grace the souls. They leave no stone unturned in ushering the souls further on the path of *bhakti*. Shri Maharaj Ji says since the soul has a body so both materialism and spiritualism are mandatory. Materialism is needed to nourish the body and spiritualism is needed to nourish the soul, hence materialism compliments spiritualism. Hence, he personally takes care of material and spiritual progress of devotees. Despite reservations, if one continues to stay in association of a true saint, progress on the path of devotion will continue to happen.



## Kids story

### Guru – Bhakt Upamanyu

Rishi Upamanyu is well known and widely acclaimed for his Guru-Bhakti. As a child Upmanyu used to live in a forest with his mother. As they were quite poor his mother could not afford milk for her son. Once he visited his uncle, who offered cow-milk to Upmanyu. He liked it very much. Next day he asked his mother for milk. She gave him water of rice.

He said, “Mother! It is not milk.”

She accepted the truth and said, “Yes my son! It is not milk. We are poor ascetic and live in a forest. It is not possible for us to afford milk”.

He asked, “Ma! How does uncle acquire milk?”

Mother responded, “Son! They procured milk by the grace of Lord Shiva.”

Upamanyu inquired, “Ma! Who is Lord Shiva and can I also accomplish grace of Lord Shiva?”

Mother confirmed, “Of course you could.”

This arose Upamanyu’s curiosity, “How should I worship Him?”

Mother told him, “There is a ‘*Panchakchhari Mantra*’ (a mantra comprising only 5 letters) i.e. “Om namah Shivay” (नमः शिवाय) It bestows the reward of all other mantras. If you chant it day and night with pure heart He will be happy and provide you ‘*doodh – bhat*’ (rice and milk)”.

Upamanyu firmly decided to offer his life to Lord Shiva. He would observe severe penance chanting नमः शिवाय to please Lord Shankar. He went in an isolated forest of Himalayas, made a temple with 8 bricks, established a *shivalinga* of mud and started chanting the name of Lord Shiva with his innocent chaste heart. The celestial gods tried their best to hinder his austerity. Many ghost and witches came over to scare him. Upmanyu did not care for any hurdles. He was neither scared of nor enraged on the ghosts etc. Heavens started burning with the heat of effulgence emanated from the austerity of Upmanyu. The devatas requested Lord Vishnu to stop him and Lord Vishnu requested Lord Shiva to take care of it.

Lord Shiva was very happy to see the devotion and determination of a child. He wanted to test the determination and exclusive devotion of Upmanyu before blessing him for eternity. Lord Shiva assumed the form of Indra and approached Upamanyu. Seeing the king of heaven Upmanyu stood up and venerated Him saying the words of due respect. Lord Shiva (in disguise of Indra) told him to ask for anything he needs. He replied humbly with folded hands –

अपि कोट पतङ्गो वा भवेयं शंकराज्ञया ।  
नत्विन्द्रत्वया दत्तं त्रैलोक्यमपि कामये ॥

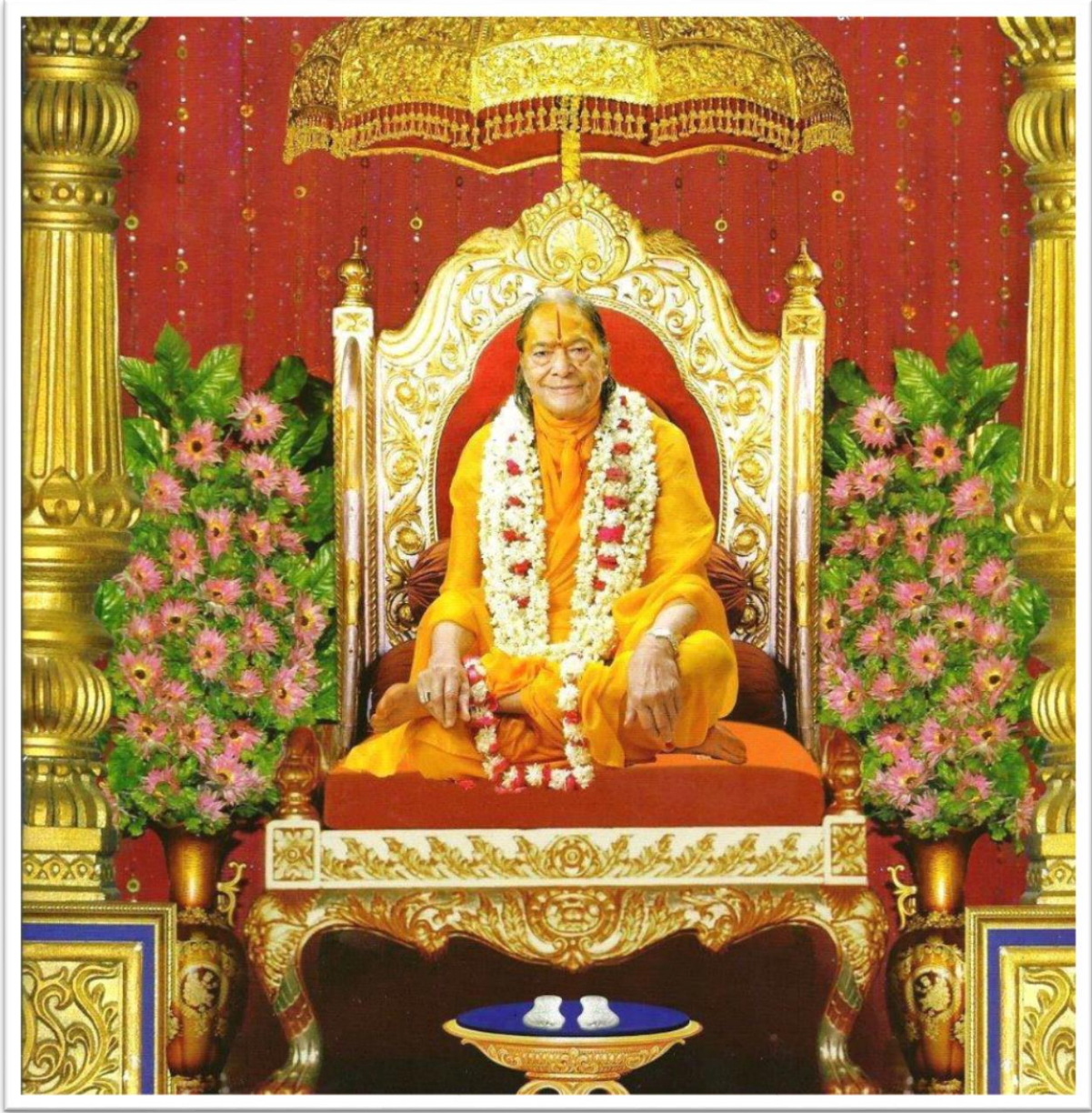
“O Indra! You are the king of heaven. So you are most welcome here. If my Lord Shiva wants to turn me into a small creature like a worm or insect, I will gladly accept that. But I condemn even the kingdom of all the three worlds offered by you”.

Lord Shiva was enthralled by His steadfastness and faith. Lord Shiva revealed His original form, His white Airavat elephant changed into Nandi Bull and thunderbolt changed into trident (*Trishool*). Lord Shiva enlightened Upamanyu with complete knowledge and divine love. Lord Shiva still wanted Upamanyu to ask for a boon. Upmanyu said, “My Lord! By seeing your divine form, I have achieved everything. Still, if you really want me to ask for a boon, please bestow upon me unwavering devotion to your lotus feet.” Lord Shiva said, “So be it” and also gave a pot of *doodh-bhat*. Lord Shiva disappeared thereafter.

Later he became a great rishi and composed “*shiva sahstra naam*’ taught by Rishi Markandeya to him.



# *Happy Guru Poornima*



*Millions of obeisance to our Beloved Guru*