HH Sri Swamiji's Upadesha @KSHT 7/11/22

32 herbs - Moolika teerteam,

Take carefully after removing the mask and wear the mask again.

Gurupurnima is nearing. If you chant the mantra given by the Guru more and more, you will get mental peace.

Yesterday, Swamiji sent a message in Appji, Don't compare, Don't be discontented, don't be dissatisfied.

We have all come here as Guru siblings,

We have got together with Guru because of our previous good deeds.

Even picking a spouse is based on our good Karma together.

Many people want their ego to succeed. The more you lessen your ego, it will be better for you. Reducing the ego will lead to vairagya.

Renunciation should come to all.

There are 3 types of feelings (bhava).

Manasa, vachasa, shirasa….3 types of prayer.

Manasa = through our thoughts. We must offer all our feelings to God.

Vachasa = when we get the opportunity, we must express our thoughts through words.

Shirasa = bow your head and offer.

As said in Bhagavadgita, urdhvamoolam adhasshakham.

There is amruta (nectar) flowing through our heads. The head should be visible to Guru when you prostrate. (bow your head). Our body is like an inverted tree. Just as the tree takes in water through roots, we will be given Guru's blessing through head.

Why do we do sashtangam when seeing sadguru?

Eight body parts are being offered as eight flowers,

nose, eyes, hands, abdomen, thighs, etc.

They all must touch the ground for men.Everyday we must perform ashtanga namaskaram.

If we don't do it, it's not respectful. When we perform, we must chant the shloka "urasa shirarasa" .

Our intellect is full of ego. Many demons have gotten into it in the form of the six bad qualities such as lust, greed, desire, and ego. We go towards the bad qualities.

Our mind always takes us toward demonic qualities and doesn't let us grow. Even great sages have got their penance destroyed because of this tendency toward bad qualities.

Relatives are not just those who are related by blood. Guru Bhai (brother), and guru behena (sister) are words. Whatever happens in Guru's house, we must have the feeling that we are happy. It's done for our welfare. This is the prayer offered through words. We must discipline our bodies.

Ramakrishna Paramahamsa's brother was drinking alcohol without a pause. One day Paramahamsa asked him for a drink. Then the brother stopped drinking. Sometimes Guru praises us, sometimes he insults us. In schools these days no one is saying a word to children. When we perform sashtangam all our body parts, and sensory organs should be involved. We must utter the words and show the top of our heads to the Guru. There's no need for Guru to touch your head.

We must learn all of these. There is a communication protocol. namaskaram, with folded hands, is asking Guru to teach us about Paramatma (god) and Jeevatma (our soul), each denoted by both hands.

We must listen to Guru. We should not expect Guru to tell us to do what we have in mind. You must not ask Guru for advice if you have no intention of listening. If you ask for suggestions, you must 100% listen and follow Sadguru. Why do we go to court? We must follow the verdict given.

Similarly, for Guru, if Guru tells you to shut up, you must. We came to Guru for salvation. If you come to solve your problems, they will also go away if you listen to Sadguru. Just as you feel that you must tell your Guru about problems, you must also think that you must listen to Sadguru's advice.

We have assembled here because of our previous birth good deeds.

The celestials prayed to God to show his form, and then he appeared as Lord Vishnu. They prayed that the demons were bothering them. Then Vishnu appeared as Rama and killed the rakshasas.

Puja is a science. It's not for a show or drama. You can put up a show for a few days, not for a whole life. We are talking to God through seed letters. Swamiji is seeing the Mother Goddess while doing puja. If you see Swamiji, it's enough. You must not ask, "show me the God." To see God, you must have the same feelings, tendencies, and philosophy as me. Just growing a beard is not enough.

When you see the God in Guru, you will be happy.

Going to Sadguru 1, scientific approach to puja. How to pray to God? Swamiji has given the upadesha about these three topics. All of you write and bring to me what you learned.