HH Sri Swamiji Upadesha @KSHT 7/16/2022

Jaigurudatta

Jaiveerahanuman ki

Krishna vande jagadgurum

Close your eyes. Sit erect and meditate.

Yesterday we talked about Pancha bhoota (5 elements) mudras, and Swamiji showed how to massage fingers with mala.

All five fingers get massaged with rudraksha or any Japamala. What kind of benefit do you get by massaging the fingers?

Many people don't know that you should use all five fingers while using the mala. Initially, it might be difficult, but slowly you will be able to use the mala.

I told you how to count also. For each mala, use the second hand to count.

After each mala, take some rest. Don't mix up the mantra. Stay with one mantra. Do ten malas (1000 counts achieved by rotating the mala ten times) with one mantra.

After that, you can change the mantra.

Om namo hanumate namaha.

Some people don't want to change mantras. They are pleased with one mantra. It's always coming to our mind day and night because we are giving good training to our mind and intellect. That's good.

Any questions on this subject or doubts?

If you do mala, then only ask questions. Not just out of curiosity.

Please increase; more people should do the mantra Japa. There is one more method, not just mala. The technique is a little more complicated, but you must learn it.

How to Count with your fingers?

You must count by touching finger creases

with thumb. Leave the creases in the middle finger. Start with the second crease on the ring finger and count clockwise, ending in the bottom crease (line) of the pointing finger. That completes ten counts. When you finish 10, move to the next crease on the left hand. Left-hand moves counterclockwise.

The easiest method is a counting device with a button. It's also good to calculate.

You must have full awareness while doing Japa. When driving, many senses should work in unison to make it work. You must be very careful while driving. Driving itself is the mantra. Don't chant mantras.

You can play bhajans or good music, but not a soothing one like meditation music. You should have full awareness. All senses should work well together. You should not make phone calls while driving.

Stop the vehicle, complete the call and then drive. Don't put the phone to your ear.

Devotees, don't talk while driving. If you behave however you want, why would Swamiji save you?

When you are eating, don't make phone calls, and don't read the newspaper, insects will go into your mouth if you don't observe. Eating takes only 10 minutes. It's an essential activity. If you must, put the phone on speaker and look at the food while eating. You know these rules and tell your kids to follow them, but you don't follow them. Don't drink water while standing. When you are traveling or on a pilgrimage, it's okay. But don't drink or eat while standing up.

Slowly drink while sitting. Otherwise, you are taxing your body, your heart. Don't eat or consume very hot or spicy food. You can eat one Mirchi bajji, but don't eat 10-12 :-) Your vocal cords will get damaged if you eat too many. It might even cause cancer. Some peppers are good to cure, but you don't know which ones are good or bad. So don't overeat.

Don't take your phone to the prayer room. And don't talk. For 20 minutes, concentrate on puja and come out. Don't take the phone everywhere - to the bathroom, dinner table, bed, etc. Use the phone to communicate and turn it off. Let people leave voice messages and return the call. When there are serious matters, why weep for the whole night? You can cry the following day.

These are all small tips and tricks. These will call peace to you. Take a head bath (shower over the head) twice a week at least. It's okay. It will dry up. I do it daily. It's vital to shower overhead. Bald people are lucky since they can do it four times a day. They have helped so many people with water in previous births. People with bald-head are very intelligent. Be careful with them.

Many people are born very short these days. Why? In vamana purana and garuda purana there are references. Short people will get salvation quickly. But tall people must be born again.

Garuda and Vamana Purana narrate details about how to groom hair. Many people leave their hair without tying it. You must tie your hair with a hairband or something. Or tie with a knot or braid. You must at least use a clip on long hair.

Rama was called "Ajanubahu". He had very long hands. Seetamma had very long hair. She faced a lot of hardships in her life. The hair should not be below the waist. Any of these problems have remedies. Many times solutions exist before the crisis. Datta guru was born before all the issues came up in creation. Goddess Lakshmi existed before all financial problems started. Everyone has loans. Sometimes the lender doesn't let you prepay the loan. In society, people without loans (credit history) are not well-regarded. A person with more creditworthiness is regarded.

"Angashastra" (ancient book on anatomy) narrates the correct proportion for body parts. Rama had an entirely proportionate physical body. Why did he have to leave Seeta? This question came up.

Sorry to all bald people. No need to overthink.