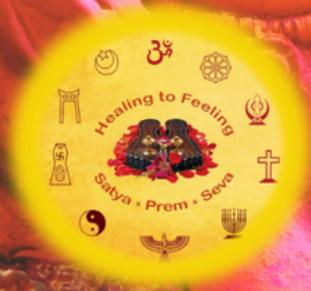


ESSENCE

Ganesh Chauth Edition



Dhyaan-Moolam Gurur-Murtih | Mantra-Muulam Gurur-Vaakyam ||
Puujaa-Muulam Guru-Padam || Moksha-Muulam Guruur-Krupaa ||



January 2024

www.himgirispiritual.org

EDITION: 21

Ram Janmabhoomi Mandir

Pran Pratishtha - 22 January 2024

On the auspicious occasion of the grand opening of the Ram Janmabhoomi Temple, we are organizing an unbroken recitation of the Shri Ram Charit Manas at Gurudham, Lonavala.

This sacred ritual will begin on **January 21, 2024 at 12:15 PM** and will conclude on **January 22, 2024 at 12:15 PM**.

Aarti and Stuti Path of Shree Ramji will be followed.

108 Shree Raam Stuti Path will be followed after Prashad.

We cordially invite everyone to participate in this auspicious and historic moment with us.

Those devotees who cannot reach Gurudham to light the diya at their sthans.

Experience | Participate | Volunteer

Ganesh Chauth

29th January 2024



कर्म से पाओ सिद्धि, पाओ श्रम से रिद्धि ...
बंजाओ गण उसके , वो बनादेगा गणपति ...



Sow seeds of action, reap success' bright fruit,
Sweat be the rain, let blooms of wealth take root.
Embrace the Gana's path, a dance divine,
Transform yourself, Ganesha shall be thine.

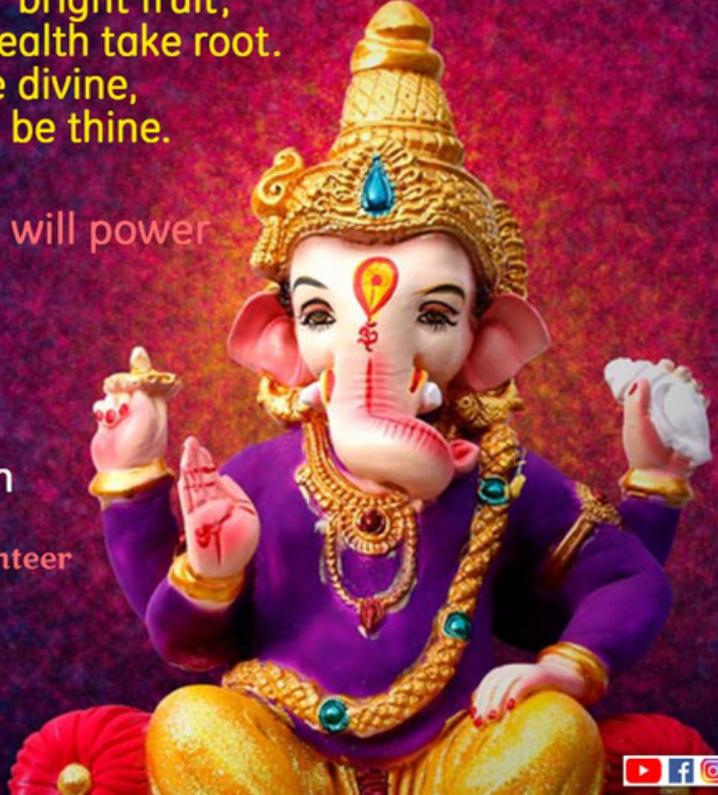
Nirjal fast to be observed as per will power

29th January 2024

6:05am	Jyoth
9:05am	Havan
9:05pm	Darshan

Experience | Participate | Volunteer

🙏 All are welcome 🙏



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Shivchaalisa

29th January - 8th March 2024

Aum Namoh Gurudev

With the blessings of Pujya Guruji and Mataji and the guidance of Pujniya GuruMaa, sevadhars of Guru Parivaar are welcome to participate for Shiv Chaalisa at Gurudham as we progress in the new year with the prayer in their Feet to peacefully stabilise oneself as we move closer to 'Your Shiv' – 'Your Guru'.

Shiv Chaalisa is a 40 day program where we immerse ourselves in Seva, moving on the path of discovering our inner luxury and experiencing contentment.

Ganesh Chauth (Shiv Chaalisa Aarambh): 29th Jan 2024
Mahashivratri Parv (Shiv Chaalisa Samapan): 8th Mar 2024

Prior registration and consent is compulsory. For all further information/queries kindly reach out to our Sevadhara on +91 9920920935.

Your cooperation is requested and appreciated.

SHIV CHALISA

Question: Shiv Chalisa, Guru Chalisa, Hanuman Chalisa and Durga Chalisa. After all, what is the importance of 'Chalisa's' (Forty days)? Why 40 sentences/lines in all of our 'Chalisa' prayers? Why not more or less than forty lines and finally why Shiv Chalisa and Guru Chalisa of 40 days each, at Gurusthan?

Answer- When a child ('Jivatma') comes into this world, the child is kept separate from everyone for 40 days. It is said that in 40 days, there should not be any negative effect on the child, and must stay in a positive environment, with their mother so that the seeds of positivity can be planted in to the child.

A lot of physiological changes also take place around the time frame of 40 days in a human body. They say that we get new outer skin cells, every 40 days and we know that skin is the largest organ of our body.

The same 'Chalisa' principle applies to the inner world. In the inner world, if we want any kind of change in ourselves or if we want to make any kind of improvement in our habits then we'll have to practice those activities in our lives continuously for at least 40 days to bring a significant improvement in those habits/behaviors and qualities.



Every year, at Gurusthan, Chalisas are celebrated twice a year. Guruji says that “Shivratri is your mid-term exam and Guru Purnima is your final exam of the year!”. Just like mundane world, “You give the exams, pass and take certificates”.

On asking, Guruji how can we pass in these exams?

Guruji use to say that "Bus, dhyaan Guru may rakhna and remember that Guru is not a person but Guru is a 'Guna', a quality". (Keep your consciousness in Guru in every moment and remember that Guru is not a person but rather a quality). Quality, here also means a set of qualities, behaviors, attributes, characteristic, condition etc. which is full of wisdom, love and compassion.

40 days before Shivratri is Shiv Chalisa and 40 days prior to the day of Guru Purnima is Guru Chalisa. These 40 days is a sort of penance that one performs to receives blessings of Shiv shakti and one's master which leads to a great advancement of the mind, body and the soul and hence each year, Shiv Chalisa is celebrated.





2023- HIGHLIGHTS



The most revered Guruji provided us with many seva / service opportunities in 2023. Seva started from Til Chauth, along with Mahashivratri, Hanuman Janm Utsav and Gurupurnima. This year the Lord give us rare opportunities and that was the occasion of Monday Langar Seva of Shravan-Purushottam month which came after 19 years. This year, due to the beginning of Purushottam month within the month of Shravan, the Shravan month Langar Prasad festival of Mahadev temple located in Avasari

village started on 24 July 2023 in the holy presence of Pujniya Mataji and concluded in the presence of revered Dadaji. In this Langar Seva Parv, the sevadars of Gurudham *Maharaj Guruji* and the Sangat along with the sevadars and Sangat of Vimannagar, Kondhwa, Dehuroad, Nashik, Solapur, Lonavala and Mumbai places offered their flowers of service at the feet of the Lord and was great joy!

The birth day (Avirbhav Parv) of our Pujya Guruji, who incarnated to awaken the Gurutattva within us, was celebrated on 29 September 23 with Pradurbhav Havan in the presence of Pujniya Mataji. In this Havan, Sangat from different places including London Gurusthan, Delhi Gurusthan had participated. Free health treatment was also organized.

On 24th November, Sevadar of Gurudham, Manoj and Renuka Asnani's daughter Radhe's auspicious marriage with Kunalji was at Puri near the Jagannath Puri temple. For this 'Kanyadaan', senior Sevadar of Gurudham Maharaj Guruji and 40 other Sevadars and Sevadars of Dubai Gurusthan were present. The same Sangat also enjoyed the journey of Jagannath Puri temple along with Gangasagar and many other places. On December 1, the same newlywed couple also performed a 'Havan' and garland ceremony and received blessings of the most revered Guruji and Mataji.

Campfire and Meditation was organized at Gurudham for all the sangat on the night of 31st December to thank Holy Guruji for giving us the opportunity of various services throughout the year and to seek blessings for the New Year.

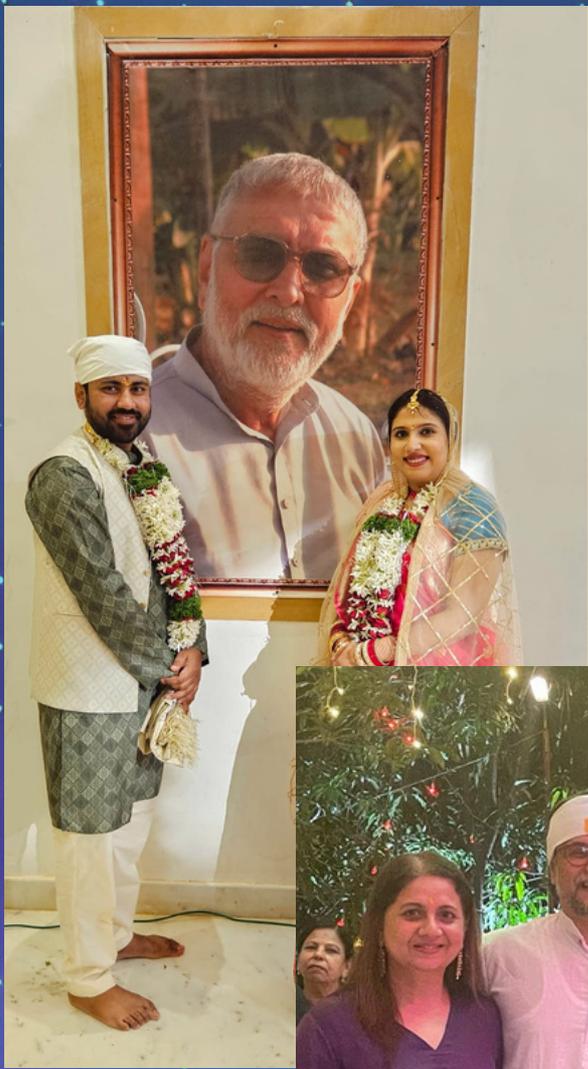
We pray that the blessings of Pujya Guruji and Mataji remain upon all of us in the coming year.

Hearty best wishes to all of you from "Team Essence". Thank you!













TOGETHERNESS OF A GURU

Why is a Guru needed in life? What is life? Life itself is the journey of this soul to meet its God (Guru), so how can this life even exist without Him?! Everything is incomplete! This life is a journey from birth to death in which the soul remains entangled for many births because when it gets separated from its Supreme Father and comes to this earth, it gets trapped in the illusion of this world and forgets its real nature and is trapped in the web of



illusion. It remains stuck in itself. Our Supreme Father sends us back to this earth after purifying us in every birth. He says, go son, complete your accounts and come and meet me! He keeps waiting for us, and we remain trapped in the web of attachment here. Then our Supreme Father himself has to descend on earth in the form of a Guru. He



accepts us again with our vices, bathes us in the Ganges of His love and prepares us again as pure souls.

Who knows what virtuous deeds we might have done in our previous lives, as a result of which our Guru chose us and accepted us, so we continue to follow the path shown by him, in this journey of meeting ourselves. Whatever happens, keep holding the feet of your Guru and become one with your Supreme Father while still living in this world. Become a vessel of His grace, make yourself such that even our Guru says wow my child. I say, without a Guru, life is boring, our heart is longing and our eyes keep pouring so now please surrender to the Guru and see how our lives become sweet!



SURRENDERING OF THE MIND

Pujya Guruji says that everything is in our body and through this, we can know the know-how of the universe. Whatever is in this entire universe, is within us. Our body itself is a temple. Our feet are the stairs leading to that temple. Our stomach is the assembly hall of this temple and our heart is the sanctum sanctorum of this temple in which the idol of Pujya Guruji is seated therefore Guru is a matter of the heart, not of the mind. To connect the intellect towards the idol of Guruji established in the heart, only true devotion and faith is needed.

Feelings, faith and trust along with intellect is devotion and to awaken this devotion, Guruji has shown us the simple path of service / seva.

Guruji says that the 40-day journey from 'Tila Chauth' to Mahashivratri is the first semester of a disciple.



If you surrender your mind / head to Guru, you become a disciple. Ganesha gave his head / mind / ego and became a true disciple. We are Ganesha and we need to become like Ganesha by imbibing his qualities with in us.

Qualities of Ganeshji:

1. Brahminism: When Ganesha blocked the path of Lord Shiva, it meant that ignorance, which is the quality of the mind, does not recognize knowledge, then knowledge must win over ignorance. To show this, Lord Shiva had to cut off the head / mind of Lord Ganesha. The big head of Lord Ganesha is a symbol of immense intelligence Therefore, when we do a deep spiritual study of the words emanating from the Srimukh

of Param Pujya Guruji and apply them with understanding in our every thought, word and action, we become wise. Discretion takes us to the Guru idol situated in the heart.

Having wide ears like sieve means that we must accept or assimilate only the good in any person or situation and by receiving pure information, our mind always remains clean. His small eyes symbolize foresight, which means, one should act only after seeing the future consequences of the action. This also help in gaining concentration. The third eye will open only if you use the two eyes properly. His small face reminds us to speak less and let every word we speak be a blessing to others. Shri Ganesha is shown with a single tooth which shows that we should not get trapped in the duality of like-dislike, happiness-sorrow, pleasant-unpleasant or good-bad. We have to overcome all these and always have a sense of satisfaction and remain peaceful in all circumstances. His trunk is strong enough to uproot trees and yet soft enough to lift a child. That means, we need to be emotionally soft and strong at the same time.

2. Kshatriyatva: Shri Ganesha is shown holding an axe, rope and lotus in his hands and one of his hands remains in a blessing posture. This denotes the battle going on within us between the satvik qualities and the demonic qualities arising from vices. The axe is suitable for overcoming one's vices, while the rope is a symbol of being tied to the discipline of a holy lifestyle, through which by attaining holy conduct we move towards Shiva. Also, he has a modak in one hand; Shows success achieved after hard work. But he is never shown eating modak, which means, achieve success but do not take credit for it. Modak is also a symbol of unity and cooperation because, all 5 fingers are required to make it.

3. Vaishya: The big belly of Shri Ganesha represents the power of assimilation, which means that we should not talk about people's weaknesses and their wrong doings to others, but should rather absorb them within ourselves. The stomach is the assembly hall, it is

important to keep it clean and tidy, hence the food consumed in it has to be taken with prayer and love in the form of Prasad, meditating on the feet of the Guru. Because as is the food, so is the mind.

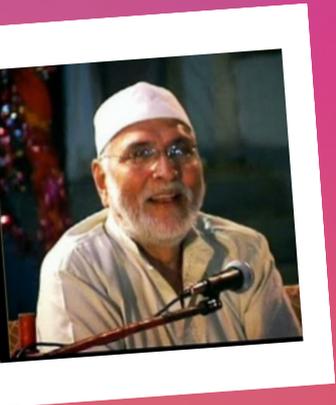
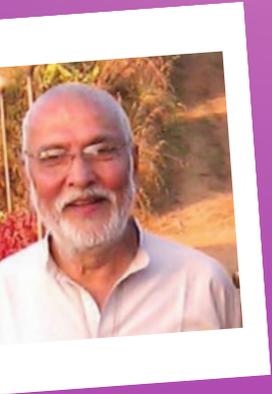
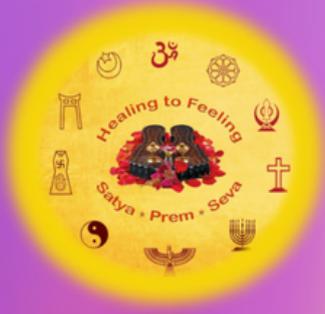
4. Shudra: In his sitting posture, one of his legs, touches the ground and the other leg is bent, which means that we have to always remain connected to the ground and remain humble and detached from it even while living in the world. The stairs leading to Gurughar are climbed on foot. The job of the feet is to take care i.e. to serve.

A rat is shown sitting near the feet of Shri Ganesha, which means that Ganesha himself is a symbol of victory over evils and desires; Just as a rat enters the house silently even through a small hole, in the same way when the soul's attention is diverted to anything from the Guru, then the vices enter silently and accidents occur so in this way, when we adopt all the qualities of Shri Ganesha, we will be successful in keeping our disorders under control. Similarly, when we use the symbol of "Shri Ganesha" in our every resolution, word and deed; When we start experiencing the divine qualities and becoming the embodiment, then the obstacles in our journey from Ganesha to Ganadhish (which is always with Lord Shiva) are destroyed and the first stage of our journey can be completed easily!

On this holy festival of Tila Chauth, let us take a resolution to adopt the qualities of Lord Ganesha.

Best wishes to all of you for Tila Chauth and beginning of Shiv Chalisa.

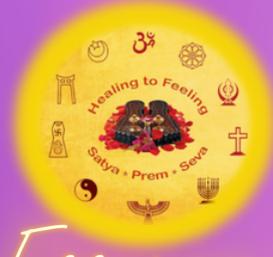




Essence 2024

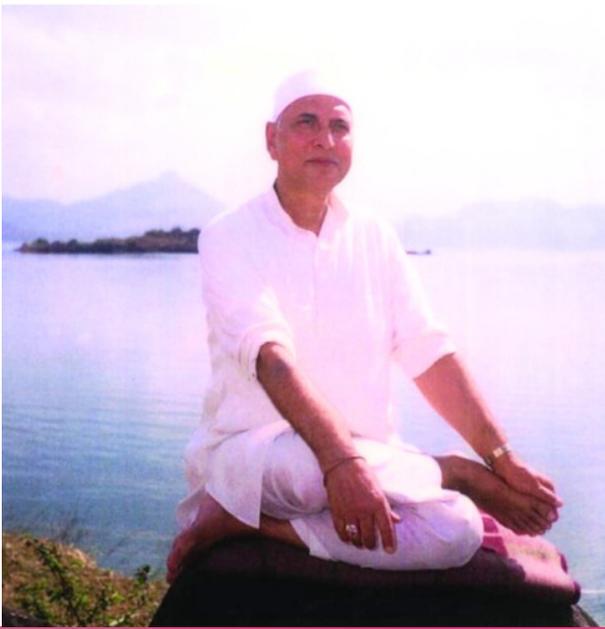
CALENDAR





Essence

Har tairak tairte-tairte doob gaya,
koi tairak tarate-tarate tar gaya.



SU	MO	TU	WE	TH	FR	SA
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

१८.०१.२०२४ बडा गुरुवार गुरुगाव
२५.०१.२०२४ बडा गुरुवार अंधेरी
२९.०१.२०२४ तिला चौथ

January



Essence



Kudrat sab ki janani hai, burai lekar achchai deti hai,
Guru uska pratik hai, vikar lekar achchaiya deta hai.

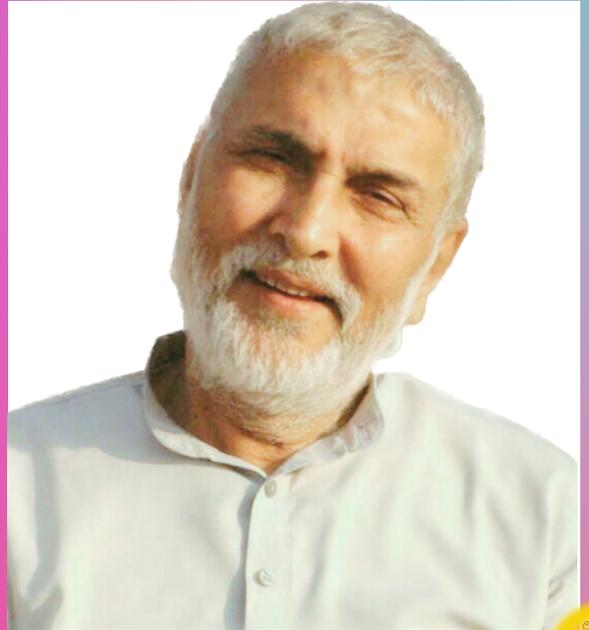
SU	MO	TU	WE	TH	FR	SA
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2

१३.०२.२०२४ गणेश जयंती

१४.०२.२०२४ वसंत पंचमी, परम पूज्य दादा गुरुजी अवतरण दिन

१५.०२.२०२४ बडा गुरुवार गुरुगाव

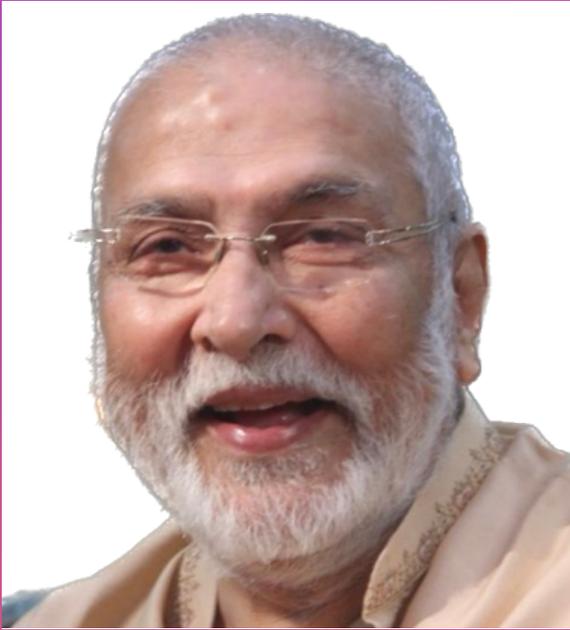
२२.०२.२०२४ बडा गुरुवार अंधेरी



February *Essence*



Aagya mein aa gaya, Guru man ko bha gaya.



SU	MO	TU	WE	TH	FR	SA
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

०८.०३.२०२४ महाशिवरात्री २१.०३.२०२४ बडा गुरुवार अंधेरी
१३.०३.२०२४ हनुमान चालीसारंभ २४.०३.२०२४ होली गुरुगाव
१४.०३.२०२४ बडा गुरुवार गुरुगाव २५.०३.२०२४ धुलीवंदन गुरुगाव

March



Essence





**“Surrendered at the Lotus Feet
of His Holiness Guruji”**

TEAM ESSENCE

|| Om Namoh Gurudev ||

For Seva or suggestions, please contact us at:

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