

ESSENCE

Nirvaan day edition

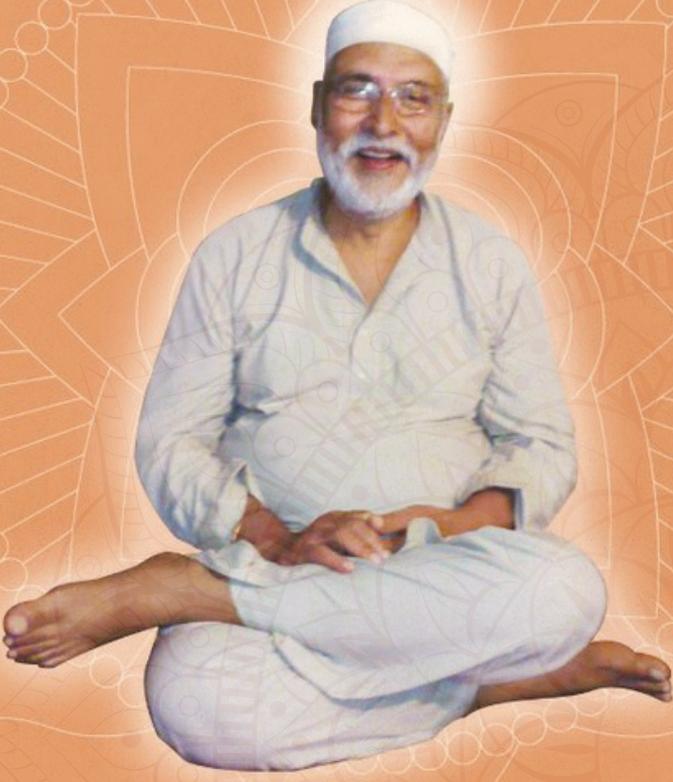
Dhyaan-Moolam Gurur-Murtih |
Mantra-Muulam Gurur-Vaakyam |
Puuja-Muulam Guru-Padam |
Moksha-Muulam Guruur-Krupaa |

April 24

Edition 24

Nirvaan Diwas

19th April 2024



कभी मौन होकर देखो तो सही ,
कौन हैं जो तुम्हें गौर से सुन रहा है ...

In the hush, find time to stay ...
A silent Listener, leads the way ...

Jyoth 06:05am

Havan 09:05am

Experience | Participate | Volunteer



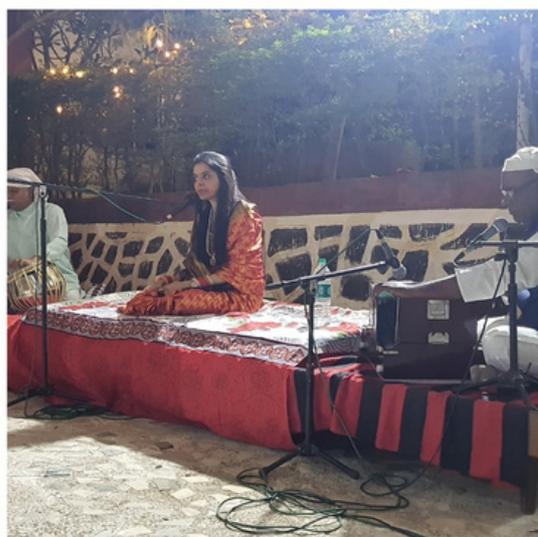
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MAHASHIVRATRI

PARV 2024





MAHASHIVRATRI

PARV 2024





Bowing one's head



*Bowing one's head in Prayer does not fulfil the Prayer;
for that the Heart must bow.*

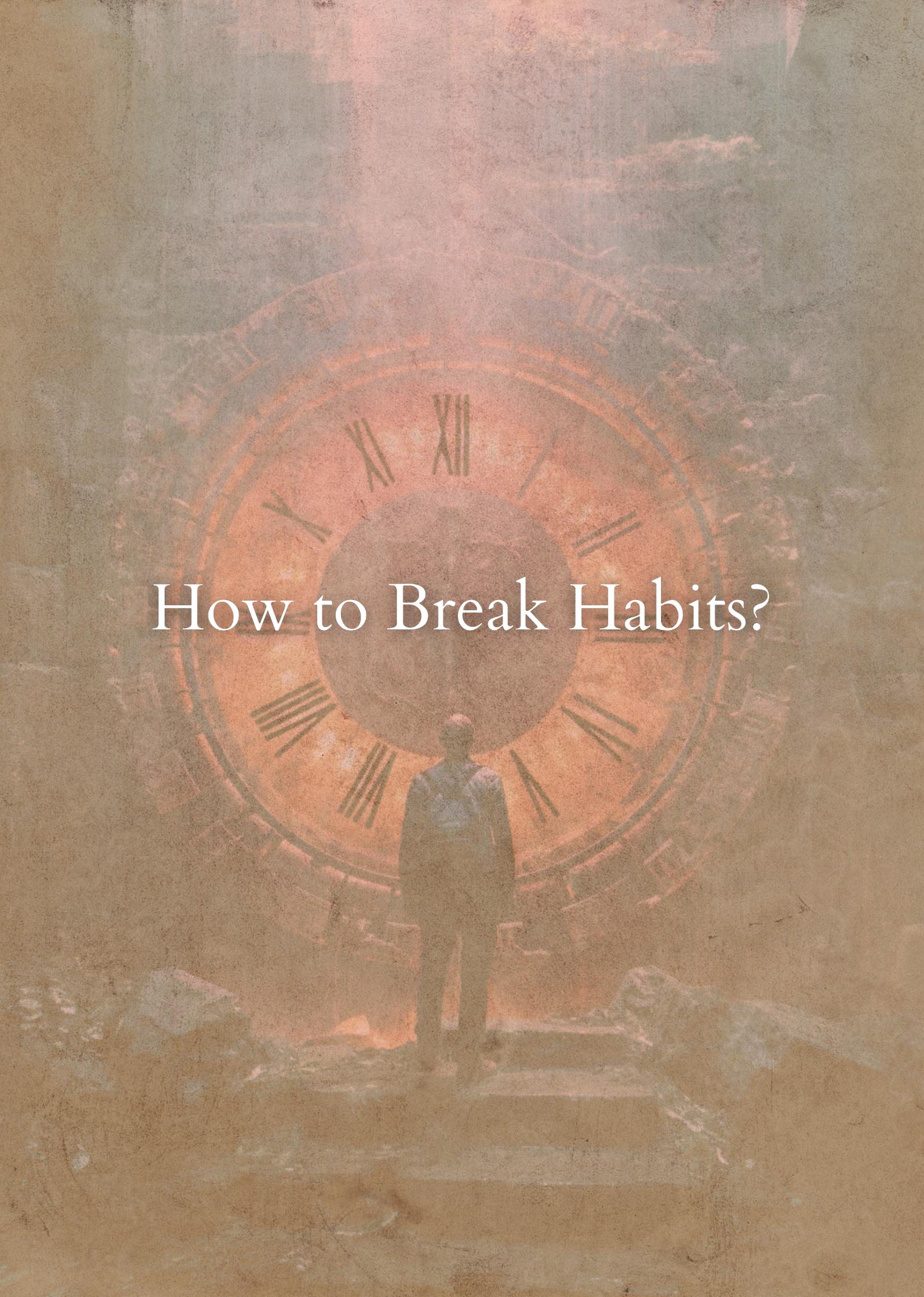


Humans perform religious rituals, but are they truly engaged in worship? How many thoughts come to mind, how many plans are made by people during religious rituals. We are never truly alone in solitude. Whenever we are not physically alone, we either start singing, watching TV, or get engrossed in WhatsApp, Facebook, Twitter, or YouTube on our phones. So where is solitude? Even when we are not physically alone, the concept of solitude seems distant.

Being alone means having no one with us and being completely alone in every way. But we have so many thoughts in our mind, so how are we alone? Being alone means not doing any work, not having any thoughts. That is what being alone means. And solitude means not even losing yourself so much that someone's constant calling doesn't disturb your tranquillity. It means not even taking rest from sleep. If such a state comes while being awake, it is called solitude. Loneliness is always sad, but solitude always brings joy. Being absorbed in solitude without performing any religious rituals or worship is more valuable than all the prayers and rituals, where you are not even present. That is when you merge into the divine and that is true worship.

This reminds me of the story of Guru Nanak Ji. Guru Nanak Ji was walking on foot and reached a Muslim village. Tired, he asked the people of the village for a place to rest and inquired, 'Is there a temple here?' Everyone said, 'This is a Muslim village, there is only a mosque here, no temple.' Then a nobleman came there and Guru Ji asked him, 'Brother, are you a Muslim?' The nobleman replied, 'Yes, I am a Muslim, what's your problem?' So Nanak replied, 'Brother, I have no problem, Hindu or Muslim, we are all one.' This angered the nobleman, and he said, "How are we one? Can't you see the difference in our cultures? Who are you? Hindu or Muslim?" Nanak replied, "Brother, I have searched a lot to find out who I am, but believe me, I have seen skin, I have seen the whole body, but nowhere did I find who I am." Then the nobleman said, "If you don't know who you are, then will you come to the mosque with me? Will you read the prayers?" Nanak said, "Brother, I came here just to ask if I can stay in the mosque tonight?" Then the nobleman took him to the mosque and said, 'Read the prayers just as they are read.' The nobleman started reading the prayers, and Nanak started laughing. The nobleman got angry but continued reading the prayers because he was reading them. After a while, Nanak burst into laughter. Then the nobleman completed the prayers quickly and came to Nanak and asked, 'Didn't I tell you to read the prayers? Why were you laughing?' Were you mocking us?' Nanak replied, 'Brother, how can I read prayers like you? You were looking in one direction, then another. Sometimes up, sometimes down. And how can I read prayers like you? You weren't even here. You were buying horses in Kabul market.' The nobleman was surprised and said, 'You speak the truth. Whenever I sit down to read prayers, thoughts of buying horses in Kabul come to my mind.' Then Nanak Ji said, 'You were in a crowded market, yet alone. That is what this incident of Nanak Ji guides us towards our spiritual journey.

People often forget this. They rotate the prayer beads in their hands but their minds are in turmoil. That is why it is written in Guru Vandana: 'Let there be Guru's mantra in the mind, Guru's service in the hands, you are not alone dear, Guru is with you.' Solitude is a state that can only be attained through service.

A person stands in the center of a large, circular opening in a stone wall. The opening is framed by a massive, ancient clock face with Roman numerals. The scene is dimly lit, with a warm, orange glow emanating from the center of the clock face, suggesting a source of light or fire. The overall atmosphere is mysterious and historical.

How to Break Habits?



How to Break Habits?



Humans want to break habits because they cause pain, impose restrictions. It is in the nature of desires to bind us, and it is in the nature of life to be free. When the soul does not experience freedom, it wanders in search of liberation for many lifetimes.

The path to breaking habits is determination. Determination should be time-bound. Someone may say, 'I will quit smoking,' but they cannot quit, so they can take a time-bound resolution of not smoking for five days. If someone uses foul language, they can take a resolution not to speak negatively for ten days. Do not take a resolution for a lifetime; you will break it immediately. If you do break it, it's okay; start again. Choose a new time upon fulfilling the resolution. Gradually increase the duration of the resolution until it becomes your nature.

This is self-control. Everyone has a little self-control. When the mind gets entangled in old habits, there are two possibilities. One, you can be discouraged and consider yourself guilty. The second possibility is that you can be happy knowing it's an opportunity for self-control. Bad habits hinder you and deplete your life force. Life cannot be happy and disease-free without self-control. Just redirect your life force positively and through self-control, rise above any habit that bothers you. It is said that repeating any resolution for 40 days makes it a habit, so revered Guruji conducts the Chalisa for 40 days in Gurudham.

You should take some steps to break your negative habits:

Identify the habit: The first step is to clearly identify the habit you want to break.

Explain exactly what the habit is and how it manifests in your daily life.

Replace with positive habits: Replace negative habits with positive ones.

Set clear goals: Set clear and achievable goals to break the habit. Divide your goals into small steps and track your progress.

Practice self-control: Develop self-control and willpower so that you can resist the urge to engage in the habit.

Serve according to your desire and sacrifice yourself in that.

Struggle: Struggle for your goals. Keep striving to adopt new habits and behaviors continuously.

Learn from setbacks: Facing struggles is natural. Do not be disappointed after a setback, but learn from them and learn from your mistakes so that you can move forward."



Nirvaan Day



“Nirwaan” day

Guru and universe are not two but one. Guru is the optimum personification of the universe on planet earth and ‘Moksha’ is not something that is far away from earth but it is a state to reach right here on earth. And to introduce us to this experience and to awaken us, the Guru element or the Guru descends in the form of a body, becoming our guide to guide us.

Guruji is with us every moment in the elemental form. But whatever comes in physical form is sure to go away.

The day of 19th April 2015 is when Guruji left his body and entered samadhi and went far away from all of us by breaking the hearts of each of his child into pieces. It is as if he has taken out the soul of each of his children. ‘Guruji, only the souls of your children know how they are able to live without you’. This is a truth that whoever has come on earth is certain to leave. This is the law of nature on earth. But we know and experience that even if you have gone into Samadhi, you have now entered in to us forever in element form. We see and feel that you have become the heartbeat of our hearts so that you are with us in every moment. We can feel you every time we think of you and it is our promise Guruji that we will do our best to follow you (our Supreme Father) in every sense and by following the path shown by you.

All of your children who have seen you and who have not seen you, can feel you through your picture, alive with us. Please keep your kind eyes on all of us and bless us Guruji. May we all spread our fragrance like yours!

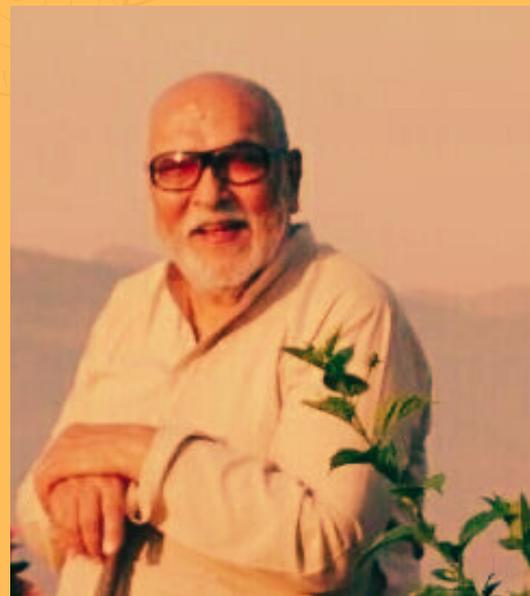
What is love?!

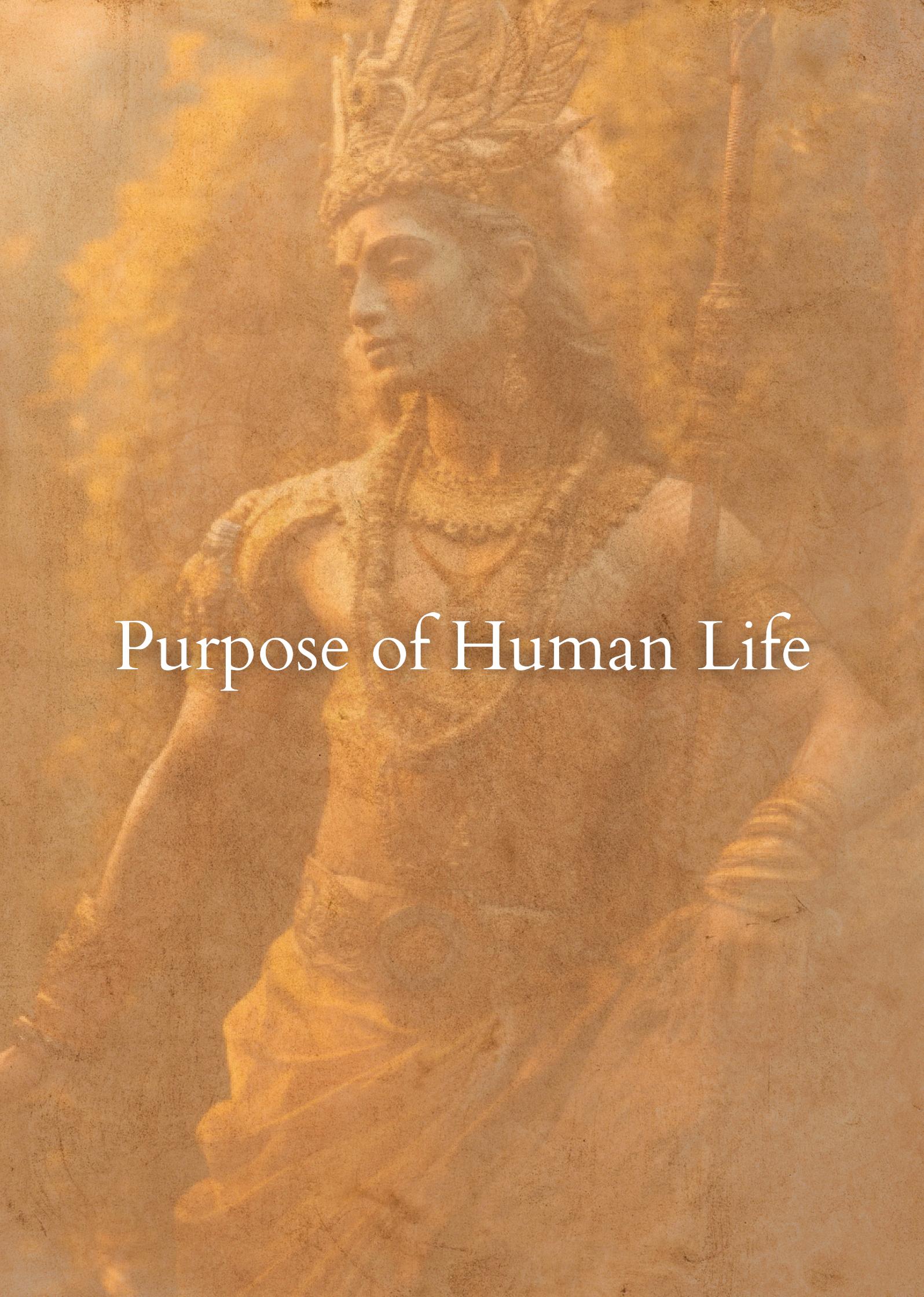
Guruji whose another name is love.

Hold on to Guru’s feet,
And attain the limitless.

Hold on to that Supreme Father...

And to that destination,
For what we were born!



A classical painting of a woman in profile, facing left. She wears a crown with a feathered plume and a necklace. The background is a warm, golden-brown color. The text "Purpose of Human Life" is overlaid in the center in a white, serif font.

Purpose of Human Life



Purpose of Human Life

The purpose of getting human life, the biggest attainment in life and the importance of Guru. Human life is obtained as a result of the virtues of several hundred births. Man is the only creature to whom God has given so much understanding that he has the possibility of becoming God within himself. One can know God, can merge into one's Supreme Father and can be on the path to salvation. But to be introduced to this possibility, it is necessary for the real Sadguru to appear in our lives. Without the real Sadguru, no matter which path we take, we cannot complete the journey from duality to non-duality. The word 'highly fortunate' is also very small for those souls who are blessed with the blessings of God in this life. He has chosen us personally and the biggest achievement of our life is that we have been chosen by the Satguru Saatguru. We have got the Saatguru Saatguru, let us take advantage of this great good fortune that has been given to us and without wasting even a moment, start our journey on this journey. With the Guru. Keep praying to the Guru that he holds our hand so that even if we wobble, the Guru holds us so that we do not get stuck in the middle of the journey. If a Guru has entered our life then it is certain that he will take the exams and if the Guru has held us then it is also certain that he will be able to take us to the destination, so without worrying about passing or failing, we just keep on giving our exams, our focus is only on All you need to keep in mind is that your attention should be on the Guru every moment. When the Guru enters your life, he will first make you his own. He will soak you so much in the rain of his love that you will not be able to see anything except that rain. When you will be so immersed in his love that you will not be able to think of anything other than your Guru. Every time while sleeping, waking up, sitting, eating and drinking, you will only see him. Only the Guru becomes visible and when he becomes visible, his qualities will also be reflected in you. So understand that your first step has been completed. The spirituality taught to you in the first step is very simple and very beautiful. You also enjoyed this trip very much. The journey is also very pleasant, very beautiful. I have learned to love myself. Now we have to go to God. Now if we want to be like him, we will have to become like him. Now it is the turn of the second phase. You fell in love with the corporeal form of the Guru and you remained foolish and got stuck there, but he is the Guru, how will he let you get stuck, he has to take you on the journey till the formless. Now comes the turn of detachment, suddenly the Guru will completely remove you from himself. So distant as if he doesn't even know you, let alone talk to you, he won't even look at you.



You won't be able to understand anything. Life will become desolate, you will not understand anything, what is going on with you, are you feeling depression? Tears will flow all the time in the memory of Guru, everything is beyond understanding, then slowly you will understand this immense love, the definition of love. . Now, in the fire of this separation, all your vices will burn to ashes. Even during this time, the Guru will keep hitting you from time to time. You thought you were getting up, but he will knock you down again to make you stronger. The yearning to find the Guru, to meet the Guru will keep on increasing but you will not get the Guru. No matter how much you cry, no matter how much you beat your head, no matter what you do, you will not find the Guru. . It is not that he does not love you or is not waiting to meet you, he is also sitting with open arms for you, but when the examination is going on, the teacher remains silent, that is why he too is silent. Waiting to be with you.

He wants his child to become like him, for this he stands strong to prepare you, takes your exams in every possible way, in this exam he may even humiliate you in front of everyone because he treats you with disrespect. He wants to get out of it, maybe He says this is the cup of desire and you have to drink because He wants to test your faith, maybe you get a kick that shakes you completely, more than you can bear Well everyone, you may feel like running away from here no more, but this is also possible, maybe this is your last exam. To unite with your Guru, do not run away, but stand firm. It is also certain that whatever action is taken by the Guru with you, it is only for your good. So the only thing for us is to love our Guru to the extent of love. Maintain faith, devotion and trust. If you follow the method, your Guru's food will taste sweet... that's all. Guruji, keep accepting everything like you do, still have a wish that this drop should join the ocean and become the ocean itself! Love you Guruji 🙏❤️

The image features a textured, golden-brown background. In the center, there are two large, golden footprints, one on the left and one on the right, set against a lighter, textured rectangular area. The text is centered between these footprints.

Guru, the embodiment
of supreme god



The master (guru) is the embodiment of the supreme soul god

All humans at the time of their birth are ignorant and innocent. As a mother imparts knowledge her child gains knowledge bit by bit. Humans start learning about science and knowledge by observing and understanding. For example, when James Watt observed and understood the power of steam, the steam engine was invented. Post this many engines were built in the world. In fact, if we pay attention, it is God himself who graciously comes in the form of a Guru and works for the welfare of mankind. If this was not true then humans would have been like any other creature living in the jungle like a wild animal. It is only due to the grace of God that He comes in the form of a Guru and keeps providing various kinds of knowledge and scientific know-how. Therefore a Guru is considered an embodiment of God. This Divine God and Supreme Father has not been seen by anyone but His embodiment in a Guru has been accepted by everyone. For this reason, the formless God is accepted as the direct real Guru. Therefore It is written in the scriptures that Guru is the direct and complete God. thus we bow to that Guru (Guru Sakshat parbrahma tasmai shree Gurve namah).

In the Stone Age, when all the creatures were in their wild form, the unknown Supreme Guru himself, the Almighty God, kept imparting spiritual and scientific knowledge to humanity in the form of some Guru or the other. When a person saw a round stone rolling, the idea of inventing the wheel came to his mind, later due to the wheel, bullock carts and horse carts were made. God provides knowledge and scientific knowledge to man only through a Guru. Therefore, only the Guru who imparts knowledge is accepted as the form of God. The scriptures have accepted the divine form Lord Shiva as the Adi Guru and the divine Lord Shri Krishna as the Vishwa Guru. Generally, there is only one soul within all living beings, but on the basis of quality, qualities and karma, there are special souls, who do special work for the benefit and welfare of mankind, who make special sacrifices, they are considered to be the form. . Of great souls (Mahatma) or God. No ordinary person can easily know that unknown God but he can definitely understand the grace of his living Guru. Therefore, instead of paying attention to the physical qualities of one's Guru, a person should focus only on his qualities, art, knowledge and Guru's power.

There is no doubt that by the grace of the Guru the disciple can also know the ultimate truth. How can a person gain special knowledge and information without having a relationship with a Guru? Therefore, it is important for a person to have a guru-disciple relationship. In a natural form, no creature can easily bear any type of anguish, pain, misery, problem, or troubles. At the beginning of the world humans who were also beastly, have slowly and gradually become civilized and educated beings today, because that unknown esoteric Almighty lives within the humans in the form of True-psyche-bliss (sat-chit-aanand), who always keeps inspiring the humans to acquire knowledge and scientific know-how and the same Supreme Soul God bestows knowledge sometimes in the form of the primary Guru Shiva and sometimes in the form of Guru Vashishth, sometimes as Yagyavalk, sometime in the form of



Narad or the divine Lord Shri Krishna. Sometimes impart knowledge through the medium of Vedas, Upanishads, Puraan, and Mahabharat or in the form of the great saint Vedvyas. The same Supreme Soul God being gracious to human beings, makes the humans understand the knowledge sometimes in the form of Jesus, Buddha, Guru Nanak, Saint Kabir, Saint Tukaram, Namdeo or Eknath.

Naturally, no creature can easily bear any kind of pain, suffering, sorrow, problem or troubles. In the beginning of creation, humans were animals, but today they have gradually become civilized and educated beings, because that unknown, mysterious Almighty resides within man in the form of Sat-Chit-Bliss. Who always inspires man to acquire knowledge and scientific knowledge and the same God provides knowledge sometimes in the form of Adi Guru Shiva, sometimes in the form of Guru Vashishtha, sometimes in the form of Yajnavalka, sometimes in the form of Narad. Or the divine Lord Shri Krishna. Sometimes impart knowledge through Vedas, Upanishads, Puranas and Mahabharata or through the great saint Vedvyasa. The same Supreme God, by blessing humans, sometimes imparts knowledge in the form of Jesus, Buddha, Guru Nanak, Saint Kabir, Saint Tukaram, Namdev or Eknath.

All the saints or messengers of Almighty God who have come to earth are also an incarnation of the Supreme Lord. As messengers of God in the form of Moses, Jesus, Mahomed, they themselves show the path of religion and sect, similarly sometimes they impart knowledge of science in the form of Galileo, Newton, Archimedes or Einstein. Sometimes Edison invented the electric bulb. Sometimes God's doctor imparts the knowledge of Ayurveda in the form of Dhanvantari or in the form of Charaka. Sometimes Chanakya teaches politics and economics in the form of Socrates or Pluto. Sometimes provide technical knowledge as Vishwakarma. Sometimes Guru Gorakhnath or Patanjali gives knowledge of physical exercises (yoga). Sometimes Bharata, in the form of a great saint, teaches the art of dance. Sometimes Narad or Swami in the form of Haridas teaches the art of singing and playing musical instruments. Sometimes the first Kula Guru in the form of Vashishtha imparts the knowledge of both scriptures and weapons to Lord Rama.

To make all this clear, the meaning is that as per the time and need, the same Almighty Lord keeps imparting knowledge in the society in the form of some Guru or the other, hence these great men are accepted as Satguru, messengers or incarnations of God.

This truth also finds special mention in the ancient spiritual texts, the Vedas. As it is said in Yajurveda (1-6) 'O human beings, who is that embodiment of bliss who orders you to perform auspicious and beneficial deeds? It is the same Almighty God who allows you to become wise and become a student to manifest and learn knowledge and auspicious qualities. For what purpose does the Almighty appoint us? He appoints hardworking people for honest conduct. The same God also appoints those who do and get good deeds done. It is Almighty God who imparts good qualities and knowledge to teachers and students.



Similarly in the Rigveda (9-17-42) It is also said that the pure incarnate supreme Lord excites the teachers and preachers to wealth, excites the spirit of self-confident action oriented to try and do, inculcates the virtues of the intellectuals, excites the intellectuals for the knowledge of other worlds and Mother Earth. In this way, O Supreme God, please encourage all the above mentioned individuals.

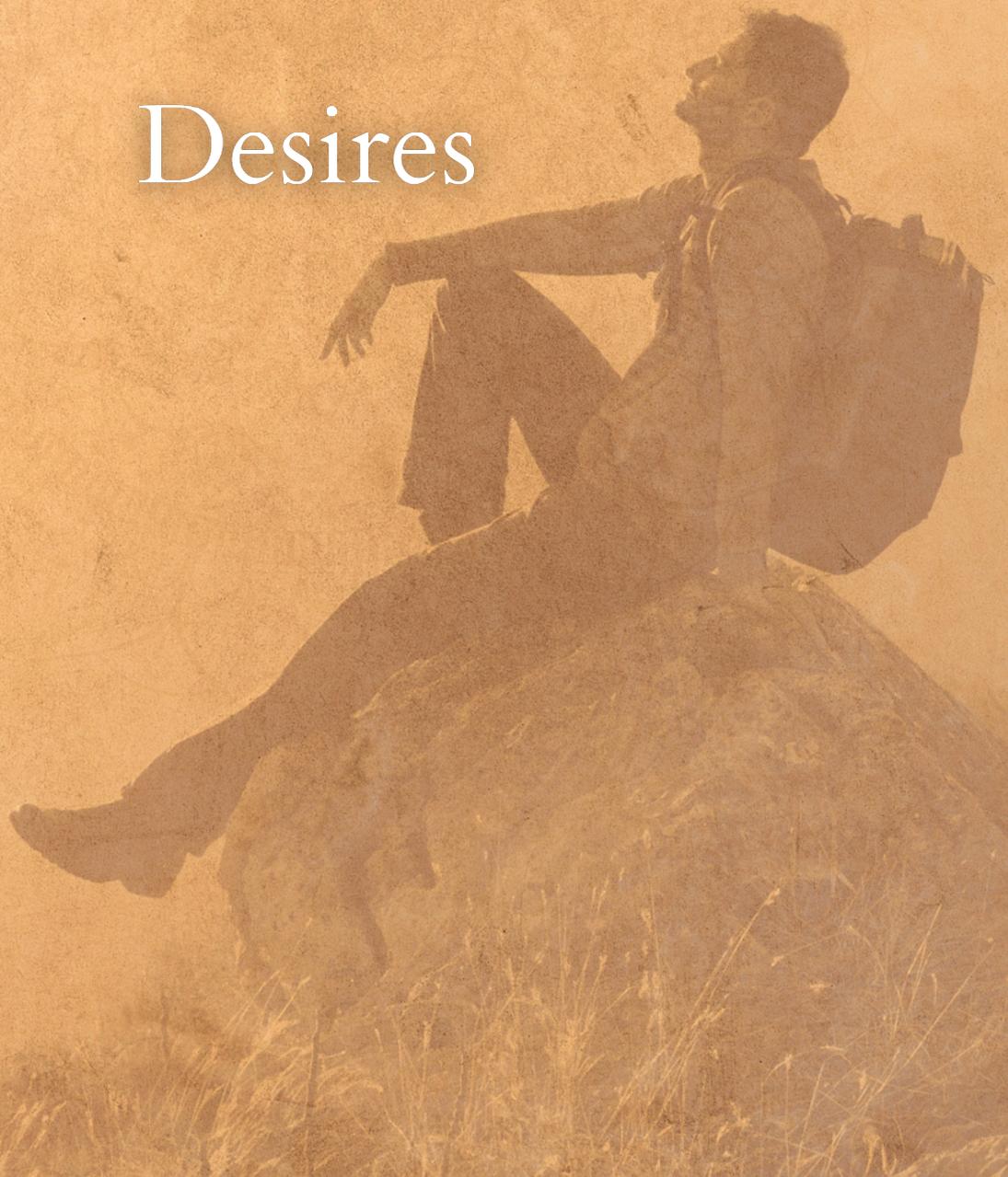
Only one thing can be proved from all these examples that the same Supreme Guru, God himself, in the form of a Satguru, keeps imparting knowledge and scientific knowledge and keeps motivating the disciple to acquire that knowledge.

This proves that the Guru-Shishya (Guru-Shishya) tradition is not limited only to the knowledge of religion and philosophy, but is important for all types of knowledge.

Every person is a human being. If someone becomes the Guru of someone else it does not mean that he will be separated from his personal nature or his mannerisms and conduct will change, this can happen only by the grace of the Supreme Guru. It is not necessary for anyone to change his personality or nature to be called a Guru. Any person can become a Guru only by his knowledge, art, qualities or by the grace and blessings of Satguru. Guru-disciple is a relationship, a reverence, a respectful recognition, a trust and Guru is a rank, position or status.

The disciple accepts the relationship with the Guru of his own free will, for his own happiness and with his own mind. A person may be right or wrong but whatever be the position or position it is always true.

Desires





Desires

Once I sat with Baba at Gurgaon, the topic of conversation was emotions. Baba said, my dear, in every moment of life a person remains connected to some emotion or the other. The breath we inhale and exhale is associated with some emotion. Since every breath is associated with some emotion we can summarize life as an emotion. There are two types of emotions, one healing and the other fatal. Since we are children of The Healer, it is so simple that our emotions should also be of healing. Guruji has set up a factory to make human beings, whereas Baba creates human beings who can correct the emotions of every human being. Since the Father does this, we as His children should do the same. When I came to the holy feet of Guruji, I saw that Guruji was healing every devotee very simply and easily. My dear, that is why the mission of my service is also to heal emotions. When you give healing to someone, you confirm yourself to be a child of the healer. Baba said, on this Earth it is easy to talk but difficult to listen.

If you focus on the law of nature you will see that you have been given one mouth and two ears so that we speak less and listen more.

Have you seen Baba: He kept listening to everyone patiently. If you listen more, you will easily take on the responsibility of being the Master's child. Baba said: You will be able to know what is going on inside a person only when you listen to that person with love and patience. Whatever Baba said was always the best. On this subject, he said that when you listen to someone patiently, 50% of the work is done because after coming out, the person becomes relaxed and the master takes care of the remaining 50%. You can understand this process if you are faithful enough to clean old dirty pots so that the Guru can pour milk into them. You should always pour milk in a clean vessel. That is why the faithful must always remember that the doer is the master, what he can do is to pacify the person who has come to the sacred feet of the master and allow him to bring out whatever is inside him, so When a calm and peaceful mind prays, the Master will come to save the child.

Like always, I was overwhelmed after hearing these words of Baba. Wow, Amazing!

APRIL

2024

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09.04.2024 GUDI PADVA
 11.04.2024 BADA GURUVAR GURUDHAM
 17.04.2024 RAM NAVAMI

18.04.2024 BADA GURUVAR ANDHERI
 19.04.2024 PARAM PUJYA GURUJI
 NIRVAAN DIN
 23.04.2024 HANUMAN JANMOTSAV



MAY

2024

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09.05.2024 BADA GURUVAR GURUGAON
 10.05.2024 AKSHAY TRITIYA , PARAM PUJYA
 DADI MATA NIRVAAN DIN
 16.05.2024 BADA GURUVAR ANDHERI



JUNE

2024

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10.06.2024 GURUDHAM GURUCHALISARAMBH
 03.06.2024 BADA GURUVAR
 20.06.2024 BADA GURUVAR ANDHERI



JULY

2024

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11.07.2024 BADA GURUVAR GURUGAON
 18.07.2024 BADA GURUVAR ANDHERI
 21.07.2024 GURUPORNIMA
 23.07.2024 PARAM PUJYA DADA GURUJI NIRVAN DIN





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Healing to Feeling

Satya * Prem * Seva



**“Surrendered at the Lotus Feet
of His Holiness Guruji”
TEAM ESSENCE
|| Om Namoh Gurudev ||**



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