

# ESSENCE



MAHASHIVRATRI EDITION

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

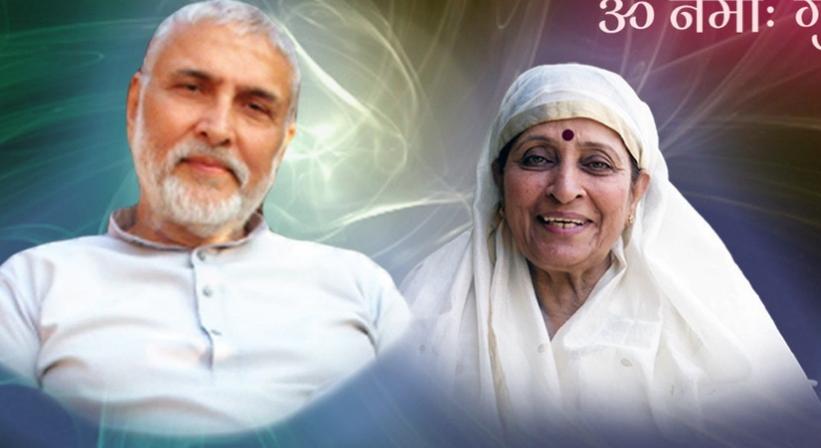


March 2024

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EDITION: 23

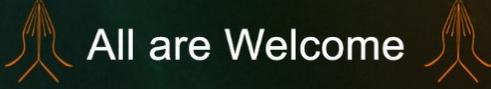
ॐ नमोःशिव ॐ  
ॐ नमोः गुरुदेव



# MahaShivratri Parv

06 - 10th March 2024

Om Tryambakam Yajamahe,  
Sugandhim Pushtivardhanam |  
Urvarukamiva Bandhanan,  
Mrityor Mukshiya Maamritat ||



**Experience | Participate | Volunteer**  
Nirjal fast to be observed as per will power

Gurudham, Pavana, Lonavala.

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Thursday, 7-03-24

06:05am Jyoth  
04:05pm Shiv parvati Vivaha  
07:05pm Jyotirling archana  
with Diya

Friday, 8-03-24 (Mahashivratri)

06:05am Jyoth  
09:05am Maharudra Havan  
11:05am Gau Daan  
03:05pm Maharudra Abhishek  
08:05pm Bhajan sandhya  
11:05pm Mantra dhyan  
12:05am Darshan with  
Bilva archana



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# SHIV MAHIMA

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Shiva is the consciousness from where everything begins, where everything is nourished and in which everything merges. We are never outside 'Shiva' because the entire creation exists in Shiva. Our mind, body, everything is made up of Shiva element only, that is why Shiva is called 'Vishwaroop' which means that the entire creation is his form.

**Shiva is eternal:-** There is a very beautiful story about Shiva. Once Brahma (creator of the universe) and Vishnu (sustainer of the world) were searching for the answer to the question 'Who is Shiva?' They wanted to know Shiva completely. So Brahma said to Vishnu - "I will search for his head, you search for his feet." For thousands of years, Vishnu reached deep down in search of Shiva's feet and Brahma reached very high in search of Shiva's head, but both were unsuccessful.

Here it means that Shiva has no beginning and no end. Finally both of them met in the middle and came to the conclusion that they could not find Shiva. It is from here that Shivalinga came into existence. Shivalinga is a symbolic expression of infinite Shiva.

Shiva is the limit of the entire world. Creation is a confluence of opposite values. It has both positive and negative qualities. If there is fire in the universe, there is water also, if there is evil there is good also. Shiva exists in all opposite values. That is why Shiva is called Rudra (fierce) and at the same time he is also called Bholenath. While he is called Sundaresh, he is also called Aghor. In one prayer, Shiva has been called Gauram and in the same line he is also called Karunavatara.

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Shiva is Samadhi Shiva, is beyond the waking, sleep and dream states of consciousness. Shiva is Samadhi – the fourth state of consciousness, which can be achieved only in meditation. In Samadhi the mind remains completely equanimous. It is calm and completely aware at the same time.

Rudrashtakam- A Shiva Stotra has the answer...

Namami-ShamishanaNirvana Rupam, Vibhum Viparam Brahma-Veda  
Swaroopam |

Nijam Nirgunam Nirvikalpam Niriham, \*Chidakashmakashvasam  
bhajeham.

He is God, He is omnipotent, He is omnipresent. There is no place where Shiva is not present. He is that sky; that consciousness, where all knowledge exists. They are unborn and without qualities. This is the state of Samadhi where there is nothing, only the empty space of inner consciousness. He is Shiva!

Lord Shiva is present everywhere. There is no difference between our soul and Shiva. That is why this hymn is also sung, "Shivoham Shivoham..." I am the form of Shiva. Shiva is a symbol of truth, beauty and infinity. The essence of our soul is Shiva. The symbol of our existence is Shiva. Otherwise, when we worship Lord Shiva, we are honoring the divine qualities present within us.

Shiva Tattva:- Mahashivratri is the day to celebrate Shiva Tattva. On this day all the seekers and devotees celebrate together. Shiva Tatva means the principle or truth that represents our soul. This is the ultimate truth that we are searching for.

Why is Mahashivratri celebrated? :-

The fourteenth day of every lunar month or the day before Amavasya is known as Shivratri. Of all the Shivratri that occur in a calendar year, Mahashivratri is considered the most important. On this night, the northern hemisphere of the planet is positioned in such a way that the energy within humans naturally moves upward. It is a day when nature helps man to reach his spiritual peak. To utilize this time, traditionally, we have a celebration, which lasts the whole night. In this all-night celebration, special care is taken to ensure that the natural flow of energies gets full opportunity to flow – you remain constantly awake, keeping your spine straight.

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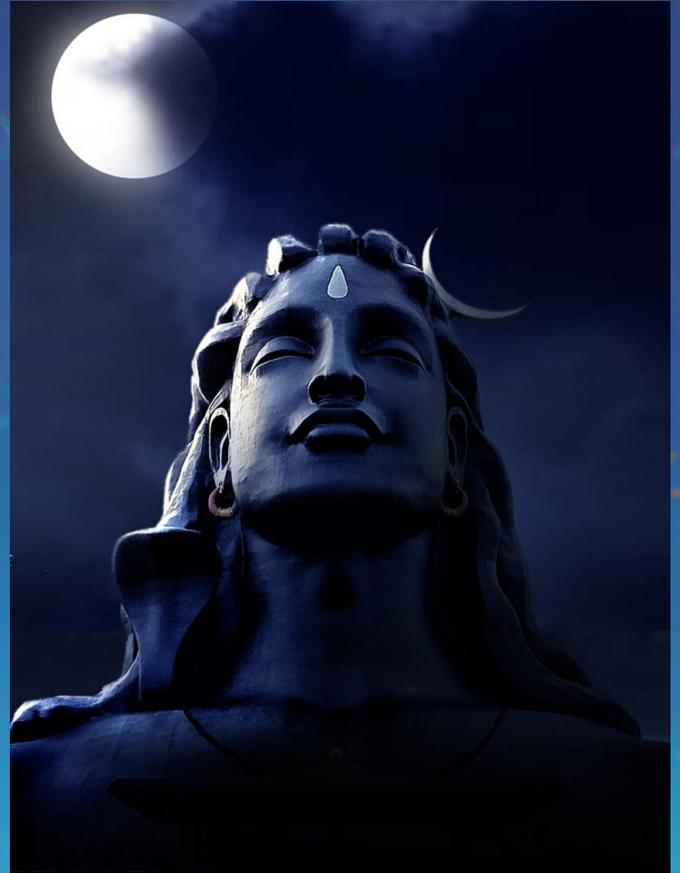
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# THE TRUTH OF LIFE

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We know that human life is around 60 to 70 years on an average, out of which 15 to 20 years are spent in playing or education, and for some people their last 10 or 20 years of life is spent in some illness or its treatment. One gets only 20-25 years for progress and to perform deeds. During this period many people perform many right and wrong actions, some people perpetrate crime, corruption, and do illegal activities. Usually all these unethical actions become painful in the future, they can also



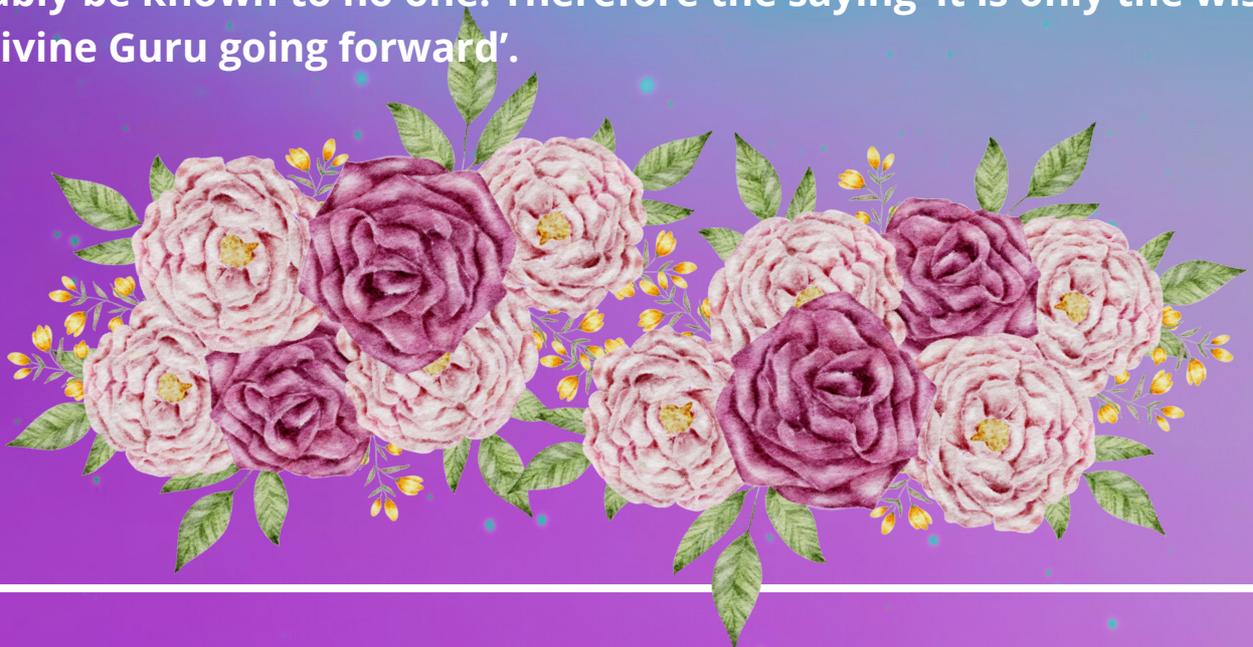
lead to anguish and repentance. Still what can a man do? Because he has to bear the fate. The way, due to one's own destiny, one falls in wrong company or gets an erroneous education and starts performing many wrong or criminal actions, similarly due to the right company and good education one can bring about a positive change in himself. Therefore really speaking neither does one deteriorate and nor does one improve, rather everyone is just bearing the fruits of their fate. Still it is only according to the wish of the Divine Guru going forward.

As far as happiness and misery are concerned they usually come in everyone's life. Then it may be any spiritually great person or some ignorant, criminal, uneducated or corrupt person or may these happiness and miseries be economical or mental or physical for that matter, they are present in everyone's life in one form or the other. The destined happiness and miseries have to be borne by everyone.

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For example even the life of Lord Ram was not without miseries, the life of the Pandavas was also in most parts an unhappy one, even the life of Lord Krishna was a struggle. The great sage Swami Ramkrishna Paramhans was afflicted with cancer, Saint Tukaram, Saint Tulsidas, the great devotee Narsi Mehta, Jesus, and for the great messenger of God Mohammad Saheb also led life of long struggle and in parts unhappily. The meaning to say all this is that the spiritual knowledge just gives us the glimpse of the truth, it gives the guidance of the path, it provides self-strength to the doer, makes him self-dependent, makes him adhere to honesty and humanity, gives him relief, it makes the life joyful spiritually, it awakens a feeling of equanimity towards both happiness and sadness and if there is benignity of a Guru on someone then he can also perceive the Guru's grace. A man will be spiritual or social, he will be a great sage or a utilizer, and will he be happy or miserable all these things are dependent on one's destiny. Till when will Angulimaal remain a dacoit and when will Gautam Buddha come and change him for the better and make him a almsman, all this is dependent on destiny. When will dacoit Ratnakar meet the celestial saint Narad and listening to him, when will he become the great poet Valmiki, this no one knows. When will Ratnavali taunt her husband Rambela and he will get transformed from an ordinary man to the great saint Goswami Tulsidas. Similarly no one knows how a contemporary young man like Narendra met the great Swami Ramakrishna Paramhans and became Vivekananda. Which person can become whom or what and when and in what consequences of fate he will bear this, probably be known to no one. Therefore the saying 'it is only the wish of the Divine Guru going forward'.





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# UNDERSTANDING

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An intelligent was trying to make another one to understand,  
(समझ समझ को समझा रही थी)

Both were trying their best to connect the dots of each other,  
(समझ समझ में जा रही थी...)

But neither of them understood.

(समझ को समझ नहीं आ रही थी)

Baba, after saying these lines, said: It is so simple that you have to understand nothing. You were born & will depart too without your consent & knowledge. Simple people are the ones who understand that it is not the domain of individual intelligence. Whereas the fact of the moment is all happens as per Master's Mood then why do you apply mind in understanding that can never be understood? It is beyond your reach. You see, Nature always does the best & you are still in quest of betterment. When you are in the midway then scientifically, historically, anarkali & through any other kali, how you may, comment on the destination.

All are here to perform. And our performance should be with sincerity. It is so simple that in a movie too, you have to keep looking towards the Director for the instructions to be followed because our roles based on the script and our job is to follow the script and be happy. This is the only thing you have to understand i.e. to follow the Director's command. On the other hand, you see that the script, stage, film, etc. belongs to the Director. You are the chosen one. You have to give your best as per the demands of the role. The irony is that you don't put your energy into the role & rather waste it in criticizing the role of others. You just don't stop here & further label this stupidity as your achievement.

You try to prove yourself intelligent & in the process you ought to get confused, tensed, frustrated, and depressed & finally out of your senses. Baba said: The only thing to be taken care of is that you belong to Him & have come out of the Nature. Your journey should be towards the Nature as t's obligatory on your part to get amalgamated. Thus, the drop has to submerge into the Ocean & it is your individual journey & that too for your solace. Otherwise, also you should understand the fact that one

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i day you will merge with Nature. My dear, a stitch in time saves nine.  
Baba said: Dear, when the final is to merge only, then the best is to  
practice the same in the Holy Feet of Guru in your present life.

Baba told then:

I could see that, The self-proclaimed intelligent were all looking stupid.

(जो समझदार बन रहे थे वो मेरी नज़र में बेवकूफ लग रहे थे)

And the actual intelligent ones were the simple and looking naive.

(जो नासमझ थे मेरी नज़र में वो समझदार लग रहे थे)

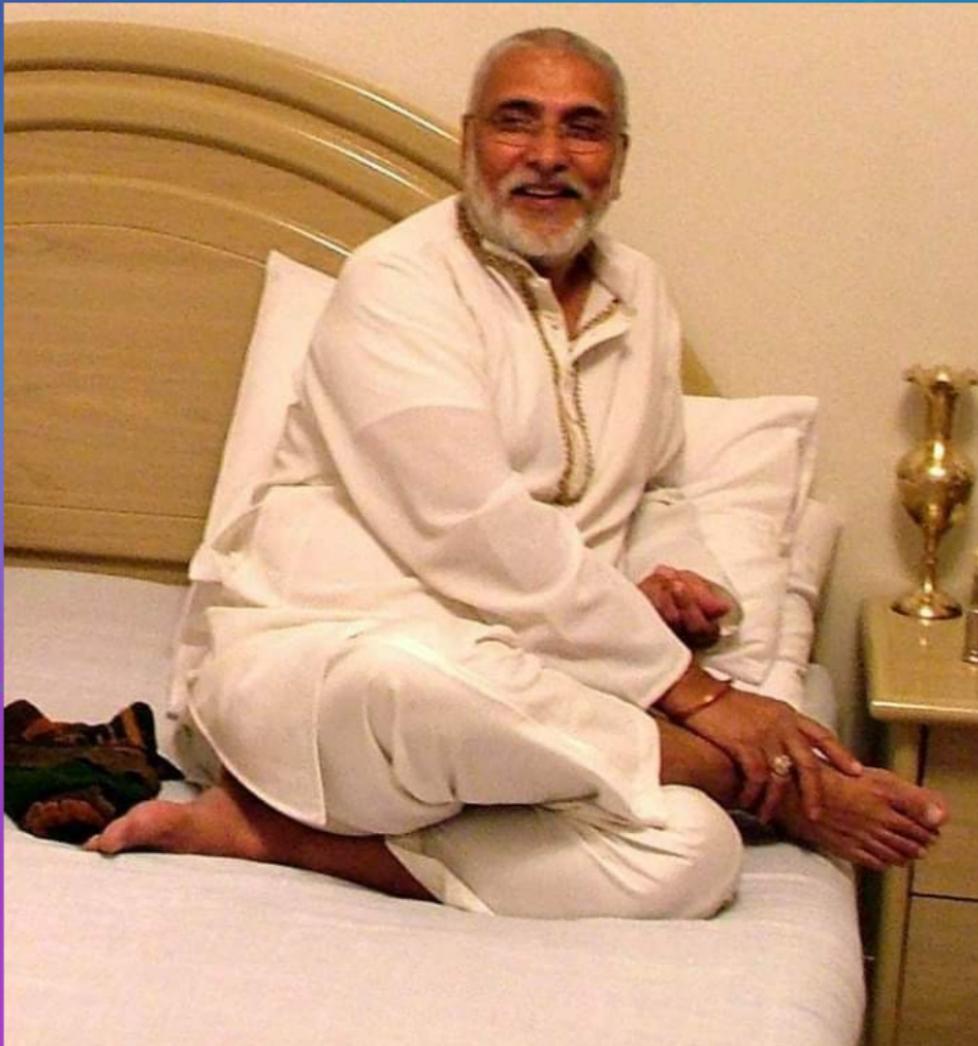
Overconfident loses everything,

(समझ के हेर-फेर ने खुद से जुदा किया)

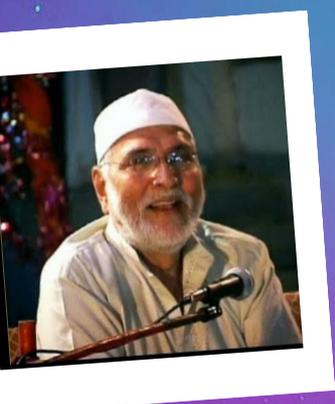
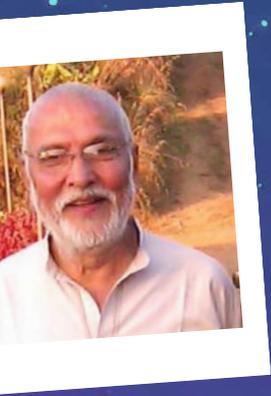
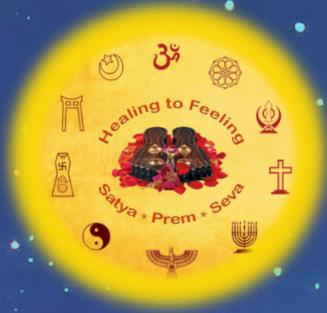
After repenting & realizing regains the lost.

(आप ही उलट-पलट के फिर से खुदा हुआ)

Baba said...







# Essence 2024

CALENDAR





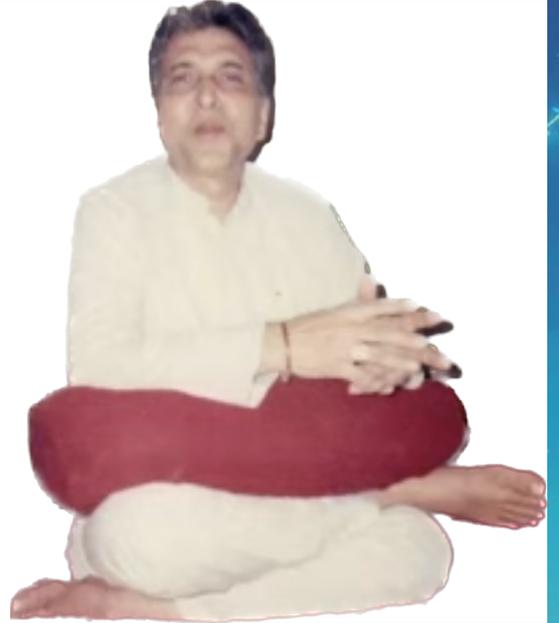


Essence

जो गुरु को माने, वह जग को जाने।

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	1	2	3	4

०९.०४.२०२४ गुढीपाडवा      १८.०४.२०२४ बडा गुरुवार अंधेरी  
११.०४.२०२४ बडा गुरुवार गुरुगाव      १९.०४.२०२४ परम पूज्य गुरुजी निर्वाण दिन  
१७.०४.२०२४ श्री राम नवमी      २३.०४.२०२४ हनुमान जन्मोत्सव



April









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

**TEAM ESSENCE**

**|| Om Namoh Gurudev ||**

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