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AATHMA SURABHI

An Enlightened master's 100% spiritual magazine for seekers of truth



***Saint Sundar - Brahmam
in concentrated form..***

Aathma Surabhi

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President T.Sundaramurthy (Guruji Sundar)

Editor R. Muralikrishna

Publisher T.S. Kothandaraman
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Trust

Editorial Board K.S. Rajagopalan
T.S. Rathna Priya
R. Gopinath
K. Sudharsun

Printer U &A Grafex, Chennai

Admin Team R. Babu
V. Senthil Kumaran

Web Team K. Sudharsun, T.S. Govindaraj

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Please address enquires and subscription to:

Aathma Surabhi
Aathman Awareness Centre Trust,
No.11/6, Mettu Kazhani Street,
Adambakkam,
Chennai – 600 088
Mobile No: +91-9176055812, 9940014779
9176055812, 9940014779
Email: aac@aathmanawarenesscentre.com
Web site: www.gurujisundar.com
www.aathmanawarenesscentre.com

Twitter: Guruji1008

Facebook: www.facebook.com/gurujisundar

About Guruji and Aathman Awareness Centre

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Guruji Sundar is a rarest of the rarest flowering in human consciousness. He is one among the masses leading a life of a normal householder, yet attained the pinnacle of wisdom. He has hidden himself thoroughly that only a highly evolved seeker can spot him. His statements are direct, profound and not just meant for the current generations, but also for the future where his words will definitely increase the inner fire and reveal the highest truth in simple language. He is a pregnant cloud waiting to unburden his WISDOM to the entire humanity.

He founded Aathman Awareness Centre (a non-profit universal spiritual organization) in 2002 for the purpose of showing the way to seekers all around the world. His aim is to make as many flowerings flower with awareness in the garden of humanity. One of the purposes of AAC is also to become a “spiritual university” where people from all over the world get enlightened irrespective of the religious paths they follow.

He also has created several meditation courses for the benefit of humanity and is a prolific writer. One of the visions of AAC includes creating a database which can be of help to any true seeker and which contains the keys for true wisdom. This magazine is a step in this direction.

AAC was the first organization to bring out the significance of Jeeva Samadhis of saints in India by performing renovation to dilapidated Jeeva Samadhi shrines. In spiritual world, it is very rare for a person to attain Jeeva Samadhi. Jeeva Samadhis are true monuments which need to be preserved. If Jeeva Samadhis are worshipped properly with total reverence to the saint, the humanity will blossom and flower forever.

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AATHMA SURABHI IS DIVINE FRUIT OFFERED BY GURUJI SUNDAR

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GURUJI'S CALLING FROM THE ABODE OF HEAVEN

Saint Sundar



I am the bridge between the other world and this world. Through me, with my help and push and with little effort from your side, you can reach the other world. Without Guruji's help, even if you put 200% effort, it will only become futile.

So Guruji is the main propelling force to push you into the other world. Only fools will think that putting hard work will bring fruits. Only the blessings of God and Guruji can take you to the other world. The stay in this world is mainly to prepare ourselves for the voyage to the other world. The **quality time** spent towards reaching our goal towards the other world while staying in this earth decides our fate. If we spend our time towards trivial things, then we will stay in this earth forever taking many births and many deaths resulting in a vicious circle of life and death.

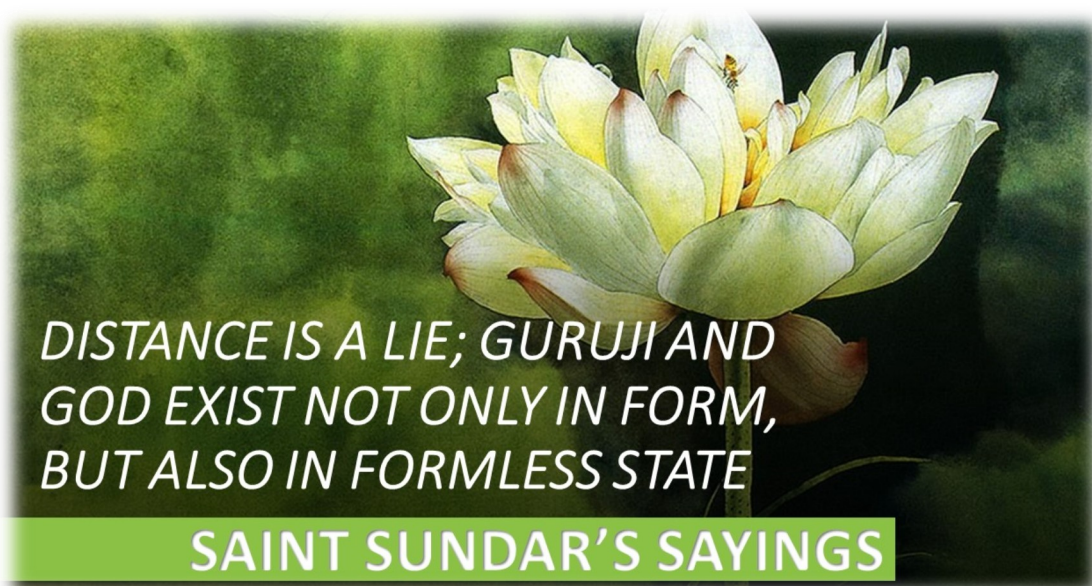
So, my dear yogis, this very life is the opportunity for you to focus all your efforts towards reaching the other world with the help from guruji. Guruji will not be here forever to help you out. I have many other plans. This is only a temporary stay for me to help you all. Everything rests on you. So, make up your mind and follow me towards your MOKSHA!

DISTANCE IS A LIE !!!

-Sindhu

'The fish in the water is never thirsty'. This is the phrase I have always heard growing up and I even believed in too. But now, I know the underlying hidden truth in it. For everyone else, water is just a means to quench their thirst whereas for the fish, water is the life source that's keeping it alive and not just a means to quench its momentary thirst. The fish will never survive out of the water.

I was in the same situation when I had to move to Canada for my studies. I believed that it would be very difficult for me to survive in this new land without seeing my Guru. I had lived my whole life under his roof with him holding my hands and keeping me steady. I never really had to worry about anything when I was with my Guru. He was there with me and his mere presence was enough to pull me out of all the clutches of mind and to push me within myself. My whole life revolved around him. He was my Guru, my father, my mentor, my lover, my life and what not!! Living 3 years of my life without him was way beyond my imagination and I jumped right into it without thinking because I believed that I had to do that not for myself but for HIM!



Distance is Nothing:

It has now been almost a year and a half since I moved and, in this journey, I have understood many things about 'distance'. Now, I understand that Existence and my Guru are so compassionate towards me and they gave me the most wonderful experience of uncovering the myths about distance.

Distance doesn't really exist. It is just an illusion created by the human mind with the so-called laws of physics. This illusory distance cannot separate the beings connected in this space. It is like an imaginary veil that covers the physical forms forcing everything to seem abstract, but the moment you realize that the veil is imaginary, it becomes clear that 'physical presence' itself is a deceptive concept. This realization will make us see the bigger picture, because as long as you are caught in the physical aspects of Guru, the true realm of Guruji will remain hidden.

These one and a half years seems like a day to me. I don't feel the distance now. I realize that Guruji is omnipresent and he is there to constantly guide you no matter where you are. This is not only because you are holding onto HIM, but because HIS HOLD on you is even more strong and powerful.

Focussing our Awareness on our Guru:

This has been the 'mantra' for my survival abroad. There has not been a single day without Guruji in my thoughts or actions. He is there in everything I do. He is there in everything I say. I have learnt and am still learning the art of focussing my awareness on my Guru.

There are two ways to battle with the so-called DISTANCE. One is leaving the space or the existence behind and trying to enter a new space with almost everything obsolete. This is when the mind takes the better of one's self and instil the fear of separation making one feel all alone.

But for a spiritual seeker, there is another way where you don't really have to leave anything behind. **Your space is yours wherever you are!** You can have your own space wherever you go, and you will have your spiritual possessions with you. To put it in a clearer way, you will have your GURU with and within you if your awareness is constantly focused on His Holiness. He will be your space to operate, your world to survive and your strength to achieve.

Staying Connected:

Even though you are physically separated, a disciple should always stay connected to his Guru. Guruji is like a mirror. HH will reflect one's own thoughts and actions. Therefore, a disciple should always be transparent to Guruji. He should open his heart and should invite his Guru to live in his heart. If Guru is in your heart, then the maya or illusions of distance created by the mind will fade away and you will be with him where He exists. I have understood this many times from my own experiences. My heart opens only to Guruji and there is nothing to hide from him. There is nothing about me which is not known to Guruji. I realize that this is the importance that I give to my Guru. A seeker should always give utmost importance to Guru and GURU only! Everything else should only fall next to HIM. This is the only way to open your 'self' and surrender completely at his feet. The day you put everything else aside and surrender yourself is the day when GURUJI will take your life in his hands and lead you through all your struggles and growth.

In my opinion, as a seeker, your seeking ends right when you surrender yourself to GURU. After that your life is so simple and that is just to follow your Guru's words. Your life will become Guruji's responsibility wherever you are. Whatever happens, you will know that Guru is right beside you to lead you and your mind has no role to play there. Again, this knowing comes only because of your trust on HIM. Your trust on HH should be whole-hearted and blind. The 'trust' should come from your being and not from the reasoning of your mind. 'TRUST' reflects a disciple's bakthi towards his Guru. The trust should be total, not even an iota less. It cannot be explained in words and it needn't be explained to your Guru. If you trust him, he will know!

I understood that 'distance' has no role to play in all this. Though I have faced a lot of struggles here, his words **'I will take care'** is enough to push me through all of them and to stand up again. Even if he doesn't say anything, I know he is there with me because my trust on him is bigger than anything else.



Gifts of Distance:

For a spiritual seeker, if you stay connected with Guruji, there will be no hindrances in your spiritual growth even if you are farther away. In reality, there are a lot of things the 'illusory distance' will teach you.

- If you are near Guruji, you see him in his physical form and your mind gets so connected with his form. It associates his form to HIM and always expects to see him in his physical form. This, in fact hinders your ability to see farther away from his physical appearance. But distance teaches you to see his 'formless form' and makes you understand how far and wide his realm is spread upon.
- When you are with Guruji, you expect him to speak. There is always an expectation to hear his words. But distance teaches you that speech is just one of the means to connect with HIM and to learn his teachings. If you are far away, you will know the language of the heart and you will learn how to connect with him through your heart.
- When you are near Guruji, you get caught into the clutches of the 'MIND'. You tend to talk, fight and argue over simple things. You do everything from your mind and this ignorance will get the better of you. But distance teaches you to see the bigger picture. It makes you understand the patterns of the mind clearly and you learn how to cross it without even getting inside of it. You don't have to fight with your mind. You can cross the mind just like a breeze.
- Distance teaches you how to see, but not with the eyes. It teaches you how to speak, but not with words. It teaches you how to learn and unlearn, but not with the mind. It teaches you how to live with GURU, but not with his physical form.



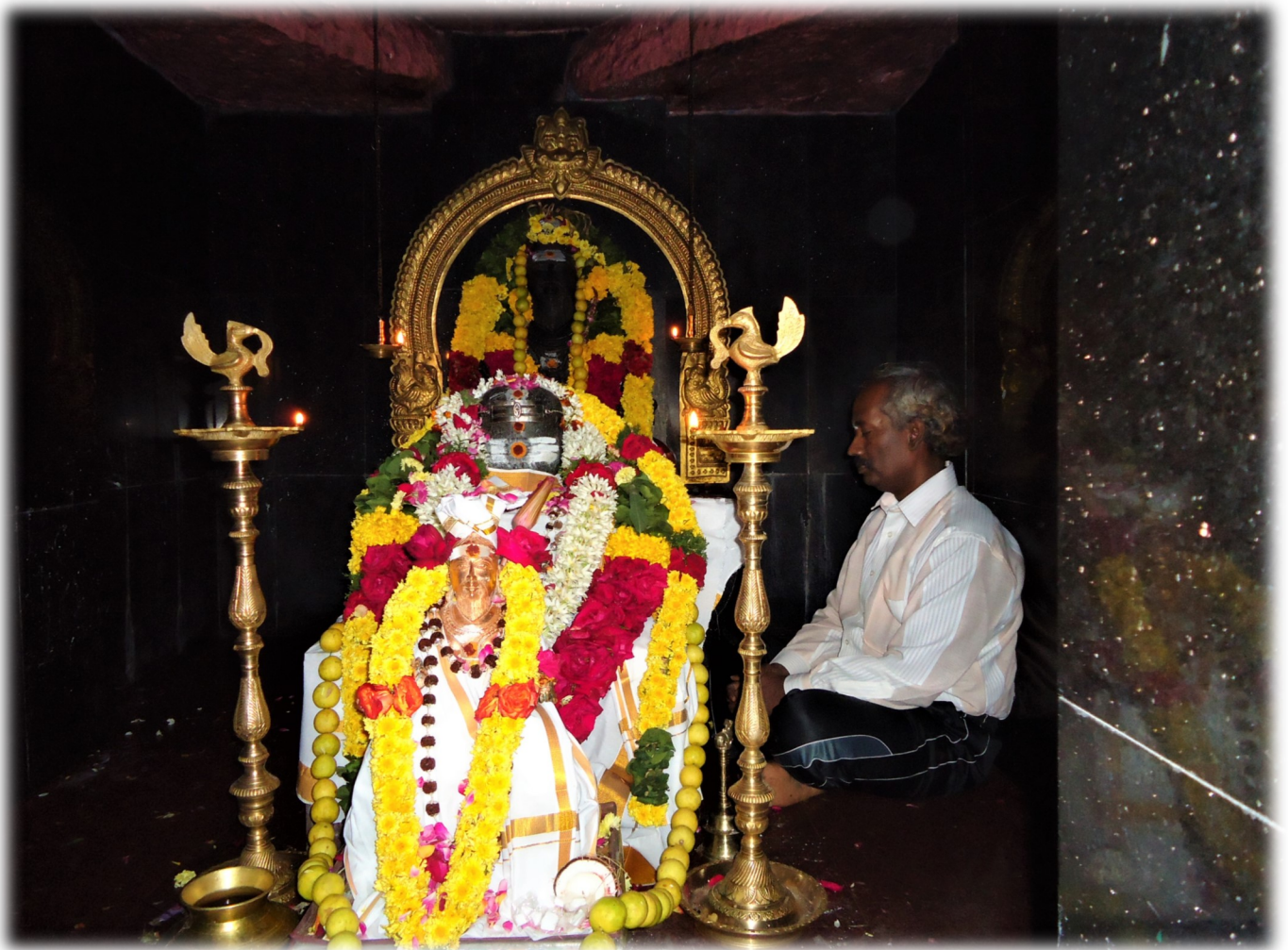
Technological advancements for our benefits:

In this 21st century, unlike ancient days, we have so many technological advancements that eases our fear of separation and help us in our spiritual journey. We can connect with His Holiness at this very instant with just a mobile through voice call or video call. For me, just a mere glance of HH is enough to spend the whole day with HIM in me, my thoughts and my actions. You can easily connect to his space by just looking at his photo or video. These advancements greatly minimise our efforts to connect with him at any time and at any place.

Many times, I have observed the changes that happen inside and outside of me when I speak to Guruji through video calls. I can sense my being getting purified and this also reflects upon me. The surrounding I live in, the people I move with and the work I do with my mind will all have an influence on me, and these will settle on me like a screen that covers my true self and make things unclear. But when I see Guruji or rather when Guruji's sight falls on me, then all the settled impurities fall off making my 'self' shine brighter again. I have seen this almost every time I speak with Guruji on a video call.

For a seeker who is far away from Guruji, these technological advancements are a boon which boosts the spiritual growth immensely. If just a video call with Guruji has such an effect on me, this makes me wonder what the words 'distance' and 'separation' really mean!!

Distance is a lie! A lie so powerful which is created by the mind! A seeker can realize this only when he surrenders himself and invites His Holiness to live in his heart with utmost trust and reverence.



The word '**thankful**' is not sufficient to express my love and gratitude. I yield myself to **Thee** for being so compassionate towards this undeserving soul and giving me such an opportunity and experience to realize more of **Thyself from afar!!**

How to Tame Your MIND!

-Yogamaya

MIND

Mind is a beautiful thing. It is just like a mirror. A mirror just reflects what comes in front of it. Likewise, mind just replays what is fed into it. When a person is born, mind will be in its pure state. Slowly when the child grows and learns, things get accumulated in the mind. These things and the thoughts which come in our mind later become the mind itself. We identify ourselves only with this mind. But this is not actually us. We can see the 'I' or the 'Athman' which is omnipresent in us and everywhere, by learning to identify us without the mind. This is possible only through meditation.



Thought

Thoughts are like waves in the ocean. It arises out of the things which get accumulated in the mind. When we go deep into the ocean, waves disappear, and the water remains still. Likewise, when we go deep into our **Athman**, thoughts disappear but mind exist in its pure form.

Thinking is of 2 kinds. One is active thinking, wherein we consciously think to complete a task or work. Here again the thinking process is based on what we already know or what is registered in our mind knowingly or unknowingly. Passive thinking is where constantly thoughts are generated from these remembrances. When we see with awareness, we can find that one thought leads to another and so on and when we are not aware, due to constant thinking our mind gets tired and in turn our body gets tired.

Positive thoughts

Whenever we meditate, our being is happy and this in turn makes the space around us happy. At this stage, only positive thoughts arise in us. This positive thought will be in such a way that it does not allow us to sit idle or do anything which is against the path of a Yogi.

Negative thoughts

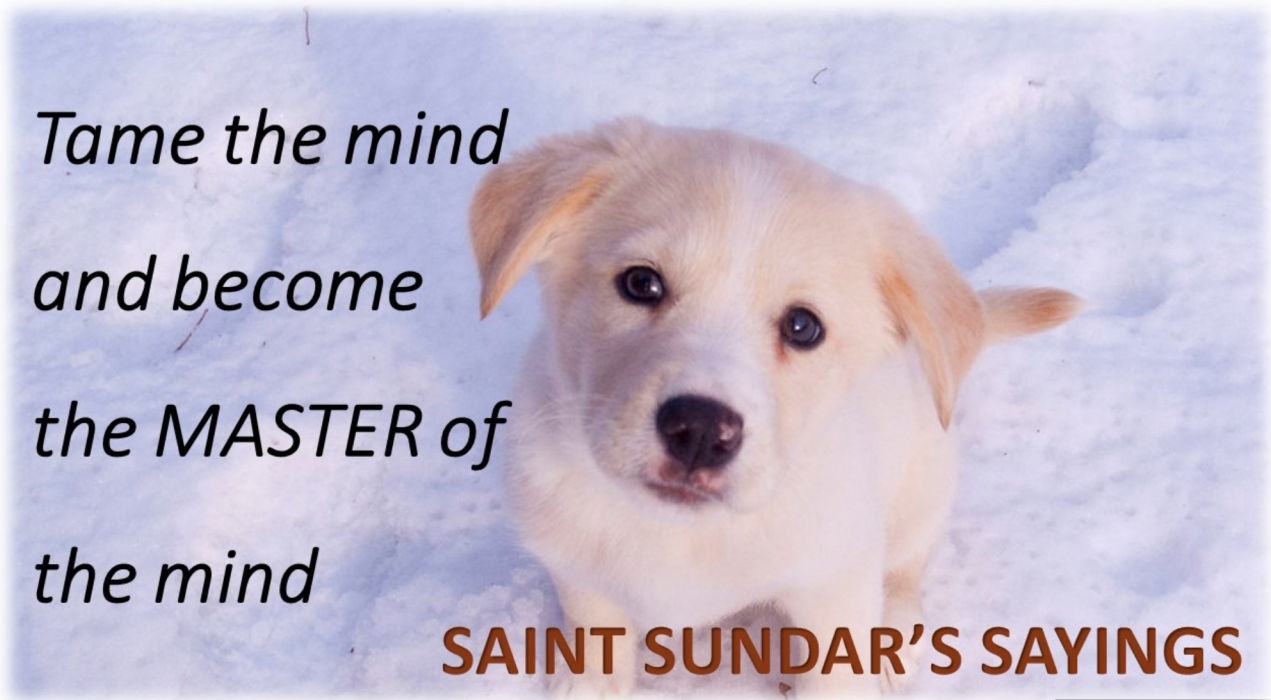
When we are not in a meditative state, whatever things happen in our life impact our heart directly. When this happens, negative thoughts about a situation or a person arise automatically, and we can't analyse the situation or take any decision correctly.

How to say “YES” when our mind is positive?

Saying yes to things is very easy when our mind is positive. If we are given a situation to act and that is not our area of expertise or when we are not comfortable with it, our mind generally tells all kinds of things to stop us from doing it. But when our mind is positive, it does not generally tell anything about our future, and it allows to act in the present. Hence, saying “YES” is very easy when our mind is positive.

How to say “NO” when our mind is negative?

This is the most difficult task. One must master one’s mind for doing this. For that, one should understand their mind thoroughly. They should know their mind pattern, how their mind will work in different situations, what kind of thought generally originates in one's own mind and so on. Understanding one's mind seems difficult, but meditation is the key for this.



Effective taming of mind through meditation

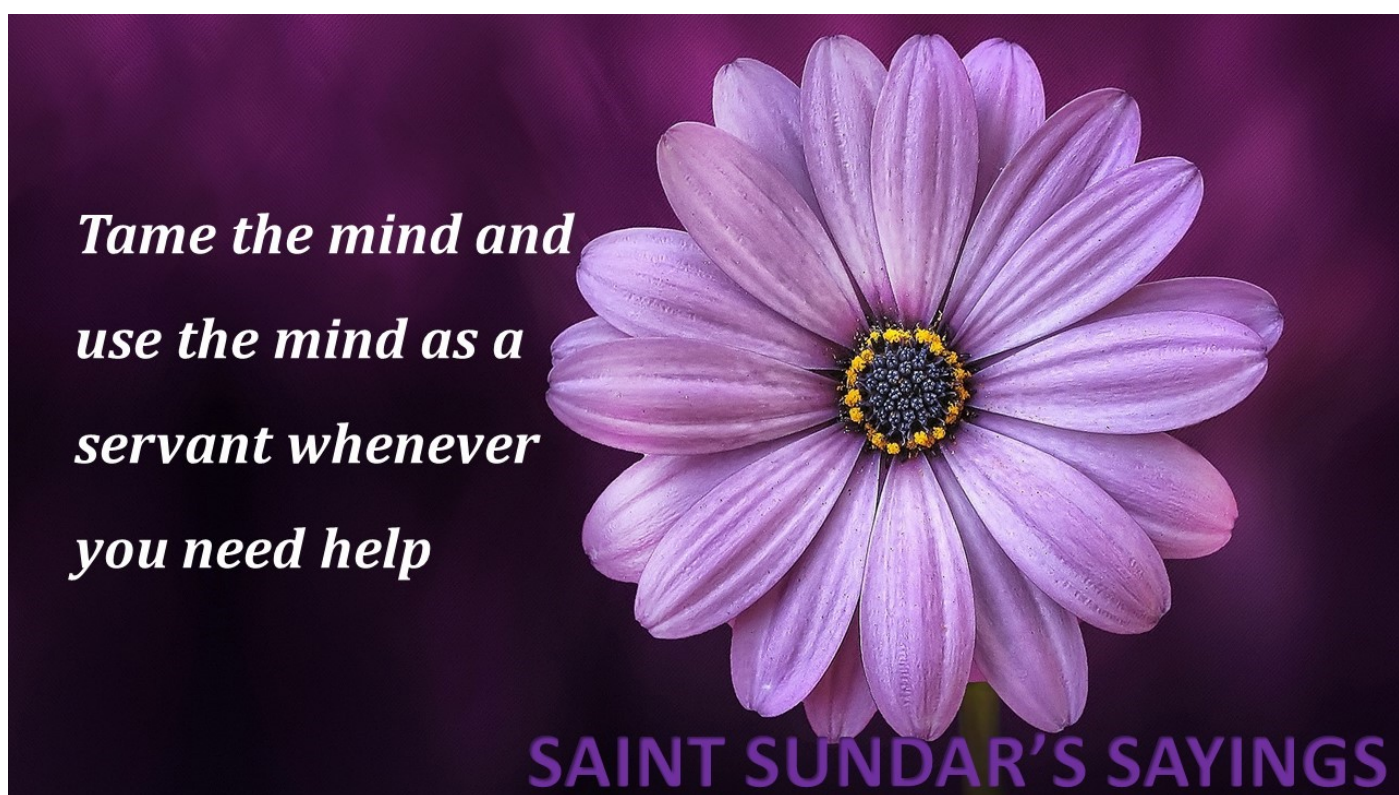
We all would have seen the situation, where we had reacted to something and later regretted our actions. This happens because we act according to what are mind says, be it positive or negative. We generally do not have any role to play and we will be suppressed by the mind. Meditation helps us to understand that **we and our mind are different**. When we enter the path of meditation, first we can see the various thoughts crossing our mind. Slowly we can see from where each and every thought is generated. Initially, we can see this only when we close our eyes. But constant practice of meditation makes it possible to see thoughts even when we are with open eyes.

Understanding our mind becomes very easy when we meditate in Agna chakra. When we meditate in Agna chakra, all our negative emotions and thoughts gets burned and it will become inactive. Once this happens, even when the same negative thought crosses our mind again, it does not reach our heart and hence we do not act to that. Now, since we are aware about the thoughts crossing our mind, we can understand our mind pattern. We can see that there will be a lag or a pause between the mind’s voice and our actions. Constant analysis of our thoughts makes us aware and we initially try to analyse our thoughts before acting. Slowly we will learn to pause and analyse, and this gives us the leisure whether to act or not in every situation we face in our day to day life.

By continuing meditation, we will reach the next phase, where thoughts do not exist. We will have the power whether to allow the thoughts to come or not. At this stage we can easily read other's mind. When we are devoid of thoughts and when we suddenly get a thought that will definitely belong to the person opposite to us. Next, we reach the stage where we can sense when we are completely negative and see how we would react to a situation, before actually reacting. It all gets played in our mind like a recording. We can see the consequences of our actions and we can say 'no' to that action.

Waiting period

Our mind generally works in a cycle. When we master the art of saying 'no' to a situation, we see that once our negative mind completes its cycle, positive mind takes over. So, whenever we are negative, we need to wait, analyse all our thoughts without taking it to heart and say 'no' for all the negative thoughts. We need to wait until our mind turns positive again. Slowly, we should also allow the positive thoughts to pass and we can reach the state where both positive and negative thoughts do not affect us, and we treat both thoughts the same way. Nothing enters our heart and the 'one' inside us remains unaffected.



As a seeker, we need to tame our mind. Our guruji has taught me that mind is the extension of Athman, when in its purest form. Hence, mind is the greatest gift which we have got to reach the Athman and taming it from day 1, helps in our spiritual progress greatly.

I thank beloved HH for giving me this opportunity to look back at what I had had with me and what I had forgotten in my spiritual journey.

குரு கீதை - ஒரு பக்தனின் பார்வையில்...

- கோவிந்தராஜ்



கேட்டு பெறுபவன் யாசகன்,
கேட்காமல் கொடுப்பவன் இறைவன். .
என் குருநாதர் இறைவன்!
கிள்ளிக் கொடுப்பவன் தருமி,
அள்ளிக் கொடுப்பவன் வள்ளல்.
என் குருநாதர் அருள் வள்ளல்!
தாயின் கருணை இயல்பு,
ஆனால் குருவின் கருணை இறைவனின்
தன்மை அல்லவா,
வெளிப்படுத்த வார்த்தைகளே இல்லை!

அன்பால் ஆட்கொண்டு,
கருணையில் கட்டுண்டு,
காதலால் கசிந்துருகி,
நெஞ்சத்தில் சிம்மாசனமிட்டு
ஆட்சி செய்யும் குருவே!
தானாக தன்னை பற்றி பற்றற்று,
பிறப்பென்னும் பேதைமை நீங்கி,
சாகாவரம் பெற்று சாகும் கலையை
கற்பிக்கும் முரண்பாட்டின் மறுவுருவே!
நித்தம் ஒரு பரிமாணத்தில் நின் பரிநாமத்தை
பறைசாற்றி நிற்கும் புதுமை விரும்பியே!
உன்னை நினைக்கையில்,
உள்ளத்தில் உவகையும்,
எண்ணத்தில் செழுமையும்,
எழுத்தில் இளமையும் ஊற்றெடுக்க ,
வார்த்தைகளில்லா கவிதை வடித்தேன்! .
அகம் ஒரு மாயக்கண்ணாடி.
என்னை நோக்கினால்,
உன்னை பிரதிபலிக்கிறது .
என்ன விந்தை!
பூலோகத்தை ரட்சிக்க அவதரித்த
இத்திருநாளில்,
வரம் வேண்டும் அய்யனே!

- அ - அருள் நிறைந்த அகத்தானே போற்றி!
 ஆ - ஆற்றல் மிகு ஆசானே போற்றி!
 இ - இயற்றலின் இயக்கனே போற்றி!
 ஈ - ஈகை மிகு ஈவோனே போற்றி!
 உ - உட்பற்றை உணர்த்தும் உணர்வே போற்றி!
 ஊ - ஊச்சு நீக்கும் ஊகியே போற்றி!
 எ - எங்கும் நிறைந்திருக்கும் எஞ்சாமையே போற்றி!
 ஏ - ஏற்றம் தரும் ஏகனே போற்றி!
 ஐ - ஐம்புலன் வென்ற ஐந்தெழுத்தோனே போற்றி!
 ஒ - ஒப்பில்லா ஒளியவனே போற்றி!
 ஓ - ஓட்டெழுத்தை மாற்றி எழுதும் ஒங்காரனே போற்றி!

எங்கு காணினும் நின் திருவுருவே காணும் வரம் வேண்டும்.

எண்ணங்கள் எதுவாயினும் நின் வண்ணம் எண்ணும் வரம் வேண்டும்.

என்நிலை உயர்ந்தாயினும் உன் பாதம் பற்றி நிற்கும் வரம் வேண்டும்.

நீ இல்லா உலகை காணா வரம் வேண்டும்.

பிறந்தநாள் வணக்கத்தினை சமர்ப்பிக்கிறேன் குருவே!

சிவனேன்னு சுற்றித்திரிந்தவனை,

'சிவனே நான்

என்னை உன்னில் காண்' என்றுரைத்தவன் நீ!

மறுப்பீரா குருவே!

ஐம்புலன் வழி இன்பத்துள்

திலைத்திருந்தேன்,

"மெய் இன்பத்தில்" திலைக்கவைத்தவன் நீ!

மறுப்பீரா குருவே!

உறைப்பனியாய் இருந்தவனை உன்பால்

உருக வைத்தவன் நீ!

மறுப்பீரா குருவே!

நிலவைப் பார்த்து உண்டவனை

நிலவுக்கு கூட்டிச்சென்றவன் நீ!

மறுப்பீரா குருவே!

கவிதைக்கு பொய் அழகு! ஆனால்

மெய்யொன்றையே கவிதையாய்

வடித்தவன் நீ!

மறுப்பீரா குருவே!

நான் அடைந்தவை யாவும்

நின் கருணையே அன்றி என் முயற்சி

அல்ல!

மறுப்பீரா குருவே!

மெய் கண்ட நாயகனே!

மெய் உரையும் அய்யா!

THE JOURNEY STARTS AND ENDS WITH GURUJI

-Murali Krishna

SRI GURUBHYO NAMAH!!!

In trust these words are penned by HIS will;
Offered to the ONE to whom nothing can be offered.

I still remember the moment when I read the message from His Holiness Guruji to write this article with the above title. I didn't doubt or worry about what or how I am to write, because of the conviction that **HIS WILL** will be done. I was emotional to the point of tears finding their way out, because I never felt worthy enough to receive such compassion. I was knocked again and again with the feeling that I wasn't worthy of HIS love.

From what little I have heard and read about the lives of many great masters, one common thread that can be observed in their lives is the very title of this article given by Guruji. It actually sums it up with its purpose. After spending some time in ignorance, miraculously a strong desire to seeking the unknown begins, only the reasons are different. This leads to a Guru, who out of compassion for the seeker, initially begins with answering questions, builds confidence and trust in the chosen path. It is in his holy company that transformation begins mostly and finally leading to the TRUTH. I have shared here a little of my experiences to highlight how the advent of an Enlightened master can transform one's life.

Meeting of GURUJI

Now, I am reminded of the first time when I met Guruji at Mahan Sri Gurulinga swami temple. I had gone there for the routine mediation session and was trying meditation as instructed. Sudharsun anna called me to inform that Guruji has come and that I could meet him. I followed him with a growing anxiety and a racing heart, I sat before him. I was stunned by the silence in my inner and my mind was in standby mode waiting to react. A very compassionate voice asked about me. I gave a very brief introduction about myself and the list of few ashrams I had visited. During the course of this conversation, a silent communion was happening as an undercurrent. I was not completely aware of my answers, they were just happening. When asked about my experiences after the **ajna initiation**, I said about the intense pressure or tingling sensation between the eyebrows and about the deep sense of relaxation in spite of the usual chain of thoughts. Guruji said not to bother about the thoughts and asked to maintain a remembrance at the ajna chakra. This was the first time I had an opportunity to interact so closely with an enlightened master, which I firmly believed though, I didn't fully understand what it meant. On my journey back to home, I felt very excited inside and fulfilled with awe about the chance meeting.



After this, my brother joined the meditation classes along with me and once, we were invited to visit Gurudham (residence of Guruji) at Adambakkam. Guruji asked how I was feeling inside. The question brought out an answer which surprised me (my intellect), I answered that the experience of ME (witnessing quality) in me had always remained exactly the same since the earliest days of my childhood I can remember. This feeling had been a constant companion throughout and has not aged at all. Now a days, this experience is so vivid that I get rudely reminded of my physical age. When my grandfather said this to me, I did not fully understand then. That day Guruji listened attentively to my spiritual journey and his expression was like I had tried too very hard; it could have been more easily done. It was a rude shock, all the while I am of firm opinion that all my earlier efforts had logically brought me to the presence of Guruji. It took me many more years to realise the true import of Guruji's compassion.

The beginnings

Like for everyone, most of me (my personality) was the result of my upbringing and will be ever thankful for it to my parents and grandparents. The inspirations and experiences rightly guided me through this journey up till the present moment in the perfect path most appropriate for being the **BEING**.

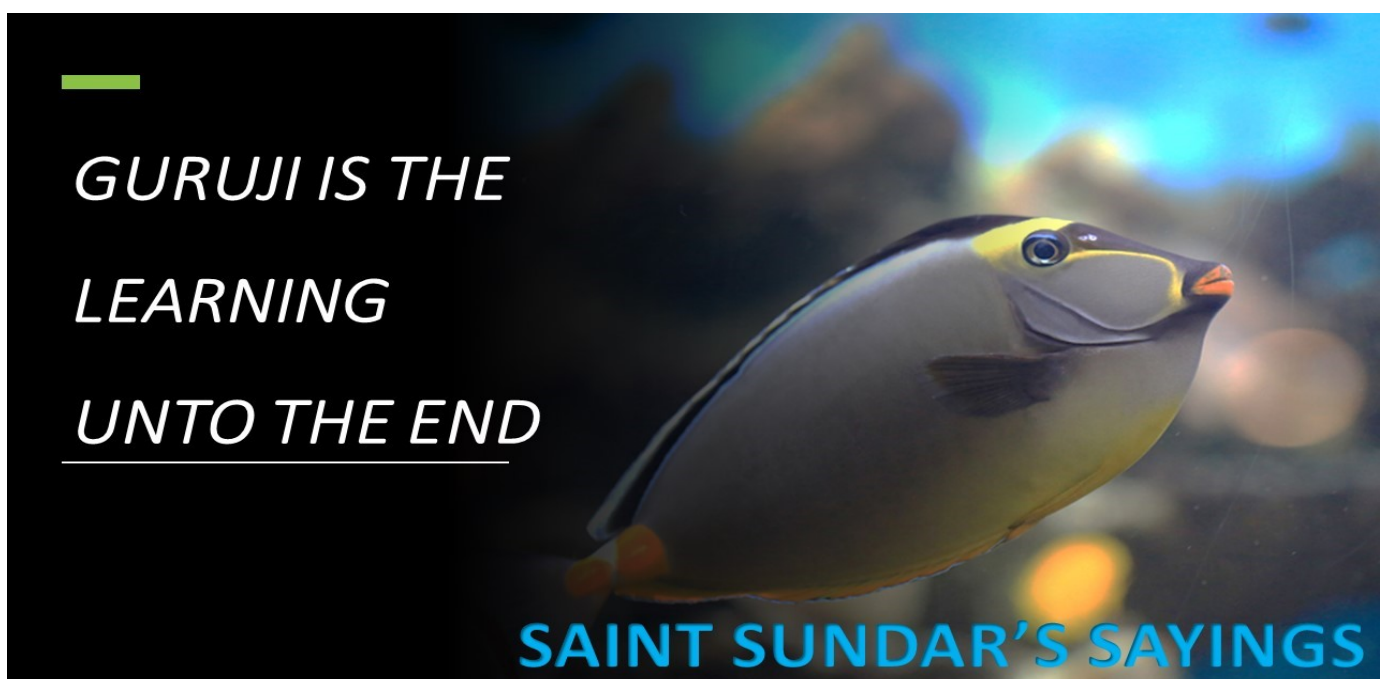
I am not sure when this journey began, but for sure I had this gut feeling that the feeling of ME was always there as ageless and could not convince myself that it all started on my DOB on a particular day. Mostly I had been mimicking the elders of our family and was very interested in puranas and actively participated in the debates that regularly happened at gatherings. Rudiments of bhakti to personal GOD in the form of recitation of slokas, chanting and simple sadhana had become my routine. I did it because it was expected of an obedient son and appreciated. After I become a vivid reader of books, thanks to my teachers and schoolmates, I slowly started seeking answers from printed matter. In those days, I always got the books which I intended to read in the library miraculously without much searching. I did not understand how this was happening, but realised later a hidden guidance was operating. The same providence guided me to buy a second hand book, "The Life and Teachings of Sri Ramakrishna" at a footpath shop, but it appeared accidental. This little book become my prized possession and changed my outlook about religion and spirituality. After this, works of Swami Vivekananda took over and churned me completely. Only few months before this event, I had taken initiation in Transcendental Meditation and was practicing the meditation technique. I realised the importance of sadhana and tried to hold on to it in spite of many routine activities and deviations. I always slipped from routine and wasted my time and energy on unnecessary things but quickly realised it in no time, felt guilty and bounced back with revived interest. For many years I did not realise how it was happening, but certainly a hidden grace was protecting and guiding me all the time. The result of all this was a **spiritual ego** and I saw myself different from others and was eager to demonstrate my book knowledge.



The unknown journey

I went to various spiritual organizations for learning what was offered there through guidance from many fellow seekers. If I am right, what mostly attracted me was the idea of enlightenment or samadhi as the goal of life and Kundalini awakening as its process. None of the above words were understood at that time. At every spiritual organization, I was searching for these answers and followed their instruction devotedly. I was unknowingly moving from one organization to another hoping for more insightful experiences. I feel it is also a desire propagated by mind like any other desires and the result of running behind desires is always the same, feeling empty after fulfilling it. After some time, I started feeling very bad about what was happening. Now I had many techniques, lot of intellectual understanding and only empty talks. I was not able to convince myself that all had been waste. I kept hope that these efforts will lead me to somewhere. Again, thanks to a fellow seeker, I came to AAC with this mind set hoping to meet my Guru.

From the start everything at AAC was different in several aspects. The confidence and clarity with which they shared their understanding was an eyeopener for me. Though lot of emphasis was given to sadhana, there was a simplicity in the way it was preached and practiced. The complete emphasis was only on experience in the inner. Guruji was just the embodiment of all these, he had very few words for us, but most of what he communicated was non-verbal, very experiential at a deeper level. Inner silence was his quality in every way and this fragrance was so captivating that no body can miss it, but mostly struggle to express it in words. The experience of silence was so authentic and strong that it silenced the mind in a certain way. Earlier I used to imagine that silence meant to be a thoughtless state, but no the influence of thoughts on us slowly weans away by the influence of silence. I started to experience an inner peace in spite of anything going on in the inside. It was as if mind was loosening its grip on me. In Guruji's words, mind should be treated as a friend and one has to use it sharply only when required, like how we draw a sword from its sheath when required and return it back after its use. Guruji generally encourages sharing of experiences after a session, which I struggled initially, but with the constant encouragement of senior disciples, I learnt the art of communicating the inner experience. Most of the instructions come as life lessons, using seemingly routine happenings around us. The message communicated makes an imprint and gets imbibed. I got trained to be watchful with awareness of the subtle changes in us. It was around this time that after initial chakra meditations, Guruji initiated us into **A-cube** (or **Awareness About Aathman**) a first step towards realizing **AATHMAN**.



A very important gift from Guruji, was the opportunity to travel with him to many holy places. This usually happens very often at AAC and each time a chosen few disciple gets the opportunity to accompany him. I realized the uniqueness of such travels quickly; they were actually personal grooming sessions in the shade of his GRACE. During such trips, our daily routine is changed and all our attention gets rooted in Guruji and it is a 24x7 meditation class. Every trip is unique in its own way even if it is a revisit to the same place. I was blessed to visit several places, most of which had been my hidden desires; initially I thought it was a miracle or coincidence, but the truth is it was purely the compassion of HIS grace which was materializing the events for the transformation of all involved.

The end of seeking

The last few years have been very rich spiritually, leading to inner transformation which is not like the learning from a teacher or acquiring knowledge from a book, but a deep knowingness inside. This innate feeling is a kind of awareness in everything around and with a sense of calmness. Lately I am experiencing the truth that my journey was a preparation to be led to a realized master; who is the very destination of the spiritual process. Just as a river after long journey attains ocean to become ocean, similarly a seeker after a long journey finally attains GURU. Guru while, residing in brahmam, radiates the same and helps us out of compassion to let go of our false identity leading as an example.

Brahmam leads itself in to Brahmam.

In absolute surrender I seek refuge at thy holy feet to lead this in to THAT as revealed by

TAT TVAM ASI.

Gurur Brahma Gurur Vishnu Gurur Devo Maheshwaraha
Guru Saakshaat Param Brahma Tasmai Sri Gurave Namaha

“The preceptor is like Lord Brahma as he is the source of all knowledge within us; he is like Lord Vishnu, as he drives ideas and knowledge in to our mind unto the right path; he is like Lord Shiva, as he destroys the ill-conceived ideas that come from within, while enlightening us and helping us stay on to the right path. Thus, GURU is our ultimate GOD and we pray and surrender to him completely.”

The Book I have Read....

-Ramasharanya

A book is judged by the person who reads it, but for the first time, I came across a book that judges if a person is worthy of reading it. Yes it is true!

Guruji sent me a few spiritual books and instructed me specifically to read two of them. I saw both the books and decided to read the one with fewer pages. All this while I was of the opinion that I choose to read that particular book. Little did I know then that the book had chosen me to test if I was worthy or not.

This book “**The book of Dzyan**” or “**The Book of Secret Wisdom**” translated from senzar by Zinovia Dushkova, right from the first page, revealed a lot of secrets that I have never heard of so far. Guruji’s grooming was the key factor for me to understand what was written in the book. Without Guruji’s guidance and blessings, I would not have understood even a single page. I was completely awe struck. I had hit upon a treasure trove of knowledge. When existence decides to shower, it pours!

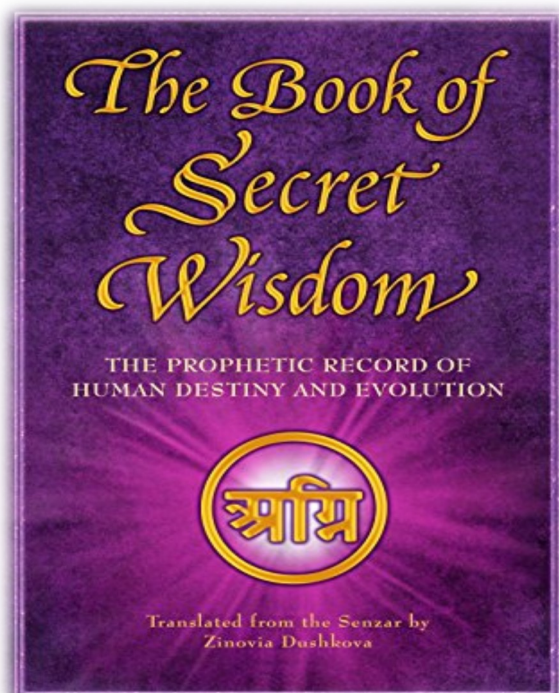
Through this article I want to inspire disciples to read this book. Our understanding of this book greatly depends on our spiritual state. I found that every time I read this book, my understanding increased.

I can broadly classify the contents of this book into those that I have already heard from Guruji and those that I heard for the first time

For instance, let us take Shambala. Guruji on various occasions had mentioned about **Shambala** and we had also meditated on Shambala. Some of the vision shared by my fellow disciple coincided with the description written in the book.

Guruji has also revealed to us that great masters who take care of us live here. We need to be summoned by them to enter here. For this summon itself, one needs to go through many births till we gain a loving heart and a pure soul. Guruji has told us that the masters in Shambala communicate among themselves in a subconscious level using thought forms. Conversation with others takes place in a language much different from what is being spoken on earth. The book clearly states that Senzar is the language spoken by these great masters. All the ancient languages of the world take its roots from Senzar.

The book also talks about the amazing library, a multi-storied Tower called Chung. And here, on one of the floors, is stored the only original copy of the Book of Dzyan and other important books. In fact, the Tower of Chung which is going deep into the rock and high above the clouds, keeps a great number of extremely voluminous books. From the Earth to Heaven, the rows of books are lined up in an orderly manner, in the order of the Hierarchical Ladder, the highest steps of which are occupied by the worthiest of the worthy.



These books are crystallized by a special kind of fire and when opening them, one may enter any Space-Time dimension and witness hitherto unseen episodes of one's life. Its pages may be disclosed before the eyes of pilgrims only by the Great Lord of Shambhala, who has summoned them with a specific aim: to share with humanity the Ancient Wisdom that has been concealed within unknown caves and mysterious multi-storied towers rooted deep in the Earth. And while they who gain access to the Great Book can behold it with their own eyes, nevertheless, the manuscript itself must remain in its energy niche, and should not be touched by human hands. The pages which are meant to be disclosed will open all by themselves, simply from the touches on the Subtle Plane by the Instructor of Human Race.

The book contains 12 stanzas. I haven't gone into the details mentioned in these stanzas, because every time I read it, I get more profound meanings. So, every disciple's understanding varies. There were many instances where I was not able to follow. In such places, Gurujī's grace helped me.

In a way this book helps us to understand the stature of our Gurujī. There were instances when Gurujī just asked us to close our eyes and travel to Shambhala and after the meditation, Gurujī asked us to share our experience. Now when I look back, most of them tallied with what is mentioned in this book. We were just a bunch of disciples rather a novice. The question that arises in my mind is - How did we get the glimpse of The Shambhala- A Sacred place. What eligibility did we possess? Can we ever become worthy of the divine place? Why should the doors open to us? The answer to all my questions lies in Gurujī. The doors were opened for Gurujī- the pure consciousness. He, out of his compassion has taken



us along with him. We can enter the divine place only in the Presence of Gurujī. Trying to enter this place through our own effort might take innumerable births. If Gurujī can take such unworthy souls with him to Shambhala just like that, then it is proved beyond doubt that Gurujī is also one of the Great Master who permanently resides in Shambhala. When I ponder on these facts, I wonder what I have done to be in the same physical plane as the Great Master.

I would also like to mention the various huddles I faced while reading the book and even while writing about the book, needless to say, Gurujī was always with me removing the obstacles one after the other. I am truly grateful to Gurujī for giving me the opportunity to receive the divine knowledge and share it as well. **Guruve Saranam!!**

Be Your Own Doctor Series

Transforming ourselves during this Covid-19

-Balaji

With the blessings of beloved Saint Sundar, I am pleased to reach you all again through this series of meditative tips to maintain a Healthy body, just to add a little drop of awareness into your ocean of life.

As you are all aware, we are in a very important phase of humanity. The Covid-19 (Coronavirus) has already brought in several changes as well as challenges in our day to day lives and this is going to continue for a long time. This pandemic has spread its fangs across the globe and resulted in affecting men, material and matter equally. We are all locked down for more than 40+ days (at the time of writing this article). I too was part of this Leela of the universe when I was in Madurai with my family and had the opportunity to drive back to Chennai after almost 28 days, having obtained permission from the government authorities. This was one of the most beautiful drives I have ever had in my life. It was so exciting to see how nature had quickly rebooted itself in 4 weeks' time. The vision was clear. There was no haze whatsoever and I could see things even at a distance far more clearly. Yellow flowers were blooming by the side of the roads. The existence was rejoicing. Humans were caged and birds were freed. Animals started coming back to their habitat. We saw peacock on the highway and what not. Things we could not see included human population and the man-made automobiles except for a few ambulances and other essential vehicles. However, this opened us to several things on the inner space too.

While watching all these, something triggered within me. Is this the end of Kali Yuga and beautiful and seamless transition to Sath Yuga again? Is this a form of Pralayam which our scripts have mentioned? Now, I look back at our country with pride and thankfulness. What virtues should all of us have done to be born in this country? The whole world is now talking about practices that have been followed in this country for ages like Social distancing, cleanliness and resilience. We have always emphasized on the fact that cleanliness is next to Godliness. Is it only cleanliness of the body? What about the cleanliness of our mind and what about the cleanliness of the dusts which have got settled in our soul for births? This lockdown has made us introspect lot of things. Covid19 is just a slap on the ego of mankind.



Now what is spiritual about Covid19? Is it a Boon or a curse? While on one hand if we see from the outer periphery, Covid19 is certainly a curse. We may talk about economy of countries tumbling, ending several lives, the way the world is going to operate is going to change, there will be loss of jobs, and so on.. But if we look deeper, has it not made us turn back to our source? Turn back to our basics? Make us behave like human beings? **We were all slaves of Maya.** The illusion is again something which was created by humanity only. We have always thought that a rich person must be respected in the society. But today, the healthiest person is the richest person in the society and the one who is being envied upon. People have money but no place to spend. People have time but don't know what to do and how to spend it. Because, this was not the way we were all brought up. People suddenly find lot of time to spend and chat with family members. People have found ways to keep themselves fit.

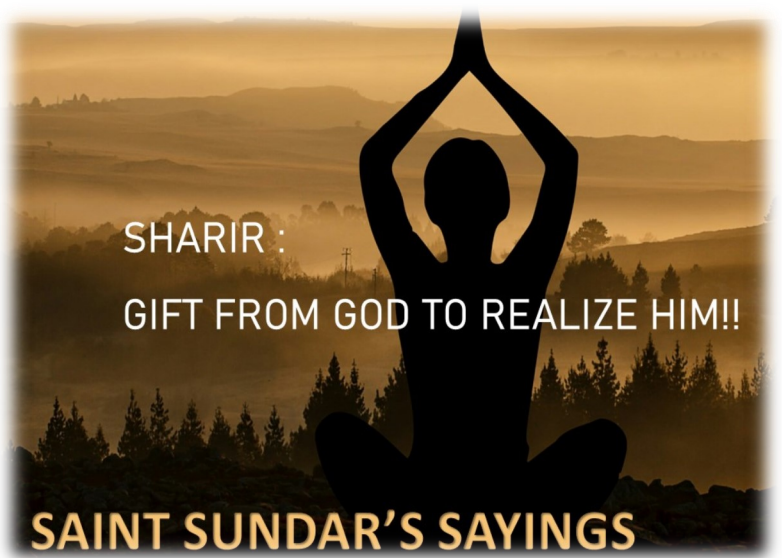
People have suddenly found satisfaction in small small things. They have stopped dreaming of big goals and have started focusing on the essential. People have adapted themselves without watching movies or spending hefty money in malls, theatres and unnecessary travel. No one is bothered about brands. No one is bothered about weekend trips, beaches, resorts etc. Health has become the most essential commodity. Staying healthy and staying safe has become the new norms. Now coming back, having understood the value of health, how do we stay healthy and also pass this to our future generations?

Respect the body:

I humbly wish to start with a hymn from the great saint Thirumoolar's Thirumandiram

உடம்பினை முன்னம் இழுக்கென் றிருந்தேன்
உடம்பினுக் குள்ளே உறுபொருள் கண்டேன்
உடம்புளே உத்தமன் கோயில்கொண் டான்என்று
உடம்பினை யானிருந் தோம்புகின் றேனே .

The meaning of this saying is that "First I thought that this body is of no use and it is mere waste and a collection of dust, blood, bones and flesh. I did not care for it at all. I was looking for the truth outside. However, once I witnessed the imperishable one that is residing in this body. Alas, the divine resides very much within this body. The one which is of immense value, divine, that for which one we cannot provide any attribute, the lord of lords resides in this very body in the form of soul. From that day onwards, I started worshipping the soul which is embodied in this body and started treating this body provided by the divine as a temple".



A Yogi must learn to respect this beautiful body gifted by God. So let's see what all will harm the body. Always remember that **body, mind and Aathman are closely interconnected and interrelated**. Affecting one of these affects the rest. So, meditation is not only an effort where we befriend the mind, we should consciously bring the fruits of meditation in taking care of our body as well as our daily walks of life. We should not eat outside food as far as possible. This is also a kind of penance. We should take bath twice a day. And every time we take bath, we should remember and pay obeisance to river Ganges (Ganga Matha) and the other perennial rivers. We should practice Om chanting for few minutes which will help wither the ill effects on the body. We should eat in a conscious manner. Do not watch TV or Gossip while eating. Eating with total awareness and thankfulness to food itself is another form of meditation.

Breathing: As I have always emphasized, breathing is something which has been there with us ever since we were born and till the moment we die. In other words, if a person ceases to breathe, he ceases to live. So, in these challenging times, we should first focus in deep breathing. We should take a personal oath amongst ourselves to atleast do concentrated breathing technique taught by our beloved Gurujī for 30 minutes a day. We can do it on two intervals of 15 minutes each. Remember to breathe in a relaxed manner. Yet, inhale and exhale as far as possible. Watch the gap between the cycles of Inhale, Store and Exhale. We can control our moods by practicing this breathing technique.

Silence: Practice silence consciously for few minutes a day. One can follow this after the concentrated breathing technique.

Voluntary stopping of the mind: Our beloved Gurujī has taught yet another beautiful technique of voluntary stopping of the mind for few (Five) minutes and then relaxing the mind for next few (Five) minutes. Practice 3 cycles of voluntary stopping and then relaxing. You will experience the fruit then and there.

Quality sleeping: Another most important aspect is sleeping in a spiritual way. Our beloved Gurujī has said that no one has ever explored much about sleep and what happens to us when we sleep. When we are in deep sleep, we are rooted to our being only but, in a subconscious state. It's not important as to how many hours we sleep. The quality of the sleep certainly matters. Practice to sleep by focusing on Agna chakra. This sleep will be of a completely different quality. The next day, you will feel very fresh. Learn Yoga Nidra from beloved Gurujī to taste a new dimension in sleep every night.

Prayer: Praying for others is a wonderful quality which will help us in turn to have a healthy body. Once we start praying for others, this brings in so many good qualities and changes of hormones in the body which will help us become better day by day. Prayer should happen at the end of every meditation session for it to bear the complete fruit.

The first lesson that a disciple learns from his Guru is how to maintain the body. How to ensure that this boat is fit enough to cross the ocean of samsara. Having a healthy body is a boon in itself. For a spiritual sadhaka, if one has to realize the self, it is essential to maintain a hale and healthy body. So it is imperative



to understand our body well so that, we return this gift back to God as he gave it to us.

Do not do anything that harms the body. Be it food, or bad habits or even bad sleep. Keep your body clean. A clean body leads to a healthy mind. Only a healthy mind can take you deeper into meditation. If you fall sick, it is like starting all over again. Sometimes, if we do extreme sadhana, we would get caught with fever or sickness. But this is of a completely different quality. The existence does this in a way to balance us. During these times, even if we take rest, we can keep our focus on Mooladhara Chakra and continue to be in meditative state.

Love: Love is the key to have a healthy body. This love which I am mentioning here is like the blossoming of a flower. It has no room for lust. If love is unconditional, then it brings in several changes in our quality of living. Naturally it must have a positive impact on our body. Again, I wish to re-emphasize that body, mind and soul have a very close binding amongst them. So, love your Guru, love your body, love your surroundings, love your home, love your fellow seekers and love everything in and around you. You will start seeing a new life. Drop all the fear at the feet of Guru. Fear and love cannot co-exist. The secret to love is to drop your ego and fear at the lotus feet of the master.

Be thankful to the existence every day for providing you a sound body, healthy mind and a blissful Aathman. Be thankful to have been associated with a great soul like our beloved Gurujī. Be your own doctor!

ஆத்ம கீதங்கள்

-மோகன்ராம்



தாயே! தந்தையே! நிகரில்லாத மாணிக்கமே!
அன்பாகிய கடலில் உண்டாகிய அருமையான
அமுதமே!

ஆதியும் நீயே! அந்தமும் நீயே! நீயே
எல்லாமுமாயுள்ளீர்!

ஈரேழு லோகத்தின் மிக மேன்மையான
பரம்பொருளே!

அடியார்களை நல்வழிப்படுத்தும்
அருட்செல்வமே!

என் ஈசனே!

இவ்வுலகிலேயே உன்னை உறுதியாக
பற்றினேன்!

ஓம் ஸ்ரீ குருவே போற்றி போற்றி!!

எம் குருவை நினைக்காத நொடியும்
வணங்காத நாளும் பிறவா நாளே!
புதைக்கப்படவில்லை விதைக்கப்படுகிறோம்
என்றுணர்ந்த விதை இருளுக்கு அஞ்சாது!
அதேபோல்தான் தாம் சோதிக்கப்படவில்லை
செதுக்கப்படுகிறோம் என்றுணர்ந்த பக்தன்
தோல்விக்கு அஞ்சமாட்டான்!

அன்பே வடிவான பரம்பொருளே!
பக்குவப்பட்ட ஒப்பற்ற கனியே!
புகழும் புகழ்ச்சிக்கு அடங்காத இன்பமே!
பேராற்றலையுடைய அருமையான
தவத்தினையுடையோர்க்கு அரசனே!
மெய்ப் பொருளை விளக்கும் நூலானவனே!
உமது அடியார்களது சித்தத்தில்
தங்கிய செல்வமே!
எல்லா உயிர்களிலும் நீக்கமற
கலந்திருக்கும் ஒளிச்சுடரே!
நீ இல்லாத இடமும் உண்டோ!
நீ எங்கும் இருக்கிறாய்!
நீ இல்லாத இடமே இல்லை!
நீயே இவ்வுலகிற்கு வித்தானவன்!
ஈரேழு லோகத்திற்கும்!!!
என் ஈசனே! இருள் நிறைந்த
இவ்வுலகத்தில் உன்னை
உறுதியாகப் பற்றினேன்! பரமனே!
பார்க்கும் இடமெல்லாம் உன்னை
நீக்கமறக்காணும் தன்மை
வேண்டும் என் குருவே!



Invitingly Dangerous

- Srimadhan

Advaita philosophy is so simple. God is omnipresent, omnipotent and omniscient. So only God exists. All of us are his forms only. Let's make it complicated! Let us look at the following questions

Should a disciple following Advaita differentiate God and Guru?.

Is not going to the temple to pray God suffice?

Will not God be our Guru guiding us?

So should we even go to a Guru?

Is Guru greater than God? If so, how can it be?

By HH Guruji's grace, let us try answering this

God and Guru are not different. God comes in Guru's form. Hence Guru is God. There is no god other than Guru. There is none more superior than Guru as he imparts us the truth. Hence a person who is devoted to Guru need not go to temples. He must aspire to be with Guru at all times. Whatever time he spends in any other place (even temples) is a waste of time only. Whatever a disciple thinks, it must be about Guru. Any thinking other than Guru is a waste of time. At first, Guruji takes very little of our thoughts. But as our devotion grows, he occupies the entire thoughts.

He is our thought...

He is our mind..

He is our heart..

He is our aathma...

Without him we don't exist.

Going back to the questions,

A Guru need not be differentiated from God. Guru is God!

No. Going to temple will not suffice. Our heart should long to be in the vicinity of Guru at all times

God will aid us by taking us to our Guru (99.99% of enlightenment in the world happens only by Guru's grace)

Yes we must be with the Guru always

Guru is greater than God as God indulges us in maya but Guru frees the disciples from maya.

Even if you ask 1000 saints and 1000 times, the answer is one. Guru is greater than God because he is more compassionate.



I long to be with my Guruji.

I long to hear him.

I long to see him.

I long to see his eyes

I long to see his gait

I long to hear him utter the words

I long to be in presence

I long to be in silence..

*GURU IS THE VERY
EMBODIMENT OF
GOD!!!*

SAINT SUNDAR'S SAYINGS



In the long list of disciples, I stand last in the queue. But this can't happen to everyone. Only the chosen ones can be with him. I am sure I am not the chosen one. But I wish I am a chosen one. What is in the disciple's hands is to pray that HH Guruji to give a chance to serve him at all times. Guru Bhakti is the way of life. Rest all will follow naturally. **Praise HH Guruji!!**

Guruji's Experiences As Narrated By His Holiness

-Ektara

I. Guruji's close encounter with Goddess Ugratara

Guruji's Assam trip was a short 3 days trip and two of his disciples – Balaji and Rajendran accompanied Guruji in this trip. Guruji was planning to visit the temples in Assam for a very long time, but then it only happened in the year 2008. During his second day, Guruji visited Goddess Kamakhya Devi temple who is one of the most powerful tantric Goddesses worshipped in Assam. Guruji narrated an incident that happened the same night that was scintillating to hear and way beyond our imagination to understand.



Around midnight between 12.30 and 1.00 a.m., Guruji said that a dream sequence unveiled itself. Often when Guruji mentions the word 'dream', it is not the normal dream that human beings experience. It is not the extensions of thoughts and desires as in humans. Guruji's 'dream' means another world or another space where many beings connect with Guruji to reveal themselves. So, in Guruji's dream sequence, a young girl around 10 years old approached Guruji. The girl was short and fair looking, and she was smiling at Guruji. Her smile seemed to be kind of taunting and she offered her hands for Guruji to hold. Guruji had seen so many similar incidents before where celestial beings approach Guruji to connect with HIM for their spiritual growth and upliftment. So, he thought this to be just another similar incident. Also, Guruji never fears for anything in his inner travel. He always says that however far and deep he might go; he always know his way back!

Therefore, when the little girl offered her hands, without any hesitation, Guruji held her hands and welcomed the happenings excitingly. And that was it!!! At that instant, her hands seemed like a 20,000 volts live wire. Guruji caught the live wire in his hands and experienced the sudden surge of power flowing throughout him. The whole space started to spin along with both of them, with Guruji still holding her hands. They were gyrating with a very high velocity that for the very first time, a slight fear arose within Guruji. He realized that if the spinning continued for some more time, then he would definitely get disconnected and come out of his physical body. The experience was such intense. Guruji feared that his aathman would literally come out of his body if the spinning continued.

That was when the revelation dawned upon him. He realized that the girl was not just another being, but a very powerful Goddess who paid a visit to Him to reveal herself and her existence. Upon this realization, the sequence ended and Guruji came out of that world. After that incident, Guruji couldn't immediately identify who the girl or Goddess was. So, as usual he waited for the events to unfold itself. The next day, their trip continued and Guruji along with his disciples visited many temples, one being Ugratara Devi temple located in the eastern side of the city of Guwahati. This temple is dedicated to Sati devi and is considered as an important Shakthi temple in Assam and Goddess Ugratara is venerated like Goddess Kamakhya. When Guruji visited this temple, he instantly realized that it was none other than Goddess Ugratara who visited him the previous night.



Even after all these years, Guruji reveres Ugratara as one of the most high-powered Goddesses he had ever come across. Guruji still refers his encounter with Ugratara as one of the very few dynamic experiences he had witnessed. Guruji mentions Goddess Ugratara to be even more powerful than Goddess Kamakhya and is waiting for his next trip to Assam!

2. Guruji's Spiritual Experiences At His Early Stages:

Back in the early 1990's, Guruji always used to visit different temples every day. He had visited and meditated in almost all the temples and Jeeva samadhis in and around Chennai. Guruji compassionately narrated one of his experiences during one such visit. One night, Guruji with his gang of fellow seekers went to Thirunageshwaram temple in Pallavaram, Chennai. As usual Guruji meditated in that temple for a long time and felt completely loaded.

Around 10 p.m., Guruji came out of his meditation, called his friends and started to leave. When he stepped out of the temple, all his friends were walking in front of him and Guruji was walking behind them at the last. Guruji still remembers the incident vividly. For the first time in his spiritual journey, Guruji lost his control of his body. Guruji was not in control of his physical body. Guruji saw that when he took a step forward, his legs were moving in some other direction. He was walking like a drunk man without any composure. Guruji recalls that he was like a 'mad man' rambling on the road. This was Guruji's first such experience where he realized that meditation has such a power of intoxication. It was as if he went high on release of dopamine. This was one of his many experiences which pushed him further in exploring HIMSELF!

After this experience, Guruji always remained on this 'high' state. He was always tuned towards his self even when he was operating on the outer world. On one such day, Guruji went out with one of his close friends, Udhay to the poultry and veterinary hospital in Teynampet, Chennai. Udhay took Guruji with him to visit another friend who was a doctor there. Guruji, as usual, was in a highly meditative state. Because of this, Guruji's eyes would always project out and would look upwards. On seeing Guruji, the doctor slowly approached him and started speaking to him with a slight hesitation. He asked Guruji not to mistake him for his truthful revelation. Guruji wondered what he was speaking about. The doctor then said that he had noticed that Guruji's eyes were not normal and that it was poking out and had moved upwards. He revealed that if a person's eyes move upwards, then it means that he is nearing the end of his life. He also said that he had seen such incidents where people died soon after their eyes moved upward and that it is an indication that Guruji was also nearing his end.



After hearing all this, Guruji felt sorry for him, but was smiling inside. Guruji thought to himself "I only feel sorry for you that even though you can recognize the difference in me, you are completely ignorant and unaware of the state I am in!". But, as usual, he didn't say anything to that person and came back.

These are just a few instances in Guruji's spiritual journey. Guruji had encountered so many such experiences that are incomprehensible and totally unheard of. Guruji has witnessed all the lows and highs and explored every nook and corner of the life of a God-realized person. Every seeker has to understand that there is literally nothing in the spiritual life that Guruji cannot relate to. Therefore, the more you open up to HIM, the better will be your inner growth.

To be continued...

GURUJI'S JNANA

GOD'S KNOCKING AT OUR DOORS

- Saint Sundar

All the people living in this whole world get's knocking on their door by **GOD** many times, but our **MIND** somehow manages to muffle the sound of the knocking by its constant activity and downplaying the whole incident. God is very compassionate to all human beings and he gives everybody a fair chance to know thy self. But only very few people make use of the opportunities (blessings) given by **GOD** to travel towards **GOD**. Also people's past life karmas take them far away from the path of God. Also, their upbringing and the society in which they move also have their effect on them. If people around them are very God fearing, religious and spiritual in their life, it also has its own effects on them. It gives a lot of push, courage and a very deep yearning for spiritual upliftment.

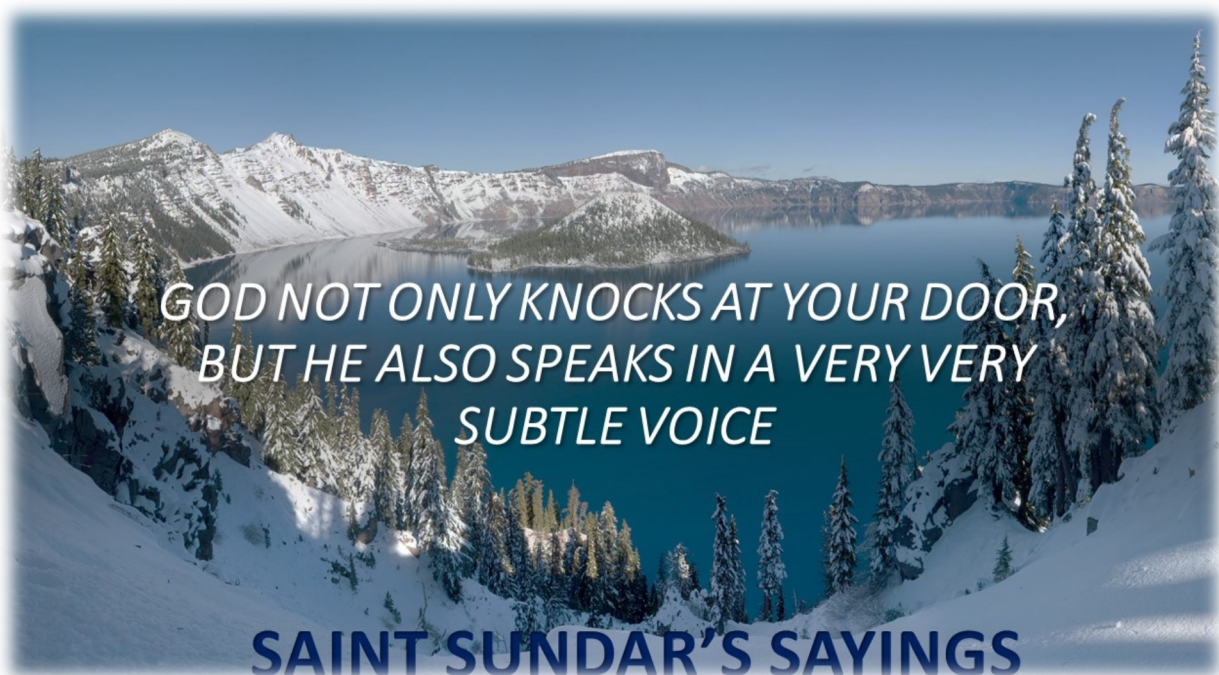


Therefore, the conditions for many people to achieve self-realization or God-realization in a very easy manner are as follows:

1. Always move with people who also have some likings to travel in the path of God.
2. Always stick to these kinds of groups.
3. Be sincere in your seeking and search for truth realization.
4. Pray to almighty existence to lead you towards the enlightened Guru for guidance and grooming.
5. All your searching and seeking should be towards inner direction or inward bound only.
6. You should not be too much interested in materialistic life and materialistic enjoyment.
7. Even when you are involved in other activities, your mind should always be thinking about **GOD** and **GOD** only!
8. Whatever happens in your life, you should not go back from your seeking.
9. When things get very tough in your life, you should hold on to **GOD** even more firmly with the conviction that **GOD** is there to save you from all these difficulties.

- 10.Nothing and Nobody should be allowed to stop you from reaching your destination (GOD-realization).
- 11.If your seeking and searching is very intense, you will definitely reach GOD in this very birth.
- 12.If your seeking is not intense and if it is very lukewarm, then you will take many births to realize God.
- 13.Never worry about the future and Never worry about the past. Always live in the present (NOW). Both the past and the future is not in our hands. Only this present moment is in our hands. You should always live in the “now” moment only.
14. You should always love your body. Body is the very tool which is going to help you in realizing God.
15. Body is the temple where GOD dwells.
16. Never do any harm to your body by leading your life in a negative way.
17. Always pray to your ancestor and always seek their blessings. This will help in your seeking in an immense way. Pray to all angels, Gods, devas and saints because each and everyone have their own designated power. With their blessings you can easily reach the other shore.
18. Never do any harm to others. Never do any harm to yourself.
19. Do intense tapas to purify your mind, body and soul.
20. Burn all your karmas in the fire of tapas.

THESE ARE THE GOLDEN POINTS TO ENLIGHTENMENT!!!





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