



# AATHMA VRIDDHI

A spiritual e-magazine with a difference

## EDITORIAL

This is the third edition of the weekly E-magazine which is meant to enliven all the readers with the taste of divinity from His Holiness Himself.

## His Holiness Guruji Sundar

A self-realized eternal being, who has taken birth to awaken all of us from the vicious cycle of birth and death

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## **STAYING IN THE MIDDLE- By His Holiness Guruji Sundar**

You can never ever stay in the middle! It is not at all possible. Only fools will say that they are functioning from the middle.

Our philosophers and saints say that, by staying in the middle of the path, one can bypass both ends of different dimensions. One dimension is spiritual and the other one is of worldly things like family, money, society etc.

My advice is that **you can fully immerse yourself in spirituality and you can perform all your worldly duties with love and compassion.** The spiritual path is a beautiful and a time-tested one and only very few people have lived like this.

Ordinary people cling only to the extremes. It finally gives them only despair and frustration.

You can go to any mutt and watch how the so-called swamijis and brahmacharis are living. Look into their eyes and you will come to know that they are very far away from divinity than you. But they will try to act as if they know everything. This is one extreme.

Another extreme is fully involving in social life and never bothering about Gnana, Truth realization and God realization. They all live and die without knowing anything about God. They will take rebirth and live in the same way and die in the same way with full of unfulfilled desires.

So, my advice to you is “**Live totally in spirituality and function from there and do all your worldly activities.**”

To make this happen, go and find the master who lives like that. Imbibe the qualities from him by hanging around him and do seva to him in every way. Then slowly you will start to live like your master. Without knowing, your body will imbibe his gestures, mannerisms, body language etc.

**FIND THE REAL MASTER,  
FOLLOW HIS FOOT TRAILS,  
YOU WILL REACH HOME!**

## **Minding the mind – By Dr. T.S. Rathna Priya**

Mind is the biggest lie that humans are programmed to deliberately believe in throughout the entirety of their lives. It has been well established in the scientific community that without a mind, one cannot operate or live a normal life. But in the spiritual world, liberation from the mind is the basic prerequisite for a seeker of truth. A seeker must be free from the mind and should not be influenced or controlled by the mind. He must understand that mind is not real. When a child is born, it does not have a mind. It will be pure with consciousness as whole. After death, there is no mind. The soul becomes free from the clutches of the mind. But in between birth and death, we develop an entity called mind and completely lose ourselves in it. This is the biggest Maya!

So, how does one become free from the mind? We can never run away from the mind. From the moment we were born till this very present moment, we have fed our mind with lots and lots of information and made it a separate entity capable of operating on its own. The only way to come out of it is to go more deeper into it and know it inside out. One must understand one's mind completely. Only then, we can differentiate between the polarities of the mind. Mind will work out hundreds of things for us to do. When you understand the pattern of the mind and differentiate yourself from the mind, you become free from its clutches. You will take control of the mind. You will choose when to operate your mind and when not to. This is real freedom from mind.

Mind works on a certain pattern. When you are praised or credited for your achievements, your mind will become happy. When you are insulted, your mind will become sad. When you are scolded, your mind will become angry. This is the basic working pattern of the mind. When the mind is happy, you will be at peace with everyone around you. When your mind is sad, you will be engulfed in sadness and will not be happy seeing the people around you. When your mind is angry, it will make plans to take revenge or to show your anger to the people around you. In all cases, your mind makes you think that only you exist, only you are important and that you are superior to everyone else. This is how the mind is programmed. All minds think that they are superior to everyone else. So, when one understands his own mind completely, he can understand all other minds as well.

We all think that our mind is just ours and that our thoughts are very private, unknown to people around us. But in reality, your mind is not just yours. It is a mix of you and the people around you. Thoughts can jump from one mind to another when you move closely with other people. Your mind, which you think is yours, can easily be contaminated and corrupted with other people's thoughts. Your mind can easily be influenced and manipulated by the people around you. It is always said that we should choose our friends and companions wisely. If you are surrounded by people whose mind and thoughts are pure, you will imbibe the goodness. This is why when a seeker attends a Satsang where all his senses imbibe only the positive and spiritual wisdom, he is immensely benefited, and his spiritual growth is enhanced greatly.

The human mind can never be quiet. It always keeps on working towards a plan or ambition or a desire. It won't rest and it won't make you rest till that goal is achieved. Constantly, you will be made to take all the steps necessary to achieve that goal. It will make you believe that you will achieve all the happiness and satisfaction only when you reach the goal. And eventually, you will reach that goal. However, the happiness and satisfaction you get from that achievement will be short lived. Even before this realization sinks in, the mind will start working towards the next target. This process will be never ending. Mind will never let you live peacefully. A seeker must understand this process and should realize that all the goals in life are temporary, and he should never blindly follow the path unveiled by the mind.

A real seeker should always be aware of the mind!

A real seeker should never believe the mind!

A real seeker should never act according to the mind!

A real seeker should know how and when to ignore the mind!

A real seeker should tame the mind!

A real seeker should learn the art of being friendly with the mind!

A real seeker should know the art of silencing the mind!

**A real seeker should be without the mind!**

## **Listening to your heart: - By K.S.Rajagopalan**

**Listening Continued:** Further to my previous articles on listening to our body and listening to our mind, in this episode let's see how to Listen to our Heart and listen to Wisdom.of Saints.

**Listen to our heart:** this is the most difficult trait to imbibe and practice. First, in order to Listen to our heart, one must know how to Listen to the body and the mind. This is because, our body, mind and soul are so closely connected and entangled subtly that any impact on one of them affects the other.

If you fall sick; You would have observed that your mind also is not in good shape and overall, you will feel low on spirit.

Similarly, when our mind is sick, our body would also feel that. You will feel tired and let down. During these times our heart will also not flower properly.

However, if our body and kind are in good shape, then we can say that we are ready to Listen to our heart.

The Heart mostly speaks the language of silence

The Language of heart is Universal

The Language of heart is powerful than all other languages

The Language of heart is indeed the true language

The heart Never lies. It knows only the truth. It always expressed only the truth



If one starts listening to his heart, this universe will start listening to him

If one starts listening to his heart, this existence provides special care to him

If one starts listening to his heart, he starts feeling light

He starts owning up something beyond the boundaries of human knowledge

Wisdom pours on someone who listens to his heart

To live in your heart is the greatest boon possible for a human being.

To live in your heart, you must first listen to it.

It needs great courage to listen to the heart as it points out one's fault subtly yet strongly.

Listening to heart at times makes mind feel lost and hence it starts its play to drag you away from it

Great care should be taken by one who listens to his heart.

Listening to your heart springs love

Living in your heart springs compassion

One needs to accommodate his Guru inside his heart in order to become a new man

He should allow Gurus words to reach within and erase all unwanted stuff.

One has to cultivate the art of listening to his heart. This does not come overnight. Once you open up the heart, it is very much possible that you get hurt easily. At this point we need our Guru to protect us and push us further.

We are all humans only because we have a heart but unfortunately over a period of time the mind has overtook the heart due to which our lives have become miserable. Opening one's heart to a realized Guru is the first step to listen and live in it. In front of a Guru, one has to become totally vulnerable so that the Guru starts residing in his heart. First, we should carefully listen to the Gurus Wisdom. Then slowly we should reflect on whatever was told. Then we should accommodate his being totally in us. If you listen to your heart, you cannot commit any so-called Sin.

Life will never lead you to the wrong path.

Listening to heart is the greatest secret key to open to the doors of Wisdom

Listening to heart is the greatest secret key to open to the doors of Consciousness.

Listening to heart is the greatest secret key to open to the doors of divine love to flow through us.

**Listening to heart is the greatest secret key to open to the doors of Enlightenment.**

**Listening to heart is the greatest secret key to open to the doors of other worlds.**

**Listening to heart is the greatest secret key to open to the doors of Eternity.**

**Listening to heart is the greatest secret to attain Samadhi.**

**Listening to heart is the greatest secret key to open to the doors of knowing  
about the true Surrender.**

## **Constructing a Samadhi in Shaiva Tradition & its importances**

**- By Thirumoolar - Summarised By Srimadhan**

**Point No.1:** Samadhi is the final resting place of a saint. The right way is to treat the place as holier than the temples.

**Point No.2:** They live eternally hence give utmost respect the body as the Aathman/God never leaves the body. Give them a proper send off.

**Point No.3:** The appropriate places where samadhi would their own home, roadside, tank bund, riverbed, flowery grove, forest, mountain valley etc., Give them a space underground. Alternatively give them a seat in a cave. If given so, the people of the land and rulers will receive blessings of Grace infinite.

**Point No.4:** The space underground should be a square of Nine feet deep and five feet on all four sides and shape it in a triangle of three feet each side where they will sit. In it, lay garlands of honey-dew flowers, sandal, musk, civet and diverse lotions. Sprinkle rose water and light the lamp nearby.

**Point No.5:** Spread the five precious metals and nine gems. Scatter the Kusha grass. Scatter Vibhuthi, Turmeric Powder and incenses richly mixed. Upon them place the seat.

**Point No.6:** Smear the entire body with holy Vibhuthi. Place the body on an Asana (seat) appropriate. Spangle bright with several incenses and Vibhuthi. And thus seated, cover the cave with earth and level the four sides. Above that raise a platform of three feet by three feet. Around that, scatter vibhuthi, powdered incense and

diverse flowers, Kusha grass and sprinkle holy water. Place their sandals and ear rings for workship.

**Point No.7:** On the raised platform, plant the sapling of peepal tree, or a holy lingam. Arrange the Sannidhi facing north or east. And perform pujas with sixteen rituals.

**Point No.8:** Do not give Saint/Janani's body to fire. It is same as destroying the Lord's temple by fire. If it is given to fire, the people of the land will suffer in burning fever. No rains will fall on land and famine will ravish the world. Countless kings will lose the kingdoms.

**Point No.9:** Do not give the body as a prey to dogs and jackals. If it is given, the land will suffer with war and the people will become a prey to dogs and jackals.

**Point No.10:** Do not leave it to perish or uncared. If so, the world will lose its prosperity.

Most importantly, Saint & Lord are synonyms

It is god's eternal gift to mankind

It is a remembrance to all of that God came in human form and lived with us!

They live eternally

Cherish them eternally!

## **Miracles Performed By Beloved His Holiness Guruji Sundar**

### **In My Life - By Sudharsun**

#### **Chapter 3 : Peridium which was never returned**

His Holiness is an enigma. His guidance defies logic. There is no right or wrong in the Loka of His Holiness. Everything is pure Leela only.

Dear readers, kindly read the below passage with non-judgemental eyes.

In the previous chapter by the grace of His Holiness, I had escaped from a career blemish.

For the trip of 3 weeks, office had given me a peridium for 3 weeks. In international travel for daily out of pocket expenses, peridium is given either in dollars or euros which amounts to 50 euros per day.

But this time, due to the visa problem, I returned in less than a week's time. The excess peridium should be returned to the office.

During that time, His Holiness was doing marble flooring to Mahan Gurulinga swamigal.

There was an urgent need for money at that time.

I had told about the peridium to His Holiness.

His Holiness asked me to spend the remaining peridium to Gurulinga swamigal.

Beloved His Holiness asks me rarely. But, since it was an invaluable ask from Beloved, out of total love I wished to spend the remaining peridium. So, I converted the euros to rupee and spent it.

After a month's time, the Office's finance department started asking me to submit my accounts for the travel.

I had told this to His Holiness. His Holiness told me not to bother.

Months passed; a year passed. Finally, I had submitted my resignation in ABN AMRO/ RBS due to another offer. This time the finance department told me that I have to submit my accounts in case I need to get the experience letter.

So I had decided to submit 3 weeks of account and tell them that I missed the flight ticket. In that case I need to get an exceptional approval from my head.

I asked His Holiness, he said, you go, I will take care.

I went to the office, I met my head who was a lady who already knew about the visa incident, but surprisingly she just did not even look at my papers and just signed.

I submitted this to the finance department and got relieved without problems.

But, the remaining premium was never returned and it was used per order of His Holiness to Mahan Gurulinga swamigal.

Laurels to thee, Laurels to thee.

Glory to thee, more Glory to thee His Holiness for you are my Lord and I shall not want.

## **Great Souls of India – Saint Sahajo Bai – By Pooja Parashar**

In the Bhakti period of our illustrious past, if we talk about any saint-poet, Mirabai's name immediately pops up on the tongue, but it is also worth mentioning that apart from her there are several unknown female saints in our country.

During 18th century, Sahajobai, who spread fragrance of devotion all around like devotee Meerabai, also holds an unforgettable place.

Sahjobai's birth is believed to be on July 25, 1725 (Sravan Shukla Panchami) in Delhi, whereas, at some places, mention of July 15, 1724 is also found. She is believed to have been born in Rajasthan and later, she and her family moved to Delhi. Primary education took place at home. At the time of marriage at the age of 12, such an incident happened which completely changed the life of Sahajobai. Gurucharandas ji, the great saint of that time, seeing Sahajobai decked up in the form of a bride, said –

'Only for a few moments, what is the use of this shringaar (make-up), when one not have to live in this world and sure to go.'

She could not understand the Guru's words at that time, but after some time information came that the groom's horse got dislocated due to the fire crackers and the groom fell down and died. That was the life changing moment from where Sahajo's worldly fascination ended and she started to devote herself and her entire life to Guru bhakthi.

Like Saint Kabir, she described devotion to Guru as superior to God –



'I can give up Ram but cannot forget Guru, I do not look at Hari as the Guru.

Hari made me enter samsara (material life), Guru freed me from samsara.'

There is only one book 'Sahaj Prakash' which contains the collection of her poems. In this, topics related to Guru's glory, disciple-characteristics, monk-characteristics, previous birth, birth-death, social life, salvation, mention of sixteen hindu thithi(dates), description of seven days etc. are found. With a clear and distinctive style, she has composed in the forms of Doha, Chaupai, Sortha, Kundliyan, Pada etc. In the compositions, 39 verses based on different ragas of Krishna Leela-Vilas description are also found. Along with Khari Boli, Braj, Rajasthani, Punjabi, Arabic-Persian words are also used in her compositions. Saint Sahajobai remained free from bondage even while living in the world, along with making the society aware of human life, she made them aware of the truth of life.

She described both the Saguna and Nirguna paths as equal -

'Nirgun and Sargun are one only,

Sat Guru gave eyes, decided to gaze.'

Describing the importance of satsangati, she says –

Just as the dirty water mixed with the Ganges becomes as pure as itself, in the same way even a crow i.e. a foolish person, becomes a truly wise swan in the company of saints and wise people.

On January 24, 1805 (Magha Shukla Panchami), Sahajobai became one with the absolute forever when she entered samadhi, but she is still guiding the society through her creations and her divine presence emanating out of her creations.

Her jeeva samadhi temple is in Chandni Chowk, Delhi along with her Guru and she continues to bless devotees and guide seekers from her samadhi state.

## **My Experience at Pudupet Meenakshi ambal Temple. - By Guruprasad**

Vanakkam Gurudev and Shrimaata.

I wish to share one beautiful experience which happened at Pudupet Meenakshi ambal temple. I have been Going to Meenakshi Ambal temple. It is nearby my office. Every time I am going like, I am going to see my mother.. Every time while going inside the temple I will see Meenakshi with her sons lord Skanda and lord Ganesh. It will be so lovable and sentimental to me. so i surrender to that feeling every time... By the grace of Gurudev, Every time the care takers of temple, Babu Ayya and another Amma will allow me inside the sanctum sanctorum to sit and meditate nearby Goddess. if I enter the temple They will be ready to say Go inside and sit.. It has become usual by the grace. I will also meditate nearby Goddess and will enjoy the peace and blessings.. I will leave everything to her.. I will meditate like it is her body and it is her meditation. I am not responsible for anything.. she will take care thereafter. While meditating she will touch my shoulders and my head and will show her blessings, and sometimes I feel the movements in the Center of my heart . That feel will be like I am carrying someone in my heart. if I call her with all her names like Uma, Durga, parvati, Kali, Parashakthi, Bhuvaneshwari and sometimes I will call her as mother of Kumaran, (Kumaran Annai) and so on, suddenly I will feel continuous blessings in my Sahasrara.. I will enjoy her blessings and compassion.. Today one beautiful thing happened. After finishing meditation I

stood up and touched the feet of Mata Meenakshi for blessings and i closed my eyes.. I really stunned .. She touched my chest back. Also I felt the movements of that hand.. it was like someone is really touching the chest back and giving their blessing if we seek blessing from them by touching their feet. After that i stunned and it was so surprising and unbelievable to me ..It was like now Meenakshi is Giving her blessings?? Oh!! I completely surrendered to her. is she the Uma (Parvati) The one who i address as my mother is touching and giving her blessings?? then I enjoyed her blessings and drowned in her compassion. Previously when I had gone there, there was power shutdown in the temple. From outside I saw the temple. After that I went to drop my bike in the street end and again, I came by walk to the temple. I just came and stood in front of the temple. Suddenly The power has come.. Immediately the Kovil poosari and people have gone inside the temple and started the Pooja.. I felt it is the love and compassion and welcoming of Goddess.. So i entered the temple by enjoying her Grace. The miracles of Goddess are amazing and lovable Guruji. I am really enjoying the compassion of mother Meenakshi every time. Dearest Gurudev I strongly know without you it is not possible for anyone to feel and experience like this in all ways.. Because you know all Gods and Goddesses and they are ready show their respect to you. So as being with you we also having an opportunity to feel them and get their blessing through you “THE PATH”.. it will always happen in the Existence of yours only. Kindly keep us always in both your lotus feet...The Feet of Meenakshi and Sundareshwara...Thank you Guruji.

By the continuation of the above experience, I would like to Share the experience which happened second time at Pudupet Meenakshi Ambaal Temple. This time it was so Deeper. After i conveyed my previous experience with Guruji, this time after I touched the feet of Goddess with my hands for getting her blessings, she touched my chest back again. This time I felt the touch was so deeper. So, I started to cry and I called her Amma. After i called her, she caressed my chest back in a gentle and loving way until I take my hands from her feet. I really enjoyed the pampering and Compassion of Goddess. Thank you, Gurudev, and Maata for opening the doors of compassion in a surprising and lovely ways.

## **Guru Apar Guru Mahima Apar – By Satish Kumar**

This was there in mind for a long time. However, couldn't jot down earlier. It's 6 years of association with Mahan Guruji Sundar and it has transformed me amazingly, beautifully. The transformation, evolution is a long process and am hopeful of receiving Guruji's Kripa forever.

I am also witness to Miracles by Guruji at multiple times. I have chosen to name my experiences as

**‘Guru Apar Guru Mahima Apar’** and would be sharing my experiences under this subject line. I will share in combination of one old and one recent experience reflecting Guru Mahima!

I am a person from a very humble background. My Grandfather (we would call him as 'Baba') was a very small farmer with 5 children. Supporting the family with food, clothes, schooling, etc was a continuous struggle for him. However, he was one of the noblest and most generous person I have ever seen. He was very good in Naturopath and Homeopath and would help the villagers with advice and medicines-most of the time free of cost. My Grandmother (we would call her as 'Dai') was a pious lady. Very caring, would never complain. I don't remember having seen any anger on their faces, language or behaviour.

I have not read Geeta, Ramayan or Mahabharat. However, I know most of the stories and messages out of those stories. It all happened because of my Baba.

My early schooling is from my village. My elder brother and I would sleep with Baba in a Kothli (Large first room of the Mud house). He would wake us up at 4am in the

morning and would lovingly share the stories from Ramayana & Mahabharat till the sunrise. The persona of Baba and Dai and Baba's stories were the first spiritual exposure for me.

My father is another great man in my life with similar large heartedness as Baba. My mother believes in Karma and doesn't bother about the result. She personifies equanimity.

Come 1991 and a miracle happened in my life. One of my friends spoke very high of a person by the name Prof (Dr.) Abhay Raghav Mishra ('Sir'). He asked me if I would like to meet him. I immediately said yes to that. The first time I met Sir, it was a meeting of 2 bodies and one soul. Early Nineties was also a period of big troubles for me from health perspective and some family issues.

My association with Sir saw me coming out of all the problems one by one. I was full of energy, enthusiasm and hope. He has remained a great source of inspiration for me. I am very grateful to him. More so because of his advice to me to meet Param Pujya Guruji Sundar.

When I was transferred from Mumbai to Chennai in 2016, Sir advised me to meet Guruji Sundar. He told me- "Go and meet him. He is a Master and it would be great for you". I had never searched for a Guru in my life, though, I always wishes to have a Great Guru. On his advice, I requested for a meeting with Guruji and he was kind enough to meet me on 17<sup>th</sup> May 2017 at Gurulinga Swamiji Temple. Sudharsun Sir was a great support in arranging my first meeting with Guruji.

That was the greatest miracle for me till then. Guruji was kind enough to accept me and I was initiated in the sacred Temple of Mahan Gurulinga Swamiji Maharaj.

**I treat this as the first Mahima of Guruji on me.**



## குருவும், தேனும் – By Kokila Seenivasan

எதனோடும்                      ஒப்பிடமுடியாதவரும், எல்லைகள்                      ஏதும்

இல்லாதவரும், இப்படித்தான்      இருக்கவேண்டும்      என்ற      இலக்கணம்

இல்லாதவரும், எதிலும் சமஸ்துதியில் உள்ளவரே குரு.

இருந்த போதும் குருவை தேனோடு ஒப்பிடுவது சாலச்சிறப்புடையது

ஆகும். ஏனெனில் தேன் என்னும் அருமருந்து, இன்சுவை கொண்ட

அமுதுக்கும் இணையான ஒரு திரவம். எச்சுழலிலும் கெடுவதே இல்லை.

தேனுடன் எந்தப் பொருள் சேர்ந்தாலும் அப்பொருளும் அதன் தன்மையை

இழப்பதில்லை. தேனீக்கள் சேர்த்து வைக்கும் மலைத்தேன் மனிதனின்

பல்வேறு மருத்துவத்தில் முன்னிருத்தப்படுகிறது. சித்த வைத்தியத்தில்

தேனுக்கே முதல் இடம். குழந்தைகளுக்கு கொடுக்கப்படும் சில அலோபதி

மாத்திரைகள்                      கூட                      பொடித்து                      தேனில்                      கலந்து

கொடுக்கப்படுகிறது. தேனுடன் எந்த மருந்தை கலந்து உண்டாலும் ஒரு

போதும் மருந்தின் தன்மை முறிவுறுவதில்லை. அத்தனை சிறப்பும் தேனுக்கு

உண்டு.அதைப்போலவே குருவும் தன்னுடன் பயணிக்கும் எவரையும் தன்நிகரற்ற இயல்பில் பயணிக்க வைக்கிறார்.

இன்னும்கூட நாள்பட்ட புண்கள்,ஆறாத ரணங்கள்,உடலின்,உள்ளும் புறமும் ஏற்படும் புண்கள் அனைத்திற்கும் தேன் என்னும் திரவம் பெரும் நிவாரணம் அளிக்கும் அருமருந்தாய் விளங்குகிறது.🙏🙏

குருவும்,தேனும் தன் இயல்பிலும்,எப்போதும் மாறுவதில்லை.தேனும்,மீன் எண்ணெய்யும் உணவாய் எடுக்கும் மனிதனுக்கு பல நாட்கள் வேறு உணவே தேவையில்லை.அதுபோலவே மகான்களுடன் பயணிப்பவர்களுக்கும் குரு இடும் ஆன்மபிட்சை ஒருபோதும் சீடர்களை சோர்வடையவிடுவது இல்லை..மகான்களின் வார்த்தைகள் எல்லாம் ஆன்மபாதையில் தேனைப்போல் அருமருந்தாய் உதவும்.சாமனியர் ஒருவருக்கும் குருவுடன் பயணிப்போருக்கும் வித்தியாசங்கள் நன்கு புலப்படும். சாமானியன் பிரபஞ்ச அறிவே இல்லாத மனிதனாய் பிச்சைக்காரனாய் இருப்பான்.ஆனால் குருவோடு இருக்கும் மனிதன் வெளியே உள்ள பிரபஞ்ச சக்தி அகத்திலும் இருப்பதை உணர்ந்து

அமைதியே உண்மை மொழி என்பதை தெளிவாக அறிவான். நவநாகரீக  
 உலகில் பலப்பல நவீன தொழில்நுட்பக்கருவிகளுடன் வலம்வரும் மனிதன்  
 குருவெண்ணும் ஒருவரைச் சந்திக்காமல் இருந்தால்  
 தேகாபிமானத்துடன், தன்பிட்சைப்பாத்திரத்தின் சூத்திரமே அறியாமல்  
 பிறர் போடும் பிட்சையில் கடைசிவரை வாழ்ந்து, கடைத்தேறும்  
 வழிதெரியாமல் பிறவிச் சுழற்சிக்கு தயாராவதே திண்ணம்.

நான் என்ற மாயைத் தெளியவே நல்குருவாய் வந்த பாரபரமே! பாரினில்  
 வந்ததன் உண்மை பாதை உணரவைத்த உத்தமனே! நீவீர்  
 வாழி! வாழியவே! குருவே சரணம்.

-----**THE END**-----