



# AATHMA VRIDDHI

A spiritual e-magazine with a difference

## EDITORIAL

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

## His Holiness Guruji Sundar

Re-incarnation of Lord Vishnu, who has taken human birth to protect all of us from the vicious cycle of maya

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## **JEALOUSY – By His Holiness Guruji Sundar**

All the minds in the world have this unwanted quality in varying degrees or levels. Only those who have understood their mind fully can weed out this unwanted quality.

Most of the people exhibit or emit this quality openly. In some people you can never ever see the traces of it. But underneath all their good qualities it will be hiding and existing. Only these people will know their dark character.

Some people hide it so well that even they also believe that they don't have such a quality. It will be there very deep down in their mind.

So my advice is “**Never be 100% open with anyone except the realized ones**”.

**P.S.** My sishyas are very different. They never open their hearts to me! They are real fools. **I CAN SEE THEM ALL, IF I WANT!**

## ஞானியின் பிதற்றல்கள் - ஞானி சுந்தர்

1. என்னை ஏமாற்றுபவர்கள்

மனிதர்கள் மட்டும் அல்ல!

தேவலோக மைந்தர்கள் கூட

என்னை ஏமாற்றி தான்

சுகம் காண்கின்றார்கள்!

2. எத்தனை ரணங்கள்!

எத்தனை அவமானங்கள்!

எத்தனை வேதனைகள்!

இவை அனைத்தும்

நான் இறைக்காக

வாழ்கின்றேனே அதற்கு தான்!

### 3. பல மகான்களின் கதைகளில்

படித்ததெல்லாம், அவர்களுக்காக அனைத்தையும்  
 உதறி தள்ளி வாழ்ந்த அவர்களின்  
 சிஷ்யர்களின் அற்புதங்களை பற்றி!  
 ஆனால் நானோ , எனக்காக  
 என் உண்மைக்காக என் ஞானத்துக்காக  
 வாழ்க்கையை உதறி தள்ள துடிக்கும்  
 ஒரு சிஷ்யரை கூட பார்க்கவில்லை!  
 இது என்ன விந்தை!

### 4. அனைத்து உறவுகளும்

என்னை உதறி தள்ளி  
 போனாலும், என்னை  
 அவமானப்படுத்தினாலும்  
 என் உண்மை மாறாது!

## **Conscious and Subconscious mind – By Dr. T.S. Rathna Priya**

Mind is a collection of thoughts. From the moment we were born till this very present moment, our mind is being constantly filled with the things we see, hear and observe. Mind functions like a database of our thoughts, actions and memories and we can access and retrieve these collections whenever we need. This is the most basic functioning of the mind.

The western world classifies the mind into different levels including conscious, preconscious and unconscious. However, from the spiritual point of view, mind can be distinctly grouped into conscious mind and subconscious mind. The way in which each of them operate and influence our actions are entirely different.

The conscious mind is the active mind that we use for our day to day activities. We utilize the conscious mind for our active functioning in the present world. This mind helps us in our daily routine, our family life, our social life. This mind has all our happy memories, our good qualities or those qualities we want to project to the outside world and influences our behaviour accordingly. This mind controls our thinking, our actions and our feelings to the present environment. The conscious mind is responsible for our conventional lifestyle.

The most dangerous mind is our subconscious mind. The subconscious mind contains all the deep-rooted memories of the past. The negative experiences we had endured and the incidents and actions that had affected us the most are safely etched

as memories in the subconscious mind. The real nature of a person is known only to the subconscious mind. This mind knows all our negative shades, our bad qualities, our wrong doings, our crimes, our jealousy, our cruelty, our troubles, our sufferings, our pain and most of all, our core nature. The qualities that we want to hide to the outside world and those that we want to hide from ourselves are accumulated in the subconscious mind.

The human nature is such that they believe that the subconscious mind is safely stowed away and remains obsolete till the end. But, in reality, the subconscious mind strongly influences and controls the conscious mind. The memories in the subconscious mind are so deep rooted that it governs our day-to-day activities instinctively. If a person had a negative experience that affected him in the past, this memory is recorded in the subconscious mind. From that point onwards, every decision he makes or every activity he does would in some way be influenced by this memory. This memory impacts the way he reacts to a situation or the way he judges other people he interacts with in his daily life. In one way or another, the subconscious mind decides what the conscious mind must do.

Very often we would have observed that at certain situations, we would have overreacted and would have done or said things unintentionally. These actions and thoughts that reflected spontaneously is due to the strong control of the subconscious mind and our hidden qualities it possesses.

For a spiritual seeker, liberation from the mind is the basic prerequisite. When a seeker practices meditation, the process of cleansing the mind starts. In the initial stages, only the conscious mind will be cleansed. But the seeker should not stop with this and should proceed with the subconscious mind also. Only when all the memories, qualities, thoughts and identities are cleansed, the mind will become a clean slate. A seeker will have control over the mind only when he dwells into each and every corner of the subconscious mind and understands it inside out. Meditation is the key to unlock our conscious and subconscious mind so that the doors to the self can be attained!!

Thank you Guruji for yet another lesson!



## **Learnings from our beloved HH – His very life is His message and a Holy Grantha for us: – By K.S.Rajagopalan**

### **What we have learned from HH Guruji apart from Meditation and Thiruppanis.**

Our beloved HH has gifted us with a divine life through meditation and the Thiruppanis which we have performed. But what I am going to share herewith is whatever and where ever he inspired us which helped us become a better human being.

**Greeting someone and receiving them with love:** The first and foremost learning which we got from our beloved HH Guruji is to Greet someone we meet, with a whole hearted smile and with folded hands. This will help us connect with our beings instantly. We used to have special key words to call out when we meet our spiritual brothers. This has helped us have a deep connect.

When someone visits our home or abode, we must welcome them with a warm heart and a beautiful smile. First offer them water with love. Help them to get settled down.

Then give them Vibuthi or Kumkumam. There is no need to talk immediately. Allow few minutes of silence. We are all human beings and like to be valued.

Whichever caste, background, race or ethnicity we come from, we should respect each other. We can spread love to the other with a very look. When we look at someone, do not look at them as a person but look at them also as a Being.

The God who resides in us also resides in them. Even if we are in disagreement or have a misunderstanding with someone, it should not stop us from greeting them.

Guruji has been advocating these throughout his life and we also have been practicing this in our Dham. Though these acts appear simple, they bring in a great bonding and a deep sense of belongingness for that person with us.

**Sending-off a person:** The same way we receive someone, we must ensure to send them off also in the same manner. We must just not say good bye and let them go. We must accompany them as far as possible to our main gate or door and ensure to send them off with a proper smile. All these should not be done for the sake of doing but with real love and care.

**Respect a person's private space:** Our beloved HH is very particular in this aspect. He gives utmost respect to others and even if someone is younger to him, he greets them with the same smile and enthusiasm. He gives utmost importance to our privacy and also keeps advising us to respect other person's privacy while eating, talking, etc.

**Lighting a Lamp at home:** 'Thamasoma Jothir Gamaya', 'Lead kindly light'

We must light a lamp at our home atleast twice a day and it is a best spiritual practice to have a lamp glow 24\*7 at our home. This will definitely help get rid of bad energy or bad souls who try to disturb us.

To get rid of all darkness surrounding our home and lives, we must definitely ensure to light a lamp.

**Agarbathi** : Our beloved HH is very fond of Agarbathis and he loves trying different brands and different fragrances. Before sitting in meditation, we should light a lamp and agarbathi without fail.

He has introduced several brands to us and asks us lovingly to buy them. Agarbathi has a very special quality of purifying the space around us. The divine fragrance which comes out of it helps in cleaning up the space and make the environment divine

Our quality of meditation will improve if we light a good agarbathi. It acts as a catalyst in shutting down our mind. It helps our body to shed away impurities and once our pores gets filled with fragrance, it accompanies us wherever we go.

He encourages us to try new ones and recommend him if we find some fragrance worthy. He lovingly calls his disciple and asks him/her to get a particular brand.

No wonder the disciple gets elated when they receive a call from beloved HH himself.

Another important aspect for a disciple is that, beloved HHs grace and blessings reach the disciple even when he/she is far off. So when beloved HH lights up an agarbathi and thinks of the disciple at that moment, their blessings increase mutifold thereby fostering a disciple's spiritual growth

**Kolam (Rangoli)**: Our beloved HH has a wonderful habit of getting up early and he takes care of basic house hold chores such as watering the frontyard and backyard, brooming, lighting lamp, etc.

Our Guruma further adds to this by drawing beautiful kolams to decorate the entrance of the Dham. The moment we see the Kolam, it brings out a sudden change and joy in us.

He has explained us the benefits of decorating our homes with Kolam. Kolam in a way brings out the creativity and it also showcases our mind pattern and mood. On the other hand, looking at a good kolam can change our mood and can help us gain our energy levels.

We all have learned so much from our beloved HH and akka in this aspect and are practicing this regularly. We shall stay thankful throughout our lives

...More to follow in the next edition...

## **GREAT MASTERS' QUOTES ON SAMADHI – By Srimadhan**

In tough times, we get inspiration from the stories about God/Saints. When we walk the path, we get inspired by the quote from a Master/Saint/Rishi!\_As a seeker, whenever I felt demotivated or moving in a wrong direction, I seek the company of the books and quotes.

Listing a few quotes herewith which is a must read for every seeker!

### **TRISHIKI BRAHMANA UPANISHAD**

One has to understand that the realization of the universal truth of the unity of Jeevathma (Soul) and Paramathma (God) which is that "I am Brhamam and Brahman is me" is the real state of Samadhi. That man becomes Brahman and he does not take another birth.

### **TEJO BINDU UPANISHAD**

Being first in a state of changelessness and then thoroughly forgetting (even) that state owing to the cognition of the (true) nature of Brahman - this is called Samadhi.

### **ARUL NANDI SIVACHARIYAR**

When Aspirants are sufficiently developed in Meditation and receive the grace of God, and wisdom, they are graciously taught by the Guru; and by practice of such teaching, they will attain to the condition of Perfect Samadhi. Then will they become Jivanmuktas in this world. They will have neither likes nor dislikes. They will treat a potsherd and gold at the same value. They will so unite with God that they will never

leave God and God will never leave them; and dwelling in Him, they will perceive only God in everything

They who attain to gnana-samadhi, have neither likes nor dislikes; they desire nothing; they care not for social etiquette, and Tapas and Asrama rules, and Dyana. They have no impurity in their hearts. They care not for religious marks. They do not follow the lead of their bodily and mental senses. They have no bad qualities and no creed and no caste. They become like children and mad men and possessed persons, and they may delight in singing and dancing also.

Those who can realize the Supreme Being even in their waking condition, they are the Saints who have attained to absolute renunciation. And how are we to describe their greatness? They even in this life have freed themselves from all bonds, have become God themselves. Even if they rule and enjoy as crowned kings, they will have no attachment to this world. If one does not reach this Samadhi, even if they get rid of all external bonds, he will enter birth and his mala will not be destroyed.

As God dwells as the soul of soul in each human body designed for the purpose of reaching the Imperceptible One, and infuses His own Intelligence into them therefore, the form of His devotee is His form. As he dwells in Samadhi, he is even God Himself. As he reaches Him in his heart following the directions of the Guru, he is God Himself. When he and his vision fail altogether, he is without doubt God. If such is the greatness of God's devotees, worship them with love to get rid of the bonds of sin.

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

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

#### **Chapter 4: The Phone call**

During early 2005, when chetpet mahan (Gangadara desigar) samadhi temple construction was in full swing, there was a long argument with chetpet mahan's family over where Lord Ganesha (jaya vinayagar) could be installed. (Chetpet Mahan as we call lovingly is none other than the great Gangadhara Desigar swamigal who attained Jeeva samadhi during 1930 in Chetpet, Chennai with the proper approval from the then British Government. Before attaining samadhi, He used to sing a lot of hymns towards Lord Ganesha). There was a separate Ganesha temple which was present in the samadhi site which His Holiness has suggested to move in to the samadhi premises itself. The family people were not happy about vinayagar moving out of the Ganesha temple as they were giving importance only to Ganesha and not to the great saint at all. However, they had reluctantly agreed after repeated talks. For Chetpet Mahan His Holiness had started construction during 2004 only.

In fact, His Holiness had planned this before Gurulinga swamigal renovation during 1995, however for almost 10 years there were a lot of hindrances and hardships faced by His Holiness (this in itself needs separate chapters) in the process and finally the renovation was started in 2004. His Holiness had asked with me to monitor mason installing Lord Ganesha on the samadhi premises. When the Mason

was trying to install Ganesha, the old amma (family descendent) in Chetpet had come and she was constantly interfering in how Ganesha should be placed. Eventually it did not place very well and samadhi was not at all looking very tidy as Ganesha was installed right in front hiding the samadhi. His Holiness had come to visit Chetpet Mahan and was not happy at all. He had also reprimanded me for not co-ordinating properly. I did not know what to do. Then He told me again to ask the Mason to reconstruct the samadhi and install Ganesh not in the samadhi but in a separate place. This time I was caught alone as before and the amma started to oppose strongly and she was rock-stubborn. I did not know what to do, as she started to yell at the Mason. However, a miracle happened; slowly she started to give way and vinayagar moved out of the samadhi and was installed back.

I could not understand how she agreed. I picked up my small mobile and called His Holiness. His Holiness had told me that you had called me before also and the amma was shouting. He said 'How much amma is shouting. I had to silently chant Arutperunjothi thereby calming the amma down. Then I realised that in my pocket my phone had automatically dialled to His Holiness and His Holiness receiving the call, had witnessed everything and had silenced the amma. Even Swami was not happy with the proceedings and Swami (Chetpet Mahan) required His Holiness to silence the situation there and continue proceedings and hence miraculously call had gone to His Holiness without my knowledge. This was a vital move and real miracle in the entire temple construction as then shivalinga was placed on top of the samadhi, otherwise it could have potentially become a vinayagar temple



and Swami's importance could have been lost in the sands of time like so many other jeeva samadhi temples which have become shiva temples now and saint's name erased in records.

## **Great Souls of India – Bharata – By Pooja Parashar**

This story is given in the eighth chapter of fifth skandh of Shrimad Bhagwat Mahapuram. King Bharata, after dividing his kingdom amongst his sons, went to Pulhasram (Harihar Kshetra) to attain Bhagwan, engaging totally in the worship of God, he started living happily.

When Bharata used to bathe in the river Gandaki, he used to sit near the stream of the river for some time. At the same time, distraught with thirst, a deer came alone to the bank of the river to drink water. While she was drinking water, a lion's roar was heard which instilled tremendous fear in her. The deer by nature is a timid animal. She was panicking in fear of the terrible sound. Her thirst was not yet quenched but she jumped to cross the river to save her life.

However, she was pregnant. Whilst jumping, due to fear, her womb moved from its place and the baby deer came out of her body and fell into the river. Due to sudden delivery in the middle of the river, being frightened by the lion and being separated from her child, she was terribly afflicted; affected by sadness, she went to live in a cave and died there.

King Bharata was witnessing all this by the river side. He felt sympathy on the poor baby deer, which got separated from its mother and was being dragged by the waters. He saved that motherless child and brought with him to the ashram.

Bharata's affection towards the baby deer increased day by day. Managing the baby's food and drink, pampering him all the time with affection, he started worrying about him. Within a few days, his own worship-lessons, rules, everything slowly started to leave. His thoughts and attachment increased day by day towards that baby deer. It would think that apart from me, it has no other partner. No one knows about it except me, so I should nurture and love it well. Thus, Bharata's attachment to the baby deer increased. He kept thinking about the baby deer all the time while sleeping, walking, eating and thus they were bound in the bond of affection.

He started spending all the time with the baby deer. If he went for some work, he would take the deer with him so that no wild animal could harm him in his absence. Sometimes keeping him in his lap, sometimes touching his chest, sometimes carrying him on his shoulder, and whenever he saw him, he wished him well and said - "Son! May you be blessed everywhere". If the fawn was never seen, he would feel as if a big wealth had been robbed and would be in mourning.

One day, the fawn did not show up. Bharata tried to find him and searched for him everywhere, but could not find him. He started to think as to how it would be; Where will it be; what will be its condition; Some wild animal must not have done any harm to him! In this way, he started ruminating on the baby deer all the time. The baby deer did not return. From the state where he had left his kingdom, family and everything to attain Bhagwan, even after coming in jungle he fell into this attachment and forgot his true purpose.

In this way, every moment his mind was so totally fixed on the baby deer that he got the next birth, the form of an antelope. Knowing the reason for his being an antelope and due to the effect of Bhagwat worship, he felt extremely remorseful that he had lost his goal after a small deer baby and thus a feeling of disinterest was created in the heart of Rajarshi Bharata, who had become an antelope. With this awareness, he left his deer mother and reached Shalagramatirtha Pulastya Ashram for meditation. He was afraid of attachment with the ashram in mates also, so he started doing meditation by staying alone, eating dry leaves and grass and living in the bushes nearby. In the end, he left that deer body wilfully by submerging his body in the water of Gandaki.

In this way, he left his deer body and took the next and last birth as a Brahmin child at the ashram of sage Angiras as the great rishi's own son.

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

On 30<sup>th</sup> July 2023, I went to Chennai to be with Guruji and Gurumaa on the occasion of Amma's final Grand send off. I was at Gurudham from 9:35am till almost 3pm. Guruji spent his time with all the relatives and guests. He was so graceful to everyone.

To me personally, I was overwhelmed to see and experience the overflowing love of Guruji. I was always in I ness and without any effort. The inner was brimming with joy and peace. All my chakras were active. Guruji shared so much about death and why it is important to celebrate it.

Once, it was time to leave, Guruji asked me to go to Gurulinga Swamiji Temple (GLS) and take a bath there. He asked if I was carrying a soap and gave me one. I touched the divine feet of Guruji and Gurumaa and left for GLS along with Sudharusn Sir.

I bought some flowers for Mahan Gurulinga Swamiji Maharaj and after settling there in the divinity for few minutes, I took the bath. After I poured the water on my body and head, a sense prevailed as if all doors are opening. It was a joyous and a very distinct feeling. After taking bath, I sat in front of the Swami and offered my prayer. Sat in silence there and something happened for the first time.

With Guruji's compassion and utmost kripa on me, I was fortunate enough to have seen Lord Krishna (in Naimisharanya), Lord Narayan (in Pandharpur), Lord Vishnu & Goddess Meenakshi (in Madurai), Mahavatar Babaji, Yuktेशwar Giriji

Maharaj, etc. However, I had been an ardent devotee of Lord Shiva and always wished to have his Darshan. This is what happened this time.

After ~15min of deep silence, I saw a Trishul emerging. It was blue in colour and the surrounding was dark. The darkness was giving way to a blurred background where a image was gradually becoming visible...lo and behold...it was Lord Shiva himself! The view of Him was less clear because of dimness of light around. It appeared as if he was sitting 3-4 feet behind the Trishul. However, the way he was sitting and looking, it was Him only. My inner jolted and felt a trembling of some sort. After this very fulfilling experience, my heart was full of thanks to Guruji and Gurulinga Swamiji!! Guruji had also asked me to visit Meenakshi Temple in Pudupet. Will share the experience there in my next article.

-----THE END-----