

Dear Brothers and Sisters,

Today we all have gathered here at Ghaziabad from all corners of the country to participate in the 47th annual bhandara, established by Param Pujya Babuji Maharaj (Param Pujya Dr. Shyam Lal Saxena), like previous years.

I (Dr. V. K. Saxena) aged 77 years, have spent first 28 years under the bliss of my param pujya gurudev, Dr. Sri Krishna Lal Bhatnagarji and 55 years under the guidance of my ideal father, Param Pujya Dr. Shyam Lal Saxena ji. Today I would present before you, whatever I have learned, understood and concluded from my own experiences, during this period.

The founder of our Santmat, Param Sant Shri Ram Chandra ji Sahai, popularly known as Param Pujya Lalaji Maharaj, has conveyed to all satsangis, from time to time, in various satsangs and bhandara meets, the most appropriate way of achieving God. But unfortunately, due to some unknown problems his teachings could not be converted into a book form, during his lifetime. Due to this, his adhyatmic science could not be understood by the people in the purest form as he wished. In this very context his numerous disciples later collected his ideas and principles and presented them in a book form. I also consider it my duty to bring in front of you all, the spiritual learnings and principles of Param Pujya Lalaji Maharaj in light of my own personal spiritual experiences in short.

Dharm

The simplest definition of *dharm* is the true knowledge of God. Dharm incarnated with the creation of universe itself. In reality, there is only one universal dharm, the “**Sanatan Dharm**”, which does not have a beginning or an end, which is eternal. The main points of the Dharm are highlighted here, as follows.

1. Each and every person should have full faith in the existence of God and that He is the only creator of the universe, eternal. He only has the power to destroy it. So overall, the governance of this whole universe is purely in the hands of God only. He is the most powerful. All small and big events of the world are a part of his governance only.
2. God is only one, without any form and name. His name and form have been devised by various sages over the years based on His qualities. God sits like a seed inside our “**Ghat**” in the form of our soul. For this reason, the path to God realization is known as Ghat Marg. Man is His greatest creation as only man is bestowed with the power of wisdom. Science has established that animals and plants too have some form of knowledge but that is basic knowledge. God has blessed man with the power of wisdom with which man can attain his ultimate goal and can achieve the eternal peace by making their lives sublime.

3. To gain any form of knowledge, either worldly or spiritual, one needs a living Guru. Guru is a person who can guide you. Satguru is a person, who can make you realize your own *atman*. For this reason, Goswami Tulsidas has described Guru as '*Nar Roop Hari*' in Ramayan, which implies Guru is actually God in human form. Guru is the only person on earth, who can make a person realize God and his own soul. Every person's soul comprises of basically three qualities:
 - a. It is Everlasting
 - b. It has all the knowledge
 - c. It is all Bliss

Guru possess all these qualities in *Suksham* form.

All saints and sages have realised and said that *Grihastha Jeevan* or being a householder is the best way to achieve all knowledge about God and its creation. Even Shri Ram, who was an avatar himself, followed all householders' duty and attained the ultimate. For the growth of human and spiritual qualities, household (*Pariwar*) is a perfect and complete school.

Main duties of human life

The primary duty of human life is to find a living saint of his time and upon finding him follow his instructions with pure dedication and faith. No matter how many birth one has to take in this search, always remember the Almighty with pure heart and pray to him for his blessings. God is very kind-hearted. With blessings of Param Pita Parmeshwar you meet your Satguru, and with Ashirbad of your Satguru you realize the Supreme God.

What is true worship and what is its way

The true way of worship is complete surrender at the feet of Guru, which means we have to think about him 24 hours a day, always feel his physical presence, try to feel his thoughts and remember him whole heartedly. The actual arena of such kind of worship is *Satsang* where Satguru shows his full spiritual potential, and then only you start trusting him. With *Satsang* comes true faith and trust and it is true faith that ultimately gets converted into eternal love. When this love attains an ultimate height then you'll realize that you have understood the actual secret of worship. Loving your Guru is the actual and true worship. In order to constantly engage your *mann* in Guru, keep doing the *jaap* of *Om*. The *jaap* of *Om* is considered to be of great importance and significance as it does not involve the use of any sense (*Indiriya*). It is governed by one's own breath. This is the reason that it can be practiced till the last breath. In our *Shaashtras* too, every mantra begins with *Om* and ends with *Om Shanti*.

Difference between remembrance (*yaad*) and thought (*khayaal*) and their benefits

Remembrance is the first part of worship. The basic meaning of remembrance is *Sumiran*. Only that person can remember ones' *satguru*, who has seen him alive and have spent a substantial amount of time with him which is called '*Sohbat*'. How did he live,

how did he speak, how did he walk, laugh, or the way he compassionately used to meet with various people are all part of remembrance. This is the best form of *bhakti* (devotion). Sufi Saints have greatly stressed on it. Even *Goswami Tulsidas* has explained the importance and significance of remembrance in *Navdha Bhakti* part of *Sri Ramcharitmanas*, when he says “*Pratham Bhagati santan kar sanga*”.

Khayaal means thought. When a saint or a person discusses about his *satguru* in a compassionate manner, then sometimes others may feel that they are themselves seeing or feeling whatever is being told to them. The height of imagination is *khayaal*. Earlier we imagine whatever is told to us by present *satguru*, which later becomes lively. When the same is done with pure intentions and truthfulness, then a point may come when the *satguru* may bestow his blessings on us through our Guru, and may also help us on our spiritual journey. In this respect, *Goswami Tulsidas* writes “*Doosri Rati Mum Katha prasanga*”. Maharishi Balmiki has also said that “*He Ram, aap unke hridaya me basiye jinke kaan sadaa aap ki charcha sunate hue tripta nahi hote*”. Ram you always remain in their hearts whose ear never satisfy by hearing your name.

By remembering and thinking about the *satguru* and by chanting *Om*, a person accelerates on the spiritual path. When the *satguru* is immersed in the divine thought of the almighty, then that place becomes pure and charged and at that time any person who comes in contact with the spiritual aura of the *satguru* becomes pure and gains too much spiritually. It does not matter whether that person is worthy or not. Due to the Aura of guru, the *sadhak* progresses spiritually and by the *jaap* of *naam*, *maya* cannot attack. Even Sitaji, who was the wife of Lord Ram himself, could not escape from the attack of *maya* (in the form of Ravana), when she had crossed the *Lakshman Rekha* and as a result of which she was forced to stay away from Shri Ram. The *Lakshman Rekha* is nothing but God’s name.

In our *Santmat*, *grehashthi* or the life of a householder is the fundamental block. Being a householder is of utmost importance. All Sufi Saints, other saints as well as all the *Avataars* have stressed on its importance from time to time. In *Grehashtha Jeevan*, if one’s wife, one’s children, one’s relatives, one’s friends and one’s society, all these five factors co-operate, then the spiritual path becomes very easy. But experiences and history suggests that these are the main factors which contribute to the failure of even the most advanced and experienced *Sadhak*. This is such a Panchtantra which is very difficult to overcome.

Important Points as told by our saints

1. Try to keep away from people who do not have the same line of thought as yours’, spiritually. People, who do not believe in GOD or in *satsang* and saints, even if they are your own relatives, keep a distance from them.
2. People who live closeby or in the same geographical area, should daily, or if it is not possible, at least once in a week, should assemble and do *satsang* regularly. *Satsang* is very important in this path.

3. *Satsangi* people should, as far as possible, try to marry their sons and daughters within the Satsang family itself. The only criterion of the same is that both the families should have the same social status. This helps in the *grehastha* life and also helps maintaining a divine atmosphere in the house.
4. For women the biggest form of worship is that they should maintain harmony and peace within the house and impart good learning to the children of the house. By doing this, the environment of the house becomes conducive to divine blessings. Param Pujya Babu ji Maharaj (Param Pujya Dr. Shyam Lal Saxena ji) used to say this.

Some more things which makes the spiritual path easy

1. Never let yourself sit idle. The best thing is to keep doing some kind of spiritual work. If that is not possible, then utilize your time for the benefit of others. Param Pujya Babu ji Maharaj used to say “*Think Good, Do Good and Be Good*”.
2. Always think positive and never think negative.
3. Every human being primarily has five main debts which he has to repay. These are, debt of parents, debt of siblings, debt towards your wife and children and other relatives, debt towards friends, debt towards society and debts towards country or birth place. Serving all these people, helping them in their hard times and in their times of needs is your duty. I have seen that my Pujya Gurudev, Param Pujya Tauji Maharaj (Param Pujya Dr. Shri Krishna Lal Bhatnagar ji Maharaj) and my pujya father (Param Pujya Babuji Maharaj) did not like that person who did not respect their parents.

Every person should always self-assess themselves. Every person in this world has the following 6 shortcomings:

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| 1. Kaam (Lust) | 3. Lobh (Greed) | 5. Irshya (Jealousy) |
| 2. Krodh (Anger) | 4. Mooh (Attachment) | 6. Ahankaar (Pride) |

Every person has all these shortcomings in different proportions. Eliminating all these and acquiring 6 primary Godly qualities is the real puja and the real dharma. The 6 Godly traits are as follows:

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| 1. Daya (Mercy) | 3. Deenta (Humbleness) | 5. Sacchai (Truthfulness) |
| 2. Daan (Charity) | 4. Chama (Forgiveness) | 6. Prem (Love) |

One gets rid of all these shortcomings in this very order in which they are listed and same is applicable for acquiring the Godly traits as well.

Our founder, Param Puja Shri Ram Chandra ji Maharaj (Param Puja Lalaji Maharaj) has mainly stressed on love and truthfulness. He used to say “Where others finish, from there we begin”. This path is of True Love. One should have the following feelings towards ones’ guru:

- Unconditional Love
- Complete Faith
- Complete Surrender

These are the main principles of this path

- Every person should believe that this world is of Almighty GOD
- It was here even before us and would be here even after us
- HE is the master, creator, preserver and destroyer of this world
- Only HE is to be worshipped who is all powerful
- Always be satisfied by whatever HE has given to us
- Always see what you are doing and not what others are doing
- You are responsible for your acts and he for his. Don’t bother unnecessarily
- Strive to understand the importance of the human life and progress toward your ultimate aim to attain never ending bliss
- Never believe your *Mann*
- Always avoid the circumstances and take control of them so that you do not do unethical things

My Param Puja Gurudev, Param Puja Tauji Maharaj (Param Puja Dr. Shri Krishna Lal Bhatnagar ji Maharaj) used to say “Beta, never trust your deceiving Mann, only trust your Guru so that you may never make any mistake”

Param Puja Babuji Maharaj (Param Puja Dr. Shyam lal Saxena ji Maharaj) has given us the following GuruMantra:

- Beta, don’t waste your time in unnecessary talks (*Fizool ki baatey*) and somehow in this life only achieve your ultimate goal.
- Either, completely surrender yourself to someone or make someone love you.
- Think Good, Do Good and Be Good.
- Always have a Positive thinking.

May GOD bless you all.

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