

## **Sadguru's Teachings Bring the Sweet Taste of Joy**

### **Summary**

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Please Note: This is an English summary of the pravachan by a seeker, Rimaben Dhanky from Dubai and has been uploaded here for the benefit of the English reader.

There is power in the speech of the Sadguru, He gives us tension and helps us become free of tension too. You may not have a true yearning for liberation, but with the power of the Sadguru's words, everything becomes alright. That's why Param Krupalu Dev (Prabhu) said that you should increase your love and bhakti. Even if you do not have a lot of knowledge or the power of putting it into practise, with the help of love and bhakti, knowledge and conduct will follow. The Sadguru's words are like a balm to the ulcerated life. You need to listen to Him again and again. Put his words into practise.

The Sadguru's words are powerful because His state of being and grace is very powerful. His speech has five powers.

1. **He makes us Confess after introspection.**
2. **He has the power to Convince us.**
3. **He Creates enthusiasm in us.**
4. **He teaches us to Compromise on external factors.**
5. **He teaches us to Connect with the Self.**

These are the five 'C's of the Sadguru's speech - 1. Confess. 2. Convince for a spiritual and dynamic life. 3. Create enthusiasm in us. 4. Compromise on the external factors- do not have thoughts about the external factors, they won't give happiness under any circumstances.

5. Connect with the self, you have to connect with the divinity within. These five 'C's are very important. Some people can attain them by beholding the facial expressions of the Sadguru, but the majority of the people attain them through His words of wisdom.

A person like Pujyashri Lalluji Muni with high potential and eligibility could attain everything with Prabhu's darshan only. All these five things happened in his life on the day of Dhanteras, when he saw Prabhu for the first time. He told Prabhu, "My monasticism is worthless, I have not attained samyagdarshan (self-realisation)." Then convincing, compromising on everything external, and connecting with the self happened.

The person with a high potential works on himself by beholding the facial expressions of the Sadguru. If the potential is not that high, then he listens to the ambrosial words of the Sadguru and contemplates upon them. If his potential is a little lower, he attains these five things when he comes in the association of the Sadguru.

In Patrank- 166, Prabhu said, "Follow only His commands in every way, without any doubts." In the scriptures, three words are given for following the ajna (commands). 1. You should not be following the ajna less than what the Sadguru has said. Do not act under wise. 2. You should not be following the ajna more than what He has said. Do not be over wise. 3. You should not do the opposite of His

ajna. Do not act otherwise. You should be wise. We are doing this during pratikraman. Keep your spiritual welfare as your target and be wise in following the ajna.

Sadguru teaches us how to dissolve in three stages. 1. He gives a suggestion. He teaches you to **give**. When you think about giving, you think about sharing materialistic things. He connects you in seva-selfless service. 2. In this stage, there is a little dynamism. He asks you to **give away**. He asks you to give charity and leave it too. E.g. You donate a sari and keep the feeling that you won't buy a new sari. Here along with leaving things, you should not think about gaining new things. Here you do not have the desire for materialistic things anymore. 3. Sadguru does not stop at the second step and increases His intensity. He asks you to **give up** your egotism. He does not want your likes-dislikes, opinions, insinuations, assumptions, etc. Here the Sadguru wants you to give up the giver. When you give up, you dissolve. You go into deep silence and you reach the zenith. Here you have no desires or fears. You have no worries about the future. You reach the peak of silence.

In this dissolving process, you will have to swallow bitter pills too if your egotism comes into the picture. The Sadguru does not focus on the bitterness, but the after taste is very sweet. You will experience the sweetness of joy and peace. You realize that your pain will be reduced. When the Guru plays with your ego, you feel that you are taking bitter pills. He plays with your ego like a ball. The Sadguru gives you attention, so your ego gets puffed and inflated along with enthusiasm. Then the Sadguru deflates your ego by ignoring you. He loves playing this sport. You do not realize your elevated ego till He ignores you. If you remain in equanimity when He ignores you, then you do not have an ego. But if you became miserable, then your ego was inflated. The seeker who loves playing this game is surely going to succeed.

Most of the Guru's training is not through lectures, it is mainly through His actions. That's why the association with the Sadguru is very important. We call lectures as satsang, but actual satsang happens when we get attention and when we get ignored and that is the true association with the Sadguru. During the darkest hour of the soul, He laughs at us. He destroys us to rebuild us. He has tremendous compassion when He is destroying. When He builds, the whole world will appreciate it. We should be ready for this building and breaking. It is a fantastic spiritual pursuit, which happens with a hammer.

When you are doing introspection, a ray of light enters a dark room which was closed since infinity. You can see a lot of dust within. You feel that because of the light, these dust particles came in. But these dust particles were there and you could see them in the light. You need to do introspection, and then you have contemplation, meditation, and finally, you experience liberation while living. You are free from the castle of matter. The body is there, but you are beyond the body. Everyone can attain this state. If you have the right yearning for liberation, and if you follow the Sadguru's facial expressions, ambrosial words, and association in the right way, you can attain the state, where you have the body and still, you are beyond the body.

May all attain spiritual welfare.

May everyone have pious dispositions.

May all attain success in Param Krupalu Dev's shelter.