



# Samardha Saduguru

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Pictures of 37th Punyaradhana of Sri Sadguru Dev  
celebrated from November 8th to 16th at Sri Kali gardens



# SAMARDHA SADGURU

## Spiritual Magazine

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## Sri Mataji's Benediction

### SEE GOD EVERYWHERE

Never thought we would meet again like this in Australia. It's been 16 years since I visited Australia for a conference of the Parliament of World's Religions. We devotees meet unexpectedly at different places. Even though we are not biological relatives or friends, it's the spirituality that binds us together and makes us meet like this.

When you go deep in spirituality, you realize that the Almighty is not separate from us. He is within all of us. No matter which Guru you seek refuge in, we are all related by the same ultimate Self. Then why do we see differences? Owing to the karmic imprints, or vasanas, we are carrying forward from several earlier births, we are unable to visualize the God who is present equally within all of us and only seeing the outer differences.



Electricity is the same and ever-present. Only the appliances like bulbs, fans, TVs, etc., change. These appliances need advertisements, but electricity doesn't. The appliances have a finite life and they vary by the brand. Similarly, the God within all of us is ever-present, both in living and non-living beings. The outer forms are varying and have finite lifetime.

How can we be sure that God is present in non-living things, too? Lord Narasimha gave us the proof in the story of Bhakta Prahlada. If you see the pillar, it has no life. It's made of stone or wood. But when Hiranya Kashyapa asked Prahlada if there is God in this pillar, he replied, "Why doubt if He is here or there? There is no place where God is not present. He is omnipresent and you can see him everywhere if you have eagerness to seek Him."

Even though Hiranya Kashyapa had performed a penance that has since been unmatched by anyone in history, he still remained a villain. Lord Indra tried all his tricks to break his

Tapasya, but failed. As you all know he was one of the security guards at the entrance of Vaikuntha in his previous life. We have to learn a lesson from his life that those who live near the Mahatmas have to be extra cautious in their thoughts and actions. When we get some responsibility, we perceive it as an authority and try to impose it on people who are beyond our grasp.

So, when the guards Jaya and Vijaya obstructed Sanaka, Sanandana, Sanatana and Sanatsujata from entering Vaikuntha, they were cursed to be born on earth. Then Lord Vishnu gave them a choice of seven births as devotees or three births as enemies, they chose the latter option as they couldn't bear separation from the Lord for seven births.

When Indra couldn't break the Tapasya of Hiranya Kashyapa he tried to abduct his wife Leelavathi thinking that the foetus in her womb would turn out to be a higher evil and wanted to nip him in the bud. He never knew the unborn child would become the greatest devotee of Lord Vishnu. Sage Narada saved Indra from committing this sin and took Leelavathi in his protection and sowed the seeds of devotion in the heart of Prahlada while he was still in his mother's womb.

Once born, Prahlada became not only an ardent devotee of Lord Vishnu, but an ultimate Jnani also, who could see the Lord in everything around him. That's why our Sanatana Dharma preaches the pregnant women to be in good company and constantly seek spiritual scriptures and practices so that it will have a positive effect on the unborn child and make them a noble citizen in future.

We are using all the things around us in our life. How is that possible? Because God is present in all of them and the God within us has given us the intelligence to use them for our benefit. But we think it's our own ability and ignore God. Never think of God as limited to a form, whether a deity in a temple or the living form of a Mahatma. Inculcate the power, within yourself, of seeing beyond the forms and recognizing the omnipresent God within you and all around you. May Sri Sadguru grant us all that divine vision!!!\*

**From the Editor's desk:**

## **MIRACLES OF SADGURU MAHARAJ**

Om Gururam namaste!

The first quarter of this century has ended, and the New Year 2026 has dawned. As is the custom, members of the editorial board of this spiritual quarterly extend their best wishes to our dear readers for a happy, healthy, prosperous and eventful twelve months ahead. May by the grace of Sri Sri Sri Hanumat Kali Vara Prasada Babuji Maharaj and the blessings of Pujya Yogini Chandra Kali Prasada Mataji all our efforts to reach a higher level in Sadhana succeed this year!



Sri Babuji's grace which, in His own words, "is an ever-flowing jeeva nadhi like the Ganga", it is the individual devotee's capacity to take full advantage. The article by Sri G. Vijay Babu aka Bujji (Page No. 14) vividly describes how Sadguru Maharaj worked wonders to save him and family members from the trauma he had undergone by multiple cardiac arrests – a case almost given up by the most eminent surgeons of Hyderabad.

Similarly, the devotees would also fondly recall how the grace of Sadguru Maharaj brought Nindrakolanu Doctor Venkata Rao, one of His early disciples, back from the jaws of death. In fact, Dr. Venkata Rao had the vision of Sri Babuji as Lord Krishna Himself.

The travails of Sushumna Prasada (Indirakka) and how Sri Babuji brought her back to normalcy are too well known to be recounted here. If one cares to read her trials and tribulations in 'A Divine Biography', authored by Vijayeswarananda Prasad, that person would experience goosebumps.

Rekha Prasada, in her article on 'Kaivalyopnishat', records the case of a devotee from Mumbai who had come to the Ashram for Sri Babu's darsan. When he was taking leave of Him, that devotee was persuaded to stay which got extended

by months. When at last he reached Mumbai, he was expecting the dismissal order for his prolonged absence. But when he went to the office, he was surprised to see his initials in the attendance register on all the days of his stay in the Ashram! That was Sadguru's miracle and grace. Likewise, every disciple of Si Babuji has such an experience in his or her life.

Yet another miracle of Sri Babuji concerns Himself. Once, He was touring America at the end of which He wanted to return to Nambur because the Navaratri festival was approaching, but all flights to India were heavily booked. Sadguru Maharaj waited for some days in vain for clearance of wait-listed passengers. One day, He told the local devotees to arrange transport for Him and another disciple for going to the airport, though there was no flight confirmation. When the two reached the airport, there was an announcement in the public address system: "Sri Hanumat Kali Babu and Dr. Ramachandra Raju please board the Madras flight. This is the last call before departure." How it happened? Sadguru Maharaj simply said with His bewitching smile, "It's all the Divine Mother's play!"  
Jai Gurudev!\*

### **OBITUARY**

Sri Dasari Subba Rao 72 years, a resident of Sri Kaligardens Ashramam and an ardent devotee of Sri Babuji Maharaj, attained Guru Sayujyam on Thursday 17.11.2025.

May Sri Gurudev bestow peace on his soul and courage to the family members.

### **OBITUARY**

Sri. Pavuluri Sri Ramam garu (Pidaparti Ramireddy) aged 93 years, a resident of Sri Kaligardens Ashramam (Asrita Asrayam) and an ardent devotee of Sri Babuji Maharaj, attained Guru Sayujyam on Thursday 30.10.2025.

May Sri Gurudev bestow peace on his soul and courage to the family members.

## A DIVINE BIOGRAPHY - XXIX



-Vijayeswarananda Prasad  
(Translation of Telugu original by Paluri  
Kali Prasad)  
(Continued from the previous issue)

### SRI BABU WITH GURUVUGARU

While all of this was happening Sri Babu returned to Bhimavaram from Kolkata in a very frail state suffering from vomiting and inability to move, on the same evening of Indira leaving for Guntur. He took up on himself the bodily sufferings meant for Indira and granted her the opportunity to attend college. Sri Babu recovered once Indira was back in Bhimavaram. And her illness grew severe.

Even though Indira was suffering so much bodily, she was spending the whole time in meditating on Sri Gurudev. She attained many divine visions in her meditation. Once when Indira was meditating Sri Babu granted her the darshan of the ten supreme avatars of Lord Vishnu within Himself.

Once, while Indira was still very ill, Sri Babu had to leave for Tirupati. While leaving Sri Babu cautioned Guruvugaru, "Nothing will happen to Indira. Take care of her till I come back." On the third day of his leaving, Indira's condition worsened. Her body was not even accepting injections. Doctors left in despair. The body turned icy cold. The breathing stopped. Everyone was saying 'it's over'. But Guruvugaru remained in meditation remembering Sri Babu's words with unwavering faith.

Sri Babu went to Guntur from Tirupati. On that night at 1 a.m. Sri Babu woke up Gopal and ordered, "Need to go to Bhimavaram urgently. Need to save a life there. Bring the car." As Sri Babu rushed to Bhimavaram and entered Tatayya garu's house calling out 'Indira! My child!' Indira started moving. Indira got up, as if from sleep, and wondered seeing Sri Babu, "How did you come so fast? Just now I saw you there. Did you come on Garuda?" Sri Babu tapped on Indira's head saying, "I came right after you," and went inside.

Later Indira narrated her experience, “I lost the bodily senses even as the doctors were examining me. Some divine emissaries took me in a divine airplane and placed me in front of Lord Vishnu reclining on the serpent in the Ocean of Milk. The divine darshan filled me with bliss. Still, I experienced some deficiency as I couldn’t see Sri Babu there. As I was searching for Sri Babu, Lord Narayana granted me the darshan of Sri Babu and himself interchanging in a cycle. Then, Sri Babu ordered, ‘you go back now,’ and I insisted, ‘I will not go without you.’ Sri Babu assured, ‘I too am coming right after you.’ That was the reason I asked Sri Babu the question as soon as I woke up.” The audience was flabbergasted.

Indira returned to Guntur with the fear of losing her job by repeatedly applying for leave and not attending college for many days. But, by the time she came back, the college had appointed another lecturer, who had already reported duty. They advised Indira to write to the government if she wanted a job in the same place. Sri Babu was in Vallabhapuram at that time for the Sri Krishna Janmashtami pujas. When he heard about Indira’s ordeal, Sri Babu ordered her to come to Vallabhapuram along with Guruvugaru. While Indira was with Sri Babu in Vallabhapuram, she received orders that she was appointed back in her old position in Guntur and the person replacing her was transferred to Kurnool.

Indira returned to college. The principal and the other lecturers wondered, “You must be having contacts with the Chief minister or higher authorities, to have returned to Guntur in the same position.” How would they know that this miracle was performed by the Almighty, the lord of all those chief ministers, prime ministers and emperors? Indira replied, “I did not seek anybody’s help. All this happened by the gratuitous benevolence of my Gurudev.”

Guruvugaru used to have only one meal on Saturdays. She would fast during the evening. One such Saturday night she saw a bull in her dream. Then she saw a divine boy, who asked, “I am hungry. Please give me meal.” As Guruvugaru would fast on Saturday night, she did not cook the meal. But she couldn’t ignore the dream and started cooking at that night-

time. The family members couldn't understand why she was cooking at that odd time. As soon as the food was ready, Sri Babu entered saying 'hungry, hungry'. Guruvugaru served him the meal as it was just cooked. As Sri Babu started his dinner, he gave a fistful to Guruvugaru saying, "This is Guru Prasadam." Guruvugaru was undecided for a moment. Sri Babu said, "Oh! This is rice! Don't you think you cannot eat this tonight as it is Saturday, even though this is Guru Prasadam?" Guruvugaru apologized and consumed the Prasadam after touching it to her eyes with reverence. Guruvugaru's observance of Saturday fasting came to an end with this incident. Sri Babu, with this incident, brought the maxim of 'Nistraigunye Pathi Vicharataam Ko Vidhih? Ko Nishedhah?' into the practical experience to Guruvugaru. He made it clear that Prasadam should be taken as Prasadam without minding what physical object it is made of.

Sri Babu once explained to Guruvugaru, while talking about the qualities of a Jnani, that a Jnani doesn't have any thoughts and conceptions, and his life is as pure as a white paper. A Jnani doesn't even have the feeling or thought that he is a Jnani, or he is God Himself. Such a Jnani possesses omnipresence, omniscience and omnipotence as natural qualities. A Jnani never performs miracles. Great miracles happen naturally in the presence of such a Jnani. But., the Jnani just stays a mere witness to them. In fact he doesn't even have a sense of those miracles.

**Sri Babu** – Did you see any such mahatma?

**Guruvugaru** – Why any such? You are one such!

**Sri Babu** – What is the benefit of being in the presence of such a mahatma?

**Guruvugaru** – Isn't the ultimate benefit the liberation from the birth-cycle!

**Sri Babu** – So, do you have a rebirth? Or no?

**Guruvugaru** – I don't bother about whether I have a rebirth or not. If I am reborn, you will have to take an avatar again for me. It is your decision whether to have such a need to get rid of such a need.

Sri Babu replied gladly, “finally you proved that you are a Niyogi child!” Sri Babu, who proved to Guruvugaru through various experiences that a Jnani is omniscient, omnipresent and omnipotent, also provided her the opportunity to cement her heartfelt devotion towards him by blasting away any remaining doubts in her mind. Indira already attained that devotion through her own experiences.

Sri Babu’s divine face was mesmerizing to the whole world. Once Guruvugaru was thinking, “Is this glow natural to him, or because of his clothes, ornaments and other adornments?” Suddenly Sri Babu appeared draped in a towel, ready to go for a bath. As Guruvugaru turned around, she saw the Lord with the glowing complexion of a dark cloud with his signature sweet smile, standing at the threshold of the room. The stunned Guruvugaru composed herself and asked, “You came this way while going for a bath? Please come in.” Sri Babu replied smiling, “I felt you were calling me to come as it is. That is why I came like this. Now that you have seen me, I am leaving,” and left the place. What can one hide from the inner self?

One day Guruvugaru was washing her clothes near the well in the backyard and glanced at the kidney bean creeper nearby. She remembered the poem from Bhagavata:

Chikkadu Siri Kougitilo

Chikkadu Sanakadi Yogi Chittamulandun

Chikkadu Sruti Latikavali

Chikkenatadu Lila Talli Chetan Rolan |

(Kidney beans are called Chikkudu in Telugu and she remembered the poem that goes by Chikkadu, which stands for not catchable. The meaning of the poem is – Lord Krishna, who cannot be bound by the embrace of Goddess Lakshmi, cannot be comprehended by the minds of great yogis like Sanaka, cannot be explained by the enormous creepers of the Vedas, is bound to a mortar by his mother out of compassion for her.)

She got immersed in those thoughts and reciting the poem silently. Suddenly Sri Babu came there.

**Guruvugaru** – Why did you come here Babu?

**Sri Babu** – What could I do? I heard you saying ‘Chikkadu, Chikkadu’ sitting near a ‘Chikkudu’ creeper. I came to ask if you were saying ‘Chikkudu’ or ‘Chikkadu’.

**Guruvugaru** – But Babu, I didn’t say those words out loud! I was just saying to myself. And you were in your room right?

**Sri Babu** – It’s true that you were saying those words within your mind. As I too was somewhere within, perhaps in the room or within your mind, and that’s why I was able to listen to them. I came out curiously to know who was that uncatchable you were thinking about.

**Guruvugaru** – True, whether you are inside or in front, when you don’t want to be caught, you are uncatchable!

**Sri Babu** – When one leaves aside all the complex thoughts and holds the beautiful little Krishna in the thoughts, He will always come and stand in front, like this. Perhaps the great saint Potana might have seen him like this while writing this poem.

**Guruvugaru** – Potana was blessed with that darshan so easily, because he was an ardent devotee.

**Sri Babu** – what is deficient in you? One gets what one trusts. Are you content with singing the poems? Or you really want to have darshan of the little Krishna, the human form of the almighty?

**Guruvugaru** – If you show him, I will definitely want to see.

**Sri Babu** – Wouldn’t you be deceived like Tulasidas, even if He grants darshan?

**Guruvugaru**- If you don’t want to deceive me, why don’t you appear straight in the form of little Krishna?

**Sri Babu** – How clever! Who am I in the middle to deceive? I am neither little Krishna, nor a deceiver.

The dialogue ended abruptly as someone came in their way.

- to be continued

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There is no wealth more valuable than satisfaction.

---Sri Babuji

## OMNIPOTENCE OF SADGURU

-Jagannadha prasad

Once, after Padapuja was completed in Srisailam, a devotee said to Sri Babuji, “Babu, I want to go to Tirupati and have darsan of Lord Venkateswara.” Sri Babuji retorted, “Do you want to go to Tirupati? The Lord is my brother. We both are the same. There is no difference.” Sri Sannidhanam Taraka Parabrahma Sastry garu overheard it. He thought, “What is this? Does Sri Babu mean that there is no difference between him and Sri Venkateswara? I must find out the truth behind it.”.

Without informing anybody and without anybody’s knowledge, one day Sri Tarakam garu went to Tirupati. There he made a resolution mentally, “Today Sri Babuji should appear to me here; then only, I will trust his statement, ‘We both are the same’,” Astonishingly, Sri Babuji went to Tirupati at the same time and appeared before Sri Tarakam garu. That is Sadguru’s omnipotence!

Recently, in Hyderabad, I was blessed with such a glorious incident. Planning about the drama ‘Annapurna Dokka Sitamma’, I slept at 11 p.m. on 21-11-2025. I woke up at 4.30 a.m. Then, I thought to myself, “If Sri Babu appears before me now, I will trust wholeheartedly about his omnipotence”. So thinking, I closed my eyes and slipped into sleep, and had a dream...

Someone emerged from the rear end (head side) of the cot, on which I was sleeping. He came to my left side. It was Sri Babuji! I yelled repeatedly, “Babu, Babu,” and offered salutations. Walking slowly and smiling, He came opposite to me and then to my right side. I continued calling “Babu, Babu”, duly saluting to Him. No more words came out of my throat. After coming to my right side and staying there for just a while, He disappeared! Overwhelmed with immeasurable joy, I cried out loudly, “I am the second Tarakam garu.” (Dear readers, please do not blame me. The cry is not out of pride, but it is out of immense happiness!)

I woke up. It was 4.40 a.m.

Jai Gurudev! Jai Jai Samardha Sadgurudev!!\*

## MASTERLY TRAUMA CARE

-G Vijay Krishna (Bujji)

My journey with Sri Babuji started in 1981 when my father came to the ashram for the first time to meet His Holiness. My father had to make several trips from Vijayawada to the Ashram before he could manage a darshan of Sri Babuji. Babuji then advised my father that it was already too late and that our family should shift to the ashram immediately, which he readily did. Then as a 16-year-old boy, this change of residence was not at all palatable to me when I came home for vacation from a boarding school and accordingly, I refused to join my parents at the ashram and continued to stay at Vijayawada all by myself. However, events turned themselves on their head, until I finally was compelled to rush to the ashram to meet my 'Master-to be' for life, Sri Sri Sri Hanumat Kali Vara Prasada Babuji in the summer of 1981. I say rush since till then, I had met quite a few, fortune tellers, sadhus, etc. (courtesy my father) in connection with my career. I had planned to join the Indian Air Force as a fighter pilot. Meeting various sadhus, fortune tellers, et al, I had by then become a strong critic and non-believer of those people. However, as destiny would have it, events were turning much against my wishes. To start with I got an offer from the Indian Navy instead of the Air force. This was just a 'no..no' to me at that time. I had no other option but to run to the nearest solace i.e. the Ashram. In my very first darshan, I felt Babuji peering deep into my eyes and I do not know or can explain what power overcame in this first sight prompting me to instantly fall at his feet and remain that way till date, albeit not in my physical form.

I subsequently joined the Indian Navy as per the instructions of my Master although I nurtured a deep passion to become a fighter pilot with the IAF. I made several attempts to migrate as a pilot after joining the Navy but my Master ensured that all my mischief was laid to rest. His instructions were clear, that I would be an Engineer in the Navy, and so it turned out to be, despite all my mischief.

In the intervening years I maintained contact with my Master through regular correspondence besides my intermittent visits to

the Ashram, intermittent due to the nature of my occupation, until the Master's departure from the world in 1988. However, the residence of the Master "Babu Vignana Mandir" remained my permanent beacon of inspiration and I have been chiselled from a raw riff raff to a focused eagle by the constant and watchful guidance of Laxmi Akka as everyone would address her. Rock solid was her faith in the Master and she transferred all of it on me that there was nothing else in this world besides the Master's grace.

As is normal in the Armed Forces, I remained fit and became a health and fitness buff, and never lost an opportunity to lecture others on health and fitness as and when an opportunity presented itself. But my world turned itself on its head by subsequent events which I narrate in a chronological order for clarity and impact:

August 2023: I suffered my first cardiac arrest to my utter disbelief that it could happen to me and had a stent introduced to my system. I reconciled myself to my predicament and pursued my passion for fitness even more vigorously when my fate once again turned around for the events that followed.

Following my cardiac arrest in 2023, three monthly cardiac check-ups became the norm and I was quite regular with them, taking second and third opinions as and when the situation demanded. It so happened that I was introduced to a known cardiologist, a family friend of a close friend. Accompanied by my better half I went for a cardiac check-up on a Saturday, before the subsequent events unfolded. Having done the due diligence, this cardiologist declared me fit enough with no known hiccups but recommended me to go through an angiogram in due course of time since it was almost two years preceding the stent that came into the artery.

I planned this angio for the week beginning May 12 since it was already weekend being a Saturday. On the Monday that followed, I went to my office and had a normal and an uneventful day, and just as I was leaving had a strange feeling of discomfort and decided to stop over at the factory hospital to have a quick check of my blood pressure. The nurse on duty having checked my BP suggested to follow it up with an ECG. After the ECG she declared me unfit to drive back home since she could see some changes in the ECG report although she couldn't figure out what it was. I was then taken from there to the Care Hospital in the city,

where my regular cardiologist practises, in the office car accompanied by the hospital nurse. En route the hospital I called my wife to bring all my old reports from home, located close by the hospital. My wife along with the reports was already at the hospital when I reached and I was immediately rushed to the emergency room, where the necessary tests were followed as per protocol. After which they declared there was no emergency. That's when the nurse who accompanied me showed them the ECG at the factory hospital seeing which the emergency team concluded that my heart had indeed missed a beat.

May 16,2025: While the procedure to put the pacemaker was in progress, an on-the-spot decision by the doctors was taken to put a higher echelon gadget called an ICD to cope with my heart's condition.

During this period my wife needing physical, moral and logistical support to handle the situation sought support from my daughter, who was living with her husband at Pune, to rush home to her rescue, which she promptly obliged and was in Vizag on the first available flight.

May 21, 2025: Post this surgery, and recuperation at hospital for a day, I was discharged on May 21. A day thereafter remained uneventful.

May 23,2025: I complained of being uneasy and was rushed to the emergency again where upon admission and routine checks declared all was well and sent me back home to report to the cardio specialist at OPD during the day. I went to the OPD and was seen by the specialist who declared as well that all was normal and such discomfort was normal post the ICD being implanted.

Same day during lunch at the dining table, after coming back from the hospital, I screamed for help since the device gave me a devastating shock. My family panicked and once again took me to the hospital where upon admission in ICU they diagnosed it as VT/VF storm and made every attempt to restore normalcy. When it appeared normal once again, I was shifted to the room from the ICU to be sent home the following day.

(-to be continued)

## **Divine Mother Speaks**

### **REAL MANASA SAROVAR**

- Japamala Prasada

We all go on pilgrimages to Mount Kailash and Manasa Sarovar spending a lot of money and energy. Having gone all the way there when someone asks us as to how the pilgrimage was, we start telling them about our train journeys, bus journeys, our hotel stays, our woes with driving through those rough terrains, and the subnormal temperatures and the low oxygen levels. Are all these the essence of our pilgrimage? What did you experience when you saw the majestic mount Kailash for the first time? What was your experience when you saw the serene waters of Manasa Sarovar?

We don't have to go that far to see the Manasa Sarovar! It is right there wherever we are! Why shouldn't our 'manas' or mind become "Manasa Sarovar"? When the mind is like a stagnant pond it becomes home to bacteria, mosquitoes and other such inimical agents that cause and spread diseases. Likewise a small, stagnant mind which harbours traits like desire, lust, anger, envy, jealousy, etc., harms not only you but spreads those diseases to the world around you.

So, when you rid your mind of such harmful qualities and fill it with pure and divine qualities like truth, peace, empathy and unconditional love, it becomes clear like crystal and reflects those supreme qualities to others. By removing all the barriers like race, religion, creed, caste name, form, space and time, your mind becomes as vast and as pure as "Manasa Sarovar". In those pure and crystalline waters of your mind, you can see your real self, the Atman.

Mount Kailash is not a mere mountain. It is the very embodiment of Lord Siva. If you look at it like this, you will do the "Parikrama" (circumambulation), forgetting all the hardships. As a matter of fact, this Siva we are talking about is also within us. The "Skandopanishad" says –

“Deho devalaya Proktah

Jeevo devah Sadasivah (Sanatanah)

Tyajeth agnana nirmalyam

Soham bhavena poojayet”

—which means that this body of ours is the temple within which Lord Sadasiva resides. So, whom you call as “jeevatma” (or your finite self) is the Paramatman Itself. To realize this supreme truth, you must remove all the dust of ignorance and rotten flowers of various gunas from your mind and worship the divinity within with “Soham” (That I am) mantra. When you practise like this you will experience the Siva within you that makes you recognize the Siva in front of you.

To attain this supreme realisation, the spiritual seeker must follow certain rules the Upanishad lists. They are:

—You must rid your mind of the dirt of all bad qualities and traits.

—Eat only to sustain your body for spiritual practices and not live to eat.

—Drink the “Brahma Amritam”, the divine nectar, as much as you want.

—Maintain your serenity and calmness by avoiding crowds.

—Even in crowds, stay glued to your real self or Atman within.

He who practises like this with steadfast determination will definitely achieve the ultimate bliss or Mukti, the Skandopanishad assures us. May Lord Sri Gurudev bless us all with infinite knowledge, devotion and detachment to achieve this goal!\*

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Man can save himself from catastrophe if only he listens to the advice of his well-wishers and minds his business. And, there can be no other guide than a Sadguru who realised the Self and is therefore capable of destroying the bondage of those who adhere to him. He is the ocean of mercy.

-Sri Babuji

**CURRENT PROGRAMMES  
IMPORTANT PUJAS AND SATSANGS  
AT SRI KALI GARDENS**

**JANUARY 2026 :**

**1 Thu :** English New Year - Satsang, padapuja of Sri Sadhguru, and bhakta samaradhana.

**7 Wed :** Pushya Bhulashtami - Worship of Sri Thyagaraja Swamy

**13 Tue :** Sri Gurudashami - Satsang, padapuja of Sri Sadhguru.

**14 Wed :** Pushya Purnima - Bhogi festival, Satsang, padapuja of Sri Sadhguru, and bhakta samaradhana.

**15 Thu :** Sankranti - The Uttarayana auspicious period begins. Satsang, padapuja of Sri Sadhguru, and bhakta samaradhana.

**16 Fri :** Kanuma

**17 Sat :** Masashivaratri

**18 Sun :** New Moon

**23 Fri :** Magha Shuddha Panchami - Vasant Panchami, Shri Saraswati Puja,

**25 Sun :** Magha Shuddha Saptami - Ratha Saptami

**29 Thu :** Magha Shuddha Ekadashi - Bhishma Ekadashi. Satsang, Sri Sadhguru's padapuja.

**FEBRUARY 2026 :**

**1 Sun :** Magha Purnima-Guru Purnima. Satsang, padapuja of Sri Sadhguru, and bhakta samaradhana.

**12 Thu :** Sri Gurudashami-Satsang, padapuja of Sri Sadhguru.

**15 Sun :** Mahashivratri-At 3.30 pm, Rudrabhishekam with Namaka Chamaka will be performed for Sri Gurudev in Brindavan. At 5.00 pm, collective Ekadasa Rudrabhishekam will be performed at Sri Ramalingeswara Swamy temple. At 11.00 am, Sahasra Ghatabhishekam, Laksha Bilvarchana, and bhakta samaradhana will be performed. At 7.00 pm, collective Kalyana Mahotsavam will be performed for Sri Umaramalingeswara Swamy.

**16 Mon:** At 11.00 a.m., Sri Sadguru's padapuja and bhakta samaradhana. At 7 p.m., Sri Umaramalingeswara Swamy's Nagarotsavam.

**17 Tue:** New Moon

**20 Fri:** Phalguna Shuddha Tadiya. Their worship and fellowship with Sri Lalitananda Saraswati Swami.

**MARCH 2026:**

**3 Tue:** Phalguna Purnima-Holi festival. padapuja of Sri Sadhguru.

**13 Fri:** Sri Gurudashami-Satsang, padapuja of Sri Sadhguru.

**17 Tue:** Masashivaratri

**19 Thu:** New Moon-Ugadi in the name year of Sri Parabhava at 10.00 a.m. Panchanga Shravan, followed by Sri Sadhguru's padapuja and bhakta samaradhana

**20 Fri. To 26 Thu.: Mounadhyana Saptaha Sibiram.**

**27 Fri:** Sri Ramanavami-At 5.30AM Sri Sadguru Padapuja, at 11AM Sri Sitaramula Mass Kalyana Mahotsavam, Bhakta Samaradhana.

**APRIL 2026:**

**2 Thu:** New Moon - Sri Sadguru Padapuja

**12 Sun:** Sri Gurudasami - Satsangam, Sri Sadguru Padapuja

**15 Wed:** Masa Sivaratri

**17 Fri:** New Moon day

**20 Mon:** Akshaya Truteeya - Sri Sadguru Padapuja and Bhakta Samaradhana

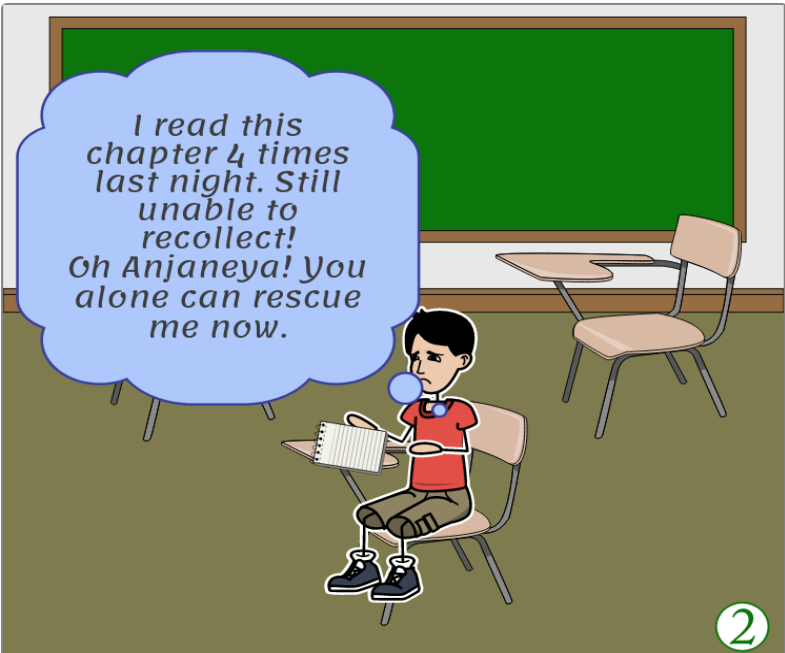
**22 Wed:** Sri Shankara Jayanti & Sri Ramanuja Jayanti - 31st Anniversary of the installation of Sri Babu Vrindavan Murthy, Sri Sadguru Padapuja and Bhakta Samaradhana.

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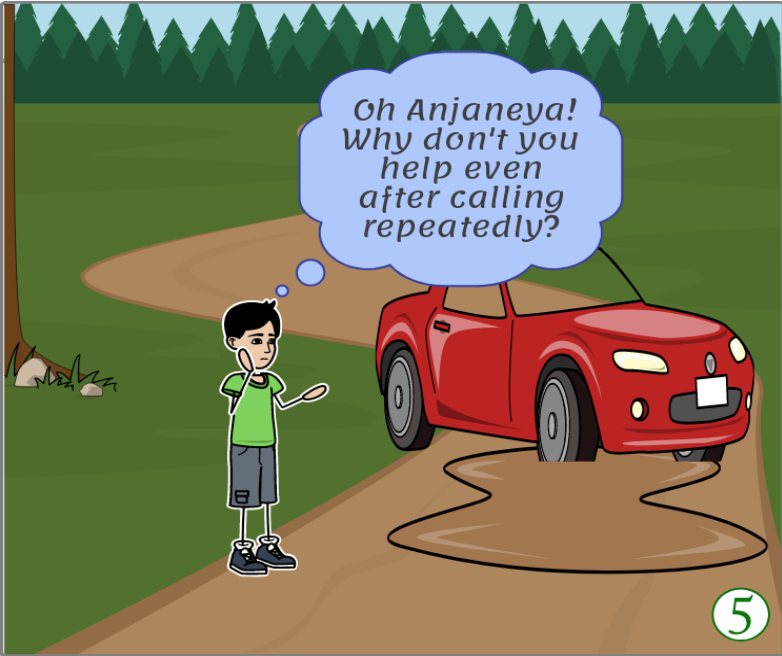
**OBITUARY**

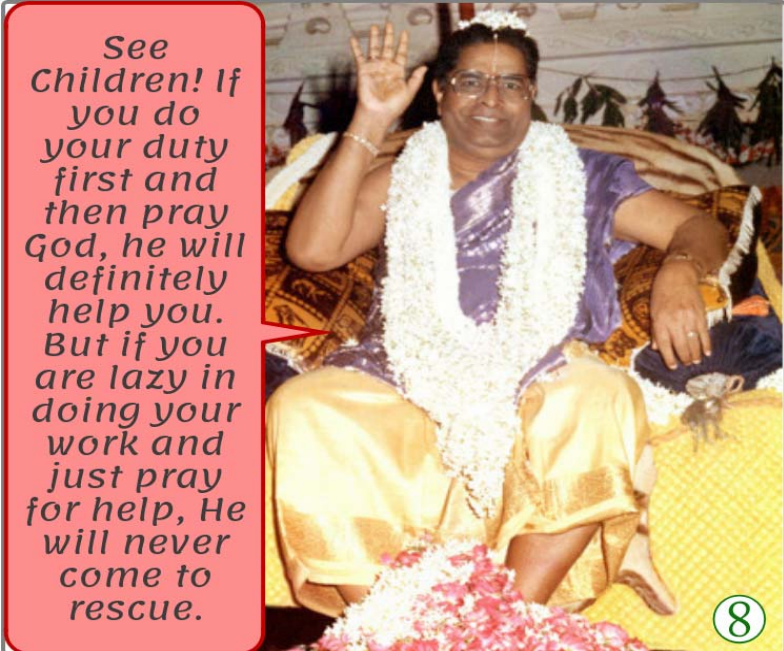
Sri. Kunadharaju Gopala Raju aged 87 years, a resident of Panduava, West Godavary district and an ardent devotee of Sri Babuji Maharaj, attained Guru Sayujyam on Thursday 30.10.2025.

May Sri Gurudev bestow peace on his soul and courage to the family members.









## PARROT AND THE CAT

Once upon a time, a man named Ramayya caught hold of a nice green parrot and started raising it as a pet. He placed the parrot in a cage and fed it regularly. Then he wanted to teach the bird to talk. He used to say “Hare Ram, Hare Ram” and the parrot would repeat “Hare Ram, Hare Ram”. This way Ramayya taught the bird a few words. The chirpy bird was very smart and always used to chant “Hare Ram”.

One day, Ramayya forgot to lock the parrot’s cage and left it open. The bird flew out of its cage and just then a cat came that way and caught hold of the parrot’s neck. The parrot started screaming “Kee...Kee...”, its natural chirps, and not “Hare Ram”. Ramayya who came immediately to rescue the bird saw this and remembered what the great scriptures said.

Moral: When death comes, one should chant God’s name and he or she would will attain Mukti. Otherwise, it would be a dangerous situation.

—Retold by Dr. Swarnamukhi Prasada

Human beings stand to gain much by meditation and all that they lose is only their ignorance about the Lord of the Universe who in fact is enshrined in their hearts, Spiritual power purifies the mind and leads to peace and happiness in the family because once we surrender to Him it would provide an opportunity to him to take care of us and erase all feelings of duality in us. This in turn develops love and compassion amongst human beings. In fact, equality, fraternity, peace and happiness would prevail in society only when the spiritual outlook is imbedded and nurtured. Also it would not give any scope for laziness or selfishness. Men should not get themselves lost in sensory pleasures. All attempts to derive happiness through them would be like chasing mirages to quench thirst. Persons who wanted to make their lives sublime should realise that one should not wait till old age to attain it because a decaying body and failing senses would be of an avail.

-Sri Babuji

Children's section

## **KING WITH A GOLDEN ARM**

My dear Chiranjeevulaara,

Most of our ancient kings were not only noble but also strict in inflicting punishment even on themselves if they were at fault. Here goes the inspiring story of a Pandya king who snapped his right hand for causing nuisance to his subjects.

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Once Madurai was ruled by a Pandya king. He was a noble ruler and took care of his citizen's welfare. It was his daily practice to go round the capital city in disguise to feel the pulse of his subjects about his rule, sometimes even at night.

One night, he happened to overhear the conversation in a house between a young couple. The husband was planning to go on an overseas trip to improve his business. His wife was persuading him to drop his plan, as she would be left alone in the house. But the husband consoled her by saying, "My darling, do not worry. I shall be back in a month. You need not fear about your safety, especially at night, because our noble king himself would be guarding the city incognito."

On hearing this, the king made up his mind to safeguard that house by patrolling the area daily at night. Days passed, with the king meticulously keeping an eye on that house every night to prevent any miscreant causing trouble to the lonely lady.

As he was on this duty one night, he heard a male's voice from inside in the house. He felt that somebody must have entered and was threatening the lonely woman. Immediately, the king knocked at the door, to scare away the intruder.

"Who is that?" shouted the male voice. The king at once recognised the voice and realised that the husband had returned from his trip. Fearing that the man would suspect his wife's character, the king quickly ran from there, knocking at the doors of all houses in the street, and sped away. The residents of all the houses came out and wondered who could have committed this mischief. They then decided to lodge a complaint.

The next morning, a team of residents went to the palace and informed the emperor about the incident. The king told them that he had already caught that mischief maker, and asked them what punishment they would like to give that rascal. All of them said in a chorus that his right hand should be severed, whereupon the king drew the sword and cut his right hand.

To the surprised residents he narrated the entire episode and said, "Since I am the culprit, I deserve this punishment." All felt unhappy that their ruler had been punished for his noble act.

They then decided to make an artificial limb of gold and present it to the king as replacement for the severed arm. By the grace of God, the golden arm became a part of his person, and he came to be celebrated as the "Pandya with a Golden Arm".

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Children, hope you liked the story. We must be proud that we had such noble rulers. Our Gurudev and Sri Mataji would always expect us to be noble.

Yours affectionately,  
Maathula.\*

### OBITUARY

Smt.Konduri Rajarajeswari Devi (w/o Ramasubrahmanya Sharma) aged 60 years, a resident of Ramachandrapuram, East Godavary dist. and an ardent devotee of Sri Babuji Maharaj, attained Guru Sayujyam on Sunday 19.10.2025.

May Sri Gurudev bestow peace on her soul and courage to the family members.

### OBITUARY

Kum Paluri Sridevi, aged 65 years, a resident of Bhimavaram, West Godavary Dist., and an ardent devotee of Sri Babuji Maharaj, attained Guru Sayujyam on Thursday 23.10.2025.

May Sri Gurudev bestow peace on her soul and courage to the family members.

## SAUNDARYALAHARI - II

N.L.V. Krishna Rao

(continued from the previous issue)

- 1) Shivah shakthya yukto yadi bhavati shaktah  
prabhavitu  
Na chedevam devo na khalu kusalahspanditumapi  
Atas tvam aradhyam Hari-Hara-Virinchadibhir api  
Pranantum stotum vaa katham akarta-punyah  
prabhavati

Oh, Cosmic Mother! Form of Universal Energy!  
You dwell in Eswara as energy and hence Lord Shiva is able to create the universe with Your support. He cannot move even an inch without You. With Your support only, the trinity-Brahma, Vishnu and Siva-are able to perform their duties and always worship You. Only people who have accumulated divine credit (punya) through noble deeds are capable of singing Your praise. Others cannot utter even a few good words about You.

- 2) Taniyamsam pamsum tavacarana-pankeruha-  
bhavam  
Virincih sanchinvan virachayati lokan avikalam;  
Vahaty evam Shaurih katham api sahasrena shirasaam  
Harah samksudy'ainam bhajati bhajati  
bhasito'ddhalamavidhim.

Oh Mother! Collecting the smallest dust particles which are below Your feet, Lord Brahma creates all of the worlds to perfection; Lord Vishnu with all His thousand heads sustains the universe; Lord Rudra destroys everything as dust particles and smears them on entire body as sacred ash.

- 3) Avidyanamantas-timira-mihira-dweeppa-nagari  
Jadanam chaitanya-stabaka-makaranda-sruti jhari  
Daridranam cinta-mani-gunanika janma-jaladhau  
Nimadhanam damshttra mura-ripu-varahasya bhavati.

Oh Goddess! The particles from Your lotus feet are like an island from which rises the Sun God who dispels the darkness of ignorance. They are like delicious torrent of honey which



Tatha'py ekah sarvam Himagiri-suthe kam api kripaam  
 Apangat te labdhva jagadidam Anango vijayate  
 Oh, daughter of the mountains! Look at Kamadeva (Cupid) and his equipment and how ineffective they are in themselves. - his bow is made of flowers, its bow-string is a line of honeybees; he has five arrows made of flowers; his minister is the periodical and undependable spring season; his battle-chariot is the shifting and formless Malaya breeze; and above all, he is Ananga, the bodiless one. Yet, blessed by Your gracious side glance, he by himself alone is victorious over the whole world (seeing the Goddess in person, Winning over enemies)

- 7) Kvanat-kanchi-damakari-kalabha-kumbha-stana-nata  
 Pariksheenamadhyeparinata-sarachandra-vadana;  
 Dhanur banan pasam srinim api dadhana karatalaii  
 Purastad astam noh Pura-mathitur aho-purushika

With a golden belt, adorned by tiny tingling bells, slightly bent by breasts like the two frontal globes of an elephant fine, with a thin pretty form, and with a face like the autumn moon, holding in Her hands a bow of sugarcane, arrows made of flowers, and the noose and goad, She who has the wonderful form of the ego of the God who burnt the three cities, should please come and appear before us.

- 8) Sudha-sindhore madhye sura-vitapi-vati parivarte Mani-  
 dweepe nipo'pavana-vathi chintamani-grhe;  
 Shivaakare manche Parama-Shiva-paryanka-nilayam  
 Bhajanti tvam dhanyah katichana chid-ananda-laharim

Fortunate indeed are the few who adore You, the Inundation of Bliss-Consciousness (Chidananda Laharim ) as abiding on a mattress, that is Paramasiva (the supreme Siva or Sadasiva) spread on a couch, which too is an aspect of Siva, placed in a chamber of wish-yielding gems (Chintamani ) amidst Nipa pleasure garden in Manidvipa (Isle of gems ), which is situated in the Nectar ocean and fringed by rows of celestial Kalpaka trees.

- 9) Mahim muladhare kamapi manipure huthavaham  
Sthitham svadhistane hridi marutamakasam upari;  
Mano'pi bhruu-madhye sakalamapi bhittva kula patham  
Sahasrare padme saha rahasi patyaa viharase.

Oh Goddess! Having penetrated the Prithvi (earth,) element situated in the Muladhara, the Jala (water) element in the Manipura, the Agni (fire) element in the Svadhisthana, the Vayu (air)element in the Heart or Anahatha, the Akasha (sky) element above the former in the Visuddhi, and Manas (mind) in the Ajna between the eye-brows, You, ascending through the Sushumna, sport with Your consort in the solitude of Sahasrara, the thousand-petalled lotus (above in the head). The ascent of kundalini is described here.

- 10) Sudha-dhara-sarais carana-yugalanta vigalitaih  
Prapancham sinchanti punarapiras'amnaya-mahasah;  
Avapya svam bhumim bhujaga-nibhamadhyusta-valayam  
Svam atmanam krtva svapishi kulakunde kuharini

Oh Goddess Tripura Sundari! Drenching the whole manifested multiplicity (the prapancha means 72000 nadis of jiva) with nectar flowing from Your feet, You (kundalini representing, Tripura Sundari) descends from the exuberance from the Nectarine Radiance of the Moon (here the Sahasrara where Kundalini unites with Siva) into the hollow of Your own sphere in the Muladhara at the lower end of the Sushumna, assuming the serpent form (of three-and-half coils) and sleep there in. The descent of Kundalini is described here.

(to be continued)

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### OBITUARY

Sri Dasari Bulli Brahmayya aged 76 years, a resident of Sri Kaligardens Ashramam and an ardent devotee of Sri Babuji Maharaj, attained Guru Sayujyam on Thursday 09.10.2025.

May Sri Gurudev bestow peace on his soul and courage to the family members.

## **Glorious Devotees**

### **KURMA DAS**

C.V. Ramana Babu

(Translation of Telugu original by Jagannadha Prasad)

A Brahmin couple lived in the village Pythan, far away from Pandaripuram, in Maharashtra. They were blessed with a son in the year 1484. But the boy was born without legs. It was believed that he was born with the trait of Anura, the charioteer of Lord Sun. He used to move by crawling like a tortoise. So, he was called 'Kurma Das' (Kurma means tortoise). Since childhood, he was an ardent devotee of Lord Panduranga.

One day, during a discourse in a temple, he heard about the greatness of Lord Panduranga. Then, he decided to go to Pandaripuram. He expressed his wish to the devotees, there. They said that it would be very difficult for him to reach Pandari. But, with a strong determination to visit Pandari and serve the great devotees Jnana Dev and Nama Dev there, Kurma Das started his journey.

After some distance, he got tired due to hunger and thirst. He prayed to the Lord that it was His duty to save him and enable him to fulfill his wish. The kind Panduranga appeared there in the guise of a businessman. Kurma Das told him that he was going to Pandari. He said to Kurma Das, "I am Vithobha, a businessman. I am also going there. I will accompany you. I will arrange shelter and food for you wherever you stop." As Kurma Das crawled towards a village, Vithobha would have reached there in advance and prepare food for him. Thus, in four months, he reached Bahulapuram on Kartika Dasami. There, Vithobha disappeared. By then, Kurma's body was totally worn out with blood oozing all over. His wish was to reach Pandari the next day, Ekadasi, considered auspicious. Normally it would take at least seven days for him to reach there. So, he requested some devotees going to Pandari, to convey to the Lord about his wish to have His darshan.

In Pandari, Nama Dev and Jnana Dev were singing hymns and dancing blissfully. Panduranga appeared before them and

the gathering. A devotee conveyed to the Lord about the wish of Kurma Das. The Lord immediately walked towards Bahulapuram. Nama Dev and Jnana Dev too followed Him. They reached a village 'Pendi'.

In Pendi, a devotee by name Savanta Mali had developed a large garden. He would supply flowers to the temple every day. But, that day, he could not go to the temple as he was busy making a huge multi-coloured garland for the Lord who visited the garden and gave darshan to him. All the four then reached Bahulapuram on the Ekadasi day, and met Kurma Das.

Panduranga, who was in the guise of a common devotee, asked Kurma Das about his destination. Kurma Das replied, "Today is Ekadasi and so, I wanted to have the Lord's darshan at Pandari today itself. But, due to my disability, I cannot move any further. I will live only if the Lord appears before me here. Otherwise, I will die." Thus saying, he wept uncontrollably. Moved by his determination, the Lord revealed His original form. Kurma Das touched the Lord's feet with great difficulty. Panduranga fondly touched his body. Lo! Kurma Das got his legs! He prostrated at His feet and stood up.

The Lord asked Kurma Das to seek a boon, and he said, "Please bless me to sing hymns in Your praise always. Kindly stay here also, so that the devotees, who are unable to go to Pandari would have Your darshan here also." The Lord nodded and immediately took the form of an idol. Later, a temple was constructed there.

Even today, the devotees would treat Bahulapuram on par with Pandaripuram. The devotees, visiting Pandari during Aashada and Kartika months, would visit Bahulapuram also.

Though illiterate, Kurma Das got sufficient knowledge of all the divine texts, by the Lord's blessings. He composed many songs in praise of the Lord. Bahulapuram is also called as 'Kurmia', in his remembrance. He attained salvation in the year 1564.\*

## TIRUGNANA SAMBANDAR - IV

(Continued from the previous issue)

-Ramaswami S.

After worshipping Lord Matrubhooteshwara in Tiruchi, Tirugnana Sanbandar proceeded northwards and reached Tiruvaanaikkovil (Jambukeswaram) and offered prayers to Lord Jambunatha and Goddess Akhilandeswari. Thereupon, he toured several villages and worshipped in those temples and reached Tirunallur, where great devotees (Natyans) like Nilakanta Yazhppaanar, Muruganaar, Neelanakkar and Sirutthondar joined him and together they offered worship at many temples. Sambandar visited the villages of these Naayanmaars and accepted the honours and hospitality of the villagers.

After taking leave of the Naayanmaars, Sambandar reached Tirumarugal village, where he visited temple of Lord Manikyavarneswara and saw a young woman crying uncontrollably beside the body of a youth. When he asked her what was the matter, she narrated her sad tale. "Sir, my father is the village head of Vaipur. I am his seventh daughter. My father had promised to marry off my eldest sister to this lad, who is his nephew. But he changed his mind and gave her in marriage to a wealthy man. When reminded of his promise, my father assured him that he would offer his second daughter. Again, he broke his promise and married her off to another rich man. Likewise, my father fooled this lad four more times. I was upset with my father's cheating and decided to elope with this young cousin of mine. Both of us reached here last night and were resting, when he was unexpectedly bit by a cobra, and is lying dead. Now I have decided to end my life also."

On hearing her plight, Sambandar recited a string of ten verses invoking the mercy of the Lord to save the maiden. Lo and behold, as he was reciting the verses, the poison in the person of the youth gradually reduced, and at the end of the recitation, the lad got up as if from sleep. The maiden, overwhelmed with joy, embraced him. The couple then prostrated at the feet of Sambandar who took them to the

sanctum of Manikyavarneswara and in the Lord's presence solemnized their marriage.

Then Sambandar proceeded to Tirupugalur where he was told that Sadguru Appar was on the way to this village from Tiruvarur. Exhilarated by this news, Sambandar wanted to receive Appar at the entrance of the village.

Accompanied by devotees, Sambandar welcomed Appar and took him to the mutt where he was staying. He asked Appar what news he had brought from Tiruvarur, the latter expatiated the greatness of Tiruvarur by



reciting verses detailing the glory of the famous 'Moksha sthalam' (the common belief is whoever is born in Tiruvarur would attain Liberation from the cycle of birth and death). On hearing this Sambandar wanted to go there immediately and took leave of Appar and proceeded towards Tiruvarur.

While seeing the grand gopuram of Lord Tyagesa from a distance, he alighted the palanquin and prostrated in that direction. He then went into the temple and worshipped at the sanctum by singing many verses in His praise. Captivated by the charm of the Lord, he stayed in Tiruvarur for some days.

Both later visited several villages nearby and worshipped at the shrines in those hamlets and reached Tiruveezhimizhalai. Those were the days when the region was in the grip of a severe drought. With no rain and the tanks having been dried up there was no farming activity. The granaries were emptied, and the people were struggling for even a single square meal a day. When Appar and Sambandar were distressed to see the plight of the people. They then prayed to Lord Siva to come to their rescue, and the merciful Lord appeared in their dreams and told them thus: "From tomorrow, I shall place a gold coin each on the two

‘Balipeethams’ of the temple and you can use them to feed the people until the rainy season comes.”

The next day they were happy to see the gold coins and used them to alleviate the hunger of the starving masses. Soon the Rain God took mercy and started His downpour, resulting in the filling up of tanks. The villagers were pleased, and farm activity was in full swing. After taking leave of the happy villagers, both the saints wanted to visit Vedaranyam, where the Vedas had worshipped the presiding deity, Lord Vedapureswara.

When they reached Vedaranyam they noticed the huge doors of the Rajagopuram remained closed for a long time and the devotees were using the side entrance of the temple. Sambandar requested Appar to recite verses on Lord Vedapureswara praying for the opening of the doors. After the recitation, the doors opened. Led by Appar, Sambandar and devotees ceremonially entered the shrine. After worshipping the Lord at the sanctum, Sambandar recited a verse to close Rajagopuram gates, thus enabling the opening and closing of the main gates daily for the benefit of Bhaktas.

-to be continued

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## OBITUARY

Sri. Mudunuri Kaliprasada Raju aged 62 years, a resident of Bhimavaram, West Godavary district and an ardent devotee of Sri Babuji Maharaj, attained Guru Sayujyam on Thursday 31.10.2025.

May Sri Gurudev bestow peace on his soul and courage to the family members.

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## OBITUARY

Smt. Akula Jayabharati aged 85 years, a resident of Sri Kaligardens Ashramam (Asrita Asrayam) and an ardent devotee of Sri Babuji Maharaj, attained Guru Sayujyam on Thursday 05.11.2025.

May Sri Gurudev bestow peace on her soul and courage to the family members.

## KAIVALYOPANISHAT - XXXII

(Continued from the previous issue)

-Rekha Prasada

This ultimate knowledge dispels the worldly, materialistic knowledge we possess; it condemns such knowledge - hence need for sadhana. The spiritual seeker with sadhana alone is qualified as an authority to establish the true nature of the Absolute; the same is explained by Brahmadev to Ashvalayana Maharshi by using the words Saakshi (the pure awareness of the witness or observer), Sadasiva (the eternally auspicious), Chinmatra (pure intelligence or consciousness).

In the above context, Sri Mataji explained that the mind is not an evil one. It is like a creeper. A small plant, if untended, grows and spreads in any direction, for lack of proper support. If a proper support like a tree is nearby, the creeper holds on to that and climbs up. Similarly, if the creeper-like mind is given the support of Sri Gurudev's lotus feet and the Guru Lakshyardham (the divine words of the Guru, the Mantra initiated to the Sishya), it can progressively achieve the ultimate goal which is the Brahman.

Sri Mataji gave another analogy - mind is like a peanut; when soaked in sugar syrup, it acquires a sweet taste; if soaked in bitter neem juice, gets the bitter taste. When soaked in a sour, spicy hot pickle, it gets a similar taste. Likewise, the previous traits of a person will dissipate and vanish once he approaches the Guru's feet; we are all in Guru's protection and His right hand is always raised to bless us reassuring us to be fearless; we have to follow His instructions, then, even our most stubborn traits cannot bind us to anything or hinder our progress. Sri Gurudev used to cite examples for keeping the mind still; when a lemon or an egg is placed on a firm ground, it will not stay in one place, but if placed at the same spot every day, after several days, a trough is formed on the ground and will make the object stay still. Another example is an earthen pot when placed on the ground to pour water drawn from a well, the pot will not be stable because of its rounded bottom; but if placed in the same place every day, for some days, a trough is formed in that place and the pot stays stable on that cavity.

Similarly, with steadfastness and perseverance the mind is bound to stay still. The effects caused by the wavering mind or any external sounds or other worldly matters will not have any consequence on the sadhak. He will not be bound by those actions but remain only a witness. Knowing that a person is not able to do the spiritual practice properly and unable to focus the mind are noticed by the observer known as Atman. A spiritual seeker must have the patience and anguish to do his sadhana. For the seeker to get the necessary understanding and awareness, the Guru comes to him, stays with him and imparts spiritual knowledge. If a person wants a stable and focused mind in meditation, the person should change his nature, personality and behaviour. Otherwise, he will experience hell or heaven while still living in this body. Spiritual seekers, especially a husband and wife, should cooperate with each other, help each other and progress in getting the required understanding.

Sri Mataji said: "One has to question himself - who am I, to whom am I connected to, and where have I come from. Then as he advances in his contemplation, he will realize that this trinity of questions arises from within him. He also realizes that he is the observer only, in any experience. He comprehends everything in its true form and has no interest or enthusiasm in material stuff and does not get attached to what he sees in the world." The following example clarifies further. A person, when visiting a town, was garlanded and taken in a procession around the town, with much respect and honour. Then some people, who considered themselves as his enemies and who did not approve of him, treated him just the opposite way by showering dirty, muddy water on him; after all this he went somewhere and bought some needed things for his wife and children. Only one person was present in all three instances. He was neither excited nor elated when he was honoured, nor did he feel offended when he was mistreated; then again, he performed his duty as a husband and a father, when he purchased some things for them. On all these situations, he did not let his ego (I) and his possessiveness (Mine) prevail, nor did he feel that he was the doer or receiver of any of his

actions. He was not attached to any of the happenings nor was he affected by them in the above situations. He was the observer in all things happening around him.

In matters relating to spiritual practice, one must show absolute enthusiasm, concentration and reverence while listening to such matters; if any matter contrary to the above-mentioned materialistic things, they should be regarded as unworthy or inferior and left to the Almighty. A person is the observer of or witness to creation. He is not the creator, nor is the cause nor performer of actions. He is the only one remaining 'I'. The world has to be seen as an observer while being in the world. All of the creation is being sustained by the supreme consciousness, the Atman, the Paramatma.

Sri Mataji then talked about Suka Maharshi. Although Suka was a learned person himself, Sage Vyasa instructed his son to go to King Janaka, to gain additional knowledge and to clear his doubts. So, Suka reached Janaka's palace. At the gates of the palace the king's guards stopped him and made him wait for a week. Then they showed him all the grandeurs of the kingdom. He was served by young women with sumptuous food. But Suka's mind was not on any of these luxuries. His thinking and vision were that of a Jnani. Then came King Janaka who bowed to Suka with reverence and asked him as to what was to be learned from all the above experiences. Suka replied that there was nothing to be learned. This means that Suka had comprehended the knowledge he was supposed to gain, during those seven days. The worldly attractions had no effect on him whatsoever.

Sri Mataji asked "Can anybody wait like that? People would come to ashram, for darshan of Sri Gurudev or to attend some programmes. They would buy a return ticket so that they can request Gurudev's permission to leave. Sometimes, He would not give them darshan. Unless the devotees saw Him, they would not leave. There were a lot of instances when devotees, who were employed in responsible positions, and businessmen as well, were made to wait for several months. One devotee from Mumbai was detained in Ashram for several months. After returning to Mumbai, he expected himself to be dismissed

from service for the prolonged absence from work. In fact, on checking the attendance register, he found that his signature was there on all the days he was absent, proving that person's presence in the office. Such is Gurudev's grace!

"Gurudev does not gain anything from us. All He sees is how to make the seeker do practice. When the seekers want to improve their practice and go to a higher state than their present level, they have to long for Mahatmas' spiritual discourses and wait for them like the Chakora bird (a game bird belonging to the pheasant family which holds a significant meaning in Indian mythology. This legendary bird is said to feed on the beams of the moon, symbolizing intense love. It longs to see the moon and so waits to feed on the moon beams). Similarly, a seeker also should long to have a glimpse of the Guru, be eager, wait and wonder when His luminescent rays of knowledge are emitted on the sadhak. If he does that, then he will definitely get what he is longing for. In fact, if all of us practise this way, then the Guru will definitely shower His grace on us.

Suka, although acquired all knowledge from Vyasa Maharshi, realized that there was no end to knowledge; everywhere, in whatever state one is in, realizes that he is the only one (I am the only one) that is there. With that realization that "I am all-pervading", there is no lack of anything there. In the previous stanza it is said: "That which illuminates all experiences of wakeful, dream and deep sleep states is indeed Parabrahma and I am that." That is meditation. To reach this state in meditation, one has to divert one's attention from the body, mind and intellect. Through this process of meditation, the storm in the mind, as soon as it subsides, when even the tiny waves of thoughts vanish, that is when in the still and serene waters of Truth, the God that one worships will make the person experience as follows 'I am only the pure consciousness (Chinmatra), Sadasiva (eternal Siva), ever auspicious Mangala Swaroopam'.

Sri Mataji emphatically stated that Sadasiva's form is luminescent and auspicious not just for today but for eternity.

- to be continued

## CLEAR YOUR DOUBTS

A disciple asked Sri Mataji, “Amma, how to conquer one’s mind? I know many people asked you this question before and you have answered so many times and you will be asked the same in future too. Why does it become so difficult to conquer mind?”

**Sri Mataji:** Yes, this question was asked by disciples since times immemorial. We see Arjuna asking Lord Krishna the same question in the Bhagavadgita. Then the Lord answered, “There is no doubt that it is very, very difficult to control the mind just like trying to catch the wind. But by constant, diligent practice and steadfast determination and detachment one can achieve control over one’s mind.”



For this Sri Babuji Maharaj used to say “By constantly keeping an egg at the same place, you can make it stand still because constant application of pressure over the surface makes a dent in it and the egg will stand on it.

In older days, we used to have wells to draw water from. We used to keep our bronze vessels on the cemented floor around the well. After some time, we used to see a hollow dent in the hard floor of cement! “So, if these things are possible, why can you not control your mind?” Guru Maharaj would ask.

Mind is nothing but a collection of thoughts. It keeps jumping like a monkey from one thing to another. Find that interval between your thoughts which is very, very tiny (may be millionth of a second). Try to expand that gap of stillness between one thought and the next one. That stillness is Atman. When your mind is constantly fed with materialistic and worldly thoughts, it becomes impossible for you to achieve stillness. That’s why scriptures advise chanting of the divine mantra given by a Satya Gurudev constantly without letting your mind to go astray. Speed of the chanting doesn’t count.

But your mind should not come in between one chant and the next one.

You must constantly try to immerse your mind in Godly thoughts. You can achieve by contemplating upon Gurudev's divine teachings and scriptures and company of the holy (Satsang), chanting the divine name (Sankeertan) and reading good books by enlightened souls also play a huge role. This doesn't mean, you should give up all other work and sit and do only this. Leave the work to your body. Let it do the work but keep your mind fixed on God or Atman. This way your work (Karma) will not bind you. When you fix your mind upon your higher goal, your day-to-day functions also become very organised and skilled. This is called "Akarma in Karma".

Don't think of mind as your enemy. Treat it as your friend and coax it slowly towards spirituality. Don't try to bring it under your control by forceful means. Then it will ricochet like a spring under tension.

Slow and steady wins the race. With steadfast devotion, detachment and determination you can achieve the impossible.\*

To become perfect means to be rid of all feelings of attachment, it results in the realisation of oneness of the Spirit (Atman). It is experiencing the truth "Omityekaksharama Brahma". It means that Pranava (Om) illumines the entire universe and Pranava is Brahman. Such a person develops a balanced outlook as he finds nothing else in the visible universe except himself (the Paramatman). Hence in this state of cosumption there is no duality at all. That state has to be acquired by the person himself and it is not a status to be conferred by somebody else.

---Sri Babuji

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Pictures of Satsangam & Sri Lalitha sahasranaama Parayana at Kokkarachedu village of Kurnool dist. on November 1st.



Sri Sadguru Padapuja on Nov. 5th Kartika Pournami day

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