--- IMG\_7446.txt ---

Biography and sermons of Nhatma Ji] Six  
  
Sermon No. 33...  
(Brief explanation of Sadhana Chatushtaya and Ashtanga Yoga):  
In any work - be it original or transcendental -  
Order is required and order is not a principle.  
Or it is not difficult without rules. Rather, it is impossible when:  
It seems that there is weakness or disorder in oneself.  
If humans have gone away from these errors. To do. Solution for.  
There is such a rule that it does. Just this practice. According to :  
To remove impurities from the mind and intellect etc.  
The actions taken by the previous people are called Karma.  
It is called worship and knowledge. Judge  
.. Later on the same actions, worship and knowledge.  
These departments have become thousands of different schools:  
It is called religion, sect, sect etc. came this way  
Till now Sahajis have become converts and who knows how many more  
More will be made. After doing and thinking it becomes clear that  
I am investigating, I am different  
Each religion: according to its nature and form-  
  
Ji, | Salt Rs  
३  
D F

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[Biography and teachings of Mahatma Ji  
  
६२  
  
Gives. In reality, there is a principle within everyone.  
The puck itself is hidden. Nature and habits of humans  
They are different because of their habits and nature.  
Because he should also make some changes in his actions.  
Let's take. Some like difficulty and some like  
He simply extracts resources for himself from it,  
He also inspires his colleagues to follow suit.  
In this way when many people of the same nature meet  
If together we become followers of the same path, then this  
The group is called a sect or sect.  
If we enter into any religion or sect and take a deep look -  
If we look at it from this point of view, we have only four resources in one form or the other.  
(Which are called “Sadhan Chatushtaya” among Vedantists)…  
  
You will meet people while doing it, whether their name is their own language.  
I may have kept only a few. This shows that ancient  
Without these four resources prescribed by the sages, man cannot  
The type also reaches its final destination and final goal:  
  
Can't reach ,  
  
Vivek is the first among these four resources. Vivek \_h  
Power of thinking, name of Qubbat Tamiziya (80Gr.Rm.0007).  
Yes. This power makes us distinguish between true and false, Chaitanya.  
And tells about unconsciousness and the form of Maya and Brahma.  
Explains. Only through this we can know that this language  
5 What thing in the world is always permanent?  
5; Which is going to disappear or change?

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Biography and sermons of Mahatmaji]  
। ६३  
  
immediately after this a  
It happens . The name of this instrument is Jarashya of Vivek.  
The moment it is suddenly decided that impermanence 9  
Which substances are volatile, then why naturally?  
The heart's attachment goes away from these things and goes towards such things.  
It is eternal and there is only one juice. such perishable  
Removing the attachment of the mind from things is called “Vairagya”.  
  
There are many ways to generate dispassion in the heart. As  
To become satisfied after enjoying wealth etc., suddenly someone  
An accident, the death of a loved one, or one's own death.  
Getting stuck in thoughts, misbehavior of relatives and friends  
To be etc. But the dispassion that arises like this.  
  
He is not firm. The seeds of desires and desires within.  
They remain buried and rise again when the time is right.  
Stand up and knock the man down from his place.  
To bring gya, sur  
Just started implementing the tips:  
There is a difference in the truth from which all these: sects and-  
Became a sect...  
Extracted the resources of Vedantins:  
Pu\* did this to attain renunciation.  
Kih ka avaa is Ra and brahma. try to do satu nitya daily  
And; s. Such a strong “attempt”.  
  
427 +  
०

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..  
  
64 [Biography and teachings of Mahatma Ji  
  
Without knowledge and determined intellect, this means his  
cannot be completed, that is why they face great difficulty  
faced and one in a million at the time of examination  
Only two could pass, the rest all failed. Mr. Gusain ji  
Has written in Ramayana-  
'The sect of knowledge, the stream of the sword.  
Girat khages na lagahi bara || The  
Those of the Sant sect said that prudence and renunciation are not  
These are not the means, they are the results of other means.  
Until the conscience becomes pure, until the mind and intellect become pure.  
And the mind will not be enlightened and as long as the ego  
Not until the sattvic power of is raised  
There will be full awakening of conscience and not complete dispassion.  
Will come because discretion will remain in ego and intellect element only.  
Does his work. no ha  
Thinking this he created six properties like Sham, Dam etc.  
Started working from. Knowledgeable people where the path of retirement.  
And he was in favor of renunciation, there he wrote Pravritti-Marga and Eclipse:  
and with the help of his new device  
Started walking accordingly. day  
The instinct path: k  
He said- Do not give up everything. D is in these  
Sort the four as per your devotion and attention from all sides.  
To sew it and put it in this little thing of yours.

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Biography and teachings of Mahatma Ji  
६५  
Do industry. the time when  
You will go, the moment you, many of you, will come here  
If you stay, then only the remaining things will be punished for you.  
Will go. There should be detachment from fate and God himself.  
God bless you, when like this  
Try this in case an emergency occurs  
This is the one thing left in your heart.  
I praise your heart  
It's fried, you can take out Play 4 also.  
Ra had passed away many times but now one  
You have to give up your idol, when you become successful in this also.  
Just understand that you have made your stop. its name  
Is the trend path. , - live  
The renunciation that is achieved through such means  
It is firm and permanent because it is based on complete experience.  
Has come after- | But detachment is also a means; this is the last one  
Not the goal. For that, we still have to move further. When  
Till the heart, the thought of giving up or attaining dispassion  
\_\_ By 7 understand that we exist, right now  
And not with Maya now  
gradually give up  
  
(6 Run away tomorrow...  
  
Argument Duniya, Argument Ukwa, Argument Maula, Argument-Argument/.  
  
yes ma  
|

--- IMG\_7451 2.txt ---

66 [ Biography of Mahatma ji and:  
  
The tendencies of the mind keep changing all the time  
Sleep, shyness etc. are all called instincts.  
When you cast your image on the soul, then the soul itself  
Becomes of form. That is why in the path of yoga these 'vattiya'  
has to be stopped “Yoga is the inhibition of mindfulness “ and their  
Stopping is called “yoga”. day  
  
These are virtuous tendencies. heart by further distinguishing them  
are such as “proof, contradiction, alternative sleep, memory, etc  
There are always five stages of these instincts. Are  
)- distracted, 20 foolish, 3- distracted- 4-- concentrated  
5- Restraint. Name of mind attached and restless in subjects  
is thrown in it nature remains Rajoguni Discrimination is zero fact  
The foolish and tamasic state is called 'Maudhya' and the satanic qualities.

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Biography and sermons of Mahatma Ji] 67  
  
Ashtanga Yoga  
  
To attain this state of cessation - Ashtanga  
You have to do yoga Yama, Niyama, Asana, Pranayama, Pratyahara  
After experiencing through Dharana, Dhyana and Samadhi  
Attaining steady renunciation is called Ashtanga-yoga sadhana  
Is . Giving up bad habits and leading a regular life  
Yama and Niyama” Yama and Niyama in Yoga Darshan  
Five-five have been told.  
  
Non-violence, truthfulness, stealing, celibacy and marriage are the Yamas  
The rules of cleanliness, satisfaction, austerity, study, meditation on the Lord -.  
  
Do not commit violence, behave as a saint, steal  
To live one's life with celibacy and renunciation is Yama.  
Purity. Keep as much as you get. But be satisfied...  
Generating endurance, reading good books and everything..  
Having faith in God is called 'Niyam'. hee  
, Sitting comfortably and still is “Asana”. Pranayama :  
There are too many ways to explain them.  
Suppressing the senses and mind while achieving its goals  
If he starts running away after leaving her, then drag him towards her.  
Applying is called “pratyahara”. All this. Yoga's -external  
Now the next three inner means are Dharana, Dhyana and,  
  
Understand Samadhi. ,

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68 [Biography and sermons of Mahatma ji7:  
hold on to a central place for the mind to settle  
“Dharana” (R) Oil flows continuously on that holding place.  
Keeping the mind engaged is called 'meditation'. perception,  
There is a point and attention is the line. 4... Goods  
Now comes the turn of Samadhi – Samadhi is the process of meditation.  
It is called a deep and dense state in which the meditator and the target are &. ,  
Both may not be there. Neither about yourself nor about that thing:  
Which I had made up my mind as a duty. ,  
Till now there are two means of Shat-Sampatyas 1-- “Sham and  
2- Dam” ended. In Sham- the instincts were stopped and  
In Dama, the senses were taken over. These Sham'and -  
  
2223 J: 7 2  
  
Na 6 Ka Kap Me 545 4:01 228: Ko 7 8 Dhar Har /3%5 6 D 2 J Sam |  
Pu 57 Akar Shidik Sir Luck Kal Depp's Fun Cheap 725  
  
nd  
  
Bandi 5223  
  
While progressing he would attain self-realization. Is  
If a person does satsang and practice

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Biography and teachings of Mahatma Ji] 66  
He also did not develop prudence and dispassion, he had to admit his mistakes.  
could not be seen, virtuous feelings did not emerge in his heart  
And if he has not been able to suppress his senses, then understand.  
It must be that they have not benefited from anything yet. such disciples  
Either they are those who indulge in satsang to satisfy their worldly desires.  
We have actually come with the intention of fulfilling the love of God.  
Udaya did not happen within them if their desires were fulfilled  
So keep doing bhajan, don't give up, all of them are selfish, disciple.  
Are not.  
  
There are many disciples whom  
He has no connection with his Guru, he loves his Guru without any reason.  
Let's establish a relationship and all the time our body, mind and  
They are ready to surrender their wealth to Guru. someone to them  
There is no need for any means, no need for a Guru.  
It is with the help of self-power that they continue to get attracted and  
With the help of this we attain the last position. their  
Among the additional thousands and lakhs, there are two such seekers also.  
It is seen that on whom Amrit himself and  
This name keeps falling from the stream to no one.  
Become a disciple of and become free after completing your shortcomings.  
Let's go. da da hai  
This Sham and Dum has been explained to you, now the third one  
Property “refers to uparanti. The meaning of uparati or uparam  
Agha is about knowing, being satisfied and feeling filled. This

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(70 [Biography and sermons of Mahatma Ji,  
In this state, the curious on the impermanence of this world and the next world  
There is firm faith and that: all such questions  
Gives up desires. The  
The difference between uparati and vairagya  
In renunciation, considering the defects of worldly things  
They abandon them and become thirsty themselves in the uppermost  
By coming here the mind gets diverted from worldly desires and  
Desires are destroyed.  
This is the difference between the two. Hh  
The fourth property is “Titiksha”. Respect, insult.  
Not caring is called Titiksha, it involves humility and  
:Subordination comes as it was in Shri Hanuman ji. ...   
The fifth property is “faith”. After coming here the Guru and;  
Faith in the scriptures leads to true devotion for them.  
Till now they were fake and artificial. Ta  
It has been learned from experience that in this place  
Before coming, the practitioner should look towards his Guru and God;  
I don't know how many times in my life I remain an unbeliever.  
How long did Shraddha move away from there? takes so knowledgeable  
24-By coaxing and coaxing the disciple, he would bring him to this point:  
And on reaching this place he got proper knowledge of Brahmavidya.  
Preach am  
  
The sixth property is “solution”. Except Yogi in this

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Biography and sermons of Mahatma Ji]  
He doesn't see the other in his happiness.  
Understands happiness. This is a situation of "consent and consent" here.  
He comes and says neti-neti. watching the tricks of Maya  
He gets scared and looks around in surprise.  
It seems that this is the “surprise destination” of Sufis.  
Only then does he seek refuge and attain it.  
What I mean by saying all this is that if  
You people have experienced the states of dream and samadhi.  
Have some understanding and if you understand the inner words and  
If you are fascinated by the inner form then I would say that you  
You are still lagging behind, you still have a long way to go  
is left. Until conscience sees its faults and  
  
You will not be able to overcome it and unless you are virtuous,  
  
And till then you will not become truly knowledgeable: call it the ocean of existence.  
You will keep diving only to find salvation there.  
  
Om Sham