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[Music] [Music] My greetings to all the pious souls present here. Today we have gathered on the holy festival of Mahashivratri. The festival of Mahashivratri is called the festival of souls. By festival of souls, I mean that all people worship God by staying beyond the physical feeling and staying in the spiritual feeling. Therefore, if we also join this festival by going on the spiritual level, then we can enjoy this festival to the fullest with complete collectiveness. Along with the festival of Mahashivratri, today is the conclusion of the deep meditation ritual, the dense meditation ritual which was going on for the last 45 days.

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And the speciality of this ritual is that the ritual also takes place at a subtle level, that is, at a subtle level the Guru remains in contact with his devotees, the devotees have also experienced this, many devotees have experienced the subtle body, that is, they have seen the subtle body, it is not like that, it is not like that the voice of the subtle body came, what happened was that when he was sitting in meditation and when he was not sitting with any desire, was not sitting with any expectation, he was just sitting spontaneously, then he felt a light fragrance in his meditation, he felt that a whiff of fragrance had come.

00:03:13 - 00:05:37

And what was that fragrance, of which flower, of which perfume, it cannot be described, but that fragrance gradually increased, increased, and later, after coming very close to the fragrance, the body of the seeker got rid of the feelings, the body feelings got rid of and after that, such a state of Samadhi was attained that it cannot be described, so it means to say that through the subtle body, many seekers have got a very good experience of meditation this time, the deep meditation ritual is actually to destroy the inner self, the ego within oneself in 45 days.

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This is a good opportunity for us to get out of the situation where we feel that it cannot happen without me, if I do not go to office then it cannot happen, if I do not handle the business then it cannot be managed, in these 42 days you must have experienced that even if you did not go to office, the office still ran, even if you did not meet your friends, it did not make any difference, it means that there was no difference whether you were there or not, the world is going on as it was, even today after 4 days you will see that nothing has stopped, nothing is stuck, it means that we unnecessarily nurture our ego that what will happen if we are not there, there is no difference.

00:05:12 - 00:07:25

If you are going to fall, then this was an opportunity to reduce your ego, your pride, your self. Understand that you were a kind of spiritual renunciate who for 45 days became completely free

from all worldly affairs, all duties and got to know yourself, recognised your existence, got to know yourself within yourself, saw how much spiritual progress you have made, saw how much is left, saw what is left to be done, saw this was an opportunity for you to see all this and this ritual was a very special ritual. In this ritual, many virtuous souls have left their bodies; it is not right to say that they have left because those whose spiritual

00:06:19 - 00:07:58

The feeling has increased a lot, the feeling of the soul has increased a lot, so automatically the feeling of the body did not remain, so the grip of the body itself became weak, after that I became free from everything, free from my actions, free from my relationships, free from my worldliness, free from my world, free from my body also, so automatically the body was left and this is not just this time, it is my experience of the last 17 years that whenever there is a deep meditation ritual, the soul lives above the spiritual level, those people whose body feeling is almost non-existent

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The body is automatically left, what is this type? This type is that if you are going on a pilgrimage to Pandharpur, even if you chant Ram Ram, but as soon as you join that pilgrimage, everyone will be chanting Vitthal Vitthal, Vitthal Vitthal will automatically come out of your mouth, in the same way, as soon as you join this Gun Dhyan ritual, there is a collective of souls here and because of the collective of souls, the spiritual feeling increases so much, it increases so much that you get everything in life, you have done everything in life, now there is nothing left to do.

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There is nothing left for me and there is no body feeling left, there is no desire to do anything left, there are no deeds left, when one feels like this then the body automatically leaves, so the bodies of many virtuous souls have left in this Gun Dhyan ritual and this happens every time, it happens again and again, if not this time then it is necessary to know how much benefit you have taken from this Gun Gyan ritual, how much benefit you have taken, anyway whenever we walk on the spiritual path, when we walk on the spiritual level, then we have to bear all the opposition, we have to bear the opposition of our body, we have to bear the opposition of our thoughts.

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One has to bear the opposition of one's family, that is, it is very difficult to follow this path because since the beginning, there has been a belief that meditating, walking on the spiritual path is the work of only saints, the work of sanyasis, an ordinary householder, an ordinary person cannot or should not follow this path, to break this belief, my guru has sent me into the

society, I am a common man like you, he deliberately chose a common man, he chose a common householder because

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He said that the whole world is not a saint, the whole world is not a saint, our wish is that this knowledge of experience should reach every human being in the world and it will reach only when the common man living in the world becomes its medium, therefore make the common man its medium and as far as my clothes are concerned, once I gave a program in Ramakrishna Mission, the entire camp was of eight days, after the camp, I told the Swami, the head of the monastery and the elderly people that you are feeling something is missing in this camp, do you have any suggestions, do you like this

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When I asked him how he liked it, he said the camp is very good but your material is not good, your packing is bad, you are discussing spirituality, you are giving spiritual guidance, so your attire should be like that of spiritual guidance, you are giving the program wearing a lungi or a kurta, so this is not in accordance with that, it will be in accordance only when you wear clothes according to that, so I told him that after the program, after the experience, people listen to me, respect me, so there is no unnecessary difference between them and me.

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What happens is that there is a small child, if you sit on one or two steps and tell him to climb, climb, climb, then the child will try to climb and if we are sitting 20 steps above and tell him to climb, climb, then he will not even try to climb, will not try to climb. This is the situation. I do not want anyone to consider me great, anyone to consider me special. I want people to consider me like themselves, only then will they try to become like me, they will try and this belief that I can also become like me will awaken in them.

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If it happens then my aim is to awaken that faith in them that they too can do this, they too can attain status, they too can progress spiritually, so he argued that if there is a Sanskrit news reader and he gives the news wearing a suit and tie, then how will it look, it will not look good because the person who is talking, the one who is giving the news, his clothes are not according to the language in which he is giving, his attire is not according to that language, so attire makes a lot of difference, what you are saying comes later, what you look like, it is important to see you.

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What is the type of appearance? A lot depends on how you look, so people look at you first, therefore your attire should be according to that, even if you do not like it, but my wish is that you wear such clothes and then give your program, it will be better, what I mean to say is that I am a normal human being like you and the gurus have given this by making a normal human being a medium, you will say that you went and Shiv Baba gave you the experience and you went into samadhi for three days, it does not seem so to me, oh Baba, what he gave you the experience

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The same experience that they made you experience, the same experience is happening to you, it is the same, there is no difference between this and that, the experience is the same, there is no difference between your experience and my experience and the difference in the effect that is visible, that is the difference, I was thirsty for many years, I was searching for many years, I was searching for many years and it happens because of that thirst, just like there is a glass of water, the value it has for the one who is thirsty, that value is not there for the one who is not thirsty, in the same way there is a lack of thirst in you, if the thirst is also like mine, then you also have the same

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The effect will come, such will be the Samadhi attained. The question is how much thirst is there within you. It is very important to awaken the thirst. Secondly, know that the Guru is a human being. I saw that I also have two hands, he also has two hands, I also have two legs. It means that he is a human being, I saw that he is a human being, but with which eyes did I see him? With the body, this is also a normal body like mine, but I did not see only the body, I concentrated on the soul that is within the body, which soul is there within this body, from within which I am experiencing the ultimate consciousness, my search for God is ending, I have found God.

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I am feeling that I kept my whole mind on Him, that is, I considered Him as God, I considered Him as pure soul and when I considered Him as God, then what happened, many incidents happened simultaneously, firstly I found God, I found the Supreme Being, when I experienced this, the search for God ended, secondly I found God, I found the biggest solution of life, when I find Him, then our mind becomes introverted, there is no desire left for us to get anything, to search for anything, to meet anything, there was no expectation left, so I came on this path with no expectation.

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He had not come, so as soon as he had that experience, he attained Samadhi and secondly, do not consider the Guru as God, do not consider him as God, no one is God, because every body

cannot be God, therefore keep this in mind that the Guru is also not God, the Guru is a medium of God, but we have to take our qualities to the extreme, we will be able to bring our qualities to the extreme only when we consider him as God, but at the same time, also keep in mind that no body can be God, when we think like this, then only our

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The attention will not go on the body of the Guru but on the soul within the Guru and when it goes on the soul then only we will be able to grasp that supreme consciousness which is outside from within him, it is a medium, it is a pipe, we neither give importance to the pipe nor to water, on the contrary, importance should be given to water and not to the pipe, what is the importance of the pipe and there will be some defect or the other in the pipe, if it is a pipe made of cloth then it will rust, if it is a pipe made of torn thread then it will break, that is, defects of plastic and cloth can come in it from which it is made, but the water flowing from inside and

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Even if it is made of plastic, it is equally pure, even if it is made of cloth, it is equally pure, even if it is made of any other metal, so what I mean to say is that there is no difference between me and you and I feel one difference that you people, just like it happens in the computer, when we delete old files, only then space is created to put new files, but we do not want to leave our past, you see how much you have left the past, it is so full of past things, past incidents that even after meditating for many days, as soon as we sit to meditate, those old things come back to us.

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It starts coming but it is not ending, it should not come but it has to go away, like if an old incident is remembered in meditation then it should go away, it should not be remembered again later, it does not come to me like that, but after coming it goes away, it does not come again, in my experience, the incident of the past, when I was sitting in meditation, it came but after coming it did not go away again, it is considered that what difference am I seeing in this, it does not go away, why are the same incidents coming again and again, it should not come, only then the ghost will be cleared and when

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Until the past is not clear, you cannot come to the present tense and until you come to the present tense, you cannot concentrate. Your problem is that you are not able to come to the present tense from the past, so the speciality is that you will have to leave the past tense. You see, when a small seed germinates, the seed leaves its shell, it is a small seed, but inside it there is a small middle element, but when we place that seed in the ground, there are big stones lying on the middle element, it does not fight with the stone and the stone does not fight with the path, that is, it knows that my

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The energy power is very small, these stones are very powerful, they are big, I cannot quarrel with them, I cannot fight with them, then what does it do, slowly, slowly, slowly, slowly it makes a path near those stones, does not quarrel with them, does not fight with them, slowly, slowly, slowly it becomes a very big tree, while when it keeps growing, many goats come to pluck its leaves, to eat the leaves, despite that, its goal of growing, of going upwards, remains the same, in the same way, when you also get the knowledge of experience

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So the energy of knowledge is very small, do not spend that energy in solving the daily problems of your life, leave them as they are and from the seed you become a tree, when you become a tree, you will see that the stones which were coming in your way have not grown, those stones have remained the same, you have become a tree and the goats which used to come in your life to pluck your leaves, those goats have come and sat in your shade today, secondly, have you seen or not, you do not know, the progress of the seed, the progress in between, when it germinates, that is, when it

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It leaves its past, sheds its shell, only then it germinates and becomes a sprout, then it slowly slowly goes upwards and the more it goes upwards, the more it progresses inside as well, but we do not see what progress it is making below the ground, how much its roots are growing, how thick its roots are becoming, but what we do see is the progress above, the seed germinates, four leaves sprout from the sprout, from the four leaves more leaves sprout, then a small plant grows, from the plant it becomes a tree, then a very big tree.

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We can see all this and what else we cannot see below, how long its roots have become, how much its roots have spread, many times trees first spread their roots, many farmers, many gardeners must have experienced this, there are many trees which do not grow at all after planting, they will not grow for four-five years, they will remain the same, their upward progress is very slow and after that, but their progress keeps happening very fast below, slowly, slowly, slowly, they go down and also keep spreading, their progress keeps happening in both the ways and after the roots become completely strong

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Then there is upward progress, so the upward progress that you are making means material progress is taking place, your economic progress is taking place, your health is progressing, your worldly progress is taking place, this progress is upward, it will be visible to people, you will also see it, you will also feel it, but this happens only with people, their roots downwards also

remain that strong, the progress downwards remains that much, there is a lot of progress downwards as well, so in the same way, look at the downward progress, that is, that seed grows upwards, but why does it grow upwards, because downwards it touches the soil.

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He surrenders and goes down, down, down, down, the more his surrender goes down, he keeps moving upwards, that is, he is visible as he moves upwards, he is surrendered below, he is not visible, in the same way, there is the secret of his progress, the more he surrenders below, the more he becomes enterprising above, so there is a need in meditation also, the more you surrender, the more your surrender increases, the more your spiritual progress happens, the secret of spiritual progress is surrender, that is why meditation has been named surrender meditation, so the need is that the more progress you make below, the more progress you make.

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Your progress will be as much as it happens. This ritual was a very good medium for surrender. In this ritual, there was a good opportunity around us to free ourselves from our inner defects and external situations for 45 days and to become free from defects from within. Secondly, there is a cycle of karma, under that cycle we are born and according to the company we have got, the proximity we have, thoughts come to us and as thoughts come to us, similarly actions happen through our hands and as actions happen, we take birth to suffer those actions.

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At the time of birth, we do complete programming of what we are going to do. We also decide who are the parents through whom we will get that body and after doing that, we take a body, that is, parents do not choose the child, the child chooses the parents that when I will get such parents through whom I will get such a body through which I will be able to get free from my karmas, such planning is done but while getting free from karma, mistakes are made and then other karmas are created and later on, to get free from those karmas

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For this, we take another birth, that is, the cycle of birth always continues, we see that when a child is born, then the astrologer makes his horoscope, after making the horoscope, he tells about his planets and constellations, this is his condition, this is going to happen in his future, this can happen in his future, how is this, I think, this is a blood test method, like if we do a blood test or not, then it comes in the blood test that your vitamin 12 is low, hemoglobin is low, so if you work on it, take its medicines, take its tonic, then it balances you.

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You can balance it, in the same way the horoscope must also be that whatever deeds you did in your previous birth, the horoscope is made according to those deeds, that is, you choose those planets according to your deeds of the previous birth, so as soon as you choose the planet, you choose the effect, but that can also be removed, that is, destiny can also be changed or you will not feel the kiss of destiny, that is, when you go into the collective, you go into collectivity, then its effect will not be felt on you, like I am giving an example, no, a water

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If you put one spoon of black honey in a glass of water, then the whole glass becomes black with that one spoon of black honey, but if we go and put that same spoon of black honey in the river Ganga, then we will not know where it has gone. Similarly, if we live our life collectively, at the spiritual level, then we will not know about it. We will suffer all those karmas, but we will not know when we will suffer the karmas. The root of all the troubles is the body feeling within you, the feeling of I within you, that is, because of the feeling of I, those karmas get attached to you, if you are devoid of the feeling of I.

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If you go then no karma gets attached to the soul, firstly by living with the soul you will not commit any bad karma, secondly by living with the soul you will commit good karma, those karmas you will not bind with yourself by saying I did it because you do not have the feeling of I, then you will think that you will not bind bad karmas but good karmas, otherwise no karma will stand with you and you will attain the karma free state in your life and after attaining the karma free state, then when you are about to die

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It may be so, but the state free from karma is called salvation, that is, you have become free from everything, you have become free from the karmas of past lives, you have become free from bad karmas, there is no karma left from karma, neither good nor bad, there is nothing, a state of nothing has come in your life that you have no karma left to take a new birth to live, then this is called the state of liberation, collective and regularity, there are two paths, two ways of progress in the spiritual field, see, first of all, you should see that whenever you have got the experience in your life

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You got that experience in the collective when you were in the collective, in collectivity, then you got it, after that when you were in the collective, in connectivity, at the center, only then you made progress, so what I mean to say is that firstly, collective is very important and secondly, regularity is a necessity for you. I am seeing that people have been meditating for many years, many seekers have been meditating for years and have been meditating for years, still they are

not able to concentrate, thoughts come in meditation, the biggest problem is that thoughts come in meditation, then it seems that oh my concentration is

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It does not seem to happen and then due to such guilty feeling one loses the concentration, for this this time a new experiment, practice of a new method in 45 days, this time I am going to make you meditate with the same practice, you should try it, regularity is very important, secondly there is an expectation that you should concentrate, if you give up this expectation that you should concentrate then there will be no expectation at all, sit for half an hour, I say, donate half an hour to me and whatever you donate, I do not ask for it back, so in the same way, do half an hour now with no expectations.

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There is an expectation that you should meditate, do not do that also and after that you try it, there is no expectation, if you sit for half an hour then you are sitting, if you do not feel like it then you are still sitting, so what I mean to say is that if you meditate without any expectations then what will happen, slowly slowly your body will get used to meditation, slowly slowly your thoughts will get used to it, your intellect will get used to it, this is a habit, we have to inculcate this habit in the body and if we inculcate any new habit then the body definitely protests because the body is not used to it, the body is used to either working or not doing it, the body is used to it.

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If you are trying to develop a habit of not thinking and not working, that is, not thinking and not working, then the body will definitely oppose it. Just like we develop any new habit, it takes time, in the same way, develop the habit of meditation. Secondly, accept meditation as a grief. Do not expect from meditation that you will get this, you will get that. There is a need to meditate regularly and there is a need to go to the meditation centre. Before the Corona period, the centres used to run very well, but now the number of centres is not that much and due to that, when there is a need for meditation

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While it is increasing, meditation is decreasing. See how much unrest is spread across the world, how many wars are happening, for this, there is a need for equal amount of meditation. As the number of people meditating increases in the world, peace will come in the world. What the world's collective is saying, what the world's collectivity is saying, its effect will definitely be felt on the world. If you want peace in the world, if you want the welfare of the world, then the more the number of people meditating increases, the state of meditation will increase, and the world will also become peaceful.

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There will be peace in me, which side are the people on, in favor of peace or unrest, now inspect yourself, it is very important to go to the centre and meditate, that is, are you giving that much importance to meditation, you meditate at home, firstly there is no regularity, secondly if you are unable to meditate for 30 minutes, you get up, will you get up at the centre, will you not, what will they say to you, immediately there will be an obstacle that you will not be able to get up until people get up, so no matter how forceful it is, you have to sit for 30 minutes in meditation at the centre, is someone sitting at home like this compulsory

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What not, if you did not sit for 10 minutes and meditate, you got up, it is not like that, therefore go to the centre, go to the centre, go to the centre, go to the group, where there is group, there is God, we do not have that much status in the group, we are not in such a condition that we can meditate alone, many times many people have also given the example that Gautam Buddha had no guru, Mahavir Swami had no guru, that is, many Mahatmas passed by who did not have any guru, even if there is no guru, we can still move on, we can progress, but they were directly connected with nature, so

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They did not need a separate Guru. Is your situation like this or not? Is your situation not like this? Then you need a Baba, a vehicle, a Guru, you need a medium. Now are you connected with nature? You see the experiences of many Gurus. Some incident happened in front of them and within that, their attention got focused, that is, the direction of their mind was absolutely pure and clean. You do not have that much today. Therefore, you need a Guru, you need the collective, you need collectivity. So, go to the centre regularly.

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Start going to the centre regularly, even if you go once a week, but you must go to the centre once a week, through this you remain in touch with the community and after that there is one thing in meditation in the community, just like we get our car serviced every time and that car runs well, similarly this centre means servicing centre, now if you go there once a week then your body like vehicle gets serviced and after servicing it runs regularly for the whole week, so meditate regularly at home and after that once a week

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Even then if you cannot do it daily then go to the centre once a week and meditate, if you do this then you will progress, you will progress, secondly I want to share one more experience of life with you that to connect with the Guru, to connect in the presence of the Guru, to connect with the subtle body of the Guru, a very simple way, a very easy way is to propagate the work of the

Guru, propagation of the work of the Guru is an easy way, see it happens that everyone meditates, it is not like that, everyone is in a state of meditating, it is not like that, thoughts can come in meditation, the body cannot support in meditation.

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Yes, the intellect can come in the way but in the work of preaching, there are no such problems. Actually preaching means that through preaching you connect with the subtle body of that Guru. Whom are you preaching, not the gross body. Always remember that the experience you have had, that experience has also happened through the subtle body, so you will preach about the subtle body and not the gross body. The gross body is there today and will not be there tomorrow, but the subtle body is going to be there for the next 800 years, so you are connecting with that Sha, you are connecting with that subtle body.

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Whatever you preach, your attention does not go to any book, your attention does not go to any inanimate object, your attention does not go to any idol, your attention does not go to any place, whenever you see, whenever you preach, your attention goes to the subtle body, goes to that energy, goes to that energy, this is the reason that when you preach, that energy power starts flowing through you and when it starts flowing, it purifies you as well, removes the defects of your body as well, like many times I do not give an example that I make such a pipe

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There was a lot of dirt inside it, a lot of mud, a lot of insects, garbage from all over the world was filled inside it, but what did I do, I connected it with the pipe of my powerful Guru, so what happened when I connected it, like when I started the preaching work, the water of Guru used to enter from here and come out from here, now even if the water coming out flows into the drain, this water became the water from the pipe, even if someone drinks it, it became true, that is, when you do preaching work, you get double benefit, you have nothing to do with whether the person in front is accepting it or not, if he accepts it then it is fine, if he does not accept it then it is fine

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It is also fine, in both the situations your attention remains on the subtle body and when your attention remains on the subtle body then your clearance will be taken automatically, your cleaning will be done, you will not have to do anything, today I am telling you this is the easiest way, you see, it has been 30 years since I understood and for 30 years I have been doing preaching work, I am continuously doing preaching work, you see these 45 days are a break, for 45 days I get an opportunity to accept something, to acquire something, to store something, I get solitude, in solitude I get an opportunity to be in contact with the Guru.

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If you follow this, you too should regularly perform a 45 day ritual. For 45 days, store the energy within you and collect it. After collecting it, spend the remaining 320 days distributing it. See what happens when you do preaching work. Your subtle body is your mind, but that mind will be able to remain on it only when your mind is pure, your mind is sacred. Secondly, it is very important that you have worked on that mind regularly for 45 days. If you have purified the mind and sanctified the mind, then you will get the effects of 45 days on both sides in 45 days also.

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You will meet me in rituals also, after that you will meet me when you do preaching work also, I am not talking about books, this is the experience I have had in my life and secondly ask the old sadhaks that in how normal a way did all this preaching work start, on how small a level did it start, at how many disciples' level did it start, I did not have any papers, no papers, no certificates of honour, no books, no literature, nothing, nothing, it was completely empty and at such an empty level and secondly there was no one to recognize me, no one even knew me, Himalaya

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When I came to Mumbai, no one knew me, no one even recognized me, despite that, slowly slowly as I kept working, progress kept happening and secondly, lakhs of people have received this experience, no one can tell its number, no trustee can tell, no centre can tell, no country can tell, how many seekers are there, the number of seekers is within lakhs, no one even knows the number of seekers, secondly, there are many countries in which no seekers are known, as soon as I go, everyone immediately stands up, that is, they live there.

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They are sleeping but there is an urgent need to awaken them and secondly there is nothing to be done in this except doing publicity work, that is, can you connect with the publicity work through any medium, like right now it is closed in the morning but it will come after that, after Mahashivratri, so you have to spread that message, firstly everyone has to read the message and secondly the navel chakra of the seekers is still not as open as it should be, some good article comes, some good message comes, they get happy after reading it, yes very good, very good

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Later they do not spread it, they do not send it. Oh Baba, if you like any message very much then share it with others, for sharing the navel chakra should be developed, if the navel chakra is not developed then because of that whatever good thing you get, you keep it with yourself, okay, okay, you will either send it to your relatives, your friends, that is, you are not able to send

it everywhere, you remain within a very limited circle of people, but is it so, is it so, you also used to sit there with the sages and saints of the Himalayas, is it not so, after that, after coming here, then slowly slowly

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If someone looks at the promotion in a neutral manner, then the progress of this entire work has happened only because of the promotion work. Today I am telling you the secret of my life, you should also adopt it, if you don't concentrate, then at least do promotion, you will not know when you will concentrate while promoting, so what I mean to say is that promotion work is also a very good medium through which you can progress, you can progress and the other thing is so good, this is such a product that if you go to sell it, even if it is sold, you benefit, even if it is not sold, you benefit, just like it happens

00:50:09 - 00:51:22

Isn't it so, you go to sell something, you will make profit only when it gets sold? Yes, in this it is like this, you go to sell, if there is profit then it is fine, if it gets sold then it is also fine, if it does not get sold then also your question is why, because just like clean water passes through a pipe, it cleans the pipe, removes the dirt from the pipe, removes the insects from the pipe, it is absolutely correct, as soon as you propagate, the supreme consciousness goes out from within you, goes out, comes out, in that you get cleaned, your chakras get cleaned.

00:50:46 - 00:52:15

Your body gets cleaned, progress starts happening inside you, now try it, do something, you just sit and watch without doing anything, it will not happen by sitting, any message comes, spread it and secondly you imagine that you make 10 people do it regularly, if I make 10 people do it regularly then also how much can it increase and secondly it is absolutely free, there is no need to spend anything for it, there is no need to do anything and secondly it is getting organised very well right now, a team of propagators is getting ready for the future, I have

00:51:32 - 00:52:41

What could not be done systematically for 30 years is now happening systematically. Pracharaks are being prepared, managers are being prepared, that means everyone's training is going on and when they come out after completing the training, they will run everything systematically. They will have experience first. If you do not have experience now, then it is necessary. If you have the desire to be a Pracharak, then you should come to that training of Pracharaks and join it. After joining, I will tell you one thing from all angles, if you go out, you will not criticize any Guru.

00:52:06 - 00:53:16

Don't do it ordinary, like you go, then someone tells you that this guru is like this, someone keeps believing in that guru, it is not like that, he will just tell you something, he keeps telling you that, do not pay attention to that, not to any guru, now like it used to be with me that when I was in marketing, I used to say that my product is the best, I do not have knowledge about other products, it is not necessary for me to have knowledge about everyone, so in the same way if someone tells you that you are from some other sect, then tell him that I do not have knowledge about the rest, I know that ours is good, so go to that and so on.

00:52:41 - 00:54:12

I was not satisfied with it, so I did not get time to go anywhere and whatever I had to know about it, people came and explained it to me, people came and told me, the rest I neither had the desire to go nor would I go, there was nothing, secondly, what I told you about a method of meditation, I keep observing you very closely in 45 days, you are observed very closely through the subtle body, so what did you feel in this, what is the reason for not meditating, see, whoever taught meditation, they are all the same.

00:53:29 - 00:55:07

It will not remain that way, meditation is very good, secondly, they do not have any objection to anyone because there is nothing to oppose in it, secondly, what do they feel, I am not able to concentrate, what would be the complaint of the seekers on Main 90, why are they not able to concentrate, they are not able to concentrate, there are two reasons for this, firstly, do not come on this path with any expectations, I keep saying again and again, do not come on this path with any expectations, you come with any expectations that this work should be done, that work should be done, secondly, the work that you have given to me, that work gets done and after the work

00:54:21 - 00:55:46

If I lose my meditation, then it is like this, do not come with any expectations, then firstly what will happen, you will be able to do it permanently, secondly make meditation a sorrow, do not make meditation a sorrow, I do not like meditating, what is happening, I can see everything, those who have progressed, those who have attained the state free from karma, when I see them, how have they reached this state, they did not come on this path with any expectations, they were people addicted to intellect, they thought that they are feeling good after meditating, hence they are doing meditation, with no other expectations.

00:55:06 - 00:56:44

It was not that they should get something, they did not have anything, after that today they have got everything, they have attained the state of karma free because they had not come with any expectations, so first of all do not come on this path with any expectations and other thoughts come, hence meditation, actually this is not your field, whatever I say, I am telling you such easy

ideas, you do not do them at all, I tell you, donate 30 minutes of your life to me, secondly whatever you donate, you do not ask for it back, then donate only 30 minutes, donate

00:55:54 - 00:57:12

After doing it, you should not concentrate, this area itself is not yours and if you get up in 10 minutes, it means you are taking back the donation you gave, when you donated 30 minutes, then you have no right on those 30 minutes, when you have no right then how can you get up, you cannot get up for 30 minutes, 30 minutes are not yours at all, if you believe that 30 minutes are not mine, these 30 minutes are service, Guru Seva, you call it Guru Seva, this is the biggest Guru work, the 30 minutes that you donated to the Guru, you are sitting there for 30 minutes, you are not supposed to move from there for 30 minutes

00:56:35 - 00:57:54

No, just try it like this, try it and then another thought will come, it means what expectations will you have while sitting, if you download the file of your past life then it will come, right, leave all that and secondly, if you sit thinking that you don't have 30 minutes, then what will happen automatically, you will sit forcefully for those 30 minutes, even if you feel like meditating, this is not your area, you do things by going outside your area, now see, like I tell you as much as I can, after that do it or not, this is not my area, whether you meditate or not, this is mine.

00:57:16 - 00:59:03

If you don't have a field, then work in your field, it is your field. Sit for meditation for 30 minutes. If you are not able to meditate for 30 minutes, it is not your field. Saying that you are not able to meditate, you have gone to some other field and you are not able to meditate. You are just sitting for 30 minutes, sit for 30 minutes of the biggest guru. Just try sitting like this, you will experience it. Slowly you will start meditating. Do it regularly, don't do it with any other expectations. And other thoughts come, I mean, for those thoughts that come, today I am giving you news of a method.

00:58:09 - 01:00:01

I am explaining that method to you. I have used this method during the ritual for 45 days and by doing it during the ritual for 45 days, I have proved it. That means if you try it, you will also get its benefit. First of all, in ancient times, there was only one way to salute any elder or any deity. Shastanga Namaskar means lying down completely on the ground and keeping the hands completely in such a way as if an arrow is kept there and after that, slowly slowly you open the hands and after opening the hands

00:59:06 - 01:00:38

Then meditate, then meditate, secondly, it will not be possible for you today because there will be lack of space, you cannot do it where you are sitting, but today learn what meditation is, learn it, after learning, go and practice it from tomorrow, when you will do it at home tomorrow, then do a complete Shastanga Dandavat at home and both your feet or the soles of your feet should be facing the sky, secondly, stretch both your hands as long as you can like arrows and what will happen after stretching, both your hands will remain like this and later slowly open them like this and open them

00:59:53 - 01:01:32

After this, you will sit for meditation, it means sitting in the Namaskar posture is not possible today because there is no space for you today, so sit as you normally sit today, but try this experiment from tomorrow, after that you will see that you will feel vibrations on each chakra and after that slowly you will see that the vibrations on each chakra will increase, increase, increase, increase and finally when you go to Sahasrara Chakra, imagine that the subtle body is present in front of you, you are meditating in front of the subtle body.

01:00:42 - 01:02:49

Bring the feeling that you are doing meditation and the consciousness emanating from the subtle body, the vibrations emanating from the subtle body are being felt on your entire body, if you bring the feeling in this way, do it while sitting today but from tomorrow onwards you have to do it in the posture of namaskar, do full prostration and have the feeling that the subtle body is sitting in front of me and you are doing namaskar near its feet and slowly by opening your hands you are absorbing its consciousness, have such a feeling, after having the feeling you will chant the mantra - I am a pure soul

01:01:51 - 01:03:57

I am a pure soul I am a holy soul I am a pure soul I am a holy soul I am a pure soul Now you have slowly done Shastanga Namaskar, both the toes of your feet are stuck together, both the soles of your feet are towards the sky, they are also stuck together, above that you are experiencing the consciousness received from the subtle body, the cycles of consciousness are moving clockwise above both the soles of the feet, after this slowly the consciousness is being felt in your heels, the consciousness is being felt slowly in your feet and the consciousness is slowly being felt on the back of your knees

01:04:34 - 01:06:08

The same consciousness is being felt on the side, the same consciousness is being felt in the thighs of both your legs, a strong effect of consciousness is constantly being felt on you and the consciousness is slowly being felt on your Mooladhar Chakra, there too it is rotating clockwise, round and round, then coming a little higher, it is again rotating on your Swadhishtana Chakra, rotating round and round, then slowly it is rotating on your Nabhi Chakra, rotating round and

round, slowly it is being felt on your Hridaya Chakra, then it is rotating round and round, round and round, Bhat

01:09:09 - 01:11:02

Then slowly it is going above the Vi Shuddhi Chakra, it is also rotating in the Vi Shuddhi Chakra, round and round, round and round, now slowly you can feel your Agya Chakra, it is also rotating on the Agya Chakra, round and round, round and round, slowly it is reaching the Sahasrara Chakra, there the Sahasrara Chakra is rotating round and round and you feel that every part of your body is connected with the Earth element, your toes are connected with the Earth, your knees are connected with the Earth, your thighs are connected with the Earth, your stomach is connected with the Earth, your

01:14:55 - 01:16:33

Your chest is connected with the earth, your forehead is connected with the earth and the earth is pulling all your thoughts, absorbing all your diseases, absorbing all your stress and you are feeling completely relaxed, feeling very light, feeling very light, now the chakras on both your palms are rotating clockwise and you have attained a state of samadhi, now slowly sit up and apply the consciousness that you had received with both your hands on both your eyes, on your Sahas, and do namaskar, thank your beautiful body.

01:29:25 - 01:30:08

Believe me, He has given us this experience of consciousness today [music] [applause] [music]  
Namaste m