



“Discern nonetheless but me (Real/ Eternal Self) is the 'Lord'”
 “Only ignorant say that the Lord is someone along with”
 (‘विचार ईश्वर आप नू मान, अव विचार ईश्वर इक जान’)
 “Shabd is the guru (a spiritual mentor) not the physique”
 (“शब्द है गुरु शरीर नहीं है”)

Satvatu Ka Kudarti Granth

NEW DELHI, JULY 18, 2010

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Consumer Connect Initiative



‘Satyug’ the Golden Era of Truth is Fast Approaching Let us all become Sajans and march towards Satyug the Golden Era

Equanimity (Sambhav) shall prevail in the hearts of all Human Beings

According to Sajan Shri Shehanshah Hanuman ji

The day is about to come, when Kalukaal shall retreat
 That day is about to come Saajan ji, when Kalukaal
 shall retreat that day is about to come....
 Ho Ho Ho..... (jubilation)

That day is about to come Saajan ji, that day is about to come,
 The day is about to come, when Kalukaal shall retreat
 Then diseases and sorrow shall retreat from the universe – 2
 And happiness and joy shall prevail in the universe, Saajan ji,
 Ho Ho Ho..... (jubilation)

The day is about to come, when Kalukaal shall retreat
 Then words of slandering and falsehood
 shall retreat from the universe - 2
 And enlightenment shall prevail in the universe, Saajan Ji
 Ho Ho Ho..... (jubilation)

The day is about to come, when Kalukaal shall retreat
 Then hymns of truthfulness and righteousness
 shall prevail in every heart - 2
 And establishment of only one faith shall prevail
 in the universe, Saajan ji,
 Ho Ho Ho..... (jubilation)

The day is about to come, when Kalukaal shall retreat
 Then dissimilarity and discrimination shall
 retreat from the universe -2
 And unflinching, unique and virtuous love
 shall prevail in the universe, Saajan Ji,
 Ho Ho Ho..... (jubilation)

The day is about to come, when Kalukaal shall retreat
 Then in Satvatu, belief of the omnipresence of
 God shall prevail in the Universe-2
 And every jeev shall have divine vision capable of recognizing
 Lord Vishnu, Saajan ji,
 Ho Ho Ho..... (jubilation)

Lord to jeev
 Know that there is no difference between Me and You
 Believe in the existence of Omnipresent God in your heart
 O come my beloved and know that you yourself
 is the Lord Almighty

Jeev to Lord
 On your own you spread an illusion, On your
 own you have folded it
 How can jeev know that You are One or many

साडा है सजन राम, राम है कुल जहान

This article is 4th in series of articles published in Speaking Tree in continuation of editions dated 13th and 27th June and 11th July 2010. The copies of the same are also available on our website: www.satyugdarshantrust.org

These articles are aimed at awakening of humanity to the real knowledge of the Supreme God and about the approaching Golden Era of truth i.e. Satyug and to motivate every one to become Satyugians in true sense through adoption of Satyugian code of conduct which is firmness in the practice of equanimity and even-sightedness.

It is universally acknowledged that nature has divided the eternal time into four eras i.e. Satyug, Treta, Dwapar and Kalyug. The present era is Kalyug. As per the laws of nature, Satyug - The Golden Era is definite to follow Kalyug. It therefore, becomes necessary for all of us to enlighten ourselves about the approaching time i.e. Satyug, so that we are mentally geared for this impending change and become competent to mould ourselves accordingly.

Today human mind has lost the awareness of one's own identity and potential and is deeply mired in deadly vices like lust, anger, greed, delusion, pride etc. This is evident from the current sad state of society which depicts that Kalyug is at its peak and is about to retreat.

It is the need of the hour to put in sincere collective efforts to bring an end to this continued devastation of humanity and assassination of human character. For that reason let us mould ourselves in accordance with the **Satyugian ethics and code of conduct** to become ready to welcome the approaching era i.e. *Satyug*. To achieve this goal there is a need to launch a campaign to motivate everyone to become well versant with the real values of equanimity, contentment, endurance, truthfulness and righteousness so as to enable them to shape their character accordingly. Missionary zeal is required to accomplish this task

by acquiring in-depth knowledge of these virtues with understanding to derive full benefit arising therefrom to become gentleman, which means mild and refined in manners having a gentle or kind disposition, a man of good feeling and instincts, courteous and honourable as well as noble and generous. Know that these are some of the characteristics of a gentleman. Let us therefore resolve to firmly uphold these virtues in our life to set an example for others to follow and in turn pass on the same to the present and next generations.

Therefore, it becomes necessary for everyone to first of all imbibe the virtues of equanimity, contentment, endurance, truthfulness and righteousness through full understanding of their real values in life and then firmly uphold them in thoughts and in turn exhibit the benefits achieved through words, actions and character.

To achieve this we shall have to break dualism and all man-made boundaries (esp. religious boundaries) which have caused so much friction in every one's mind and has led to the emergence of large numbers of faiths and conflicts. The loss of faith of beings in themselves has made it impossible for each one to live peacefully, function independently and progress towards achievement of prime goal of life most righteously.

In such a state of bewilderment, human mind has totally gone astray from the truth that the **Eternal Spirit has the quality of being present in everyone and everywhere at the same time and as such we all are one, alike and children of one father who is omnipresent, omniscient and omnipotent God**. Resultantly, the minds of the human beings have been so confined to these manmade values of life and religious boundaries where everyone is competing or contradicting each other with an unending mental or emotional struggle.

That is why to rise above from this sad state, the need for

adoption of Satyugian Ethics and Code of Conduct has arisen. There is no other alternative left but to uphold the values of Equanimity and Even-Sightedness by practicing of Sajan-Bhav in letter and spirit.

This is considered essential for actuating positivity in emotion, disposition, frame of mind by accepting Sajan Bhaav as a vital principle of thought to become a leading, independent and lively person full of courage to embrace spirituality in a natural way.

Now let us all resolve to become noble persons through extensive and exact learning with proper understanding of the usefulness of hidden virtues in our life by becoming scholars of equanimity and even-sightedness simultaneously having wisdom and skillfulness for implementation thereof in our daily routine.

Equanimity & Even-Sightedness for Natural Brilliance

To become capable for meticulous adherence to Satyugian ethics and code of conduct let all of us start understanding the concept of equanimity and even-Sightedness from right now in our mind and after serious and careful consideration develop a feel of Sajan Bhav in our conscious. Here we must know that whereas the consciousness denotes awareness of mind and is the path of knowledge & virtue, unconsciousness is the deepest, inaccessible level of the psyche in which repressed impulses remain present in dynamic state. Thus, we must know that unconsciousness of mind is itself a vice and is the root of all ills that mars i.e. ruin and spoil one's happiness and bliss. As such one has to remain wakefully attentive while moving ahead on the path of truthfulness and righteousness patiently. Here we must know that patience is the quality of being able to calmly endure suffering, toil, delay, vexation or any similar condition.

Further, one must also know that firmness in the practice of equanimity and even-sightedness is the only way to help human minds function peacefully to its natural brilliance and maintain tranquility of temper or successfully exhibit self-control. The expertise for keeping stable mental equilibrium makes a person capable of doing saintly acts through the organs of perception, intellect and action. Thereafter the task of understanding the concept of equanimity and even-sightedness and practicing it in real-life does not remain difficult. Such a person himself can keep one's temper always in a calm and composed state and leads a peaceful and happy life after gaining in-depth knowledge of equanimity and even-sightedness besides setting an example for others to follow.

In view of above, it becomes compulsory to know the functions of one's mind and as to why always ensuring purity of mind is essential. Now let us know that the mind is one's state of thought and feeling. It has the capability to think, know, feel and will. It therefore becomes foremost necessary to keep it free from any guilt or evil. It means that purity of mind or heart is a must for acquiring true divine knowledge besides worldly knowledge to develop our personality capable of firmly upholding humane values. Only then we shall be able to keep transparency of the state of our thoughts and feelings. This positive quality would help us in imbibing virtues and knowing our real-self in a natural way. It will infuse self-confidence and we shall become self-reliant capable of achieving our supreme goal of life and performing all the worldly duties sincerely, honestly and faithfully like an enlightened person.

Having attained enlightenment, the destructive attitude of lamenting and weeping automatically gets discarded and one becomes open-minded with thorough understanding of reality of Jeev, Jagat and Brahm.

In this context, to ensure one's transformation to stay steadfast on the abovesaid path of truthfulness and righteousness one has to always remain careful of five foes which are lust, anger, greed, delusion and pride, lest we go astray from our righteous path.

Beware of five foes which are seeds of evils

Know that all selfish desires germinate from the seeds of lust, anger, greed, delusion and pride which are found in the senses, mind and intellect misleading them and burying wisdom in delusion. In other words, the army of these five thieves has the capability of destroying the knowledge i.e. enlightenment as well as practical skill and realization. Let us know in brief about the dreadful demoralizing effects:

Lust is probably most common and the most difficult temptation for men. It is addictive and destructive. It wars against the Godly virtue i.e. self-control. That is why it is said that lust is the insatiable appetite of the mind.

Know that **anger** is hot displeasure provoked by some action, incident, situation etc. often involving hostility and a desire for retaliation. Excited with anger, feelings of hatred erupt and that person directs anger towards others taking them as a foe or enemy. Resultantly, the actions of such a person bring sufferings and disturbs his as well as others mental peace and happiness. It means that angry words and actions hurt first of all oneself. For victory over anger let us resolve to uproot this vice from our heart to enjoy true peace of mind.

Delusion is to deceive or cause to accept what is false as true. It is also an illusion i.e. a false perception due to misinterpretation of stimuli from an object. It produces an illusion of reality and the doctrine that the external world i.e. worldly affection and attachment is illusory gets confirmed. Affection is the act of influencing whereas attachment is an act or means of fastening. It influences the mind and attaches it to some object causing hallucinations i.e. a drugged state of the mind restricting such a person to think about any other thing but to which it got attached. Therefore, we must remember that Moh is a vice or we can say a disease which ultimately creates mental disorder. Resultantly, such a person always remains a loser. For victory let us resolve to keep ourselves escaped from this deadly vice.

Greed is an eager desire or longing to obtain or keep more than one's own share i.e. eagerness to increase.

Pride is the state or feeling of being proud. We can say a feeling of pleasure or satisfaction on account of something worthily done by oneself or someone connected with one, one's family, possessions etc. It makes one an arrogant person.

After knowing the devastating negative effects, which the army of these five foes leave on our mental health, **let us resolve to fight these foes which are germinator of selfish desires with all our strength to become victorious.** It is a must for controlling our senses and ensuring purity of mind to become an enlightened person i.e. to cultivate in our mind the real spiritual knowledge opposite of the material knowledge for bringing transformation within us. For this it is vital to deeply understand and accept the concept of Sajan Bhaav, saviour from all evils. Let us now know as to how it is possible to adopt Sajan Bhav by skillfully practicing the discipline of equanimity and even-sightedness.

Sajan Bhaav

The discipline of equanimity and even-sightedness calls upon each one of us to become Sajan in the real sense, i.e. noble persons having a spirit of gentleness, which is essential to live in a divine manner.

Sajan means a respectable person or a gentleman who is always decent and proper in appearance or behaviour and always behaves appropriately in a gentle and noble manner while respecting others at all times. This person remains mild, kind, careful in all circumstances and never gets rough, violent or severe in one's behaviour with others. Such a person never tells a lie, slanders, back tracks, speaks harsh words to disturb others, gossips or meaninglessly chatter because one is always aware that all these impurities spoil thoughts and speech and

ultimately affects the peace of people around oneself and one's own peace of mind as well. Thus a person who is aware that whatever we utter thoughtlessly may prove as venom for those against whom our speech is directed, becomes an icon of humane excellence and is always accepted and respected by everyone.

Therefore, we can say that Sajanta i.e. gentlemanliness is the seed of all virtues which are moral, goodness, chastity, valour, bravery, worth, efficacy etc. those are essential for a person to become a Sajan or a gentleman.

The word Bhaav denotes the state or condition of a being. One's discriminatory power gives birth to the level of type of Bhaav in one's mind, which ultimately becomes one's nature, principle, tendency, habit, temperament, quality or character.

As such, one must always remember that Sajanta based foundation of one's Bhaav always provides positive effects not only on our very existence but also on our mind, soul and body, besides passion, emotion, sentiment, affection, mood, feeling, imagination, confidence, faith etc which shape our quality, character and principle of our life. While dualism or all other types of Bhaav make us a wicked person, a rascal, a scoundrel, a devil, a mischief-maker i.e. a symbol of villainy or we can say fiends (rakshasha) or demons (asuras) and such type of person start acting on the maxim of 'cut, break, drink, eat etc' and follow the principle 'steal or grab others wealth. The conduct of such beings consists of bad intentions, swearing falsehoods, gambling, debts, egoistic enjoyments, cruelty, adultery, theft and injury to life, which is the order of the day.

We can say that the nature of a person based on the foundation of the seed of Sajan Bhaav becomes fully positive and full of merits or excellence.

Therefore, all of us should accept that Sajan Bhaav teaches humanism and helps to eschew negativity i.e. all negative concepts from the depths of the mind. This is considered essential to let the world be a harmonious and congenial planet which alone differentiates one from animals – which are creations with lesser intelligence in this universe. It inspires one to eradicate selfishness and pride, i.e. an agitated state of mind, and to transform one from the restless Kalyug temperament to the tranquil and stable Satyug disposition. **In Satyug, dualism has no place or existence. It prohibits one from being in the state of depression, weeping, lamenting or negative thinking at any moment or circumstance.**

One who is a Sajan in real sense, would use the word Ji as an honorific suffix which is a term of endearment or respect while interacting with others. Such a person knows that Ji is an honorable and respectful word the application of which strengthens mutual respect for each other. Similarly, one would also use the word aap instead of tu or tum which makes other person feel honored. Use of honorific suffix's like Ji and aap words are symbols of Sajan Bhaav. They put together, in thoughts, deeds and actions automatically inculcate all the human values in the mind of a person, which are necessary for all-round development. Besides, the use of these words provides positive energy, enthusiasm to our soul, spirit, mind and life, which ultimately strengthens our courage and determination to always interact with love, affection and patience to perform better. It also helps in keeping the atmosphere calm and cool through speech which is pure, wholesome, gentle, polite, pleasing to ears and by also remaining kind, heart-warming, courteous, agreeable and enjoyable to all.

When two such persons meet, they greet or address each other with respectful salutations like Namaskar, Namastey, Good Morning or Jai Sita Ram Ji, Sat Shri Akaal etc. It is essential to greet and to pay one's respects to others whole heartedly and shed all types of prejudices. Moreover, it is also a symbol of a

good quality of a person as it keeps one reminded that God is omnipresent. **The significance of this inner instinct lies in the literal meanings of these words of salutation like Namastey which means that one is actually offering salutation and paying respect to the other person with one's entire power of intellect, potency and inner force as during this process, one actually visualizes in the heart of other person, none but one's own 'Real Self'.**

It is important to know that the skillful practice of Sajan Bhaav strongly influences the mind in such a way so as to develop it to its fullest potential and capability. It also imparts effectiveness and spiritual perception to not only make the Jeev capable to minutely understand the qualities of omnipotent and omniscient God or the Brahm but also become competent enough to easily develop own self to the same levels of brilliance with unlimited power and knowledge.

Such a person becomes prudent, sensible, decent, astute, confident, shrewd, sagacious, skillful and proficient enough to make good use of knowledge to always judge righteously and successfully exhibit and spread His virtues and command easily.

Thus, Sajan Bhaav imparts wisdom to the person to become Godly & pious with mentally stable disposition. This in turn helps to precept about the right conduct and to play one's part well in one's life while remaining truly righteous & truthful at all times.

To become Sajans in real sense, let us possess qualities like:

- + Upholding truth in word and action even against all odds.
- + Become proficient in the practice of equanimity and even-sightedness.
- + Exercise control on speech to keep oneself pure, happy and progressive.
- + Become wise enough to make judicious use of knowledge skillfully and be fair and equitable to others.
- + Learn to practice endurance and remain contented in all situations.
- + Always strive to put best efforts and yet remain contented with the outcome in all circumstances.
- + Ability to remain cheerful under stress i.e. to withstand great pressure or to face any problem or crisis in a cool and calm manner with maturity.
- + Deal with others without creating unpleasantness or offense.
- + Ability to convert performance into results for uprightness of character, soundness of moral principle and quality of absolute truthfulness and honesty.
- + Become righteous and benevolent with a keen and persistent desire of selfless service to others and leadership ability with good self image and life long commitment for value oriented living.
- + Capacity to control one's emotions at times of crisis for keeping mental stability.
- + Learn to display sincere interest and zeal in the performance of duties working with a cheerful and optimistic attitude determined to always do good things.
- + Ability for doing everything at agreed or proper time.

Thus, we can say that Sajan Bhaav is a symbol of a perfect person whose mind's equilibrium remains balanced, stable and contented in all the situations like happiness or sorrows, riches or poverty, respect or disrespect etc. The nature of a person having foundation expanded from the seed of Sajan Bhaav becomes fully positive and full of merits or excellence.

Therefore, to become Sajans, let us resolve:

1. To live a righteous life & let all His other creations live in peace.
2. To accept one faith based on the ethics of Satyugians i.e.

spirituality willfully. This is essential to rise above religion, caste, creed, colour and gender besides abandoning of all man made devotional systems.

3. To know the truth that none can bind the limitless in self-made boundaries. Remember that even knowledge and time has no capability and power to do so.
4. To be brave and courageous to always submit to the will of God to become His dutiful child.
5. To keep mind always free from lust, anger, greed, attachment and pride, as these deadly vices are the root causes for any sinful act of inhumanity.
6. To know that negative forces pull the mind away from God and any disobedience to God's command has devastating effect on the man's life.
7. To believe **shabd** is the guru (a spiritual mentor) not the physique.

Shabd is the guru (a spiritual mentor) not the physique

Know that the keynote of the omnipresent, omniscient, omnipotent God expounding the central principle for setting the tone of each and every creation of the universe, that is, controlling thought is a Mool Mantra that Shabd is guru - a spiritual mentor. Therefore, **"Oh! human being, know that none the else, but the Eternal Spirit pervading in every being is your guru"**. In case you accept that this eminent and grand Shabd is your guru, then you can become aware of your spiritual reality that your real self is the God. Know that **Shabd is a password for opening the window of divinity for attainment of eternal bliss**. Thus it would be acceptance of the natural truth that Shabd is the main focal point from which all the inwardly (spiritual) and outwardly (of the material world) true knowledge of every matter emanates and it is also the meeting and merging point of the Surat and Shabd.

By keeping your consciousness firmly attached with Shabd and by meticulously adhering to the concept of Sajan Bhaav and dictums of virtuous performance of your household duties, you will become capable of visualizing the same persisting light in the entire universe which dwells in your heart i.e. spirit or soul. Through constant keeping of your consciousness, that is, the attentive power of the soul called as Surat, steadfast with the Shabd you will realize the truth that you are unborn and your soul is immortal. Thereafter you will perceive oneness of all souls in Eternal Spirit or your Supreme Self i.e. Brahm who is omniscient. Only then you will come to know that Brahm is specific as well as indifferent or pure and beyond any form, colour and destiny.

Taking in view the above facts, it becomes mandatory for all the human beings to accept the central principle of God as the leading principle of one's life i.e. in your purpose, ideation, intentions, process of thinking, reasoning, serious and careful consideration, deliberations, resolution, meditation etc. This is necessary for imbibing humanely qualities like truthfulness and righteousness backed by the power of contentment and endurance in a natural way to become and know what you really are. As a result, you would become capable to bring your inner distinctive nature to the surface in the shape of thought, speech and actions and develop into a person of sound character having good destiny. Thereafter, it becomes easy for all of you to achieve your utmost important prime goal of attaining Moksha in this very life itself.

Now, in infirmity to accepting Shabd as guru, let us know that accepting any physique as a guru, will be an act of going astray from the path of spirituality and in turn getting attached to worldly selfish unending desires with continuous transmigration in this mortal world till your last desire is fulfilled. Know that with passing of life on man made principles and faiths, mind gets so engrossed in worldly knowledge and matters that negative feelings with bad intentions starts erupting. As a result to fulfill these selfish desires by hook or crook, a person starts doing

sinful acts and the process of germination of vices like lust, anger, greed, delusion and pride in their mind starts. With the prevalence of negativity in the mind, the physical and mental health of that person also gets worst affected.

On the other side, by getting attached to a mortal guru, one gets easily inclined towards material things and this weakness keeps one's mind in a disturbed state and one starts doing inhumane acts. To understand spiritual knowledge becomes an uphill task for such a person and one remains satisfied by attaining worldly knowledge only based on falsehood. That is why one becomes uninterested in acquiring knowledge of Self and dualism becomes the principle of one's life. Resultantly, because of non-fulfillment of one's desires, one keeps on lamenting and weeping throughout one's life and never feels satisfied. We can say that such a person passes one's entire life in illusion like a fool i.e. in the state of being intellectually deceived or misled thereby losing one's self-confidence, self-control and inner peace.

That is why according to **Satvastu Ka Kudarti Granth**, any one who meditates on physique will always remain caught up in vicious circle of birth and death and will never be able to achieve nirvana. Therefore, let us all resolve not to accept any physique as a spiritual guru but to always keep our consciousness i.e. Surat attached to Shabd accepting it as her guru to become victorious over this mortal world and let our Surat merge with Shabd for her absolute non-existence. This would mean liberation of the soul from the material world and attainment of salvation which is the highest seat for Surat in her eternal abode called Paramdhaam.

Let us therefore decide to willingly accept Shabd is the guru (a spiritual mentor) not the physique to implement the principles of equanimity and even-sightedness by adopting Sajan Bhaav in our behaviour and conduct for becoming capable of upholding Satyugian Ethics and Code of Conduct to once again live harmoniously and peacefully simultaneously achieving our prime goal of life.

Best wishes for all

We pray to God to grant strength, intelligence and knowledge to all to become gentlemen full of humane values and march towards Satyug – The Golden Era.

Jai Sita Ram Ji

Sambhav (Equanimity) shall be Victorious

In this context, we are constructing "World's First School of Equanimity and Even Sightedness" in our complex which will be opening shortly. From here, the knowledge for learning and practicing Equanimity and Even-sightedness will be imparted. Any institution or an individual willing to co-ordinate in this effort by exchange of views on this subject is welcome.

Let us all become Sajans and march towards Satyug...

Our Trust have undertaken various activities from time to time to fulfill its charter which is to infuse consciousness, fraternity and love for humanity by all possible means.

For more information regarding selfless activities of the trust reach out to :

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(For information of the readers, Satsang is organized every Sunday at Vasundhara, Faridabad which is based on teachings from Satvastu Ka Kudarti Granth, the recordings of which are available on our website. The readers may take advantage and benefit from these recordings)