

महिन्याचा विचार

भक्ती योग :

- १) जप, पूजापाठ, लेखी जप, संकीर्तन आणि इतर भक्तियोग साधना गुरुदेव नित्य करीत असत.
 - २) त्यांच्या स्वतःच्या अभिन्न योगसाधनेचे दोन भाग होते- कार्य आणि पूजा
 - ३) दैवी इच्छाशक्तीचा गुरुदेवांनी परिपूर्ण, निरपेक्ष आणि अवघ्या आत्मसमर्पणाच्या भावनेने स्वीकार केला होता.
 - ४) त्यांना सर्वत्र भगवंताचा वास जाणवत असे.
 - ५) ते सर्वांना साष्टांग दंडवत घालीत असत.
 - ६) त्यांच्याद्वारे नित्य विराट-पूजा होत असे.
 - ७) सत्संग आणि प्रार्थनेवर त्यांचा भर होता. म्हणून स्वतःचे स्वतंत्र असे अस्तित्व त्यांनी राखले नव्हते. त्यांनी स्वतःला ईश्वरात विलीन करून टाकले.
- गुरुदेवांच्या प्रत्येक कृतीमध्ये ईश्वराची पराभक्ती प्रतीत होत असे. आपण जसे काहीतरी प्राप्त करायचे किंवा काहीतरी टाळायचे असे वागतो तसे काम करण्याची त्यांची पद्धत नव्हती. भगवद्गीतेमध्ये स्थिरावलेल्या स्वामीर्जींची अवस्था- "अशा अवस्थेत पोहोचणे की, त्यानंतर कोठेही जाण्याची इच्छाच उरू नये, आणि कोणत्याही विपदेने डगमगत नाही अशा स्थितीला प्राप्त करणे" अशी असल्याने त्यांना कोणतेही कार्य करून काही मिळवायचे नसते अथवा गमवायचे नसते. शरीराच्या घसरणीच्या काळात स्वास्थ्य, विश्रांती आणि शारीरिक गरजांकडे दुर्लक्ष करणारे गुरुदेव कधीही त्यांनी मानवतेच्या केलेल्या सेवेने संतुष्ट नव्हते. स्वतः मानवतेची परमोच्च सेवा केलेले सी पी रामास्वामी अय्यर तथा श्री सी राजगोपालाचारीअर, गुरुदेवांची अथक

सेवेची वृत्ती पाहून थक झाले होते. उत्साहाने गुरुदेव आपले सेवाकार्याचे क्षेत्र विस्तारीत राहिले. (क्रमशः)

- Sivanand's Integral Yoga
by Swami Venkatesananda

PURNA AVATAR KRISHNA

Lord Krishna was the highest Incarnation of the great Vishnu. He was the Purna Avatara. He had all the sixteen Kalas or rays of the Lord. He was a noble scion of the illustrious Yadava dynasty. He was the world-teacher. He was the one Lord of love. He was the lover of men. His enchanting form, with flute in hand, holds the heart of India captive in chains even today. The object of Sri Krishna's Avatar who has become the beloved of India and the world at large, was threefold—to destroy the wicked demons, to take the leading part in the great war fought on the battlefield of Kurukshetra where He delivered His wonderful message of the Gita and to become the centre of a marvellous development of the Bhakti Schools of India.

The purpose of the Krishna-Avatara was not only to destroy Adharma, but also to reveal to the world the magnificence of God. Sri Krishna was the symbol of the Absolute, the representation of the mighty Sovereign of the

universe. In His well-adjusted, symmetrical conduct of life is portrayed the majestic perfection of God.

Sri Krishna's life is the Bhagavad Gita in action. In Him are found the supreme knowledge and power blending to form the God-Man of all times. In Him the highest Vidya and Vinaya (knowledge and humility) co-exist as inseparable virtues of the Great Hero of the world.

Sri Krishna was a perfect Master. He was a Karma Yogi, Bhakta, Raja Yogi and Jnana Yogi. He preached Karma, Upasana Yoga and Jnana. Lord Krishna drove the chariot in the battle-field and danced with the Gopis in the shady retreats of Brindavan and taught Yoga and Jnana to Uddhava and Arjuna. The four Yogas are blended in His Gita or the Immortal Song.

Lord Krishna was great in knowledge, great in emotion, great in action, altogether. The scriptures have not recorded any life fuller, more intense, more sublime, grander than His.

Study the Bhagavat and the Pancharatras, which are equal to the Upanishads. You will know all about the glory of Lord Krishna, His Lilas and superhuman deeds.

-SWAMI SIVANANDA

GOD IS YOUR BOSOM FRIEND...

Rest assured that once you turn towards God, He will look after you miraculously and help will come always in time. But you should never take your eyes away from Him. He is your bosom-friend. He is your Father, Mother, your life itself. Remember Him always. Pray to Him fervently. Do not taint your heart by any worldly desire.

- Swami Sivananda

The Highest Satsang

Constantly be in a state of Satsang within, with the great Reality, with your Beloved, with Ram, with your Divine Mother. Feel whatever towards it you want to feel. It is all that and more. You can never exhaust that relationship with that Supreme Reality. That is your everything- father, mother, friend, relative, wealth, wisdom all in all. That is the one great thing. That is the instant solution. In a single flash all your sorrows will vanish; all your Ashanti will go. All your problems will vanish. You will be in a state of absolute peace and joy.

- Sri Swami Chidananda

दिव्य जीवन संघ, पुणे शाखा वृत्तांत

- * दिव्य जीवन ऑक्टोबर महिन्याचा सत्संग १६ तारखेला संपन्न झाला.
- * 'दिव्य जीवन' या आपल्या मासिक पत्रिकेचा ऑक्टोबर २०२२ अंक परिवारातील सदस्यांना हार्ड आणि सॉफ्ट कॉपी तसेच व्हॉट्सअप द्वारे पाठविण्यात आला.

पुणे शाखेचा पत्ता

श्री.नितीन देशपांडे

'ईशावास्य' प्लॉट नं. ४९/सायंतारा, डी.एस.के.

विश्व, धायरी, पुणे ४११०६८,

मो.नं. ९८५०९३१४७७

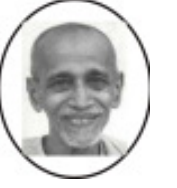
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दिव्य जीवन



पुणे शाखा
वर्ष १७/अंक ११
नोव्हेंबर २०२२



'Yourself ' is the greatest obstacle to happiness, peace and fulfilment. All pain, suffering, sorrow and trouble come because of your clinging to this peculiar thing called 'yourself'. The greatest good that can happen is to be liberated from yourself.

- Swami Chidananda