

## महिन्याचा विचार

जपलेल्या माळांची संख्या महत्वाची नसून मनाची परिपूर्ण एकाग्रता आणि मनाच्या खोलीतून उमलणारे नामस्मरण हे अधिक महत्वाचे असते. एकदा गुरुदेवांनी आम्हांला सांगितले होते- दररोज पहाटे गुरुदेव अनेक मंत्रांचे पठण करीत असत आणि प्रत्येक मंत्राचा जप काहीवेळ करीत असत. ते म्हणाले होते - “श्री सास्त्रीअर म्हणतात, मी केलीय तितकी श्री विद्येची उपासना केल्याशिवाय ऐहीक यश मिळत नसते. होय मीही श्री विद्येचा पूजक आहे. पहाटे मी श्री विद्येचा जप करतो. दिवसभरात भेटणाऱ्या स्त्री मध्ये मी देवीरूप बघतो. मी तिच्या दैवी रूपाला मनोमन नमन करतो. तिच्यात मी दैवी मातेचे-त्रिपुरसुंदरीचे रूप बघतो. माझ्यासाठी ही विद्येची उपासना असते”. काही निवडक मंत्रांचे पठण करणे, गुरुदेवांना आवडत असे. त्यांच्यानुसार हे त्वरीत मंत्रसिद्धीचे गुह्य होते. याला ते मंत्रजपाचे परिपूर्ण रूप मानीत. आश्रमातील सगळ्यात कार्यमग्न असलेल्या साधकालाही गुरुदेव म्हणत “जपाची एखादी माळही करण्यासाठी जेव्हा तुम्हाला वेळ मिळत नसेल, तेव्हा गंगेत उभे राहून स्नान करताना इष्ट मंत्रांचे केवळ तीन वेळा स्मरण करा, पठण करा, तेवढे पुरेसे आहे.” (क्रमशः)

“Always rejoice in everything and at all times, because there is a valid reason why a thing is what it is and why it is not what it is not. Nothing happens without a reason. The All-Wise being is working out a plan according to His own dispensation. You may not be able to see the reason immediately but you will realise it later on. Everything turns out for the good. Therefore, you should take all events with this attitude of acceptance and rejoicing, knowing that the wisdom of God is behind it.”

~ Swami Chidananda

### Develop the Power of Endurance

Just as the sun collects all its rays at sunset and merges them in the horizon, in a similar manner collect all the scattered rays of your mind and merge them in the Lotus Feet of the Almighty Lord. Do not give indulgence or leniency to the mind. Cultivate the spirit of love, humility, divine compassion and tenderness like Lord Buddha. Nurse the sick. Comfort and console the forlorn, the distressed and the disappointed. You will become divine. Develop your power of endurance. Open the heart to the higher spiritual Consciousness. Fix your mind on the Lotus Feet of the Lord. Pray for mercy, light, purity, strength, knowledge and peace. You will surely get them. You will attain supreme joy...

- Swami Sivananda

### 20 Important Spiritual Instructions

- 1) BRAHMAMUHURTA
- 2) ASANA
- 3) JAPA
- 4) DIETETIC DISCIPLINE
- 5) MEDITATION
- 6) SVADHYAYA
- 7) ELEVATE THE MIND
- 8) BRAHMACHARYA
- 9) CHARITY
- 10) HAVE SATSANG
- 11) FAST
- 12) JAPA MALA
- 13) OBSERVE MOUNA
- 14) DISCIPLINE OF SPEECH
- 15) BE CONTENT
- 16) PRACTICE LOVE
- 17) BE SELF RELIANT
- 18) HAVE SELF-ANALYSIS
- 19) DO YOUR DUTY
- 20) REMEMBER GOD

This is the essence of all spiritual Sadhana. It will lead you to liberation. All these spiritual canons must be rigidly observed. You must not give any leniency to the mind.

-Sri Swami Sivananda

LIFE IS ONE YOGA

We all know that classical Indian spiritual tradition speaks of four yogas—channelizing our action potential through karma yoga for God-realisation, channelizing our sentiment and emotion potential for realising God through bhakti yoga, channelizing our mind's power of concentration for attaining God-realisation through raja yoga, through meditation, and channelizing our intellectual potential of analysis, logic, discrimination and reasoning to attain illumination through jnana yoga.

What is that central teaching? The central teaching is that, in fact, all life is yoga. Life is to be lived as the great sadhana, the great yoga. All actions constitute yoga. Everything that you think is yoga. Everything that you speak is yoga. Everything that you do is yoga. That is why everything that you think should be thought of as yoga. That is why everything that you utter should be regarded as yoga. That is why everything that you do must be done as yoga.

There is nothing else in life except yoga and yoga alone. All of life is yoga. Life is the great sadhana. Life is the supreme yoga, every part of it. Life is to be lived as such. That is why it was given. Each and every one of our actions from morning till evening should have a Godward thrust; they are to be engaged in for attaining illumination. Everything in our life is and ought to be enlightenment oriented. Breathing, sitting, standing, running, resting, working, lying, waking, dreaming, sleeping, all constitute that one single process—yoga.

**-Swami Chidananda**

## दिव्य जीवन संघ, पुणे शाखा वृत्तांत

- \* जानेवारी २०२३ चा सत्संग १४ तारखेला संपन्न झाला.
- \* 'दिव्य जीवन' या आपल्या मासिक पत्रिकेचा जानेवारी २०२३ चा 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. ९८५०९३१४१७

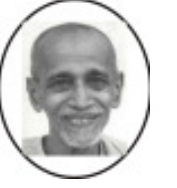
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## दिव्य जीवन



पुणे शाखा  
वर्ष १८/अंक २  
फेब्रुवारी २०२३



Recognise Divinity within yourself.  
Express the latent divine quality in your everyday life. Have pure conduct, be truthful, remember God constantly. Spiritualise all your activities. Perform your duty in an ideal way. The daily practice of Swadharma and Sadhana make life an ocean of bliss.

**- Swami Chidananda**