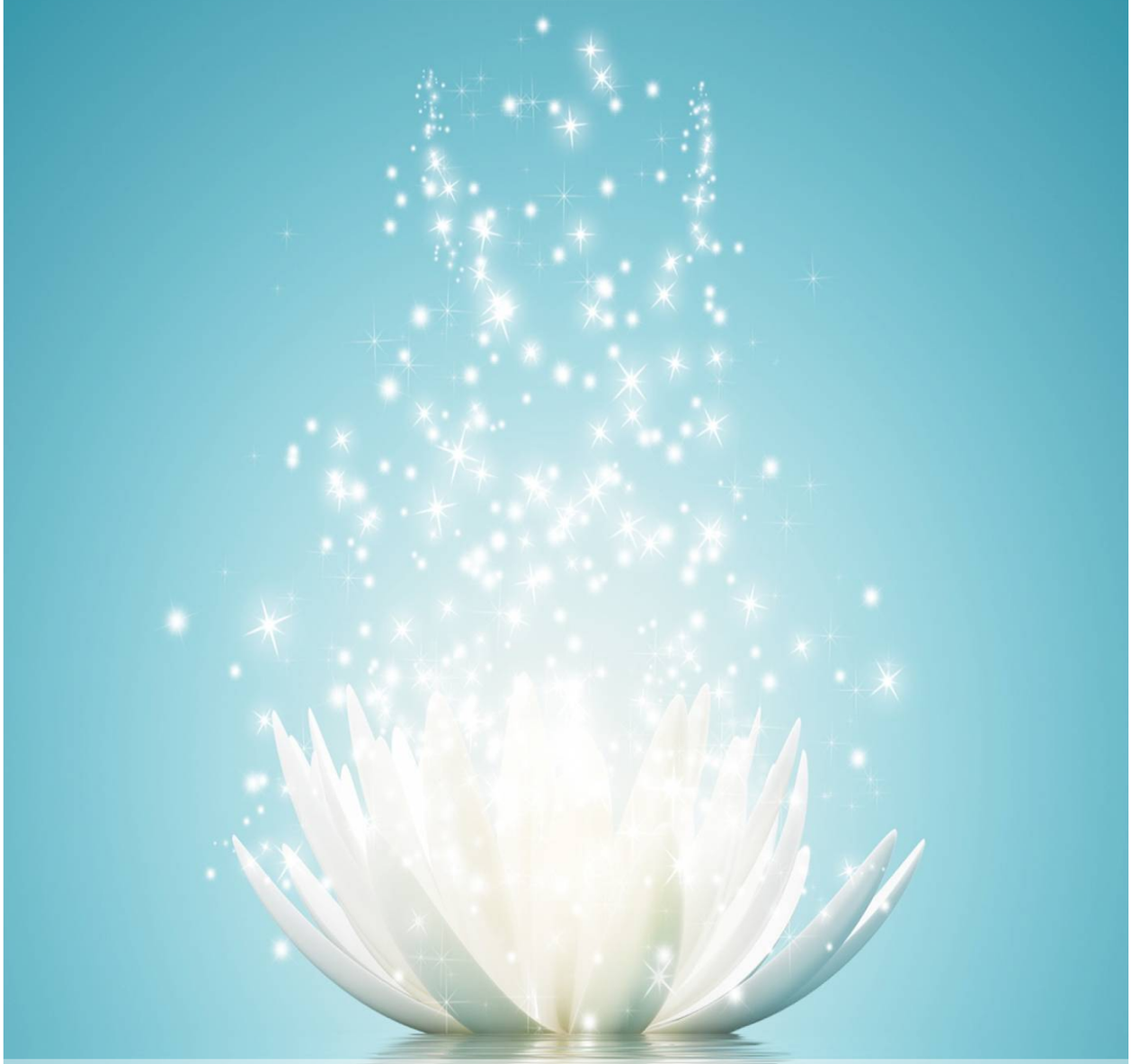
SATSANG

A Unique System of Guided Meditation



Ramashram Satsang Mathura

Founded in 1930 by Paramsant Dr. Chaturbhuj Sahay

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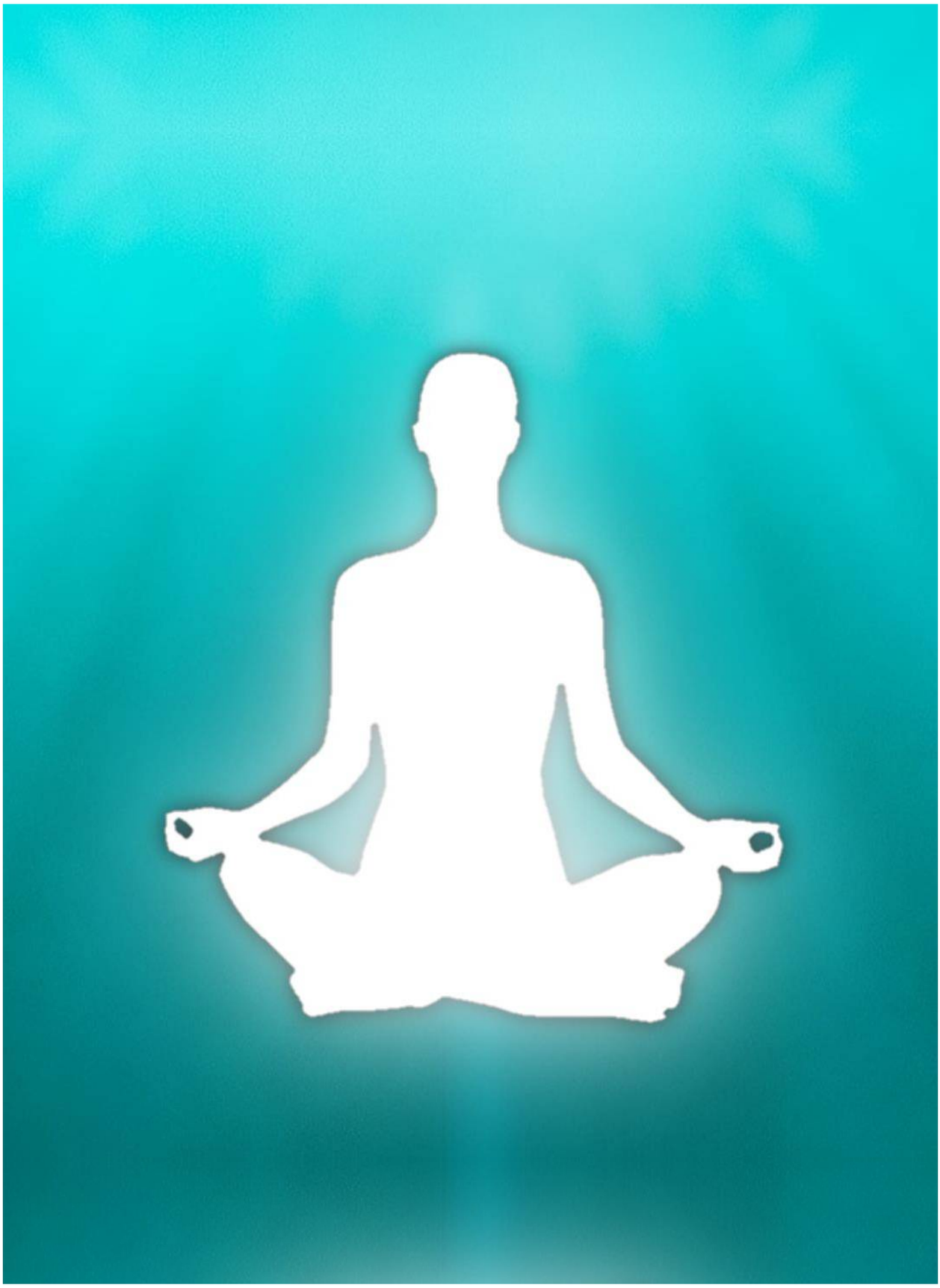

Guru Maharaj
Dr. Chaturbhuj Sahay Ji
Founder of Ramashram Satsang Mathura

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INTRODUCTION

Today's fast-paced lifestyle, along with limitless ambitions and unending expectations, is leading to an epidemic level of stress and anxiety. Stress is affecting our lives both physically and mentally. Satsang helps us in managing stress and reducing anxiety. It brings a sense of calm, raises our level of inner peace, and energizes us.

What is Satsang ?

Guru Maharaj prescribed a unique method that :

- emphasizes inner orientation and it is an inward-focused meditative practice. This inner practice, also known as ***antarik satsang***, makes us look inwards for inner peace rather than trying to get it in the outer world.
- leverages guided meditation as each session always starts with a clear set of instructions that help acheive a deeper awareness and a higher consciouness
- encourages group meditation sessions. The collective energy of the group, raises the consciousness to higher levels with far less effort than required in individual sessions.

Satsang helps us to live a stress-free and peaceful life and it is especially suited to achieve spiritual success with relatively little effort. Satsang is also easily adoptable by people of any gender, religion, community or race.

Satsang has the following components :

Guided Meditation : Meditation is an essential element of Satsang. When we meditate our minds become calm, our thoughts become clearer, that helps attain higher states of consciousness. This practice is guided every step of the way. Each meditation session always starts with a clear set of instructions that drive towards a deeper awareness and a higher consciousness.

Inward Orientation : There are two types of Satsang - outer Satsang and inner Satsang. When we practice outer Satsang we have the ability to change our behavior. An example of outer Satsang would be chanting and ***kirtan***. But through inner Satsang higher states of consciousness are acheived that lead to light, love and peace.

Elements of Satsang

Group Sessions : Group sessions are enormously charged with transcendental energy. Hence, through group sessions, we improve our concentration and focus and expedite our spiritual journey. Weekly group sessions are strongly recommended to enhance and amplify our individual practice.

Service : Selfless and unconditional service (Sewa) is one of the core tenets of Ramashram Satsang Mathura. “When we serve others, we actually serve ourselves”, Guru Maharaj said serving others gives us inner peace so it helps our practice.

Joy and Inner Happiness : All beings wish to experience joy and want to be in a state of perpetual joy and inner peace. Deep peace is synonymous with joy. We experience inner happiness periodically throughout our days. As we practice Satsang these periods of inner happiness increase with time, ultimately culminating in a joyous stage that we experience all the time.

How Does Satsang Benefit You?

Broadly the benefits can be divided into three groups :

1. Physical Benefits
2. Concentrated Mind
3. Inner Wisdom

1. Physical Benefits

Our lives are very busy. At work, we do our best trying to be productive, meet deadlines, and work long hours. When we get home, there is dinner to be prepared, kids to be tended to, and other day-to-day chores. We long for some rest on the weekends, but weekends bring with them their own demands in the form of kid's activities, household chores, social commitments, and so on and so forth. These constant demands on our time and attention create stress which takes a toll on us physically and has been linked to several ailments like elevated blood pressure, heart disease, anxiety, and insomnia to name a few. The benefits of a few minutes of relaxing meditation on our physical health are undeniable. Just sitting down calmly for a few minutes in the morning and evening and spending time with ourselves go a long way in reducing stress and several studies have shown that they positively impact our physical health by reducing the risk of ailments such as heart disease, and elevated blood pressure.

2. Concentrated Mind

The human mind is a very brilliant and remarkable machine. To harness all its capability it needs to be focused or concentrated. We know that water lying around in puddles is not capable of much but the same water when concentrated into a stream and focused on turbines can produce abundant electricity. An unfocused mind in a similar way accomplishes much less compared to what it is capable of. Focusing the mind on one thought is an exercise for the mind and much like physical exercise strengthens our body, this practice of concentrating on one's mind strengthens and energizes the mind. This helps us to perform better in whatever worldly pursuit we are engaged in.

If you are a student, it helps you grasp subtle concepts with ease. At work, you will become more efficient and productive. In all spheres of life, generally, our ability to tackle complex and difficult situations gets greatly enhanced.

Not only does a focused mind help improve our performance in worldly pursuits but it also makes us internally more peaceful. Our mind is constantly bombarded by thoughts, dwelling on the past or thinking about the future. This disturbs our peace. A focused mind becomes capable of stopping this barrage of thoughts and concentrates it on the present. This instills a sense of peace in us with gradually builds with continuous practice.

3. Inner Wisdom

Satsang transforms us as a person. Session by session, day by day, and year by year this practice of 15 - 20 minutes slowly instills in us inner wisdom or knowledge. This wisdom guides us in making the right choices, and selecting appropriate behavior and helps us understand our duty towards people around us. As a consequence, we become better family persons, better co-workers, better neighbors, and better citizens. Our behavior towards others improves resulting in others treating us better. The practice instills in us patience, tolerance, and a sense of internal detachment. The challenges of life do not necessarily disappear, the setbacks in life are not necessarily reversed but this accumulating inner wisdom recalibrates our minds so that we no longer feel the pain and disappointment associated with these events. A sense of inner happiness and joy always prevails even if we have to endure setbacks and disappointments in worldly affairs. This is the highest form of benefit one derives from this practice. Disciplined practice over time results in the gradual accumulation of this inner wisdom or knowledge and brings us really close to the goal of this practice.

The process of Satsang builds our inner strength and makes us mentally stronger thereby ready to face challenges. Inner strength is the ability to be happy without just an extreme attachment to material things. It is the happiness from within which is not connected to what status I have or what material possessions I have. So, inner strength helps the youngsters to deal with everyday challenges and competition causing peer pressure.

The Founder : Param Pujya Shri Guru Maharaj Ji

Guru Maharaj Dr. Chaturbhuj Sahay Ji

Guru Maharaj, Dr. Chaturbhuj Sahay Ji, the founder of Ramashram Satsang Mathura was born on Nov 3, 1873, in the northern Indian province of Etah. Born in a family where piety and charity were the norms, he went to complete his education and became a doctor of alternative medicine, specializing in homeopathy.

In the year 1910-11 he met his Guru Mahatma Ramchandraji Maharaj, also called Lala Ji Maharaj or Dada Guru Maharaj by his followers and was initially influenced by his simple yet evolved personality. Almost after two years, Dada Guru Maharaj introduced him to the core practice of meditation called ***dhyan*** and asked him to practice it regularly.

Dada Guru Maharaj transferred all his spiritual powers to Guru Maharaj and later asked him to propagate this system of meditation to the masses so that people could open their hearts to the love and light of the supreme consciousness and thereby attain inner peace and spiritual progress.

In the year 1930 Guru Maharaj started the mission of completing the task assigned to him by his Guru in complete earnestness. As per the directive of his Guru, he propagated a System of Meditation, adaptable by people of any religion, community, or race. This system is especially suited for our busy and demanding lives in today's world. If we shape our lifestyles and mold our thought processes according to them, then spiritual success can be achieved effortlessly. We can learn to live a peaceful life in spite of stress arising from life experiences.

Guru Maharaj personified the maxim "The more spiritual a person is, the more he is human" in his daily life. Guru Maharaj was free from any kind of pretension. His heart was filled with genuine love and service for everyone. He graciously helped anyone who sought his help. He had all the qualities of an ideal Guru. One would always find him in a meditative mood.

Tranquility was writ large on his face. He lived the life of a family man with full dedication. He set an excellent example of how to combine spiritual idealism with domestic life. Serving his wife and children to the last, he mindfully attended to all domestic duties. He was accompanied in this mission wholeheartedly by his wife Indira Devi Ji, affectionately called Jia Maa by the practitioners of Ramashram Satsang. Together they raised their children and trained and mentored them to make the mission of Dada Guru their own.

Ramashram Satsang Mathura

Guru Maharaj Dr. Chaturbhuj Sahay Ji

Paramsant Dr. Chaturbhuj Sahay Ji established Ramashram Satsang in 1930, in 'Etah', a town in the northern Indian province of Uttar Pradesh.

This Satsang was named 'Ramashram Satsang, Mathura (RSM)' when Shri Guru Maharaj relocated to Mathura in 1951.

Our system of Sadhana/Satsang is a unique unification of *Karma (duty), Upasana (devotion)*, and Gyan (knowledge). The core of this unification is achieved through Dhyan (meditation) every morning and evening for fifteen to twenty minutes. A Sadhak may do 'Dhyan' of light directly, or imagine that the Guru or 'Eshta' is sitting in front of them. Most religions believe that light is a personification of God, hence, this Sadhana suits both 'Sakar' and 'Nirakar' Sadhaks equally well. Practicing this Sadhana every morning and evening for only about fifteen minutes could provide results that would take several years by other methods.

- **No Guru-Disciple Relationship** Guru-Disciple relationship expects maintaining ascertain behavior. These issues fade away with family ties and relationships.
- **Ramashram Satsang Family –** The head of the Satsang feels affection for everyone to such an extent that everyone belongs to him, and he belongs to everyone. This causes all Sadhaks to love each other, just as it is in a family.
- **Stress-Free Living –** The most important characteristic of this Sadhana is that by living by the directives of Guru Maharaj, we can learn to live stress-free in this busy stress-filled world. If we can shape our lifestyle and mold our thought processes according to Guru Maharaj's Principles of Sadhana, then spiritual success can be achieved effortlessly.

The Hindi monthly journal Sadhan was started in August of 1933. Shri Guru Maharaj started to work on Satsang literature; his numerous books have helped spiritual aspirants for decades, including a seven-volume book on his own spiritual experiences titled ***Sadhana Ke Anubhav*** (My Experiences in Spirituality)

Guru Maharaj left for his heavenly abode on 24th September 1957

Our System of Satsang

structure, format, and significance

Guru Maharaj after a group event

Guru Maharaj, Param Sant Sri Chaturbhuj Sahay Ji, propagated one of the easiest, most convenient, and most fruitful methods of Sadhana. Here, the practitioner (Sadhak) is merely asked to spend 15-20 minutes every morning and evening in the company of ***Sat,*** Truth, devoting the rest of the day to attending to their worldly duties and living a normal life. In this system, along with the efforts of the practitioner, the power of the Guru is also injected. Using his own powers, the Guru lifts up the seeker, moves him forward, removes the obstacles from his path, cleans his inner core, and one day delivers him to the doorsteps of God.

In this method, the seeker only needs to establish a connection with the Guru, which must initially be established in person, but later can be maintained by thought. The main focus is on inner ***Satsang***, or association with Truth. By doing this, in just a few days, the seeker turns inward and attains those powers that are normally achieved after years of difficult practices (by those who attempted to do so without the help of the Guru). Guru Maharaj after a group event

With the help of the Guru, these powers are achieved quickly and with relative ease. From time to time, Satsang programs are organized at various places where seekers can practice in larger groups. This message has reached and helped many around the globe. By the grace of Guru Maharaj, Param Sant Sri Chaturbhuj Sahay Ji, the world has received such an easy, effective and powerful system that there seems to be no impediment to self-realization.

Flexible and Open System

The system is flexible and open to be beneficial to people from all walks of life, with any religious or cultural background.

- If the focus is on strengthening and controlling the mind, achieving better concentration, as well as on attaining medical benefits of meditation, this becomes a very acceptable and worthwhile exercise.
- The system is not religious but respects all religions. Guru Maharaj states, “God is the Supreme power with no name or form, and you can choose a name of your liking.”
- Those individuals who have a strong belief in their God, have the freedom to think of whomever they believe in and have faith in, be it Jesus, Mohammed, Krishna, Ram, Nanak, or any other name they use for the supreme power.
- However, Guru Maharaj has highlighted the importance of Guru based on his own experience. He states, “In order to attain self-realization, you must find someone who has already attained self-realization and seek his guidance.”
    - ❖ Guru is not mandatory, but “Guru before God” is the easiest and most proven method. The experiences of Guru Maharaj and many saints highlight the value of this approach. The seekers can also experiment and experience the results and benefits for themselves. “To get control of the mind, meditate on those persons who have gone above the duality of crave-aversion.” This has the same meaning as meditating on the Guru. Hence, this system places the Guru before God, depicted in terms of reciting prayers to the Guru (Guru-Vandana) before the prayer to the God (Ish-Vandana).
    - ❖ There are days when the mind is uncontrollable, and nothing seems to pacify it. The easiest and most effective approach is to leave everything behind and focus on the Guru. 'The Guru in His physical form is in front and is looking directly at you. When concentration is on the Guru, the aspirant realizes that the thought waves of the mind are converging inwards. The mind becomes detached, and an attraction starts to take hold of the mind and the body. The mind calms down and its turbulent waves stop. The practitioner continues the practice of spiritual discipline as instructed by his Guru. This method brings the Guru's powers to bear upon the seeker and disciplines the mind.

- It doesn't matter where you start: Once deeper levels of meditation have been achieved, you forget about yourself, forget your surroundings, and even forget your Guru or God.

Family Oriented System

Guru Maharaj's system is geared towards the common man who is earning an honest living and supporting a family. Anyone above sixteen can practice this system of meditation.

You should continue to devote most of your time to your daily activities. However, while practicing meditation, you should keep your mind clear of all worldly concerns. As a practitioner, two activities are very important for you – first, earning an honest living, and second, keeping busy with work.

Guru Maharaj's system of meditation remains very relevant for those who want to achieve self-realization. He explains, “To seek Him, you need not renounce either the world or married life; you don't need to live a secluded life or become a wanderer. Those living with family and leading a "normal" life can still reach God.”

Guru Maharaj's system of meditation has to be initially learned in person. A certified trainer starts the practice of meditation, which must be done individually on a daily basis. However, a weekly or monthly group meditation session provides a support group for expedited progress. Personal meetings with certified trainers do help in establishing a disciplined practice. While aspirants, as well as certified trainers, progress through various levels of expertise and depth, the system does not provide for a formal grading or even a formal distinction between the trainer and the aspirant. As in any other system, there are multiple processes that make up the system.

Guru Maharaj with Practionors (Satsangis)

You start at a simple and initial level, but the advanced and deeper concepts are introduced as and when deemed appropriate. The system within itself is complete and can progress the practitioner all the way to self-realization, but it can also help one concentrate on and achieve the physical and tangible benefits of meditation.

Meditation requires concentration of mind. The mind, by its very nature, continuously wanders; and it is extremely difficult to change this behavior. Prior to meditation, try not to delve into discussions of politics, sports, current events, etc., as your mind may continue to dwell on these topics.

Individual Practice

Individual practice is described below :

- **Select a location and time.**
  - Choose a calm and quiet place or such a room. Also, choose a particular time. The preferable time is 4 to 8 AM, and 6 to 8 PM. Consistency in location and time helps in achieving concentration.
- **Body posture is important.**
  - Right posture – Any comfortable posture will do, but sit upright and keep your spine straight with your chin pointing slightly inwards.
  - Posture is important to avoid body movements, as it is beneficial to keep the body still. Otherwise, it will be difficult to meditate.
  - Be neat and clean – Take a shower or just change into clean clothes.
- **Meditate**
  - The next step is to think or imagine that your Guru, the spiritual teacher, is sitting before you. It need not be your Guru, if you do not have a Guru; think of whomever you believe in and have faith in, as your God, be it Jesus, Mohammed, Krishna, Ram, Nanak, or any other supreme power.
  - Visualize that divine light is emanating from this source and entering your body in the area of your heart, it is spreading inside your entire body, and you are slowly getting immersed in it.
  - Continue concentrating on this thought. If your mind wanders, gently redirect it to the same thought.

- This exercise or practice should be continued until you are asked to stop.
- All you need is 20 to 30 minutes but do it regularly for the best results.

Please practice this meditation for 4 weeks to see if you notice some changes within you.

Group practice-Satsang

Satsang, the word itself means company (sang) of truth or good (sat). Meditating in a group has great advantages over solitary practice. Meditation is a practice of inner silence for cultivating tranquility and insight. Effective meditation is liberating, but popular misconceptions lead many to experience frustration instead. The mind has many habits that may work against meditation, some of which can be reinforced in solitary meditation. In addition, many people find regularity in solitary practice to be unsustainable. Group meditation eases such difficulties, offering support for the long haul, and counterbalancing our troublesome habits with healthy alternatives.

RSM regularly organizes large-scale group meditation events called Bhandaras in India, and the USA chapter organizes monthly Satsang in the NJ/NY area.

Group meditation is slightly more elaborate than an individual session, as it starts and ends with a description of Guru Maharaj's system of meditation, detailing the benefits, obstacles, nuances, and potential misconceptions.

Group Session- Bhandara View

Guru Maharaj's Core Principles

1. **Peace is within you (Inner Peace), so you will need introspection and Satsang to find it.**

   Knowledge brings peace ; however, it is not just mere reading of the scriptures that will lead to peace. Knowledge is embedded in the scriptures and it is important to read Bible, Koran, Vedas, Upanishads, and other scriptures to achieve knowledge that leads one to become a scholar. It doesn't necessarily lead to peace. Internalization of this knowledge, realizing the depth, and experiencing the principles are required to achieve peace.

   Guru Maharaj emphasized introspection and Satsang. Peace and knowledge are within us, while we are trying to find it outside. Like happiness, peace cannot be associated with the physical possession of knowledge. Strive towards inner happiness and inner peace. Peace is beyond the physical possession of knowledge – It is the internalization of knowledge that leads to inner and more permanent peace. Generally, our senses are directed outwards, observing and judging others but during meditation, we direct our senses inwards. Here we become detached from the outside world. When the light of the guru enlightens our hearts, then we can see the bad thoughts we had been storing for years. Dr. Narendra Kumar Ji said that the outside world is the mirror image of our outside world.

   Peace is achieved through the exploration within us, thorough inwards looking Sadhana or Satsang. Guru Maharaj presented a unique system of meditation, for achieving inner peace.

2. **God is the supreme power with no name or form and you can choose a name of your liking.**

   Guru Maharaj promoted harmony amongst religions and ideologies. The focus according to Him ought to be elevated to a higher goal, “connecting to a higher power”. The name or the manifestation can be according to our personal belief. It is not about what name or manifestation is better. The goal ought to be realizing, knowing, experiencing, and reaching our God.

   Self-realization could be the goal and we can help each other in that process; a common goal for the human race and a way we all could service each other and hence, serve the human race.

If we look at most conflicts and wars in today's world, the majority of them are in the name of religion. Religious orientation becomes a reason for conflicts and the fight ensues to prove one's religion is better than the other. All of this is due to ignorance; we fundamentally do not understand God.

First, there are many names associated with God – Jesus, Jehovah, Eshwar, Ram, Krishna, Mohammad, Buddha, and the list is potentially very long. Second, we all associate a form (a physical body) with each of these names, so there are many names and forms.

Each religion has its own belief and faith; it typically includes a name and a form of the superpower, the omnipotent, the omnipresent, and the ultimate source of energy. This subject can get far more complex, for example, some religions refer to the formless God with no physical description.

Guru Maharaj stated, “God is the supreme power with no name or form and you can choose a name of your liking”. Based on this principle, we respect all religions.

Let's take an example. In a family, the same person is referred to as a father, a husband, an uncle, a brother, a son, etc. The reference being different doesn't make the person different. Also, the same person being to referred differently doesn't cause any conflict, because we know the person. The conflicts arise due to ignorance.

If we are really pursuing peace – we want peace for ourselves, our family, our community, and our world – we then need to get rid of ignorance. Let's know our God and realize our belief through self-realization, once you achieve that there will be no conflict.

3. **Bring inner happiness into your life, for it is a divine virtue.**

Inner happiness is another good parameter for spiritual progress.

Everyone is looking for happiness through wealth, knowledge, and possessions (house, car). Most people also strive toward being healthy, wealthy, and wise. The happiness of family and friends becomes important because your own happiness depends on their being happy. In broader terms, to be happy yourself, the world in your immediate vicinity needs to be happy, too. However, the happiness described above is happiness achieved by the virtue of physical possessions and hence, it is primarily based on our physical senses. This type of happiness is temporary or short-lived as the next target is ascertained and we

get worried about achieving it. Hence no achievement is final i.e., now no more wishes.

Inner happiness is beyond the happiness achieved through worldly possessions. Happiness achieved through worldly possessions turns into misery and unhappiness when physical possession is lost.

Inner happiness is not based on how much wealth, knowledge, status, or power is possessed by the individual. Inner happiness grows with the spiritual growth of the individual. Inner happiness is a good measure of progress, as we move closer to divinity, the consistency and depth of inner happiness continue to increase.

Guru Maharaj clarified for those who think spiritual progress requires a very serious amount of time. According to Guru Maharaj, the time spent in prayers, kirtan, Satsang, pooja, meditation, or service is not important. It is the improvement in the level of inner happiness that is important. If the level of inner happiness is not improving then the path or the sadhana that is being pursued may not be very effective.

4. **You should continue to devote most of your time to your daily activities. However, while practicing Satsang, you should keep your mind clear of all worldly concerns.**

   Guru Maharaj emphasized living a family life and he understood that a significant part of the day will be devoted to just bringing bread to the table. He also proposed that an hour a day should be spent on spiritual progress. However, it becomes important to keep that time clear of worldly worries.

   In today's society, the time and effort that can be spent on sadhana (or spiritual growth) are limited. So, Guru Maharaj stated that invest over 23 hours a day towards worldly progress and family duties. This time could be utilized in earning an honest living, keeping a healthy physical body, and improving the physical and financial health of the family and the community.

   However, half an hour in the morning and in the evening should be spent consistently on spiritual progress. This time should be free from worldly activities; this should be devoted entirely to spiritual progress alone.

   This applies to all such endeavors as mantra jap, kirtan, Satsang bhajan, etc. If the mind is wandering elsewhere, mere physical activity may not be very effective in leading to spiritual progress.

Guru Maharaj emphasized utilizing the time spent on any religious or spiritual activity to be uncluttered from all worldly concerns, spend the majority of your time fulfilling worldly duties but when you take a break from it make it a complete break. So, while engaged in day-to-day worldly activities, regular work and family duties are focused on it, and hence, don't clutter them with other distractions, including spiritual endeavors.

A consistent brief meditation session every morning and evening can positively impact our body, mind, and spirit and if uncluttered from other distractions, it could be more effective than any other approach to self-realization.

5. **Do all worldly work with a spirit of service, not as an owner.**

The presumption, that the state of self-realization or nirvana cannot be reached living in this world while leading a “normal” life, was questioned by Guru Maharaj.

Nirvana is thought to be associated with “giving up the world”. The world is causing all this misery and pain, so let's “give up the world”, in order to reach nirvana and reach out for eternal peace.

One of the basic issues is ownership or the attachments caused by owning worldly possessions. For example, a businessperson's money lies with the accountant. The happiness or sorrow of the businessperson depends on the profit and loss of the business, but the accountant remains indifferent. Here the business owner thinks of money as his own, but the account thinks otherwise.

Another example could be a prison. Criminals confined in the prison have a very painful experience. However, the jail staff stays at the same facility they feel- they are free. Guru Maharaj explained and illustrated how we can lead a life of a jail officer(watchman)rather than a prisoner in this world.

Another recent story that may be very relevant is of Shivaji. Shivaji was one of the valiant fighters for India's freedom against the British, in nineteenth-century India. He started feeling proud of his wins and increasing power. Samarth Guru Ramdas realized that Shivaji needed help. He came to Shivaji's door for alms. Shivaji respectfully asked Guru Ramdas what he could offer to him. Guru asked for his kingdom. After agreeing to that and offering his kingdom to his Guru, he asked his Guru to allow him to proceed to the jungles to lead a spiritual life focused on sadhana. The Guru replied, “Sorry, Shiva. I will

not ask you to do that." Shivaji was perplexed, so he asked what else he should do. Guru said, "You have a lot of work to do. Who will take care of my kingdom, till now you were thinking it is yours? Now, it is mine. You now must serve my kingdom. Just the fact that it is mine, you should do your service with more devotion and work even harder towards its prosperity and towards the happiness of its people."

Guru Maharaj wanted to instill this state of mind, in every human and every sadhak. Family duties are being done due to attachments and because it is your family, not because the family is Guru's or God's family and it is your duty to serve. Do all worldly work with a spirit of service, not to rule or own.

6. **Live in the world as a guest. Believe that someone else owns everything in this world. Leave "me and mine," and learn "you and yours."**

   We are all guests, with a limited lifespan, on this planet earth. We are very fortunate that we have taken a human form, where we have a unique opportunity to unravel complex phenomena and achieve self-realization. Man has the most developed mind.

   For example, when we stay in a hotel or at a rented or borrowed place or stay with a relative or a friend we use all the facilities provided such as AC, hair dryer, or kettle. But when we leave, we leave them behind, we are not allowed to take them. This is how our lives are. We come into this world empty-handed and we will go from this world empty-handed.

   If there was a skill that we needed to learn is to live a life as if we were on vacation. Enjoy, have fun, but don't get attached to it as all this is not permanently yours anyway. Guru Maharaj stated that when a guest comes to your house you provide all comfort in terms of food and lodging. However, the guest understands it is not his or her own. So, how about living in our own home as a guest? The losses won't affect you as much; however, if you spoil your environment or cause any destruction, there will be a price to pay. Good behavior and creativity will increase happiness, enjoyment, and fun but still is all temporary. The losses when they occur will not hurt as much, too.

   Do your worldly duties for someone else, and not for yourself. Live in the world as a guest. Believe that someone else owns everything in this world. Leave "me and mine," and learn "you and yours."

FAQs

Guru Maharaj's book Adhyatmik Vishay Meemansa - A Treatise on Spirituality addresses elementary spiritual aspects in the form of doubts (questions) and their resolutions (answers) Guru Maharaj, Dr. Chaturbhuj Sahay Ji's biggest contribution to the world was in revolutionizing the way in which spiritual knowledge is imparted. Instead of using dry and difficult methods of the past, he used a style employed in Kindergarten. Guru (teacher) loved and took care of the disciples (children) like a parent, played with them, and laughed with them. In such an atmosphere, the school of ultimate knowledge turned into a family. Disciples forgot what they came for but He didn't and continued to look after their spiritual well-being.

Slowly but certainly He pushed them forward towards their goal while they continued to live and enjoy a normal life. He imparted his teachings by living through them and set an excellent example of how to combine spiritual idealism with domestic life. Simplicity and normalcy were second nature to him. He was the ocean of knowledge, love, and bliss. Those who came in his contact in person or through his universal form, RAMASHRAM SATSANG, MATHURA, will unanimously testify to this fact.

Most of the answers and explanations are thorough and detailed and not only answer the question at hand but also explain the related spiritual concepts. At times though, the brevity and clarity is striking for instance, the one set below -

Q. What is spiritual power or inner strength?

Ans. Truthfulness, fearlessness, and universal love are the signs of inner strength.

Q. What is the form of spiritual power?

Ans. It has no form. It is formless.

Q. How can one gain and grow spiritual prowess? How is it received or attained?

Ans. Stilling of consciousness (MAN NIRODH) and Guru's Grace (SATSANG) cause our spiritual prowess to grow. This is also termed receiving or attaining spiritual power.

Q. What are the impediments to receiving or attaining spiritual power?

Ans. Restive (RAJOGUNI) and Numbing (TAMOGUNI) tendencies/forces of Mind keep us from moving forward. We have to fight out these forces.

Q. What are the causes of loss or deterioration of spiritual power?

Ans. KUSANG or bad company harms it.

Q. What is the method for preserving and keeping the spiritual power within?

Ans. It is preserved by avoiding showing off and outward display; by remaining connected and living under the guardianship of a Guide/God (PURN PURUSH)

Q. What does one gain by having inner strength?

Ans. It gives one peace and happiness, which are huge things in life.

Q. What are the ways to gain spiritual power?

Ans. ABHYAS (Practice) and SATSANG (the company of enlightened) are the ways to achieve it.

Q. What are the natural and civic (practical) duties of men after gaining spiritual power?

Ans. To love everyone, to be humble and consider himself or herself lesser than everyone, show kindness, and have the spirit of service, work for the greater and common good. These are the duties.

Q. Who has the right to attain Spiritual Power?

Ans. Anyone and everyone. Entire humankind. By putting in consistent effort everyone can achieve it. We are certain that this treatise will be very useful to seekers and teachers alike. Seekers of Spiritual Knowledge should have it and read it over and over.

Host & Facilitator

Shri Sanjiv Kumar is the host for this Satsang Orientation Session organized by Ramashram Satsang Mathura. Shri Sanjiv Kumar Ji has been practicing meditation for over 40 years. He was impressed with the effects of meditation in his life and has been facilitating guided meditation sessions in the Washington DC area and across the US for the last two decades. He feels meditation should be an integral part of everyone's lifestyle to reduce stress, anxiety, depression, and their toxic effects both on the mind andthe body.

Sanjiv Bhaiya as he is specially referred to also the president of the non-profit organization, Ramashram Satsang Mathura, Inc. which promotes a healthy and peaceful lifestyle through Satsang. Satsang is a unique guided meditation practice, perfected by his grandfather Guru Maharaj, Dr. Chaturbhuj Sahay Ji.

Millions of people have taken advantage of this practice in India and Sanjiv Bhaiya is actively promoting the benefits of this practice in the USA. Apart from conducting guided meditation sessions, Shri Sanjiv Kumar is an IT executive. He has been married for over 30 years and has 3 kids. He travels extensively to promote this guided meditation practice and to bring Eastern knowledge to Western culture. Ultimately, allowing followers of this practice to reach spiritual enlightenment and enjoy everlasting inner peace.

This booklet contains the philosophy, approach and methodology of Ramashram Satsang Mathura in tackling the problems of today's life. The approach is practical not theoretical as Guru Maharaj studied ancients scriptures, prevalent Sufi philosophy and religious texts deeply. He then implemented the ideas and found that it is possible to find inner peace and joy while leading a normal family life and earning an honest living.

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