

Six Important Points

(Excerpts from Satsang of Puja Sant Shri Asaramji Babu)

Many people complain of feeling sleepy while doing jap on a mala and ask for a solution. If one cannot do jap on a mala all the time, one should devote some time to the study of the scriptures and selfless service. The mind is multi-dimensional in nature and has to be controlled tactfully. At times engage the mind in jap, at other times meditate on God, then enjoy recollecting His glory and also devote time to selfless service. In this manner, keep the mind engaged in a variety of virtuous endeavours.

If an aspirant follows certain rules in his life he can make quick progress in sadhana.

First and foremost, do not waste time in worthless talks. If you engage yourself in pointless conversations, it will only strengthen your sense of reality in this world, giving rise to attachment and hatred, thereby vilifying your mind. Therefore take no action under the influence of attachment or hatred.

Engage in service but not out of attachment or hatred, but rather with a heart full of respect for others. Take others in confidence and you will be able to perform better service, and your own abilities will be enhanced as well. Lord Sri Rama used to pay due respect to others while maintaining a very low profile himself. He was always alert not to waste his energies in the pursuit of attachment and hatred.

Secondly, set a lofty goal for yourself. Even the gods would pay obeisance to Daksha, the father-in-law of Lord Shiva. Munis and Rishis used to eulogise him. He was the most eminent amongst the Lokapalas. Once when he went to an assembly of gods, everyone stood up out of respect for him except Lord Shiva. He took a serious offence at the fact that Shiva, his son-in-law, did not show him due respect.

He performed a yajna with the sole purpose of insulting Lord Shiva. A proper seat was placed for each of the other gods at the yajna ceremony, but no seat was arranged for Lord Shiva. Yajnas as such are virtuous endeavours but since the objective of this yajna was to insult Lord Shiva, Daksha was beheaded and the yajna came to a devastating end. Later on with the grace of Lord Shiva, a goat's head was affixed to the body (headless trunk) of Daksha.

Therefore always have a lofty goal in life.

Thirdly, do your work with skill and diligence. Never leave any work unfinished because of obstacles. Do not entertain cowardice. Aptly has it been said : **'Yoga is skill in work.'**

Fourthly, do not bask in the pride of being the doer and ensure that no work suffers on account of your carelessness. Everyone has a treasure of divine capabilities latent within oneself. One should be careful and ever alert to tap these capabilities in right earnest.

Fifthly, give importance only to God. Each and every individual has his or her own virtues and vices. The more an aspirant pays credence to this world the more the vices will multiply. On the other hand, when an aspirant is devoted to God, he finds his virtues multiplying.

Sixthly, the aspirant should develop purity of conduct and his heart should be pious as well. His character and behaviour should be so immaculate that his life may become an example for everyone.

These six points, when imbibed and inculcated, can surely lead an aspirant to success in his endeavours. Therefore aim for a lofty goal in life. All primary and secondary actions should be in accordance with that same goal.