

Sep 18, 2023

Charanāmṛth



The first Online Journal exclusively for the devotees of Śrī Guru

Greetings

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Until we Meet again...

Just an other vessel, as He ferries us towards the golden shores....

As we sail our way from the darkness of ignorance to Light...

svāgatam

aum maha gaṇapatim

The Sole Power Who resides at the Mooladhara Chakra
At Whose rising, all obstacles cease to be...
HE Who embodies auspiciousness and is the
Source of all auspiciousness;
Ganesha - More powerful than all the planets and their movements,
We bow, we greet, we praise...
In total surrender with the head at YOUR Feet.



Charanāmṛth



Episode 39: September 18 2023

svāgatam

On the eve of this auspicious Chitra Nakshathra, **Charanāmṛth** is here carrying ŚrīPāda's message of Love and Kindness.

Enough has been hinted at in our recent issues, on the significance of this Samaj.

On a broader perspective, as we celebrate yet another year marking Sripada Vallabha's arrival in human form, it is double the joy as we greet this 'Samaj' taking stage on a wider perspective.

Yes, as Sripada Vallabha Bhaktha Samaj is all set to get registered officially, to meet the need of the hour – as in setting a stage for His devotees to come together and share the joy of 'bhakthi' and 'gnyana' (wisdom), as we all sail our way in this journey called life. From our limited consciousness to HIS Consciousness, which leads us to realising 'Advaita' and experience the joy of existence.

We are here to give and take; No body ones anything in this world that's so temporary.

Let us offer love and feel loved.

We are not here to judge; we are here to rejoice and share the joy of HIS presence.

Jai Guru Deva Datta!

Jai Sairam!



From the Dwarakamai

From Sri Sai Sat Charitha

I do not reside in one place. I am present in the waters, on the land, in the woods, amongst the people and away from the people, in your own country and in foreign lands, in the skies and in the light of the sun.

I have taken this human form to remove the mis-concept of those who consider Me to be present only in this body of three-and-a-half arms length.

- Sainath Maharaj



Sailing the 'samaj' way

The term 'समाज' or samāja, as reckoned by Sripada Vallabha, points directly to the very essence of an ideal society where one lives in harmony, tasting the eternal joy of freedom, armed with wisdom, sharing the fruits of kindness and compassion.

Thus far this as a unit has been functioning in a subtle manner, under the guidance of Sripada Vallabha. Now with the 'Samaj' taking stage as an officially registered organization, it shall facilitate the participation of more devotees.

The 'Samaj' is here to guide the devotees on the path of

- Karma mārg
- Bhakthi mārg
- Gnyana mārg and
- Yoga mārg.



Bhakthi Marg

The aim of Yoga being union, its beginning must always be a seeking, rather a longing for Truth or the Divine. To feel - is devotion; to labour from the heart is 'bhakthi'. It is intrinsic with emotions, the highest and purest, being love. Love, without expecting anything in return. In Kali yug, or the dark age, it is said that to 'devout oneself' or following the 'bhakti marg' is the easiest.

This pathway too has its potholes, ups and downs. With the guidance of a Guru, the aspirant (sadhaka) can avoid the pitholes and stride safe. "surrender" or saranagathi - to remain in a state of calm acceptance, whatever the situations that arise or the experiences that come in way, in this journey called life.

Without 'saranagathi' every path is difficult.

But when 'bhakthi' is absolute, surrender becomes easier. For, where there is pure unconditional love, expectations are nil. The inner vices are at bay. The mind, the thoughts are purified. The aspirant remains saturated in Divine love.

In Bhakthi marg, this medium would facilitate regular or frequent,

- * **satsangha** – When devout aspirants come together to sing the greatness of the Guru and share the deeper wisdom from our Scriptures.
- * **parayana** - Reading the Charithra from Datta Guru Parampara
- * **nama Japa** - Chanting the Name of the Guru/God – Sripada initiated the 'nama japa' as Vayu mandala yagna, to purify the etheric region on the atmosphere, so as to also get the man's internal 'prana' be purified with the chanting, thus enabling oneself to higher states.

All these are ladders on this pathway.



Without devotion, it is not possible to chant the
Name of the Guru/God. Without devotion, they might be mere drills.
Devotion makes it throb alive and eventually carries the aspirant on the ascending
pathway to lofty heights.

At one point, the soul loses its identity, melding and merging with the Guru's name/form.
This is 'sayujya'. The ventual destination is the experience of 'liberation' or
'jeevan mukthi'.

bhakṭhi yoga

*to surrender with love and faith;
Love that has no conditions/demands,
pure and boundless...
And Faith that yields one to a calm
state of acceptance.
Eventually resulting in union ~
the Deity and devotee merging
in love...*



Karma Marg

To perform actions is unavoidable. But negating the thought of 'ownership' in performing an action, has to be avoided. If that seems distant, then let the aspirant try to perform as many noble deeds as advised by Adi Guru Dattatreya in His many forms and manifestations.

By means of Karma yoga, one cleanses the thought-flow, actions and speech. One learns to give and share. When the option of considering oneself as the 'giver' is entirely negated, it not only leads to humility, but also wipes away the traces of 'ahankar' or the little mind.

This 'samaja' as a medium facilitates that 'karma' which Adi Guru Dattatreya has advised in His different forms, in His Charithra.

- Annadhana, being the foremost which from Sripada Vallabha, through Narasimha Saraswathi, Swami Samarth and Shri Sainath have advised.
- Yagna, the greatness of which has been told in Sripada Charithamrth and Guru Charithra
- Veda rakshanam – Sripada Vallabha has suggested that Vedic recitals can drive the impurities in the atmosphere. Sripada was also pleased with Vedic recitals.
- Gau-rakshanam : Sripada has said that those who care for cows are very dear to Him.

This as a medium will facilitate devotees participate on this path of 'karma', enabling all to perform '**nishkām-akarma**'. Which means to do an action in benevolence, with the only intention of offering benevolence to others. In such case, the action will not have any expectations. It will be the absence of expectation - of reward or gain. And importantly, the sense of being the doer is negated.

A karma yogi in its real sense is one who rises above the mundane self and operate from higher level of consciousness.



The effects of our evil deeds are negated in direct proportion to the noble deeds performed through us. Dattatreya in HIS different manifestations has advised time and again, to be kind and compassionate.

But all this karma is bound, remains bound. Nevertheless, as it purifies the aspirant's mind, only positive vibrations ensue. If one has to entirely relieve oneself from the burden of action or not be bound - one necessarily has to perform 'akarma'- negating the doership. This is possible when there is love for the Guru.

Every aspect of our life must be an offering to, and an adoration of Sri Guru. A verse from Saundaryalahari of Shankaracharya describes it best. The whole essence of it being - Whatever that is through me, may that become an offering unto YOU.

Karma yoga

*On the path of action; the action conferring
only goodness, to the world beyond us;
while negating the sense of doing the action,
the action becomes non-action,
it just happens as a result of
perfect union with the Divine or the
Higher Self.*



Gnyana Marg

The process of allowing the expansion of awareness from its primitive to advanced state is the 'gnyana' yoga.

This 'gnyana yoga' helps one understand the primordial Question - Who am I?

This helps one understand the Source and destination and eventually the pathway to it.

This helps one discriminate, giving the strength to rise over limitations and ascend in the quest for Truth - for the highest experience.

In Sripada's Samaj, even the monthly journal 'Charanamrth' carries with it, the vibrations of Sripada Vallabha's Gnyana Yoga.

Our consciousness takes baby steps, under His Supreme Guidance.

This platform serves as a boat, facilitating expansion of our awareness,

Eventually leading us to HIS shore of Light and Wisdom.

The wisdom that is offered by Him, is here for us to share and partake as we sail our way to Him.

gñyāna yoga

*Leading one on the path of wisdom,
facilitating the access to higher realms
of existence and the ultimate Truth therein.
The unlearning is done, moss is removed
wisdom shines on its own, eventually
merging the Knower and the known.*

Dhyana Marg

Dhyana is to let the being rest in undivided awareness - leaving all mental and emotional residues behind. When the mind is still, when the thoughts are at rest - this itself is liberation. Eventually leading to the state of Samadhi where one rests in Oneness with Universal consciousness.

Dhyana is to be experiences, not defined. It is realised by those who shift their attention inwards and eventually experience the state of absolute stillness - the zone of vacuum or nothingness, a state of rest!!

With repeated practise, one attains liberation - union with the Self. The highest human experience of 'shanti' or everlasting peace. It is the state of Truth coupled with bliss, Sat-chit-ananda.

This as a platform shall facilitate aspirants on the path to contemplate on Guru Maharaj, and meditate, through its many programs and branches.



The Higher Understanding of Our Purpose

To understand the complexity of our nature or the nature of human existence, is itself a part of yoga. So, a human being is not merely the physical body, he hold; neither the name he has nor the status he holds in the society.

We are composed of many parts. Each of them contributes to the total movement of our consciousness. Our thoughts, desires, sensations, feelings, actions, all of these are driving each other.

Physical Body:

This is the gross body we hold or that which is seen. This body as a vehicle, enables man to perform actions. It is essential as we travel on earth. This is understandable by the outward senses (i.e., visible to the physical eyes).

The biological body functions with our nervous system, which supervises or sees to the overall functioning of all its components and associated components.

This is also called the '**annamaiya kosha**' or the sheath made of food materials.

Energy Body:

Just as there is a physical body, there is its equivalent, but unseen to the physical eye. It is the energy body.

All illnesses pass through the energy body/sheath before they enter the physical.

If one is conscious of the energy or subtle body or with the subtle consciousness, one can stop an illness on its way and prevent it from entering the physical body.

This subtle body of energy is called the '**pranamaiya kosha**'.



Mental Body:

In yogic terminology, the word mind is used to denote the sum collection of our thoughts. The 'mind' as such has no intelligence. The reaction to a happening or recollection from the past, or an anticipation for something which is to come.

Thus, the mind as such is negligible. A transient body of thoughts which are yet to change constantly. It constitutes of desires, sensations, feelings, passions, and of all that play of instincts, anger, fear, greed, etc. This is also called '**manomaiya kosha**'.

Intellectual Body:

This is that sheath which comprises of a higher understanding or awareness. It is the knowledge based on higher experiences. It is that sheath higher, above the ordinary mind and very different from it in its workings.

This body of intellect results from illumination and knowledge. This can be considered as that border line of the supramental.

It acts as an intermediate state between the Truth-Light above and the human mind; communicating the higher knowledge in a form that the lower mind can receive.

This is called the '**vi-gnyana-maiya kosha**'.

Spiritual or Body of Bliss:

When one identifies with the Self and not with the mind, body or with the small ego, that is the realization of the subtler than the subtlest body or the Self.

This is the subtlest of sheath experienced more as the state of everlasting bliss.

In other words, Sat chit Ananda.

This sheath of bliss is called the '**anandamaiya kosha**'.



The Higher Goal ~ of Sripada's bhaktha Samaj

The aim of Yoga being union, its beginning must always be a seeking, rather a longing for Truth or the Divine.

Yogic meditation rests primarily upon taking the attitude of the witness (Sakshi-bhava), which means aligning our awareness with our inmost Self.

We learn to witness the movements within our biological body – the breath, the senses and finally the mind from a place of silent observation. This grants detachment and helps discern as we move past the mind, negating the 'ego' or doership, thus negating karma.

Whatever we witness from the standpoint of a higher awareness grants freedom. This taste of freedom is sweet; it is beyond joy – it is permanent and called 'moksha'.

The higher goal of our 'samaj' is to travel towards tasting this liberation - everlasting contentment, born of freedom from the mind.

It is to surpass the 'koshas'. In other words, to go beyond the physical, mental, energy, intellectual bodies and reach the 'spiritual sheath' or 'anandamaiya kosha' – which is the **timeless zone of Contentment**.

This is the Golden Pithapuram which Sripada Vallabha talks of.



A Golden Pithikapuram attached to the earth with different measurements exists in an invisible state. For ordinary people only the ordinary Pithikapuram on the earth will be visible. Golden Pithikapuram can be seen only by people with yogic insight. Just because one is a resident of Pithikapuram in the physical world, one cannot come to My Samsthan and have darshan. My will is efficacious.

When the matter related to consciousness is developed in the seeker, he becomes a resident of Golden Pithikapuram, which is purely constructed with consciousness. Those devotees who constantly remember Me can know about it from experience. Irrespective of the great distances they reside, they become residents of Golden Pithikapuram. I am always easily accessible to them.

- ŚrīPāda ŚrīVallabha



From Sripāda Vallabha Sahāsrnāma

Aum ravi bimba vāsa hrdaya padma nivāsa ya namaḥ

Meaning: One Who is in the Orb of the sun, to Him seated in the lotus of the heart

I greet/praise/pay respects with my consciousness

Aum āpath-bāndhavā ya namaḥ

Meaning: To HIM Who is the Protector of the Poor and the humble,

I greet or praise HIM with my consciousness.



Reminders from Charithamrth

When felt necessary I can join both sky & earth. All the orbs in the sky are like play balls in My hand.

There is no load which I cannot lift. There is no problem which I cannot solve. There are no boons which I cannot offer. There is no work which I cannot perform.

- ŚrīPāda ŚrīVallabha

I have incarnated to preach the paths of Dharma, karma, yoga, bhakthi, gnyaana. I am the Sole Truth, Origin of all truths! I am the sole Dharma, the Origin of all dharmas. I am the single Cause creating all causes. Nothing is to be formed in this Creation which is not in My Will.

- ŚrīPāda ŚrīVallabha

The entire ethereal region is filled today with the rubbish of verbiage wrongly used. When a person utters a word, he provokes one or two or all three, of the three attributes (sattwa, rajo, tamo gunas).

Hence one should be responsible to NOT utter words of profane/bad nature

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Thought for the Day

On this auspicious day of HIS arrival on physical earth, let us make a simple resolve. To recall HIS words and apply them in our day to day lives.

It is as much easy as much is the love that our hearts hold for HIM.

It is difficult if our love for the Guru is scarce.

My devotees tie Me with their bonds of devotion. I am bound by pure care, devotion. I will personally receive the prasaad offered in the houses of My devotees through subtle rays.

- ŚrīPāda ŚrīVallabha

Do not hate anybody in this Creation. All that hatred also reaches Me only. If I am pleased, I will not see merits, but you should have the 'satvic' ideas to earn My grace.

- ŚrīPāda ŚrīVallabha

Whoever it may be, if he sincerely chants My Name

'Digambara Datta Digambara Sripada Vallabha Digambara!'

I will be easily accessible and bring all auspicious developments.

- ŚrīPāda ŚrīVallabha



punar darshanāya

punar darshanāya punar harshanāya
Śrī Guru kripā varshanāya

Until we meet again, in a peaceful manner (on a note of contentment)
Let us all be showered with Sri Guru's blessings!

With Sri Guru's blessings, the next episode will be available at the link for
the next Chithra nakshatra @
<https://sripadavallabhabhakthasamaj.org/journals/charanamrth.php>

Jai Guru Datta Digambara

Jai Sainatha Digambara

Digambara Digambara ŚrīPāda Vallabha Digambara

