



Tapasya

HAPPY

दुष्कृत
प्रयत्नालव



**Transition from Information to
Knowledge to Experience to Wisdom (IKEW)**

A Devrukh Spiritual Prowess Pvt Ltd (DSPPL) initiative

This newsletter is specially for all students, teachers and parents.

As Ajit Telang Sir used to say that the education of a student is a social triangle. Unless, teachers and parents do not form "perfect" angle, the educational triangle can never achieve the ideal "equilateral triangle" combination.



Ajit Telang Sir, Our Inspiration!

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Online 

Guru Gita

Chanting Classes

- Guru Gita is a divine song of Guru, narrated by Lord Shiva to Mata Parvati for the benefit of entire mankind
- Guru Gita is for the Sadhaks who wish to pursue the path of total surrender towards the Guru Tatva
- The month of Ashadh is considered as a pious month, naturally tuned to pursue Guru Sadhana and chanting of Guru Gita is considered as one of the important option of doing such sadhana
- Guru Gita is a sacred and serious scripture having its origin from Skanda Purana and is found in 49th Chapter (Adhyay) of Shri Guru Charitra

DSPPL



Online 

Guru Gita Chanting Classes

DSPPL invites you to join classes on chanting of Guru Gita in a correct grammatical manner and in soothing rhythm. Let's join to listen, understand & chant the glory of Guru, Guru Tatva and its unlimited and unending blessings when Mata Parvati approaches Lord Shiva with the fundamental question

"केनमार्गेणभोस्वामिन्, देहीब्रह्मयोभवेत्। त्वांकृपांकुरुमेस्वामिन्, नमामिचरणौतव"

(Please tell me one such path that we are all in search of. How can we take this body to a Brahmanmaya (spiritual) world? Please oblige us Swami, I bow to your feet.)

Lord Shiva starts explaining it to Mata Parvati for the benefit of the entire mankind



6th July 2024 (Beginning of the Month of Ashadh)
to 21st July 2024 (Guru Pournima)



Daily at 7.00 am
to 7.40 am

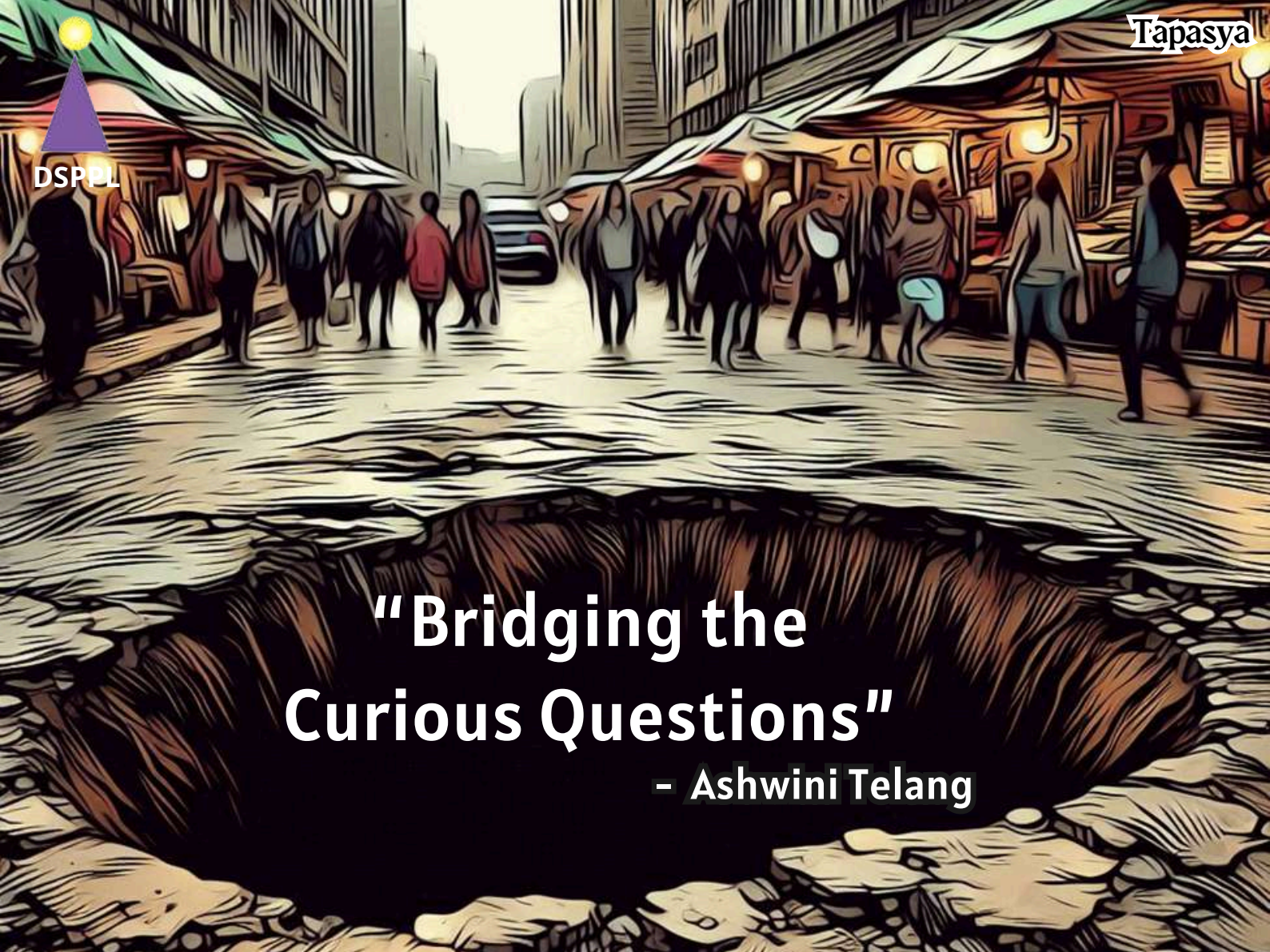


Faculty - Mrs Vinaya Deo, M.A., M(Phil), Sanskrit
Visiting Faculty for M.A. Sanskrit Literature at
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“Bridging the Curious Questions”

- Ashwini Telang

In the quaint town of Shirpur, nestled in the Dhule district of Maharashtra, life unfolded at a leisurely pace. The locals engaged in their daily trades, weaving a tapestry of commerce and community. But one day, an inexplicable phenomenon disrupted their familiar rhythm. The townspeople noticed it first—a small depression in the heart of the main market. At first, they dismissed it as a mere pothole, a common nuisance on the town's roads. Yet, as the days passed, the pit grew. It expanded beyond the confines of a typical pothole, swallowing market stalls, cobblestone pathways, and even the old banyan tree that had stood sentinel for generations.

The pit defied logic. It neither filled with rainwater nor collapsed under its own weight. It simply grew, as if fueled by an unseen hunger. The citizens gathered; their curiosity piqued. They whispered tales of ancient curses and mystical portals. Some claimed it was the wrath of forgotten deities, punishing the town for its prosperity. Others speculated that it was a gateway to realms beyond—a tear in the fabric of existence itself.

The town council convened emergency meetings. Engineers scratched their heads, geologists puzzled over soil samples, and mystics invoked ancient rituals. Yet, the pit remained an enigma. Children dared each other to peer into its depths. Their wide eyes reflected the unknown—a darkness that seemed to stretch into eternity.





And then came Riya, a weaver's daughter with eyes the color of indigo. She tied a rope around her waist, securing it to an old oak tree. The townspeople watched, their breaths held, as she descended into the abyss—the Luminous Abyss, as they now called it.

The air grew colder, and the walls pulsed with energy. Riya's lantern cast eerie shadows on the stone. She descended, hand over hand, until her feet touched solid ground. The Luminous Abyss enveloped her—a realm of iridescent flora, luminescent insects, and whispers that danced like fireflies.

Here, time flowed differently. Riya encountered beings—ethereal and ancient. The Silent Scribes, their skin etched with constellations, recorded forgotten histories. The Opal Dancers twirled in moonlit glades, their movements weaving spells into existence. And at the heart of it all stood the Oracle Tree, its leaves inscribed with prophecies.

Riya learned that the pit was a rift—a fracture between worlds. The Luminous Abyss connected Shirpur to realms beyond imagination. But it came at a cost. The pit hungered for stories, memories, and dreams. It devoured them, sustaining its brilliance. The townspeople's fears were justified—the pit was both blessing and curse.

Word spread. The townspeople gathered, bringing tales of lost loves, childhood dreams, and whispered regrets. Riya listened, transcribing their stories onto parchment. The Oracle Tree absorbed them, its roots reaching deeper into the rift.

Yet, danger loomed. The pit's hunger intensified. Riya's hair turned silver, her eyes reflecting starlight. She knew that if the balance tipped, the Luminous Abyss would consume Shirpur entirely. The town's fate rested on her shoulders.

And so, Riya wove her own tale—a plea to the Silent Scribes, a bargain with the Opal Dancers. She sought equilibrium—a way to sustain the pit without sacrificing her home. The townspeople watched; their hearts entwined with hers.





As seasons shifted, the pit's hunger waned. The Luminous Abyss remained, but its appetite softened. Riya emerged, her skin bearing constellations, her voice carrying echoes of forgotten songs. She shared her vision: a Shirpur where stories flowed freely, where the mundane and magical coexisted.

The townspeople adapted. They traded memories for glimpses of other worlds. The market square transformed—a bazaar of wonders. Visitors arrived, drawn by the pit's allure. Scholars studied its mysteries, poets composed odes, and children danced on its rim. And so, Shirpur thrived—a town suspended between realms, its heart split open. The Luminous Abyss became a beacon, reminding them that magic lay not in answers but in questions. Riya, now an elder, tended the Oracle Tree, whispering tales to its leaves.

And every night, as stars painted the sky, the townspeople gathered. They shared laughter, tears, and the weight of existence. For in the Luminous Abyss, they found not just a secret, but a communion—a bridge between what was and what could be.

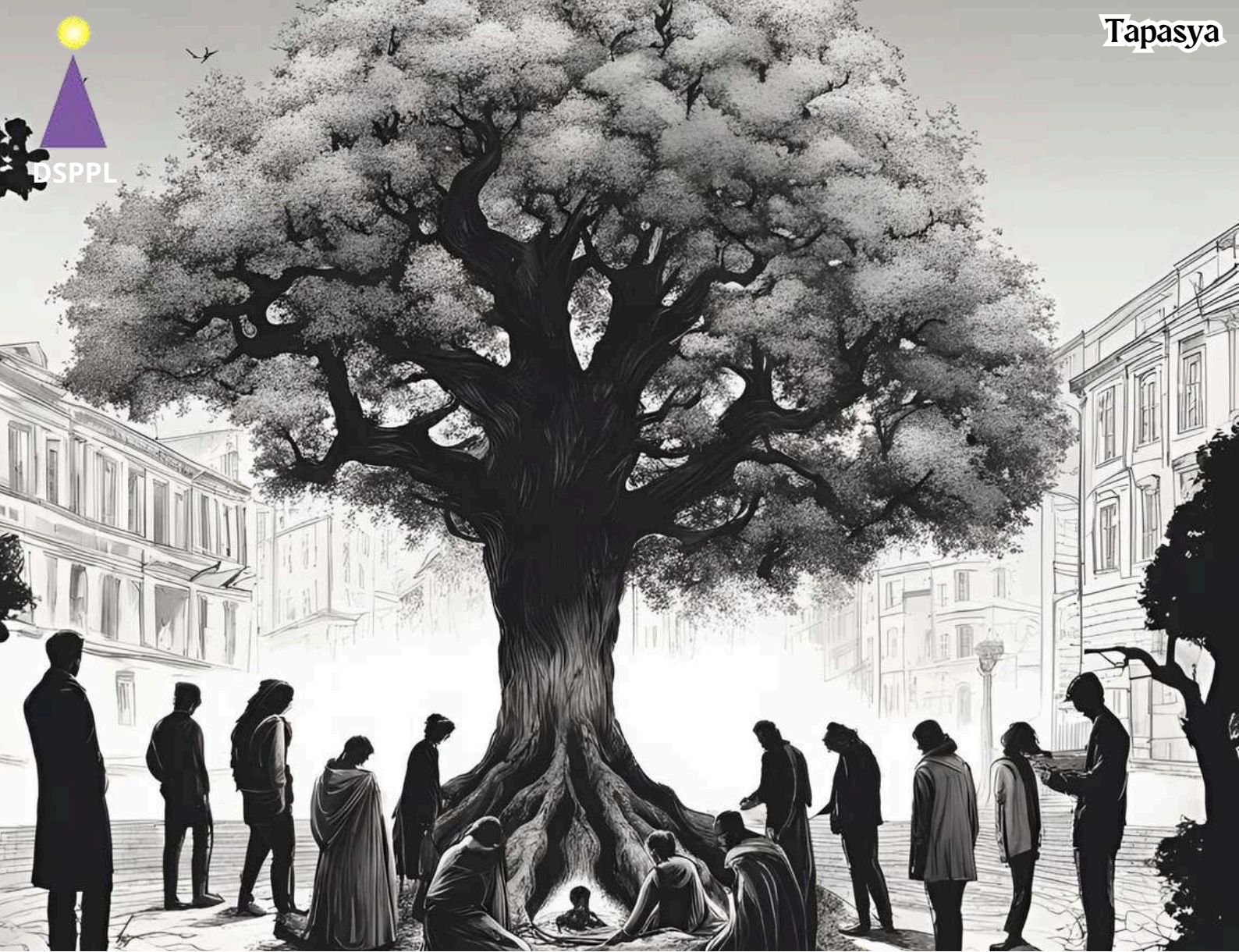
And so, the tale of Shirpur echoed across dimensions—a story woven into stardust, carried by winds, and etched into the very fabric of existence.

Riya, once an intrepid weaver's daughter, now stood at the crossroads of worlds. Her silver hair whispered secrets, and her eyes held galaxies. The townspeople of Shirpur revered her—their Luminous Sage, a bridge between realms.

Word spread beyond the town's borders. Seekers arrived, drawn by tales of enlightenment. They climbed the worn steps to Riya's humble abode—a cottage perched on the edge of the pit. The air here shimmered, carrying echoes of forgotten songs.

Riya welcomed them with a smile, her hands weathered yet gentle. She listened to their stories—their joys, sorrows, and yearnings. Each tale was a thread, woven into the fabric of existence. She shared her vision: "Enlightenment lies not in answers, but in questions that come from the curious minds."





And so, the seekers gathered. They sat cross-legged on woven mats, their eyes reflecting starlight. Riya spoke of the Oracle Tree, its leaves inscribed with prophecies. She taught them to listen—to the rustle of leaves, the murmur of winds, and the silence between heartbeats.

Meditation became their practice. They closed their eyes, diving into the Luminous Abyss within. There, they met the Silent Scribes, who etched their souls' journeys. They danced with the Opal Dancers, shedding old beliefs. And Riya, their guide, whispered: "Seek not the destination, but the path. The destination is one for all but path we must choose considering our inner call."

The seekers glimpsed other realms—the Garden of Whispers, where petals sang forgotten lullabies; the Library of Echoes, where scrolls held memories of stars; and the Threshold of Dreams, where boundaries dissolved.

Riya shared her own tale—the night she met the Oracle Tree. Its roots pulsed with ancient wisdom. It told her of balance—the delicate dance between light and shadow. To attain enlightenment, one must embrace both—the mundane and the magical.





And so, the seekers practiced. They walked barefoot on dew-kissed grass, tracing constellations with their fingertips. They laughed, wept, and questioned. Riya encouraged them: "Ask the nature. Ask the universe. Ask your own heartbeat. The answers lie in the asking." The townspeople watched, their hearts swelling. The market square transformed—a Sanctuary of Wonder. Merchants sold not goods, but riddles. Children painted mandalas, their colors merging with stardust.

One moonless night, Riya led them to the pit's rim. The Luminous Abyss pulsed, a heartbeat of existence. She whispered: "Look within. The pit mirrors your soul. What do you see?"

The seekers peered into the abyss. Some glimpsed their fears—a chasm of doubts. Others saw constellations—a map to infinity. Riya held their hands: "Embrace both. The void and the cosmos are one. As wholeness and nothingness mean just being – the ultimate truth."

And so, they dove. The pit no longer devoured stories: it birthed them. Seekers emerged—changed. Their eyes held galaxies; their laughter echoed across dimensions. They became Luminous Wanderers, carrying Riya's teachings to distant lands.

And Riya? She sat beneath the Oracle Tree, her silver hair entwined with its branches. Her eyes held the universe. When asked about enlightenment, she smiled:

"It's not a summit. It's the ascent—the dance of questions and stars that is risen through the curiosity within."

And so, the tale of Shirpur transcended time—a story etched into souls, whispered by winds, and woven into the very fabric of existence.



Science of Learning Part 7

by **pranjal Joshi**

Today we are going to discuss about a powerful technique which is very useful for studies and specifically appearing for the examinations. Rather, this is the best technique, in my opinion for predicting the Exam Paper. Yes, you read it rightly. Once you make examiner part of your exam preparation process, predicting the exam paper is the immediate next step to follow. The technique is based on my own experience of preparing for CA examinations and its great benefit which I have derived. I call this technique as "Virtual Run". This is very effective. I have used it very frequently and successfully while preparing for my CA examination and even thereafter for my professional assignments and corporate presentations. Let me explain the technique along with my own experience.

All those preparing for CA exams avail exam leaves ranging from 3 to 6 months from their articleship training (Practicing CA's office where they are undergoing practical training of 3 years). CA examinations are generally conducted twice a year, with date(s) almost same every year – starting from 2nd May (for summer attempt) and 1st November (for winter attempt). I was preparing from my CA final examination scheduled to begin from 2nd May, 2002. I used to get up early morning every day for my studies as I believe that the morning time is more conducive for the studies as it is blessed with natural satwik energy to complement our efforts. Naturally, I used to get tired after 3-4 hours of rigorous and effective study and more so in the afternoon slots considering the summer time. So I used to take a nap of about 20 to 30 minutes (twice a day), lying down on a bed in a relaxed mode, closing my eyes and observing my breath. All of you will agree that whenever we are on a task, an important life situation to attend, and CA exam preparation is no less than this, even though you sleep or try to relax, still the thoughts related to your studies or exam paper will always be there, which I also used to face during such rest time. To regulate these thoughts, I used to practice "virtual run".

Virtual Run is a powerful technique where one has to lie down on a bed, relaxing the whole body, closing your eyes, observing your breath and then imagining how you are attempting your examination paper. Based on the topics you have studied, one has to imagine the kind of questions that are being asked in your exam paper and more importantly imagine how successfully you are attempting those questions and writing apt answers to secure good marks. One has to do detailing of this whole imagination process.



Science of Learning Part 7 ..simplified

CA final Accountancy subject examination paper pattern used to contain first question of almost about 25 marks. If your question paper pattern is like this then it is better to take only one question for "virtual run technique" imagination process in one sitting (or sleeping I would say!) But you have to be very detailed in doing so.

Imagine your exam room, your dressing (may be a school or a college uniform), visualize the pen and pencil which you regularly use for your exams, visualize your calculator, visualize the exam paper, sequence of the questions in it, type of question being asked and you are attempting. Try to visualize whether it is a definition based question or a situation based question or a numerical which you are attempting. Imagine every step of your answer or a solution. The pointers which you are writing, the rough work you are doing to solve the numerical, everything. It should be so intense that you should feel like actually attempting your final exam paper then and there. Visualize everything. The more detailing you will do while performing this technique of virtual run, the better would be the results, the more you practice it more you will be proficient in imagining and using this technique.

The technique has helped me in many ways. Right from improved understanding of the difficult concepts, terminologies and questions, clarity in many complex questions, resolving my own doubts, better assimilation of facts and information into knowledge, improved expression while attempting the actual examination paper and many more. But what kind of highest benefit this technique can offer is no less than a miracle based on my own experience. While writing this article, though 22 years have passed for that incidence, I can feel the same level of excitement and joy sharing that experience with you.

It was somewhere in April 2002 afternoon time and I was doing this virtual run technique. For Accountancy subject first question used to be on "consolidation of accounts" with 1 holding (parent company) and 2 subsidiary companies with complex accounting adjustments. It used to be for about 25 marks, so one can understand its significance. I was imagining a question and how I am attempting the answer to this question. Suddenly I imagined a question with 1 holding and 3 subsidiary companies and how to present consolidated accounts for them. This type of question I have never solved while doing my studies. I completed my virtual run technique successfully attempting





Science of Learning Part 7

this novel question. After I got up, I searched in 3 accountancy books written by different authors, checked my CA study notes, tuition notes, inquired with my friends about any such question, and to my great surprise no one was aware about such a question being solved in their tuition or notes and was not available with them. I just wrote down logical steps for solving such a type of question and that's it. One month passed and my final exam paper day arrived. I have completely forgot about this incidence. Accountancy subject used to be the first paper for CA final exam, so one can imagine the tension and nervousness a student feels. I was also going through same phase. I reached my exam hall, answer sheets were distributed, I did wrote down my roll number, and other details and was waiting for question paper. Finally after 5 minutes, I received my Accountancy CA final examination paper. I opened it with lot of tense emotions and moments, difficult to describe. And wow! I witnessed the biggest surprise and miracle of my life. The first question of 25 marks on consolidation of accounts was based on same concept which I have practiced during my virtual run technique – 1 holding with 3 subsidiaries. I was feel like crying. I knew on that moment itself that divine has blessed me. I felt assured that I will be clearing my CA final examinations in May 2002. I cannot express my gratitude and confidence that I got about passing my CA final exam by reading first question of first paper knowing fully that 7 more papers are yet to follow! Rest is history. I passed with good marks and distinction in accountancy.

In spirituality, "Atmadarshan" आत्मदर्शन (आपणचि आपणासी पहावे) is considered to be very divine and elevated state of a Sadhak, very important milestone to witness and celebrate. Virtual run technique is but a kindergarten step in that direction useful for successfully living a material life. I was not knowing secret behind this imagination process. Later in the year 2020, Ajit Sir made me faculty for STRONG Program and I was given the subject of "Meditation and its methods by Swami Vivekanand". While preparing for this subject, I asked many questions to Ajit Sir by writing an email.

I will reproduce the following question and response from Ajit sir as it is, which underlines the importance of imagination and reveals the secrete behind virtual run technique –

"Sir, what is the role of imagination in Meditation? How does it help in spiritual progress?"

Ajit Sir - Imagination is also a creative force and very much a vital part of human consciousness. As sadhak surges ahead on this spiritual path there is hardly a difference between his imagination and intention. In fact in Yoga Nidra, imagination is one of the 8 mandatory steps which helps in healing the existence.

In the words of Ajit Sir, let's experiment, experience and elevate ourselves. Try to use this virtual run and please share the results with us.



NEW EDUCATION POLICY

Dr. Nirav Thakkar,
Ahmedabad

NEP:2020 हमने क्या खोया... हमने क्या पाया...


Continued... **Challenges regarding the new education policy:**

- Until now, subjects like vocational education and socially useful work have been introduced for skill enhancement and life-oriented education through different educational policies. But in reality we have completely failed to develop such skills or provide vocational education at the school level, it is questionable how successful the re-introduction of vocational education can be.
- When the 'coaching culture' that promotes Gokhanpatti (memorizing) at the secondary and higher secondary level has reached even the smallest village, to what extent can the idea of completely eradicating this culture in the new education policy be considered appropriate?
- All education policies in the past have announced expenditure of 6% of GDP, but till date no government has taken any concrete steps in this direction. Now that again the new education policy has announced to spend 6% of the total GDP on education, will it be possible?
- Students are ultimately taught by teachers. Professional qualifications of teachers in private primary schools as well as salary levels raise doubts about the quality of education. In these circumstances, no matter how ambitious the education policy documents are, will they be effective in improving the quality of education?
- There is a saying in English that 'Well-planned is half done'. The New Education Policy is a very ambitious document suggesting positive solutions to the current problems of education and the challenges of the 21st century. If it is implemented with words and values to achieve the basic objective, an unprecedented, educational revolution will take place in India in the years to come.

Well, the next ten years will show that in the new education policy, 'Hamne Kya Khoya, Hmane Kya Paya'!

PS: Special thanks to author of this Article Series on NEP 2020 - Dr. Nirav Thakkar – Chariman of Ahmedabad Principals' Association and Principal to A.G High School and G&D Parikh Higher Secondary School. The original article is in Gujarati language.





Our Attitude decides our Altitude

Fearlessness - a virtue to progress in Life

- Krupa Choksi

In life, when we were born, we were very pure, divine and cute. We were full of love and compassion. We loved everyone and everything. We used to forget every fight and again would play with our friends. We felt pain and emotions of others. We were free from fear, tension, anxiety, stress, unruliness, hatred. Now the question is from where we got all these now?

It is from outside. All the fears which we have is either it is inculcated by our parents, teachers, elders and friends or it is gained by some experience of life. When we were young we were fearless so we wanted to touch fire. We wanted to jump from great height. We wanted to plunge in water without knowing its depth. We wanted to touch all the animals and love them. We also wanted to touch reptiles without knowing how much poisonous they were. We were not aware of any of the consequences because we were naïve. We were fearless and there was no reference of damage done by these things in our existence. We were like a blank slate.

But gradually, these fear were inculcated in us by our parents because they wanted to protect us. They loved us so much because of which they started informing us about perils and dangers in doing these acts. And gradually we started becoming fearful. Some fear we have brought from our past lives and some fears are there in our existence because of some bad experience in life.

But fear makes our existence weak. We are not ready to face a circumstance which instigate our fear. We refrain from going to a situation where our fear gets activated. But these fear will make us feel that our entity is limited. It will not let us experience our divine nature. We all are beings created by God/ divine. We all have divine nature. But fear about anything weakens our self-confidence. It makes us believe that I cannot handle it. And thus our personality will not blossom.





DSPPL

Our Attitude decides our Altitude ***Fearlessness - a virtue to progress in Life***

Continued...

For example, if a person has a stage fear. He would never talk in front of public. This fear must have come due to some event in his/her childhood when that person could not speak and everyone laughed at him/her. Now these memories will always keep on telling this person not to speak everyone time when an opportunity is given. So this part of his personality will remain weak. It will not flower. A person may lose many great opportunities because of this fear. A person may be damn intelligent but because of this fear he/she lags behind. He/ she is judged as a shy person.

Now what should this person do? Such a person needs to understand that whatever happened in past was just an incident at that point of time. It does not means that every-time he/she will get same experience. A person should do a self-talk and take one more opportunity before judging himself/ herself. A person should understand that every moment we are changing. There has to be a clear understanding of our divine nature. He/ She should understand that I am soul consciousness. When I was born I was fearless. I did not have any kind of fear. I can go back and connect to my divine nature. After having understood this, a person should pray to divine before talking in public. This will give lot of confidence and divine will always come to help when we pray with all sincerity. Divine listens to our prayer and answers it. Likewise we can handle all of fears and understand and experience that all our fear can be overcome just by understanding that we are divine. This will make us blossom our personality and lead to success in all the areas of life.



QUALIFICATIONS

to gain Knowledge...

- Viivek Pandey

Thought for the Month

Dear students of DSPPL
And my young friends,

Qualification to gain knowledge...

There is a qualification needed in almost all work life. People ought to have an engineering degree if they wish to work as engineers. If you have a knack for art and craft, you need a degree in that arena of life. If someone wishes to become a cricketer, the skills needed to play the game are acquired through coaching and training. Whatever it is that one may wish to become, one needs to be qualified in that field. This is a general rule nonetheless, exceptions exist. Ever wondered if there was any qualification needed to get educated? For knowledge to happen, some qualification is certainly needed. Prerequisite conditions exist for a person to become eligible even to attain knowledge. Let us look at some quintessential traits that should be there if one is willing to acquire knowledge:

1. Be a good listener: One needs to have good ears. Physically most people are blessed with good hearing abilities. However, just hearing is not enough. You need to apply your mind and be an adept listener. The ability to listen patiently for hours without having the urge to interrupt the other makes you a powerful student.
2. Be receptive: People always relish good food. That's what goes inside us. We devour tasty food. The state of mind of a student ought to be the same as the time we wait for our favorite dishes at a restaurant. You ought to be excited to receive stuff that is about to enrich your mind and life.
3. Curiosity: A student is someone who has curiosity as a fundamental trait. Since you have arrived on this planet it is always a good thing to have questions about our surroundings. Curiosity about gathering a few words, and knowing processes to understanding the nature of life is all a student should have. Is this the air that we breathe? That is a very good question to ask.



Qualifications to gain Knowledge...

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- Viivek Pandey

4. Be teachable: As one ages, one gathers some knowledge over a while. Still, every single day one needs to carry an attitude of being teachable by just about anyone and everyone. People are just excuses, it is the universe speaking to you at all times. One may find even words exchanged by two unknown individuals relevant in their lives. Just be open. The universe is answering questions erupting in your mind at all times without any delay.

5. Body language and gestures: The body language of a student should carry humility. The head, the shoulders, and the spine all need to be where they ought to be. Any air in the head while attending a lecture may not bring in the desired result. One needs to look into the eyes of the speaker and the eyes should have a lot of sincerity. The message that you are all ready to evolve in life, needs to be conveyed to the speaker.

6. Get organized: A student needs to keep the books and tidy their desk regularly. The power of an organization can never be overestimated. One needs to organize their mind, emotions, and intellect to be in a receptive state. Body hygiene too assumes a lot of importance. If you are in the right space, a body cleansed with water will absorb knowledge in a much better way.

7. Distraction at will: One may not be able to be attentive at all times. Distraction is bound to happen. You will need to pay heed to other aspects of life. But, the big question is, whether one gets distracted at will or the distraction happens involuntarily. Nothing wrong with getting distracted as long as you have mastered the art of getting back into an attentive state. Own your being. You decide your state of being attentive or distractive.

8. Objective and subjective learning: Most of the time you learn a subject, score marks and fulfill your objective. This is rampant in the world as we all are driven by our future insecurities. However, to make life interesting, one needs to become a little philosophical, a little poetic. The juice of life lies in absorbing the unknown. Smell the air, feeling the skin, see through your mind, and listen with your heart are all the nuances of a mad-mad poet.

The ability to shift from learning to absorbing is a sign of a student excelling in learning. Take studentship to a higher epitome and further.



अथर्वशीर्ष

भाग ६ शेष भाग

- Mrunal & Yamini
Kutumbale

सर्वं जगदिदं त्वत्तो जायते। सर्वं जगदिदं त्वत्तस्तिष्ठति। सर्वं जगदिदं त्वयि लयमेष्यति। सर्वं जगदिदं त्वयि प्रत्येति। त्वं भूमिरापोऽनलोऽनिलो नभः। त्वं चत्वारि वाक्पदानि ॥ ५॥

(यह सारा जगत् तुमसे उत्पन्न होता है। यह सारा जगत् तुमसे सुरक्षित रहता है। यह सारा जगत् तुममें लीन होता है। यह अखिल विश्व तुममें ही प्रतीत होता है। तुम्हीं भूमि, जल, अग्नि, वायु, और आकाश हो। तुम्हीं परा, पश्यन्ती, मध्यमा और वैखरी चतुर्विध वाक् हो।)

आगे ऋषि कहते हैं। " परा , पश्यन्ति, मध्यमा और वैखरी ये चार वाणी के प्रकार हैं वो तुम ही हो।" चार वाणी द्वारा गणपति ही अभिव्यक्त होते हैं। अव्यक्त को व्यक्त में लाने में गणपति हमारी सहायता करते हैं। जिस चैतन्य के द्वारा विचार उत्पन्न होते हैं वो परा वाणी , जब उसे मूर्त स्वरूप मिलता है अर्थात् हम उस दृश्य को सजाते हैं वो पश्यन्ति वाणी, उसका शब्द रूप मध्यमा वाणी , और जब वो विचार प्रकट होते हैं तो वैखरी वाणी। "

तुम्हें समझाने के लिए ये सामान्य उदाहरण देती हूँ। "तुम्हें कॉलेज में कोई प्रेजेंटेशन देने का विचार आता है तो वो परा वाणी। सोच विचार के बाद उसकी तैयारी के लिए कोई दृश्य तुम्हारे मन में आता है, मैं ऐसे करूँगा , प्रेजेंटेशन ऐसा बनाऊँगा, वो पश्यन्ति वाणी। देखना और तय करना की क्या और कैसे बोलना है ये मध्यमा वाणी। और तुम्हारे विचार , तुम्हारे दृश्य, तुम्हारी वाणी द्वारा जब अभिव्यक्त होते हैं , जब तुम बोलते हो तो वो है वैखरी वाणी। भौतिक विश्व में हम परा वाणी से वैखरी तक आते हैं। अध्यात्म विश्व में वैखरी से परा वाणी का प्रवास होता है। जब कोई मनुष्य अस्वस्थ होता है तो वो बहुत बोलता है। जैसे वो स्वस्थ होने लगता है , अध्यात्म पथ पर चलता है तब उसे शब्दों की आवश्यकता नहीं रहती। हर एक वस्तु की अनुभूति लेता है। "

आज के लिए इतना बहुत है। चलो आज मैं तुम्हें एक कथा सुनाती हूँ। मुद्गल पुराण के अनुसार ज्येष्ठ शुद्ध चतुर्थी के दिन भगवान गणपति का शेषात्मज अवतार हुआ। ब्रह्माजी ने सृष्टि का निर्माण किया। निर्माता को अपनी निर्मिति से आनंद मिलता ही है। वो आनंद में थे। उनके मुख से एक पुरुषाकृति बाहर आयी। ब्रह्माजी ने उनसे पूछा , " तुम कौन हो ?" उस आकृति ने जवाब दिया, " मुझे नहीं पता, आपने ही मुझे जन्म दिया है। मेरे जन्म का उद्देश्य क्या है ? आपको ही बताना होगा। " तब उसे देखकर ब्रह्माजी के मन में वात्सल्यभाव , माया , आत्मीयता , प्यार उमड़ पड़ा। तो उन्होंने उसे ' मायाकर ' नाम दिया। उसे बहुत सारे वरदान दिए।





..continued

ब्रह्माजी ने कहा, " मैंने जो भी निर्माण किया उसमे से कोई भी तुम्हे मार नहीं सकेगा। कोई भी अस्त्र, शस्त्र से तुम्हारी मृत्यु नहीं होगी।" मायाकर बड़ा खुश हुआ। बड़ा होते ही वो बलशाली हुआ। विपचिन्ती नाम का एक असुर उसे असुरलोक लेकर गया। वहा का राजा बना दिया। अद्वितीय वरदान मिलने के कारण उसके मन में अहंकार जागृत हुआ। देवलोक पर आक्रमण करके उसने सभी देवोंको भगा दिया। फिर पाताल लोक पर आक्रमण किया। शेषराज की हार हुई। वो शरण में आये। मायाकरने उनपर अत्याचार करना आरम्भ किया। सबने भगवान् शेष को इस असुरसे रक्षण की प्रार्थना की। भगवान् शेष ने अपने आराध्य गणपतिसे रक्षा की प्रार्थना की। गणपति प्रकट हुए और कहा, " मैं आपके घर आपके पुत्र के रूप में जन्म लेकर मायाकर का वध करूँगा। " तब भगवान् शेष ध्यान में बैठे। ध्यान से बाहर आते ही गणपति प्रकट हुए। वो दिन ज्येष्ठ शुद्ध चतुर्थी का था। शेष का आत्मज इसलिए वह 'शेषात्मज' नाम से प्रसिद्ध हुए। उधर गणपति ने देवों से कहा की दैवीय ऊर्जा से एक ऐसा वाहन बनाइये जिसका मैं उपयोग कर सकू। देवों ने अपनी ऊर्जा से एक मूषक का निर्माण किया। भगवान् शेषात्मज ने उसे अपना वाहन बनाकर 'मायाकर' पर आक्रमण किया। उन्होंने अपने हाथ से एक कमलपुष्प मायाकर की और छोड़ा। उस कमल का प्रहार मायाकर की छाती पर हुआ और उसकी मृत्यु हुई। "

कथा सुनकर सुमुख ने पूछा, " दादी मेरे दो सवाल है। एक तो मायाकर का जन्म ब्रह्माजी के मुख से हुआ। मुख से जन्म कैसे हो सकता है ? और दूसरा सवाल कमल के प्रहार से कोई मर कैसे सकता है। " तब दादी ने कहा, " सुमुख, अपनी पुराण कथाये है उसमे से कोई न कोई सिख हमें मिलती है। उसे कैसे समझना है वो हमें सीखना चाहिए। जैसे मायाकर का जन्म ब्रह्माजी के मुख से हुआ। जिसका जन्म ब्रह्माजी के मुख से हुआ उसे शुद्ध, सात्विक होना चाहिए। जन्म के समय तो था। पर जैसे ही उसे वरदान मिले उसे अहंकार आ गया। अहंकार का विनाश तो होता ही है। जन्म से हम शुद्ध होते है पर जैसे बड़े होते है धीरे धीरे संस्कारो के आवरण मनुष्य को घेर लेते है। और इस आवरण से बाहर आने के लिए प्रयास करना पड़ता है। तुम्हारे दूसरे सवाल का जवाब ये है, मायाकर को वरदान मिला था वो किसी शस्त्र या अस्त्र से नहीं मरेगा। मायाकर माया में अटके हुए लोगो का प्रतिक है। कमल मनुष्य के शरीर के चक्रों का प्रतिक है। गणपति बुद्धि के देवता है। भगवान् शेषात्मज ने कमल के फूल द्वारा 'मायाकर' के चक्रों को सही दिशा देकर उसे मुक्त कर दिया। मनुष्य अपनेआप माया में अटकता है। जैसे कोई भवराँ फूल में घिरकर रह जाता है, क्योंकि मोह में अटक जाता है। मोहमाया में एक बार कोई अटक गया तो उससे बाहर आना कठिन होता है। इसलिए किसी भी प्रकार की मोहमाया में न अटकते हुए अथर्व होने के मार्ग पर हमें आगे बढ़ना चाहिए। जय गुरुदेव।



गुरु का आदेशः - Saurabh Malpani

एक शिष्य था समर्थ गुरु रामदास जी का जो भिक्षा लेने के लिए गाँव में गया और घर-घर भिक्षा की माँग करने लगा। समर्थ गुरु की जय! भिक्षां देहिं। समर्थ गुरु की जय! भिक्षां देहिं।

एक घर के भीतर से ज़ोर से दरवाज़ा खुला और एकबड़ी दाढ़ी वाला तान्त्रिक बाहर निकला और चिल्लाते हुए बोला... "मेरे दरवाज़े पर आकर किसी दूसरे का गुणगान करता है। कौन है ये समर्थ गुरु??"

शिष्य ने गर्व से कहा, "मेरे गुरु समर्थ रामदास जी, जो सर्व समर्थ है।"

तान्त्रिक ने सुना तो क्रोध में आकर बोला कि इतना दुःसाहस?? मेरे दरवाज़े पर आकर किसी और का गुणगान कर रहा है! तो देखता हूँ कितना सामर्थ्य है तेरे गुरु मैं! मेरा श्राप है कि तू कल का उगता सूरज नहीं देख पाएगा अर्थात् तेरी मृत्यु हो जाएगी।

शिष्य ने सुना तो देखता ही रह गया और आस-पास के भी गाँव वाले कहने लगे कि इस तान्त्रिक का दिया हुआ श्राप कभी भी व्यर्थ नहीं जाता। बेचारा युवावस्था में ही अपनी जान गंवा बैठा।

शिष्य उदास चेहरा लिए वापस आश्रम की ओर चल दिया और सोचते-सोचते जा रहा था कि आज मेरा अंतिम दिन है, लगता है मेरा समय खत्म हो गया है। आश्रम में जैसे ही पहुँचा..

गुरु समर्थ रामदास जी हँसते हुए बोले, "ले आया भिक्षा?" बेचारा शिष्य क्या बोले!

गुरुदेव हँसते हुए फिर बोले कि भिक्षा ले आया?

शिष्य ने कहा "जी गुरुदेव! भिक्षा में मैं अपनी मौत ले आया हूँ।" और सारी घटना सुना दी और एक कोने में चुपचाप बैठ गया। गुरुदेव बोले अच्छा चल भोजन कर ले।

शिष्य- गुरुदेव! आप भोजन करने की बात कर रहे हैं और यहाँ मेरे प्राण सूख रहे हैं। भोजन तो दूर एक दाना भी मुँह में न जा पाएगा।

गुरुदेव बोले-" अभी तो पूरी रात बाकी है। अभी से चिंता क्यों कर रहा है? चल ठीक है जैसी तुम्हारी इच्छा।"

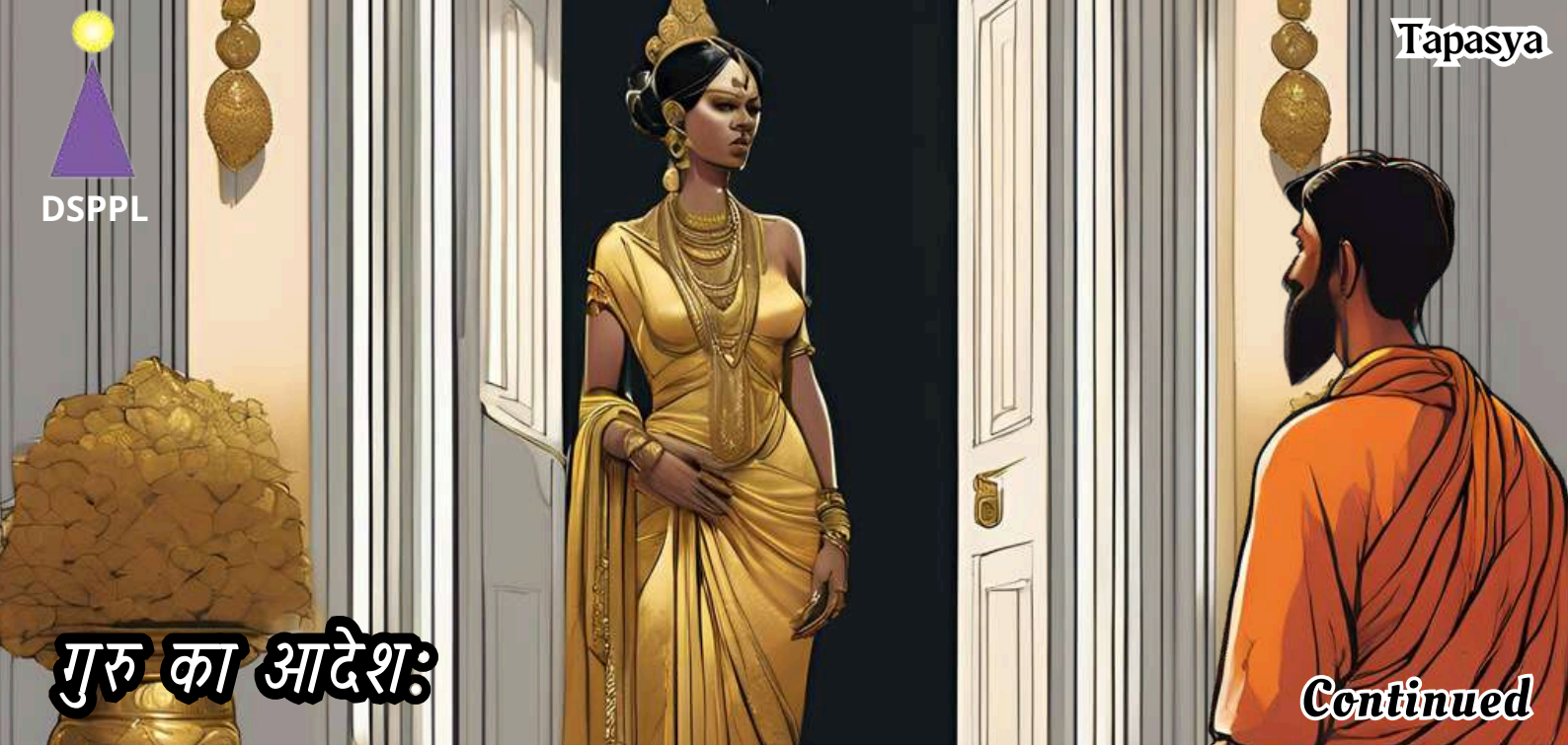
और यह कहकर गुरुदेव भोजन करने चले गए।

फिर सोने की बारी आई तब गुरुदेव शिष्य को बुलाकर

आदेश दिया, "हमारे चरण दबा दे!" शिष्य मायूस होकर बोला! जी गुरुदेव जो कुछ क्षण बचे है जीवन के, वे क्षण मैं आपकी सेवा कर ही प्राण त्याग करूँ यही अच्छा होगा। और फिर गुरुदेव के चरण दबाने की सेवा शुरू की।

गुरुदेव बोले - "चाहे जो भी हो जाए चरण छोड़ कर कहीं मत जाना।" शिष्य -" जी गुरुदेव, कहीं नहीं जाऊँगा।"





गुरु का आदेशः

Continued

गुरुदेव ने अपने शब्दों को तीन बार दोहराया कि "चरण मत छोड़ना, चाहे जो हो जाए।"

यह कहकर गुरुदेव सो गए। शिष्य पूरी भावना से चरण दबाने लगा।

रात्रि का पहला पहर बीतने को था अब तांत्रिक अपने श्राप को पूरा करने के लिए एक देवी को भेजा जो धन से सोने-चाँदी से, हीरे-मोती से भरी थाली हाथ में लिए थी। शिष्य चरण दबा रहा था। तभी दरवाज़े पर वो देवी प्रकट हुई और कहने लगी... "इधर आओ ओर ये थाली ले लो।"

शिष्य भी बोला, "जी मुझे लेने में कोई परेशानी नहीं है लेकिन क्षमा करें, मैं वहाँ पर आकर नहीं ले सकता। अगर आपको देना ही है तो यहाँ पर आकर रख دیجिए।"

तो वह देवी कहने लगी कि नहीं !! नहीं !! तुम्हे यहाँ आना ही होगा। देखो कितना सारा माल है!

शिष्य बोला कि नहीं, अगर देना है तो यहीं आकर रख दो। तांत्रिक ने अपना पहला पासा असफल देख दूसरा पासा फेंका। शिष्य समर्थ गुरु रामदास जी के चरण दबाने की सेवा कर रहा था तब रात्रि का दूसरा पहर बीता और तांत्रिक ने इस बार उस शिष्य की माँ का रूप बनाकर एक नारी को भेजा।

शिष्य गुरु के चरण दबा रहा था तभी दरवाज़े पर आवाज़ आई... "बेटा! तुम कैसे हो?"

शिष्य ने अपनी माँ को देखा तो सोचने लगा कि अच्छा हुआ जो माँ के दर्शन हो गए, मरते वक्त माँ से भी मिल लिया। वह औरत जो माँ के रूप को धारण किए हुए थी बोली "आओ बेटा मुझे गले से लगा लो! बहुत दिन हो गए तुमसे मिले।"

शिष्य बोला, "क्षमा करना माँ! लेकिन मैं वहाँ नहीं आ सकता क्योंकि अभी गुरुचरण की सेवा कर रहा हूँ। मुझे भी आपसे गले लगना है इसलिए आप यहीं आकर बैठ जाओ।" फिर उस औरत ने देखा कि चाल काम नहीं आ रही है तो वापिस चली गई। रात्रि का तीसरा पहर बीता और इस बार तांत्रिक ने यमदूत रूपी राक्षस भेजा। राक्षस पहुँच कर उस शिष्य से बोला...

"चल तुझे लेने आया हूँ। तेरी मृत्यु आ गई है। उठ ओर चल।"

शिष्य भी झल्लाकर बोला "काल हो या महाकाल मैं नहीं आने वाला! अगर मेरी मृत्यु आई है तो यहीं आकर मेरे प्राण ले लो, लेकिन मैं गुरु के चरण नहीं छोड़ूँगा!"



गुरु का आदेशः

Continued

फिर राक्षस भी उसका दृढ़ निश्चय देख कर वापिस चला गया। सुबह हुई चिड़ियाँ अपने घोंसले से निकलकर चिचिहाने लगी। सूरज भी उदय हो गया। गुरुदेव रामदास जी नींद से उठे और शिष्य से पूछा..."सुबह हो गई क्या?"

शिष्य बोला -" जी गुरुदेव, सुबह हो गई।"

गुरुदेव -" अरे! तुम्हारी तो मृत्यु होने वाली थी न? तुमने ही तो कहा था कि तांत्रिक का श्राप कभी व्यर्थ नहीं जाता। लेकिन तुम तो जीवित हो!!" गुरुदेव ने मुस्कुराते हुए ऐसा बोला।

शिष्य भी सोचते हुए कहने लगा -" जी गुरुदेव, लग तो रहा है की जीवित ही हूँ।" अब शिष्य को समझ में आई कि गुरुदेव ने क्यों कहा था कि "चाहे जो भी हो जाए

चरण मत छोड़ना।" शिष्य गुरुदेव के चरण पकड़कर खूब रोने लगा बार-बार मन ही मन यही सोच रहा था कि जिसके सिर उपर आप जैसे गुरु का हाथ हो तो उसे काल भी कुछ नहीं कर सकता है।

पूर्ण सद्गुरु में ही सामर्थ्य है कि वो प्रकृति के नियमों को बदल सकते हैं जो ईश्वर भी नहीं बदल सकते, क्योंकि ईश्वर प्रकृति के नियम से बंधे होते हैं लेकिन पूर्ण सद्गुरु नहीं।

" करता करें न कर सके, गुरु करे सो होय।

तीन-लोक,नौ खण्ड में गुरु से बड़ा न कोय॥"

जय गुरुदेव (मेरे सद्गुरु) सर। 🙏

आप सभी को गुरु पूर्णिमा की ढेर सारी शुभकामनाएँ।





बोझ

- जयंती काटदरे

परी एक बहुत ही प्यारी, छोटी सी चुलबुली बच्ची थी। हर बात पर उसे कई सारे प्रश्न आते थे और हर बार वह अपनी माँ या पापा या फिर दादा दादी को वह पूछती रहती थी। वो जितना हो सके उतने उसके सवालों के जवाब देते थे। पर कई बार उनके जवाब नन्हीं बच्ची को बताना, और उसका समझना भी कठिन होता था। तो कई बार परी को यह भी सुनना पड़ता था, की जब तुम बड़ी हो जाओगी तब तुम समझ पाओगी और यह जवाब परी को बिल्कुल अच्छा नहीं लगता था। और फिर वह उस ही सवाल पर हटी रहती थी। उसे यह समझ में ही नहीं आता था, की हमेशा से छोटे बच्चों को अलग और बड़ों को अलग तरीके से क्यों समझाते हैं? "फिर मैं कब बड़ी हो जाऊंगी?" ये सवाल आता था। और इस पर भी उसे समझना समझाना आसान नहीं था।

परी यह देख रही थी। उसे उस माँ पर भी गुस्सा आया। पर परी को शांत रहना ही पड़ा। जब माँ का काम पूरा हो गया तो उसने दो गट्टे बांधे। एक बड़ा और एक छोटा सा। माँ ने प्यार से अपने बेटे को पुकारा। बड़ा वाला बोझ खुद के सर पर लिया और छोटा वाला बेटे को लेने दिया। उसका बेटा भी खुश हुआ और माँ के साथ जाने लगा।

परी यह सब देखकर थोड़ी सी हैरान सी हो गई। तब पापा ने उसे समझाया "देख परी, माँ ने बेटे को वह दरान्त नहीं दिया क्योंकि वह संभालने की क्षमता उसके अंदर अभी नहीं है। बच्चे जीद की तो माँ ने उसे डाटा। पर उसके पीछे माँ अपने बच्चे को खतरे से सुरक्षित रखना चाहती थी।"

"बेटा अगर माँ ने बड़ा वाला बोझ अपने बेटे के सर पर रखा होता तो क्या होता?"

परी ने जवाब देते हुए बोला, "पापा आप भी क्या पूछते हो बच्चों की तरह? क्या वह बच्चा इतना ज्यादा वजन उठा सकता था?"

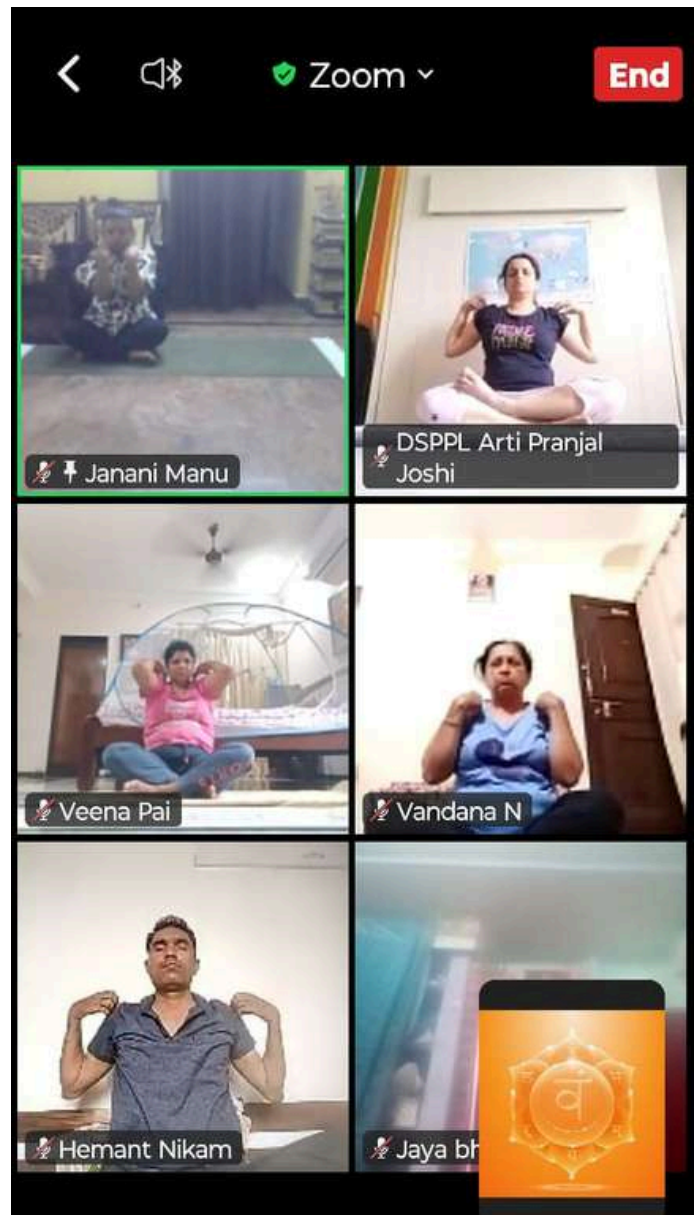
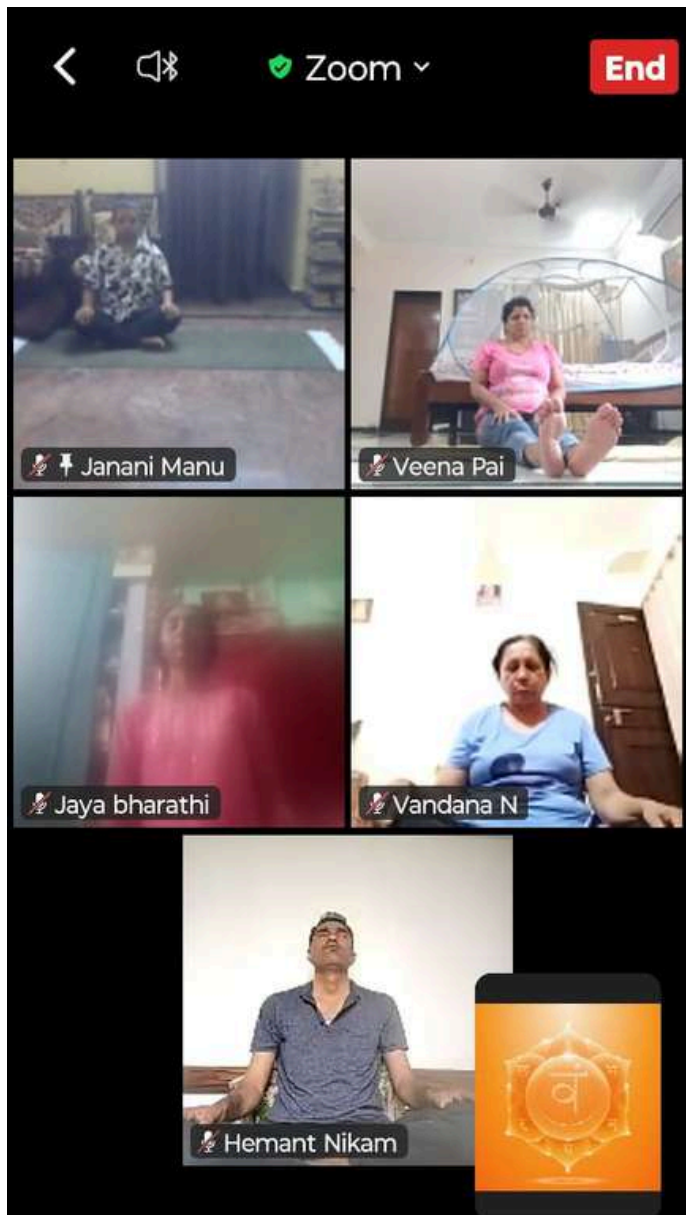
"सही बात है परी। वैसे ही जब हम तुम्हें बोलते हैं ना तुम बड़ी हो जाओगी तो पूरी बात समझ पाओगी तब भी हम जरूरत से ज्यादा बोझ, चाहे वह इनफॉर्मेशन का भी क्यों ना हो हल्का करना चाहते हैं। और उतना ही तुम्हें देते हैं जितना तुम सह पाओगी।"

"जरूर से पहले और जरूरत से ज्यादा मिला हुआ ज्ञान का बोझ भी हम सह नहीं सकते।"



DSPPL Events

Ongoing Program - Yog Online Shibir 26 June - 5 July 2024



Online session with experienced Yog teacher Ajitha Soman, participants are learning Stretches, Asanas, Pranayam, Relaxation and Meditation techniques





DSPPL Events

Full Moon Online Program Series
Zoom Session organized on 22nd June 2024



Importance of Yog in Daily Life for being Happy!



Guest Speaker

Prof. Raj Sinnarkar

A wonderful session where Prof Sinnarkar explained in a very lucid manner importance of awareness of Yog in our daily life, the simple efforts to unite with the higher purpose. The stories he told have stayed with us and will show us how to live a fulfilled life.



DSPPL COMICS

ILLUSTRATIONS: ASHISH

STORY: PRANJAL SIR



HAPPY
दुपल
पुनललव



+919850035736
+918097033220



www.dsppl.in



info.dsppl@gmail.com



**Brahmakamal Ashram, Swami Samarth Marg,
Devrukh, Ozare (Khurd), Tal. Sangameshwar,
Dist. Ratnagiri, Maharashtra- 415804**