

Teachings - Gems from Pramukh Swami

DHARMA

- Dharma is that which spreads love for one another.
- There would be no differences if each studied their Dharma. By becoming deeply spiritual you will never want to make another unhappy or snatch away another's property. We are all atmas - souls.
- Vayam amrutasya putrāhā! - We are all sons of the Eternal!
- Of which caste is the atma? Which is its family? Which is its country? Dharma teaches that the body, for which we perform all manner of hurtful things, is itself not going to live always. Then why do wrong, believing 'this is mine and this is yours'? Share one another's fortune and misfortune, help one another rise. All this is taught by dharma.
- Dharma is only one - humanity and sadachar.*
- If one does not have values in life then it won't take long to lose one's wealth.
- Eating a dry millet bread earned honestly brings peace, instead of earning abundantly through dishonest means.
- When one sees God in everyone then the sentiments of 'Vasudhaiva Kutumbakam' are born. Then no one is seen to be different.

GURU

- The guru is the gateway to moksha. He possesses God.
- Through the guru God can be attained. Such an Ekantik Sadhu takes one to God.
- God is everywhere, but only by associating with one in whom he is manifest is liberation a reality.
- But even though there are heaps of books, knowledge cannot be gained from them. A true Sadhu and his holy association are wanted for that.

- As long as doubts remain toward the Satpurush, the light of Brahman is not seen.
- Many say why should one endeavour in this birth in order to reach God? But where did the astronauts train themselves in order to go to the moon? On earth, of course. Similarly, one should realize God and His Sadhu in this human birth.
- When one is extremely hungry, will diamonds, precious stones and gold satisfy the hunger? Similarly, the atma hungers for peace; and hunger cannot be satisfied through material things. Only an association with a holy Sadhu bestows peace.

CHARACTER

- Without character and morality as the first step, no one can attain God.
- Character is the foundation, if it is kept firm and intact the monument of life built upon it will be unshakeable. If character is lost, the monument will soon tumble. Keep all thoughts and actions pure.
- Youth should think first of character. They should have no addictions. All those who have become great have first moulded their character - built their life. There is no outcome if you serve society with a lack of character. Even if you talk to somebody you cannot hope to influence him if you are lacking in character.
- Immorality may give you great gains, but a dry piece of bread given with morality will guarantee peace of mind. Do not become lazy and negligent. Fruits obtained without effort do not give peace and joy. Do not be trapped by greed and superstition. Walking through life in consonance with instructions given by God will ensure that we are not met by unhappiness.
- Failings should be abandoned. Addictions, temperaments, prejudices, harmful thoughts and actions and whatever should all be renounced. Through the centuries the wealth of character is what India has given to the world. If everyone together decides to rid themselves of failings then the world would become faultless. Stop looking at the faults of others and grasp only their virtues.
- This body should not be made into a hell, but into a mandir. The jewels of the body-mandir are compassion, character, satisfaction. What is the point in being smart

from the outside and impure from inside? One's birth will be worthwhile when one purifies one's inner self and installs God in one's physical mandir.

- One who gives is divine, whereas one who has the motive to take another's wealth is a devil. By doing good to others one invites goodness upon oneself.
- Till one does not become pure and pious, one does not get good thoughts and so how can one get nearer to God?
- Bad company benefits no one. There is no progress; be it a village or a home, society or country. If you keep bad company then you will lose your money and name. Therefore, give up bad company and addictions, and keep good company.

SATSANG

- Only through Satsang can one discriminate between the eternal and ephemeral.
- Soap cleans the body, but what of deceit and fraudulence that remain in the mind? Satsang is the soap that cleanses the mind.
- For countless births we have been intoxicated with the world. This Satsang removes that craving. Can such intoxication be cured in three or four days? Unbroken Sant samagam leads to a cure.
- When thirsty only water can quench one's thirst, not even pearls and diamonds can. In the same way, only Satsang grants inner tranquility. Many have houses and cars and other wealth, but they suffer inner turmoil. This is because the soul is not fed what it wants.
- Unbroken Sant samagam gives inner strength. The soul is strengthened. To the very last breath should we do Sant samagam. Just as we need food every day we should do Satsang every day. Grain nourishes the body, Satsang nourishes the soul. Without Satsang the soul becomes weak.
- Knowledge cannot be had from books alone. Association with the holy Sadhu is a must. If by mere reading one could become a doctor, why do children have to go to school? To obtain spiritual knowledge you will have to do Sant samagam.

- Satsang is the soap that cleanses the mind.

BHAKTI

- What is devotion? Never seeing the Lord as one with human qualities, understanding that 'happiness' has been given by God, and that 'distress' has been also given by God, and thus never feeling spiteful or prejudiced towards anyone - this is devotion.
- If we devote ourselves to God the trash within us will leave.
- One should become a humble servant, as did Hanumanji, and then offer devotion. Only when the 'I ness' has been eradicated can we experience the bliss of God.
- Knowingly or unknowingly, if one drinks nectar one becomes immortal. Similarly, devotion is always fruitful.
- Centre God in all your activities. Serve society but keep God before you. Never forget God.