

Sadguru Udghosh Summary (27. 6. 2021)

Please Note: This is an English summary of the Udghosh by a seeker, Rimaben Dhanky and has been uploaded here for the benefit of the English reader.

There are five types of exams.

1. **Memory exams - smrutini pariksha**, which we had in schools, universities. They are necessary but not enough, it is not important for spiritual perspective. You might have good degrees, but you may always remain miserable. Shiv Muni did not have a memory to remember the mantra- “Ma rush, ma tush”- No attachments and no aversions. But He did not remember that much also, He kept chanting “Mashtush” and attained omniscience. Kabirji was illiterate from a worldly sense and people do Ph. D. on Kabirji. Narsinha Mehta from Junagadh was not educated, but He is our ideal.
2. **Maintenance exam - sambandhni pariksha** - Maintaining relationship with your family, friends and Guru. Every month, there are 8-10 threats of divorces between a husband and wife. When it comes to relationships with a Guru, especially when that relationship is for 20-30 years, there are ups and downs, He might have inflated or touched your ego, if you have no doubt or dislike, you have passed your exams. Relationships have to be steady, there should be no ups and downs.
3. **Mind exams- pidama shanti**- When you have pain, you must ensure that your willpower remains strong. You have to remain calm. You don't want to give up and keep trying. A person met with an accident, his legs were paralysed and for 24 years, he was in a wheelchair. He went to Pujya Gurudevshri in London for His blessings. Pujya Gurudevshri felt that he might have become weak or depressed so many times. But he went to Pujya Gurudevshri and said, “Bapaji, with the grace of God, even once I have not entertained the thought of suicide. I have come to You for blessings that I can do darshan and listening of Guru's words till the last moment.” Miseries will keep arising. Bad things happen with good and bad people both, but bad people keep talking about it and good people endure it. Shri Rama went to the forest. He just left the house immediately, He had nothing on his forehead, He kept smiling. You need power in the legs, even if they are paralysed. The mind and strong willpower are very important.
4. **Moral exams- pralobhan**- In the midst of temptations, you do not compromise on your values. You should not lie, give bribes or steal amidst all the temptations. Do not say that for six days, I did not fall, but the seventh day, I slipped.
5. **Spiritual exam or meditateness - sthirta**- You need meditateness. You need some virtues to pass this exam, you need virtues for your spiritual welfare. Do not make meditation an activity, you need the necessary virtues to pass the exam with flying colours. You might be staying in the ashram, attending all the programmes, if you don't have the necessary virtues, you might be lower than the seekers who are in Mumbai or other places. These virtues are needed to be cultivated. Take insight from a flute.

Bhagwan Ved Vyas composed Mahabharata and Bhagavad Gita. He composed 18 Puranas too. The most important is Shrimad Bhagwat. Bhagwat has 18,000 shloks-stanzas, divided into 12 sections called skandh. Each section has chapters or adhyay. In the 10th skandh, the 21st chapter is called Venugeet- song of a flute. Shri Krishna was in Gokul and outside Gokul, there was a

forest called Vrindavan. Shri Krishna had a lot of fun in Gokul, suddenly, a Gopi had sweet jealousy. The whole chapter- Venugeet has only one question- the Gopi is asking, “We also want to stay with You, why is this flute always so near to You and dear to You?” The flute teaches us 2-3 things. Venugeet is the answer to this question. Venugeet is the time when Krishna is retiring into Vrindavan. He was playing His flute. All the divine bhakti and vrutti (instincts) were coming near Him. In Tretayug, Ravana was a person, in Kaliyug, Ravana is vrutti (instincts). Krishna played two different roles in life. 1. Vrindavan role. 2. Kurukshetra role. Or 1. Balkrishna and 2. Yogeshwar Krishna. One was of playful role, having fun. The other one was about political endeavours. The first one was a totally rural set up, where there were birds, cows, forests, etc. There were Gopis and Gopas, who were emotional and sentimental and with a lot of bhakti. The other one was an urban set up. Here people were politicians, there were chariots. People had very different instinct. Puja Gurudevshri has stayed in dark caves with mosquitoes and other insects and then He has stayed in Manhattan also, He only remembered Shri Krishna that this is the fruition of karma. In Vrindavan, Krishna had MM- murli (flute) and mugat (crown made of a peacock feather). In Kurukshetra, there was SS- shankh (conch) and Sudarshan chakra. Imagine the contrast between both of them. Puja Gurudevshri’s life is also passing through so many different fruitions of karma. His life is very similar to Shri Krishna. Krishna’s outer space was contrasting, but His inner space was stable.

Gopis heard the music of the flute and they ran from Gokul to Vrindavan. Instead of enjoying Krishna, they went into jealousy. They compared themselves with the flute. Why is that flute staying so close to Krishna? The question is answered in the adhyay of Venugeet. The flute is made of bamboo (vans in Gujarati- so we call vansali to the flute, bans in Hindi- so we call bansuri to the flute.)?

1. We need to learn from the flute that we need **fortitude** (sahansheelta) and courage in pain and diversities. Before being able to produce sweet music, before Krishna picks you up and plays, you need the virtue of endurance. Fortitude comes from the French word ‘Forte’ which means to endure in a positive way. You should not be forced to bear, you should have the spirit to bear. If someone gets peace by insulting you, then you should have the spirit to bear it. You should tolerate others instead of others tolerating you. A bamboo was growing peacefully in the forest. It soon realised that it has to endure three seasons. It has the option of whether to remain peaceful or not. The bamboo decides to endure it gracefully. It decided that it won’t complain. People say that you should not look at situations like problems, look at them as a challenge. Sadguru says that look at the problems as an opportunity to grow and look at it as an austerity (kayaklesh- where you endure troubles physically). By enduring, you strengthen your tolerance muscles. The mind has these tolerance muscles. The way you have vitamin tablets for increasing your immunity, for your hardships, do not cry, increase your immunity and grow in life. Many people love to watch boxing bouts. The bout is held in a boxing ring. But this boxing ring is square. In boxing, one needs to practice. You have to learn to give and take punches. A person who wins the boxing match is not necessarily a person who gives strong punches, he can often be a person who can take strong punches too. There might be bruises, but the boxer is never discouraged. It is said that the one who eats can get rid of his hunger- je khay eni bhukh mate. The one who tolerates will grow in life. You can be dear and near to the Lord if you can endure the pain. Titiksha (suffering patiently and with equanimity the pairs of happiness and misery, heat and cold, etc.; patience; forbearance; endurance) is very important. Look at the bamboo and just desire to be like a bamboo- you should become a flute from that bamboo. I am the flute, and Krishna’s breath should flow through you to play music.
2. **Flexibility:** The bamboo was enduring all the seasons peacefully. Suddenly a craftsman went to the forest, took away the bamboo, and separated it from its family. It was unexpected for a

bamboo. He cut the bamboo, sliced it, processed it, poked it, carved it, and polished it to make a flute. The bamboo realised that it needed to be flexible. The craftsman had a proper plan. If the bamboo supported the plan, he would make it fit to become a flute. Similarly, a Guru has a plan, He cuts you, slices you, processes you, and makes holes in you. Finally, He prepares you and puts you in the hands of Shri Krishna. The piece of bamboo becomes hollow and it has holes. The craftsman is going to make it hollow and then put holes in it. Krishna's breath will go into the hollow space and His music will flow through the holes. If you were not flexible and supportive, the whole process would be tough. You will never become a flute if you are not flexible. You need to be hollow or empty, you should have no hidden agendas with the Guru. You should have no self-will, arrogance, insistence, preconceived notions, you should be hollow. You should be open to the Master to play His music. "Mari muraliya e sur jaane, je sur tamne gamta"- I am hollow or empty, whatever You like, that music will be played. You should be choiceless, whatever Bhagwan wants, you should be doing that. When things work as per your plan, be happy. When they don't work as per your plan, you must be happier as His plan is better than your plan. The craftsman has a proper plan. He will see that He needs to cut you or chop you, but He knows that you would be miserable for a while, but happy forever then. You should adjust and adapt to Krishna and karma (KK). You can adjust only if you lower your expectations. A Gujarati magazine asked Pujya Gurudevshri in an interview, "How do You remain stress-free?" Pujya Gurudevshri said, "I give my inner views, not interviews. I am not doing anything, I am a flute which is hollow and has holes. He plays and does everything." Adjust to the unexpected changes.

3. **Fulfilment:** A bamboo plant was growing in the forest, it had no choice but to endure all the seasons. One day, the craftsman comes, but it endures everything, so Krishna loves that endurance of the bamboo. "Sahan kare te vahali"- you should not be forced to endure, you should have the spirit to endure. If you bear for the higher purpose, that also becomes bhakti (devotion). Once the bamboo becomes empty, the Lord fills the emptiness with His breath. You have the feeling of fulfilment with His divine music. Without His breath, everything was worthless. The moment Krishna fills up with His breath, everything is fulfilled. Unfilled pots make noise of negative thoughts and heated arguments but filled pots do not make noise. Your inner state is evaluated when you speak. Do not have expectations. If you have desires, there is no bhakti. You should have the only feeling of offering. A by-product of a fulfilled person is happiness, forgiveness, and love. There was a teacher. There was the last session on Friday. The teacher asked all the students to bring some potatoes, a plastic bag, and a marker. On Monday, all the potatoes were placed on the table. Then they were asked to write names on each potato whom they hated. Later on, they were asked to carry these potatoes in a plastic bag and carry it wherever they went till the next Friday. The children were carrying these potatoes everywhere they went. They went to play football and were carrying this bag of potatoes. In the hot sun, the potatoes started rotting. There was a bad smell. By Thursday, all the potatoes were stinking. The teacher asked them on Friday, how their experience was. Then she said, "This is what you are doing in your heart. You have hatred and grudges. Now start forgiving them. Make room in your heart for good things to grow. You are not doing favours to others, you are making some room in the heart. The emotion behind your activity is very important and not the act. **Make your mind that never minds. Make your heart that never hurts. Make your touch that never gives pain to others.** You are fulfilled, you are on the lips of Shri Krishna, so much love should be oozing out. Stay tuned to Krishna. You should have a lot of love and compassion. Be content with God's breath, live a God-centric life. Radiate that contentment and feeling of fulfilment. One day, the Guru should feel that this is my dearest devotee.