

Sadguru Udghosh

Believe in Others

(11.7.2021)

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.

In the last Sunday satsang, we discussed self-belief, what is self-belief, how it is so important in life, what is the result of self-belief, how can we verify it? Self-belief gives courage and confidence in life to achieve success in various fields, it may be a spiritual field or a business field. Self-belief has its own place. However, we are always struggling in life. We compete with others, comparing with each other, overtaking, etc. When you compare, you create hell for yourself and nobody cares. You always want something more than others.

In Jamnagar Haveli, there is a mahant, after listening to Pujya Gurudevshri, he appreciated the discourse so much, that he sent laddus for the ashram by car from Jamnagar.

You need to find your own path irrespective of what others are doing. How much reverence I should have depends on me, let others do whatever they like. I will do this much seva, let others do what they like. Find your own path. With low self-belief, you will always look at others and compare yourself. You need to carve your own path. There is a thin line, but you have to stay with society, and you should also have your philosophy in life.

You should have courage and confidence to achieve success. You may become the prime minister of the country, but you cannot run the country without believing in others. Belief in yourself, belief in God, and belief in others and trusting them are also very important. If you want to run a family, you need to have trust, respect for others, and believe in them too. Believing in yourself is a very important equation in life. It is equally important that you believe in others. Your joy and success are not possible without believing, trusting, and respecting others. This is more important because you may feel that others are not that smart, but they are mine, with that thought in mind, you should go ahead.

Imagine you are a king in the Sahara Desert, but there is no one to see or share your success and smile. For all these things, you need others, which is the equally important equation of life. For your joys and success also, you need to believe in others. You need to believe at least in your team. You might have tremendous self-belief, but if there is no belief and respect for other team members, it will turn into arrogance. You might attain success, but nobody will be happy around you.

Pujya Gurudevshri is never happy if someone next to Him is not happy. He believes in Himself, God, and others. All three are equally important for success and joy. If this is not there, it is a dummy team and an insult to humanity. Teamwork should be teamwork, that feeling should be there. If they don't have the capacity, at least trust their feelings.

When Pujya Gurudevshri was young, His school took the students for mountaineering. There is a concept of rope team in mountaineering. In this rope team, seven people who are going to climb the mountain are tied to a single rope. There is an advantage in this rope team that if one person falls, he gets saved. There is a disadvantage too, that if one person does not take care of himself, he might jeopardize the entire team, everyone might slip down. With this concept, if you know that you are tied, you won't be fearful. You know that even if you slip, you will be saved. It

is a beautiful concept, where the strongest and the best is not important, it is all about helping the weakest. The weak leader does not believe in others. His team keeps decreasing day by day. Nobody is happy with him. A strong leader believes in all and helps others also going ahead. His team keeps increasing day by day, as people enjoy working with him.

In 1953, Edmund Hillary from New Zealand and Sherpa Tensing climbed Mount Everest. After everything got over, he said, "We cannot climb Mount Everest alone, it is teamwork. Alone we are nothing, together we are everything." The team is not about the strongest and the best people, it is about how much you remain 'not selfish' and help the weakest. If you are doing the best seva alone, you are a third-grade human. You should be serving with others, trusting others, believing in others, how you help others. You should say, "Give me three days, and I will teach you everything." This is spirituality. If your Guru is a spiritual person, He won't see your work, your perfection, He is going to see those traits of humanity in you. He is going to see your kindness, humility, love, belief in humanity.

If you look at human history, alone man is not the strongest or the fastest. A leopard runs faster than a man. A bull is stronger than a man. A lion is more fearless than a man. If you look at human history, many animals are faster, stronger or more fearless than man. But as humans, we have always stood united, ruled over them, and these animals are caged. We have progressed as a civilization because we are standing by each other.

Inter-dependence should not be your helplessness, it should be your love. You just can't be arrogant because you are dependent. One person may handle PR and the other may handle accounts, who is big? All are interdependent. There is love and harmony. The person who wants to do spiritual selfless service should try to make sure that he does not have all the powers. The person who wants to do spiritual selfless service should remain good, even though he has to bow down to others. If you ask someone else to make tea for you, then you are showing love, respect, trust, belief in that person.

In interdependence, you have no choice. Without interdependence, civilization cannot progress. The food on your plate comes with the help of so many people. Vegetables for that food are sown, grown, plucked, processed, packed, cooked, and served. Do not act very smart just because you can afford something from some restaurant. You are dependent on a dozen people to get one vegetable on your plate. If you say that you don't want to believe others, trust others, and respect others, you cannot do without these people. Actually, you don't have a choice. If you have love and trust, you will grow. You will be bigger than yourself if you trust others. You will be better than what you are. You will be bigger and better than yourself if you have the guts to believe in others.

Except for me, all others are stupid, still, I love them. Love has nothing to do with stupidity. You can stay calm and easy, you can enjoy life if you believe in others. Share your resources, share your time, share your smiles, share your successes. You need others, so believe in others.

Imagine you are a king in the Sahara Desert, but there is no one around. Your coronation was done today only and since there is no one around you, who will you enjoy with? To enjoy, you should believe others, trust others, respect them, and love them too. Why are we at ease, when we are on a flight? Why are we so relaxed and go to sleep? We know nothing about the mechanism of the plane, we do not know the route, we have not checked the credentials of the pilot. We are at ease because we believe in the pilot. The pilot is at ease because he knows his job, he knows that the co-pilot is sitting next to him, and if he misses out on something, his mistake will be pointed out. The pilot and co-pilot know nothing about the aircraft vessel, but

still, they are at ease because they believe in the ground staff. The ground staff has checked everything before the flight starts. Why is the ground staff so relaxed? Because they have checked everything as per the checklist given by the engineers. Why are the engineers so relaxed? They are working as per the calculations of the scientists. Everyone in this chain is at ease because everyone has faith and belief in others. That you are flying with a calm mind, is also teamwork.

We have a classic example of Nelson Mandela. For 27 years, he was in jail on Robin Island, near Cape Town. He was unjustly jailed because of his racist attitude. He was tortured badly. If you see his room, you cannot even stretch yourself properly. For 27 years, he stayed in such a jail. It was the prime period of his life. But still, he did not stop believing in others and humanity, even though he underwent so much cruelty. The person who schemed and conspired to put him in jail, one of them was John Foster. His only desire was to hang Mandela. In 1990, he was free from jail. John Foster thought that Mandela would either die, or go mad, or be hanged, but nothing of that sort happened, he was free from jail. South African government rules were changed, there was no racism anymore. John Foster was an ordinary citizen. When Mandela came out of jail and was running for prime ministership of South Africa, a journalist asked him, "What do you have to say regarding John Foster?" Mandela thought for a while and said, "I think he is a decent man." He became the prime minister of South Africa. The first thing he did was to call all the people who were with him in jail. The other people were fuming with anger, they had decided that if they were free from jail, they would personally kill those who had tortured them. Mandela called them and said, "We were jailed because of equality, liberty, dignity, and in such feelings, what dignity do we have? The first thing we should do is to go to each of their houses, sit with them, have tea with their wives, and assure them that no harm will be done to you, your husband, and your family." Just imagine a person with such mentality became a prime minister of South Africa! Believing in others after so much torture is something great.

If we were tortured so much, we would have broken down. We would have felt that all are selfish, no one has humanity. To become judgmental is the characteristic of a very low human being.

When Pujya Gurudevshri was doing His Masters in Philosophy, He was doing Vedant of Shankaracharya, and Vishishtadvait of Ramanujacharya. When the professor introduced Ramanujacharya, he said a wonderful thing. When Ramanuj was young, He went to a village called Goshtipur to His Guru. The Guru gave Him an Ashtakshari Mantra (a mantra with eight alphabets.) The mantra is always given in the ears of the disciple by the Guru. It has to be personal, and is not to be revealed to others. This mantra should not be shared, as Guru has seen your eligibility and given it. He was asked to chant this mantra certain times a day to attain heaven. But the condition is that He should not reveal it to anyone. The next day, the Guru saw Ramanuj chanting the mantra loudly on the roof of the building, within 2-3 days, the whole village started chanting that mantra. Someone went to the Guru and complained about Ramanuja that He is disobeying Guru's ajna. The Guru asked Ramanuj, "What are you doing? You have disobeyed me, so you will go to hell." Ramanuj did not have any arguments with His Guru. He said, "I agree that I will go to hell. But You said that the one who chants this mantra would go to heaven, so the whole village would go to heaven. I don't mind going to hell if thousands are going to heaven."

Perhaps believing in others is more important than believing in yourself also. You need to be a genuine person to believe in others. Only an arrogant idiot will say, "No one is intelligent, all are

stupid, no one has skills.” Why don’t you have the skill to teach him that skill? This comes from believing in others. If your team is shrinking, you don’t have the capacity to believe in others, and you are a failure. You just bury your self-belief also in this case. If the weakest does not get help from you, then you have not lived a completely fulfilled life. Forget your perfection, nobody cares for it or gives you one mark, if it is seen from a spiritual perspective.

Dr Victor Frankl was in the concentration camp of Hitler. He was one of the survivors of the concentration camps. He was a famous Austrian psychologist. He was a Jew, so he and his wife were caught and taken to the concentration camp. On the first day itself, they were separated, he was taken to the male section, and his wife was taken to the female section. The conditions were dire, bad, and harsh. People in the camp lived by minutes. They were happy if they lived for five minutes, ten minutes, two hours. They did not know when they would be shot. They were given a soap and they were asked to take a bath. When they went inside, they realised that it was a gas chamber, and they were killed then and there 200 to 300 people were locked in that gas chamber, people screamed, their skin got pulled with that gas, and they died horribly. Their hair, spectacles, and shoes were collected, and mountains were made. This was the mental trauma. They had physical pain due to hunger. Victor Frankl had a habit to talk in an imaginative way with his wife. He was given very little food. The person would be made to stand in a square foot of area, and bricks were built around him. His nose was touching the brick wall. He should die this way. He could not sit, eat, or see anything else.

When you have no Sadguru in life, your impure feelings can reach such a high intensity. When you have a Sadguru in life, even though impure feelings are there, they are not so intense, somewhere it stops automatically without a single thought or contemplation. You might have kama (lust), krodh (wrath), lobh (greed), moh (delusion), maya (deceit), and ahankar (ego or excessive pride), but there are automatic brakes applied with the Sadguru’s presence in life. This is because of His grace, and nothing else, by which, you come into a state to take a turn. If it was your efforts, it would not have arisen only.

Victor Frankl created a habit of talking to his wife every day in an imaginative way when he was in the concentration camps. When he was given a little hard bread in the morning, he would say, “Honey, what will we have for dinner today?” They got food only once a day, at times, they just got thin soup. Every day, Victor spoke to his wife without fail in that imaginative way. He kept her alive in his mind. Most of the people died in the concentration camps. Nobody actually survived. If someone tried to run away, not only him but also the other 15-20 people were killed. It was a living hell.

Oh, soul! Now stop it, this is the fruit of your impure feelings only. Now become aware of yourself. Victor Frankl was one of the survivors and was freed from a concentration camp. The day before he was released, he was very happy that he would be alive, and he was going to be released. He talked to his wife in an imaginative way again, “Honey, which country should we settle down in now? Which profession should we take up now? How will we decorate our house?” We can imagine his enthusiasm. We get a lot of creative ideas when you are very happy. An unhappy person does not reform or upgrade himself. Reform yourself and upgrade yourself constantly. Pujya Gurudevshri never likes a monotonous life.

With imagination only, Victor Frankl kept talking. The day he was released, he was hoping that he would meet his wife there only, or he would have to look for her somewhere. But he came to know that his wife died on the first day itself. He could survive by dreaming of her alive.

Until you have loved someone more than you, you are not successful in life. We have that person in life. We do not need to think about Him or need not have any insecurity. His compassion is not because of His choice, His compassion is because of His pure existence. If you say that you are insecure, it is the worst insult to your Guru. You can say, "I am so secure that I don't feel like doing any sins also."

Until you have loved someone more than you, you cannot become bigger and better. You were good and big because of self-belief. But you become bigger and better, you need to love others more. You begin with someone (Guru), but you love others too. Get out of your shell of likes and dislikes, which are there due to your ego. Once you love the Pure One (Guru), then that pure essence will be seen in any body, any clothes, any skin, or any mental blockage and it does not matter to you.

The weak leader is very arrogant. He is only fond of his actions. A strong leader has the ability to build his team. If you have the ability of team building, it is wonderful. If one person is absent, are others crying or do people feel good that this person is not there in the meeting? If people feel that it is good that this person is not there in the meeting, you have missed out a lot in your life.

People who believe in others, only those people have the ability to build a team and any work becomes teamwork because it can connect to everyone. Communicate, understand, respect, and harmonise the ability of team building. Only that person can have this, who has the ability to believe in others.

There is a wonderful message in the word 'leader' itself. In a spiritual organisation, if you do your seva in the right way, you can have the advance booking of the Jain regime for the next many births. This is the minimum. If you do the seva rightly and in the best way, you can have the bondage of Tirthankar Naam Karma. Sambhavnath Bhagwan had acquired Tirthankar Naam Karma with 'Sadharmik Bhakti'- serving fellow religious seekers, along with other attributes. If you are getting into deceit, and do not do seva in a desireless manner, then you won't get the association of Jain regime for many births. The means that can elevate you, if that means is not used rightly, you can have a downfall too. You need not get scared, but you should be vigilant for sure. You have to think that I am serving this institution to make sure that the authentic, original, right path (mool marag) is worshipped in the right way increasingly.

I might be in the seva of taking care of shoes. Then my main purpose is, people should be able to worship the right path in a better way. If you are in the kitchen or fill tiffin, you have to think, 'Other seekers should be able to worship the right path in the better way.' You might have another aim also, where you want to increase your egotism, 'I am better than all others.' You should make sure that everyone worships the right path in a better way, in that whatever is your contribution, it is right. Even if you peel peas, you will serve the person. With that peas, that person will be able to get rid of his hunger, he will study the scriptures, he will have pious thoughts, he will focus inwardly, he will attain omniscience, and attain nirvana. For that, this is my contribution.

You can also think, 'To manifest my eligibility, Prabhu has given me this seva, and not because I have eligibility.' If you are head of the department or a leader, it is to manifest your eligibility and worthiness. Not because you are worthy. You are given seva to increase your worthiness. Remain desireless while doing seva.

When Shri Krishna offered obeisance thrice to 18,000 monks, so He offered 54,000 salutations, but He was desireless. Veera Salvi, Shri Krishna's friend also bowed down to all these monks, but that was just to impress Shri Krishna to get some gold coins. He did not get any spiritual fruit for this activity. You should have a constant spiritual goal in your mind. Shri Krishna got rid of four hellish abodes. He was supposed to go to the seventh hell, instead, He went to the third hell. Veera Salvi had desires, so he did not get any spiritual fruits. It is a shocking and sorry fact. If you have purity of thoughts and feelings, you can attain omniscience with those thoughts and feelings.

Do not worry about money (dollar), worry about everyone's hearts (dil). Money will come with the grace of Param Krupalu Dev. You should put in your efforts, but do not worry about money. If you are worried, do not sleep at night. You are a spiritual organisation, do not forget that. With the eyes of the old and the wings of the young, the organisation will fly smoothly. Use the vision and experience of seniors. Do not ask them to run around. Do not ask them to make presentations. These have to be done by youngsters, who have that power and energy, but they don't have that vision, philosophy right now. Do not utter words in anger. If you have a headache, you can apply balm on the head, do not cut the head. Do not get angry and leave the seva.

If you want to believe in humanity, don't get stuck up in some incident or some person, or some fact, in that case, you won't go-ahead for a long time. You have to believe in others. Mandela could do it for 27 years with John Foster torturing him constantly. Instead of fuming in anger and planning revenge, he said that John Foster is a decent person. Mandela did not have a Sadguru in life, although he was inspired by Gandhiji. John Foster put Nelson Mandela in a ditch and urinated on him for 27 years, his youth was spent there. This is the inner height of Mandela to say that he is a decent man. He said, "Let's go to his house, have tea with his wife, and assure them that no harm will be created from our side."

We bow down to the dispassionate Lords and Guru Bhagwant, but we feel like bowing to such people too instead of only appreciating them. We have to develop this attribute within us.