

## Ten Steps to a Noble Life

*(Excerpts from Satsang of Pujya Sant Shri Asaramji Bapu)*

The key to attain grandeur and excellence in life lies in satisfying the basic needs and eliminating the desires. Man is driven towards action primarily by two factors 'one is fulfilment of desires and the other is provision of needs. When you renounce and eliminate your desires, your life becomes effulgent and basic needs too are spontaneously met.

A life without a proper direction is a burden. It becomes a liability for the family and society. It drives people towards terrorism and violence. It leads to barbarism and depravity. The real goal of life includes peace and salvation, provision of basic needs and elimination of desires. If man does not strive to eliminate his desires, the desires ultimately get the better of him and enslave him.

An aspirant should continuously strive to study the scriptures, reflect on them and determine the right course of action for his spiritual advancement, chiefly through a discriminative attitude towards life. He must observe some select vows and be careful of the pitfalls that lead to spiritual downfall and consequently distance him from God and the Guru. At the same time he must also be aware of actions that may help him get closer to realizing the Divine Being. He should be circumspect and analyse his past with a reflective mind to learn from his mistakes. Also, he should make new resolves in order to make true progress.

Seek the answers to questions like, 'What is the Atma?' 'What is Paramatma?' 'What is the nature of the universe?' 'Who am I?' The act of understanding the answers to these questions through listening or study of scriptures is called 'Shravana'. After 'Shravana' comes 'Manana' and then 'Nididhyasana'. Finally, 'Nididhyasana' culminates into realization of the Truth. This is the convention of Vedanta.

We take good care of a stone, a piece of iron or any such object that is useful to us. Similarly a devotee, by earnestly discharging his duties, becomes useful to the Lord. He has no desires for the fruits of his actions. Then the Lord Himself takes care of him. People and nature become eager to serve him. Why should such a master of selfless actions desire for anything? He simply adds to his capability by remaining steadfast on the path of righteousness. He is completely detached to the fruits of his actions.

If one performs actions taking care not to harm anyone in any way, then one is actually engaged in worshipping the Lord. One's actions then become Upasana and Yajna. Such a selfless and altruistic aspirant alone is entitled to realize the Lord in His integral Being.

According to the Srimad Bhagwad Gita, real worship is done neither before idols in temples, nor even in the temple of one's mind. The Lord is truly worshipped through selfless actions. Selfless actions, when offered to the Lord, become His real worship.

Is there anything superior to samadhi? The Gita says 'yes'. According to the Gita, 'equanimity' is superior to samadhi. Even after attaining the state of samadhi, one may experience a downfall, a devotee can undergo a change of mind or faith but if an aspirant becomes established in the state of equanimity then he will never fall down from that Supreme state.

You can enhance your powers by propitiating Shakti, the goddess of power. But the realization of True Knowledge bestows eternal peace.

Come beloved aspirants! I hereby invite those with a zeal for material and spiritual advancement! May you earn success! May you be self-restrained! May you be brilliant! May you earn respect and fame for yourself and your ancestors! May you light up your path and be a worthy guide to the descendants of your clan 'may you become such a great person!