

Vachanamrut GP5

Sermon 1

Difficult Words

- Kayar = coward
- Aagrah = intensity/eagerness

Summary

- Maharaj says one should do dhyān of Krishna Bhagwan together with Radhikaji.
- If you can't visualize this murti in your heart, you should still carry on trying and shouldn't leave it like a coward.
- Bhagwan will bless people with this intensity and eagerness graciously and Bhagwan will be bound to them because of their devotion.

Points to Consider

- Understanding why Radha-Krishna are both mentioned: Maharaj is referring to Narayan when mentioning Krishna and to an ideal devotee when mentioning Radhikaji (Other examples are Laxmi, Nar etc). This is a form of saparshad dhyān, where you would be focusing on bhagwan and the devotees around him. This is not the highest form of dhyān (see types of dhyān section below). However it is seen to be an easier form of dhyān which then leads on to the highest form of dhyān. For Swaminarayan Sampraday devotees we must perform dhyān on the narayan form we have received as prescribed by Vachanamrut L11 2nd Question: Maharaj says "Moreover, a person should only perform *dhyān* on the *murti* of *Bhagvān* that he has attained, not on the *murtis* of the previous *avatārs*."
- Santos give the example of the game of Hide and Seek. The person seeking keeps looking for the people who are hiding. If he gives up he loses. But if he keeps and keeps on trying, the person hiding will give away some hint so they will get found. Then the fun part begins because it will be their turn to look for you now. In the same way if one keeps trying and trying to do dhyān and even if he can't see the murti, Maharaj will be happy that we kept our courage and he will become bound by our devotion hence it will be his turn to come and look for us then.
- Only when Bhagwan's krupa falls on us will we be able to do his dhyān easily.

Examples

- Abhey Singh Darbar of Lodhika – used to do dhyān for at least 6 hours daily. When he did dhyān, he used to forget everything about his life and work and purely do dhyān. In the same way that Janakji used to sit down to listen to katha after 'burning' everything.
- Sachidanand Swami and his disciple Sidhanand Swami – Both these used to sit in dhyān for hours.
 - Sachidanand Swami was given the task to overlook work in Dada Khachars farm. He was still able to do dhyān of Maharaj while

working and was able to tell a pujari off for not dressing up Gopinathji Maharaj properly when he hadn't even physically gone into Gadhada to do darshan.

- Sidhanand Swami (Purvashram name: Sangha Patel, not to be confused with Adharanand Swami who was also known as Sidhanand Swami). Sidhanand swami asked Maharaj how to get constant focus in Maharaj's murti (Akhand Vrutti). Maharaj said that it is my ashirwad that if one is able to do the effort of keeping their mind (vrutti) on Bhagwan for 24 hours, then for the rest of his life he will have constant concentration in Bhagwan no matter what other work or activity he does. Sidhanand Swami achieved this after a lot of practice and after he had done dhyana of Bhagwan for 24 hours consecutively once, he never forgot the murti afterwards. He never did any work given to him properly afterwards because his mind was constantly in Maharaj.

Dhyana

Meditation, the seventh step of ashtang-yog, which involves sustaining a concentrated state where the mind is cleared and calmed to then meditate or focus your mind onto the Murti of Bhagwan.

Steps to doing Dhyana

1. Posture – Sit in a comfortable and stable posture (preferably cross-legged). Clasp your fingers or hold in gau-mudra. Should be in a quiet and calm environment or location.
2. Breathing and thoughts – relaxed breathing (5 step rhythmic breathing if you prefer). Clear all thoughts from your mind.
3. Prayer and understanding – Pray to Bhagwan saying I am the soul and not the body. Bless me with the power and ability to visualize your murti residing within my soul.
4. Focus and Concentration – on the murti of your preferred type of dhyana explained below.

4 Types of Dhyana (from lowest to highest form)

1. Saleel Dhyana – dhyana of Bhagwan doing his divine leelas
Visualizing the leelas Maharaj performed on this earth

Aids: Any leela/charitras from Shastras, Chesta Pads (Pratham Shree Hari ne)
2. Sagarshad Dhyana – dhyana of Bhagwan with parshads
Visualising Maharaj with muktos serving him eg Maharaj seated to eat and Muktanand Swami serving him food while another sant is fanning Maharaj, or that Maharaj is sleeping and a mukta like Dada or Sura Khachar is massaging his feet.
Visualising Maharaj in akshardham in the midst of millions of muktos who have a similar form as Maharaj. The muktos

are all facing Maharaj with folded hands. Some muktos are singing his praises, some are serving him with different items (i.e. flowers, chandan, food, etc), some are engrossed in his Murti.

3. Upaan Dhyan – dhyan of Bhagwan fully dressed and decorated with jewelry and ornaments.

Visualising Maharaj fully dressed (paagh/mugat, jaamo/kediyu, surval/dhoti, saal/selu, reto/fento, pagarkha/chakadi, etc) with jewelry/ornaments (chhadi, ful, rumal, haar's, viti's, abhay chakra, kada, janjhar/sakra, etc)

Aids: Appendix C, and K of new English Vachanamrut (Published by Bhuj Mandir)

4. Saang Dhyan – dhyan of Bhagwan's body parts including til and cheens.

Visualising the tils and cheens of Maharaj's body starting from his charnarvind (feet) and ending with his mukharvind (face).

Aids: Vandu Pads, Dhyan image and video links given below, etc



- <http://www.bhujmandir.org/media/videos/swaminarayan-til-cheen-dhyan-saang-dhyan-2223>
- <http://www.bhujmandir.org/media/videos/dhyan-murti-of-ghanshyam-maharaj-in-bhuj-mandir-2212>

Extra Reading:

- [http://www.bhujmandir.org/library/read/articles/dhyan-\(meditation\)](http://www.bhujmandir.org/library/read/articles/dhyan-(meditation))
- <http://www.sksst.org/documents/10156/51806/DHYAAN+%28P ART+1+CHEENS%29.pdf?version=1.0>
- <http://www.sksst.org/documents/10156/51806/DHYAAN+%28P ART+2-TILS%29.pdf?version=1.0>