

# SATSANG

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## TO FOCUS ONE'S LIFE TOWARDS GOD

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Philosophers and brain scientists do not think similarly about the subject:

**“How free is man's will ?”**

One of them says that there cannot be free will, if one accepts that the activities of the mind e.g. thinking, willing and acting, are dependent on material activities of the brain. These actions are based on laws of nature, including quantum mechanics, which means that atoms, ions and electrons move in the brain in a prescribed way. This is the way of thinking of an inveterate materialist. However, since matter itself also conforms to the laws of nature (for instance, the moving of the planets in the universe), the precondition for that is an absolute acting spirit which has not been created by any material being. This is how others reason. Following this, we reach the belief in the existence of a creator of the universe, whom we call God (compare the composition “Cosmic Love and Free Will”). This is the point where religion starts, in order to make man divine, which means leading man to **Knowledge of the Self**. According to Vedic scriptures, this means to unite **Atman**, the individual soul, with **Brahman**, the universal soul. In the scriptures it is called “**The Divine Marriage**”.

### **Spirit forms Matter**

A being that has incarnated as a human person has the possibility by birth to further spiritual development. As spirit gives shape to matter and destiny, it is now important to know into which group, culture, religion, etc. this being was born. First of all, it depends on its karma which means its mind's patterns of behavior that were created and stored in former lives, and the already attained spiritual development. A baby, first of all, is dependent on its parents and especially on the mother. The patterns of behavior are totally concerned with survival, and along with that, with the responsible persons around. About after one year, its own will awakens, and a struggle for its own identity starts, which very often causes problems for the parents. Anger and outbursts happen, if things don't happen according to the child's will. Many a mother's nerves are under stress at the cash-desk of a supermarket, when the child is romping because it didn't get the desired things. The EGO - I will - is roused. This EGO lives for such a long time until it is reduced by learning, or buffets of fate, and becomes WE. The struggle between EGO (“I”) and WE lasts for a long time and is often full of pain. Yet it has to be fought. This is the intention of the divine order of creation. The spirit, the way of thinking, which is now present in the surrounding of the individual, forms and engraves the further life of man, and also its further incarnations. All patterns of behaviour and thinking are stored and are forming and engraving the new incarnation already in the womb, physically and psychologically. Many diseases, malformations and troubles have their reasons

in former incarnations, for the spirit forms matter. This fact cannot be often enough repeated and stressed. It is a great pity to see how the materialistic medical person tries to heal diseases and troubles with the help of chemistry, apparatus, research on cells of the body, experiments on animals, etc. It's like a person that tries to find a needle in a haystack. Let's make a comparison at this point. At any time, a person never has seen the origin of a car in an ore deposit! A car, first of all, becomes a shape in the mind of an engineer, then in his office or with a computer, and after that, step by step, it gets its material form in a factory. A car is the result of the mind, with all of its defects and shortcomings. Similarly, the human body is the outcome of the respective status of the mind, with all of its defects and shortcomings, which were developed at the time of pregnancy. The wisdom, "Mens sana in corpore sano": **"A healthy mind resides in a healthy body"** is less understood than ever by all kinds of materialists.

### **Pregnancy to be understood as a chance for Mother, Child and Society**

In this context, pregnancy of the expectant mother is very important. Pregnancy for the expectant mother is the closed season for all kinds of negative influences both, physically and psychologically: abstinence from all kinds of drugs, bad habits concerning food, work, daily routine (sleeping and keeping awake), music and noise, the atmosphere in the house, etc., etc.. At this time, the expectant father, the entire family, and the environment of the mother take over all responsibilities, so that unusual physical and psychological loads, which might influence the expectant life, already in the earliest phase of development, are avoided. In this respect, pregnancy of a woman has a great positive social value for both the family and society as a whole, if this behaviour (as mentioned above) is also maintained in the future. Is there any necessity to go back to all the negative habits which were in practice before pregnancy?

### **IMPORTANCE OF RELIGION FOR SPIRITUAL DEVELOPMENT OF MAN**

No proof is needed that humans have the possibility for higher development, in comparison with animals. Man's development can go either down or up. In the scriptures different "wolfchildren" are described, who, in their early childhood as foundlings, were kept by animal mothers far away without any contact with humans. When these children were found, their behaviour was like that of animals, depending on that group in which they have lived before. After finding that they never learned to speak properly, it also was not possible to integrate them into human society, because a very important phase of development, e.g. childhood, was missing. The times before and after birth are very important phases of development, in which the child learns best and absorbs the seen and heard. The saying: "That which little John does not learn, old John will never learn" is completely true.

So, for the later spiritual development of man, it is of great importance that a child be born in an social environment which promotes its spiritual development. Thus its possibility of developing is open upwards. What a child learns and undergoes during this period will be engraved on its whole life, and also later on.

### **Rebirth and Reincarnation will help to prove this.**

In the Christian occidental world, the fact of rebirth and reincarnation is not commonly taught or known. Most of the average people have never heard about this at school or from their parents. If an open-minded person talks with a person of average knowledge about rebirth, he or she will not understand or belief this. On the contrary the fact of rebirth is commonly

known in other cultures. For a highly spiritually developed person, there is no doubt that rebirth is a fact. It comes automatically with growing spiritual progress. The belief automatically becomes a certainty.

### **Man is a religious being.**

There is no human culture which doesn't have any believe in something which is beyond the perception of the five sense organs. Primitive races know this by experience and by revelation. Since the beginning of human culture, the world beyond earth, the non-incarnated spiritual world, has established contacts with humans in the form of revelations, showing them the way and giving them help for a healthy and natural life on earth. This is going on until today, and will happen also in the future.

The oldest revelation known to us are the Vedas. They are given in a cosmic language, named Sanskrit, and contain help for life on earth in all fields and situations. They are also called "Shrutis" which means: "That, which was heard". In old days, Vedas were heard by Rishis, and seers, and were verbally handed down, word by word, from generation to generation. All present day known religions owe their knowledge to Vedas. Vedas are the first religion of humanity, e.g. they contain all details which are necessary for a healthy and harmonious life for people, up to the ultimate purpose of life: **Where do I come from? Where am I going? WHO AM I?**

### **Vedas also answer the question about the highest creator, GOD.**

One vedic expert put the Vedas, which have existed thousands of years, also in written form, into five principles. These are:

**1. Yajnya: These are fire ceremonies which purify and heal the atmosphere** and are creating healthy pre-conditions for all life on earth. **Agnihotra is the shortest form of Yajnya.**

**2. Daan means sharing assets to become free of attachment to material possessions.** This makes life easier for those who are slaves to their material possessions, in case they will lose them on account of buffets of fate. The idea of Daan is to become free of attachment to material things.

**3. Tapa:** Different people are slaves to their passions and suffer from them. These are temptation, pride, greed, jealousy, anger and lust, which are the whips of humanity. They have to be subdued. **Tapa is self-discipline and control over what comes out of the mouth and what goes in.**

**4. Karma: "You reap as you sow!"** There is nothing to be discussed about this. Good actions have good results. Bad actions have bad results. To earn good fruits from actions, one has to take care that they are done in the spirit of "love thy neighbour", without attachment to the fruits thereof.

**5. Swadhyaya:** Many people at all times seek for the answer: "**Where do I come from? Where am I going? Who am I?**" Many didn't get an answer, but also many did get one. They strived for **Knowledge of the SELF**, and studied seriously the words and scriptures of their prophet, or messenger of God, and have lived according to them. Finally, they were successful, and with the help of God, they found a person who led them to this knowledge. Swadhyaya, meaning **KNOWLEDGE OF THE SELF**, is the demand for all humans, for they have had this right since birth. But they should make use of this right. "**Man know thy Self!**" is the demand within the memory of man. Knowledge of the **SELF** also means knowledge of **GOD**. Therefore **GOD** is not fantasy, but the absolute truth. It is found when **Atman** and **Brahman** have become one. That knowledge of **GOD** is not a mere invention, because many yogis and mystics have proved this by their own experiences, in the course of human history.

**The FIVEFOLD PATH of Vedas is the Quintessence of Vedic Knowledge**

The five points - as mentioned above - have become known all over the world as the FIVEFOLD PATH of Vedas. Parama Sadguru Shree Gajanan Maharaj has given them in this short and precise form. They are the basis upon which everything that is necessary for the spiritual development of man is to be built. Each society, be it the family as a small part, or the society as a whole, has to live according to these five principles, if the development of man is to go in the divine direction without many diversions and wrong ways. What a fortune and what a fateful hour it is for a child to be born in a society which lives according to the principles of the FIVEFOLD PATH! Then from the beginning, the way is focussed towards GOD. The only thing which is left to be done by the individual is to march this way. To do this depends on his or her own free will.

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