

Guru Poornima

SAHAJA YOGA



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 Founder of Sahaja Yoga
Giving Self-Realisation by Kundalini Awakening



QUALITIES OF A REAL GURU

A GURU CONNECTS YOU TO THE DIVINE:

The first and foremost quality of a Guru is that he makes you meet God, means he raises the Kundalini and establishes your relation with the all-pervading power. It was asked to Guru Nanaka and he said, "Sahib mili hain so hi Satguru." Meaning, the one who makes you meet the Divine is the only one who is the Satguru, who is the Guru. Then he has categorized them as agurus, kugurus etc. But the one who is a Satguru, the one who is the real Guru is the one who makes you meet God, makes you meet this Divine power.

YOU CANNOT PURCHASE A GURU:

A Guru has to take full responsibility of the well-being and righteousness of the disciple, with the same intensity as the mother. Guru is the one who connects the disciple to the Brahmachaitanya. You cannot purchase him. If you buy a Guru then he is your slave, he cannot be a Guru.

A GURU HAS TO BE A REALIZED SOUL OF A VERY HIGH QUALITY AND GREATLY EVOLVED: The Guru has to be a real Guru, not one who is just exploiting the disciples and who is not authorized

by God. There is a gap between human awareness and Divine awareness, a very big gap, and that gap can be only fulfilled by a Guru who himself is complete. Today is a *Poornima* day, '*Poornima*' means the complete moon. The Guru has to be a complete personality to talk about the Statutes of the Lord and to elevate his disciples to this level of understanding, by which they imbibe those statutes. He is there to fulfill this gap, and for that it is essential that every Guru has to be a realized soul of a very high quality and greatly evolved.

A GURU NEED NOT BE AN ASCETIC: If you see the lives of all these Gurus, they were married, they had children, they lived a normal life. Yet in their own personal life they were absolutely detached people. A Guru need not be a person who is an ascetic, or he need not be a person who is living in the forest. He could be a common householder, he could be a king. All these outward manifestations of one's life do not matter.

(Guidance given by Her Holiness Shri Mataji Nirmala Devi)

ALL THE REALISED SOULS AND GURUS SPOKE OF UNIVERSAL LOVE AND PEACE

"When you live in the realm of the Divine Power, the *Brahma*, it looks after you."

— Raja Janak



"Let there be no strife, I pray thee, between me and thee, and between my herdmen and thy herdmen; for we be brethren." — Abraham

"Mastering others is strength, mastering yourself is true power."

— Lao-Tse



"There is only one path and that is the path of Truth."

— Zoroaster

"See the Divine in the Human Being."

— Shri Shirdi Sai Baba



"You shall therefore keep all the commandments which I command you this day, that you may be strong." — Moses

"The unexamined life is not worth living."

— Socrates



"Our greatest glory is not in never falling, but in rising every time we fall."

— Confucius

"One hour's meditation on the work of the creator is better than seventy years of prayer."

— Prophet Mohammed



"See the brotherhood of all mankind as the highest order of yogis; conquer your own mind, and conquer the whole world." — Guru Nanak

Guru Is He Who Connects You To God

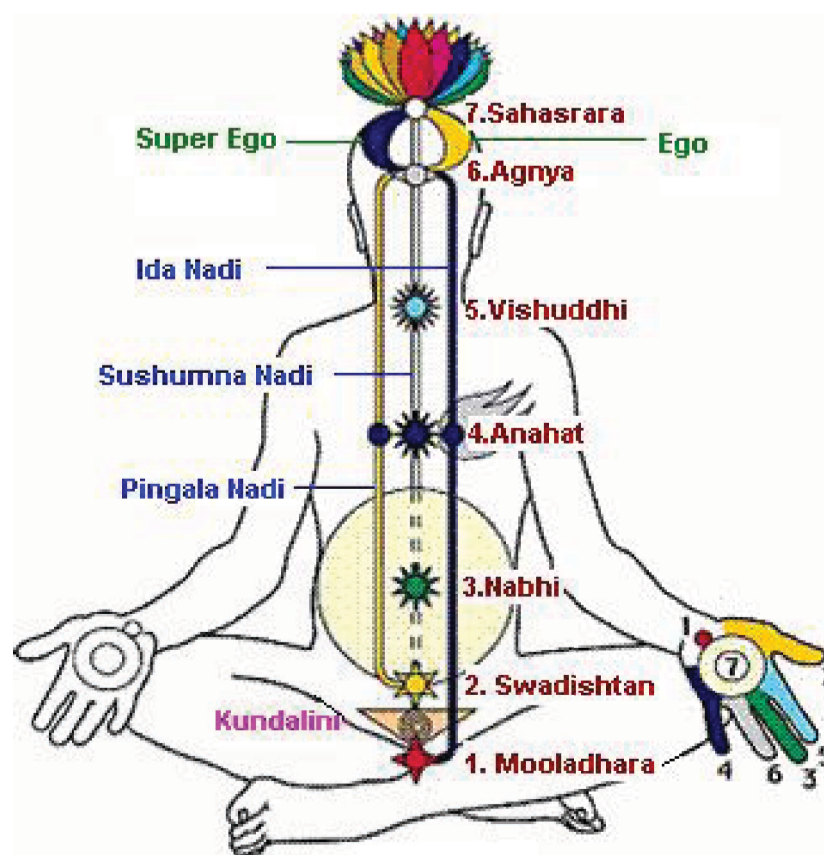
7 Touchstones For Seekers of a True Spiritual Master

Seekers of truth tend to look for a Guru to guide them through the ordeals of life and channelize their seeking of God. This is to caution them of false gurus mushrooming in India, ready to rob them of their faith, money, health and common sense.

1. Is money taken at any time? If it's not free, it's a fraud. The truth cannot be owned, nor can it be bought or sold.
2. If he or his agents pursue you like salesmen and take money, they are an organized business. The more valuable the path, the less organized it is, unlike a business.
3. What experience do you get? A transitory experience is not necessarily divine. Visions, voices, astral projections, auras, levitation, predictions, communication with the dead and other similar feats are dangerous.

4. If it teaches giving up family and property in the name of austerity or renunciation, it's a swindle you are about to subject yourself to.
5. Are you asked to clothe in unusual dress, sit in strange postures, perform wild chanting, or wear rings or some sort of an ornament? God is beyond these and the power of pure desire is all that matters.
6. What do you get? Does the Guru make you *dharmic* (righteous/ virtuous and not religious)? If he teaches that a particular religion is superior to others, he is faking spirituality.
7. If you are guided towards either sexual liberation or austerities, you are in a wrong place, ready to be physically exploited by fake gurus and their agents of deceit.

Good luck to you on your path of seeking!



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- www.sahajayoga.org
 - www.nirmaldham.org
 - www.sahajayogamumbai.org
 - www.sahajayoga.org.in
 - www.freemeditation.com
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