

# **Babuji's Commandments – An expression of Purity Truth and Happiness**

**- Sri Rajesh Raina**

The goal of our system of Sadhana is to make us a Real Man. A Real man is one who adheres to and lives by the commandments given by Pujya Babuji even in the most trying of circumstances. This is quite possible and is demonstrated by many followers of the system and we can definitely say that Master's support through Pranahuti is an integral part of this transformative development.

**An expression of these commandments can be seen in the principles of Purity, Truth and Happiness.**

The first commandment beckons us towards purity of body and mind. Purity of the body and purity of the food we partake are the starting points in Sadhana. Purity of mind and thoughts is paramount so that we can begin to understand our sublime nature of existence. The quantity of food, the type of food and the way food is prepared all needs to be Satvik. Similarly, our thoughts must rest in pure and positive plane. The environment in which we move around must be congenial and Satvik too. The environment is both internal and external and constant endeavor should be made to better our environment.

Moulding the inner environment is the approach we take in the system such the even the external falls into the same pattern.

It happens when we begin to live in upper plane and when our heart is sufficiently purified and is not soiled by attachments and impressions.

This is made readily possible in the system through deep cleaning and diversion of flow of Prana to upper through Pranahuti. It is then, that the sense control becomes automatic and the forming of impressions reduces. The energy that percolates in us propels us not to take rest and we are able to overcome the individualistic feeling and baser impulses.

However, we do need to own up the transformative feelings and live our life according to the principles we imperience. In this context, the Truth and Purity go hand in hand. Unless the truth of our existence is understood, we will not be able to discern properly what purity means. Rev. Master has explained in commandment one, how the creation came into being such that we may have a glimpse of and become aware of our true nature and then maintain purity according to those standards.

The levels of purity in our consciousness should be such that materiality is kept out of it as much as possible. In our system through the process of flow diversion, one is enabled to feel and enabled to have higher level of consciousness. However, to maintain this diversion and consequent purity in action is our responsibility. That is why Point A and Point B meditations are very important.

One of the struggles that we come across is to understand truly and feel the real nature of our existence. In moments of deeper alignment with pure consciousness one seems to be away from attachments, but then there are times when attachments dictate our action and purity to that extent is affected.

In order that we may be assisted in maintaining the highest or the purest form of consciousness Master exhorts us in commandment two to further develop in prayer for Spiritual elevation with love and devotion thus creating the vacuity, which can bring purity in its wake as our psyche gets nourished with Divine Grace.

In our sittings or Satsangh many times we come face to face with tremendous plainness in our being. There is no emotion, no fear, no excitement, just plainness. Everything else seems to melt away in front of that plainness.

As a result, one begins to understand truly the meaning of Satsangh in its plainness and all our little ideas and little thinking become evidently so. This automatically results in the development of prayerful attitude towards great Master for bringing to our view these underlying aspects of our life

Truth is the fundamental facet of any spiritual progress, but perhaps the hardest to follow. When we operate in the realm of truth, we need to understand and communicate the whole truth for partial truths are no truths at all. We have a total obligation to present ourselves truly as we are in our relationships, in our psyche, in mundane and in spiritual thought.

Many times we falter on this aspect of Sadhana for various reasons. Our attachments to ourselves, to our progress, to our kith and kin, to our notions make us see only partial truths. These attachments cloud part of the picture. Preservation and improvement of our condition both in mundane and spiritual seem more important than upholding the truth.

Sometimes truth is compromised because of our own naivety in understanding the subject of spirituality. One needs to exercise judgment and must do proper diligence before thinking that we have understood something.

Reading and re-reading of Master's works is of paramount importance to understand the subtle spiritual conditions. Proper orientation, purity, yielding and prayerful attitude are a must if we have to truly understand this subtle science.

Other times we see smaller near-term goals as having higher priority and do not view things in the light of the final goal and fail to see if our short-term actions are aligned with our real goal.

Master exhorts us through commandment three to fix our goal and keep it in view constantly. If we do that our short-term activities will be aligned naturally with the larger goal. Then alone will it be possible for us to be plain and simple. Only when we seriously endeavor to keep our heart pure and clean, can the living be simple and plain. The support of the Divine through the process of Pranahuti ensures that the clarity of goal emerges as we move along the path supporting the transformation of the psyche with the required or needed changes. The nature also comes to our help in the purification process and we need to understand our true condition of purity and our being truthful will ensure that we will treat miseries as Divine blessings for our own good.

Only the pure heart dedicated to Master can truly feel happiness in its essence. Happiness unto all is essentially happiness and commitment to our own true self if we understand the true nature and underlying unity of our consciousness.

If our living is pious, our thoughts will be pious, and we will radiate pious energy which will act as an antidote to the thought pollution of today's world. Only when we are established firmly in truth and have a pure heart will we understand the underlying unity of all, then whatever act we do will resonate with Divinity and will rouse a feeling of love towards God in all. We must establish ourselves in prayer for prayer is the strongest link with Divine and nurturing it will in turn nurture and transform our psyche as well.

Our commandments beckon us towards transformation where compassion towards one and all without any prejudice is the hallmark of human existence. Only the heart that is pure and established in truth can seek true happiness unto all and to me that is the development of compassion that we must truly seek. We are fortunate to be in a system of Sadhana which is holistic in its practice and provides ladles full of guidance in terms of Master's support that enables one to move rapidly on the path of transformation of consciousness.

\* \* \*

“Never offer advice unless invited, otherwise it is likely to yield bad results. If you find any fault with anybody, pray for his freedom from it.”

“If you sit by a fire, you feel warm; if you sit by ice, you feel cold. Why then will you not get transformed if you sit with a person who is perfect in discipline and etiquette?”

- **Samartha guru Lalaji Maharaj**