

“Feel miraculous changes (Physical, Mental, Intellectual, Spiritual and Financial) in your life by doing Yoga Dhyana for about nine days.”

- By Paramahansa Guru Dr.Rupnathji

Note : It takes about three minutes at a time and it is done twice a day.

Pledge Of Maha Yogi Paramahansa Dr.Rupnathji

1. Come towards me, I take care of you.
2. Bear bitter words for my sake, I bless you.
3. Be attached to me, I make you attached to all.
4. Follow my path, I open all paths for you.
5. Shred tears of love for me, I make your life full of happiness.
6. Make me your helper, I make you free from the shackles of slavery.
7. Just remember me, I make you forget your sorrows.
8. Surrender your balance life to me, I make you free from your all evils.
9. You give me time, I give you peace.

-Paramahansa Guru Dr.Rupnathji

(1)

Yoga Dhyana

By Paramahansa Dr.Rupnathji

Feel miraculous changes (Physical, Mental, Intellectual, Spiritual and Financial) in your life by doing *Yoga Dhyana* for about ten days. It takes about three minutes at a time and it is done twice a day.

Stand in North direction and touch both of your hands with your forehead and touch your chin with your chest and say three things to God.

1. No act of mine is hidden from you.
2. Whatever you are giving, I am not worth it.
3. I will take care of your beloved

Turn left (West)

Pronounce *Om*..... while standing and touching your both hands with your forehead. Do *ashtang* (touching two hands, two knees, two feet, one nose and one forehead) andsay *bhur bhuvah swaha*

Again turn left (South)

Pronounce *Om*..... while standing and touching your both hands with your forehead. Do *ashtang* (touching two hands, two knees, two feet, one nose and one forehead) andsay *tatsa vitur varea niyam*

Again turn left (East)

Pronounce *Om*..... while standing and touching your both hands with your forehead. Do *ashtang* (touching two hands, two knees, two feet, one nose and one forehead) andsay *bhargo devasya dhimahi*

Again turn left (North)

Pronounce *Om*..... while standing and touching your both hands with your forehead. Do *ashtang* (touching two hands, two knees, two feet, one nose and one forehead) andsay *dhiyo yo na pracho dayat*.

Stand up and pronounce *Om* (North)

Now stand in north direction and remembering face, body and feet of Guru and pronounce *om bhur bhuvah swaha, om tat savitur vareya niyam, om bhargo devasya dhimahi, om dhiyo yo na pracho dayat.om* (known as *panch* (five) *omkar*)

Stand in North direction, catch both of your ears with hands and touch your chin with chest and say two things to Guru Paramahansa Dr.Rupnathji.

1. You bear me and my sins
2. I will stand by you fully

Rub both of your hands and massage your face above the neck while reciting five priorities as under: "*Pratham Akal Purusham, Dwityam Paramahansa Dr.Rupnathji Guru Varam, Trityam Manavtam, Chaturtham Matri Pitram, Pancham Prakriti Manyatam Eti Sarve Manglam*"

The person who keeps God at first priority, Guru Paramahansa Dr.Rupnathji at second, humanity at third, parents at fourth and nature at fifth priority is always benefited.

Yoga Dhyana is complete.

Note:- In case a person feels some change within ten days of doing *Yoga Dhyana* then he should go for an offering (*deeksha*) from Guru Paramahansa Dr.Rupnathji.

Inner Knowledge (Life through Spiritualistic Humanism).

Where ever you go you find that every human being is searching to find something but what is that? Don't know. A person leaves this world to find something and running after that but to no purpose. If a person gets permanent solution of sorrow and miseries then no one will be in sorrow, frustrated, unrestfull and there will be no mad race.

Therefore, there are three questions before every human being.

Q-1 : Where to find God?

Q-2 : How to find Him?

Q-3 : From where to start searching Him?

God means our destination or our true self. Till we understand and consider ourself as made of flesh, skin or blood then we will remain in sorrow, miseries and will keep on running for nothing.

"Aascharyav tapshayti Kashichden mashachyavdwadati tathev chanya Aashchartav chchenmanya shrinoti chrutavapyene ved na chev kashichate"

"Rare great men see their soul as surprise

Rare great men describe their soul as surprise

Some men listen and got surprised

Some do listen but find their soul as no surprise."

As true form of river is the ocean/sea, similarly our true form is God. As the purpose of river is to join the sea similarly **our purpose is to connect ourself with God.** River joins the sea by travelling downwards

but we can join God by travelling upwards. This is the difference between a river and ourself. As the river is travelling downwards that is nearing the sea, similarly as we go upwards, we are nearing God.

Some one asked the river where are you going after feeding the farms. Where is your destination? Hey river why are you running, why not to stop. Why are you running forward after feeding farms and making the trees green.

River replied :- To feed farms and make them green is my duty but my true form is the sea and that is my destination. You know why I am pious and clean because after performing my duties I am forwarding towards my destination. In case I stop myself then I will become a pond and which is not my true self. My true self is the sea. In case I stop then I will carry bad smell and filth. Similarly by performing of our responsibilities of the materialistic world, we should forward our self towards our destination. True self or destination or forwarding our self towards God is the *dharma*(religion). We stop our self in performing our responsibilities of this materialistic world and family that is why we are having bad smell (miseries) and filth (troubles) in our life.

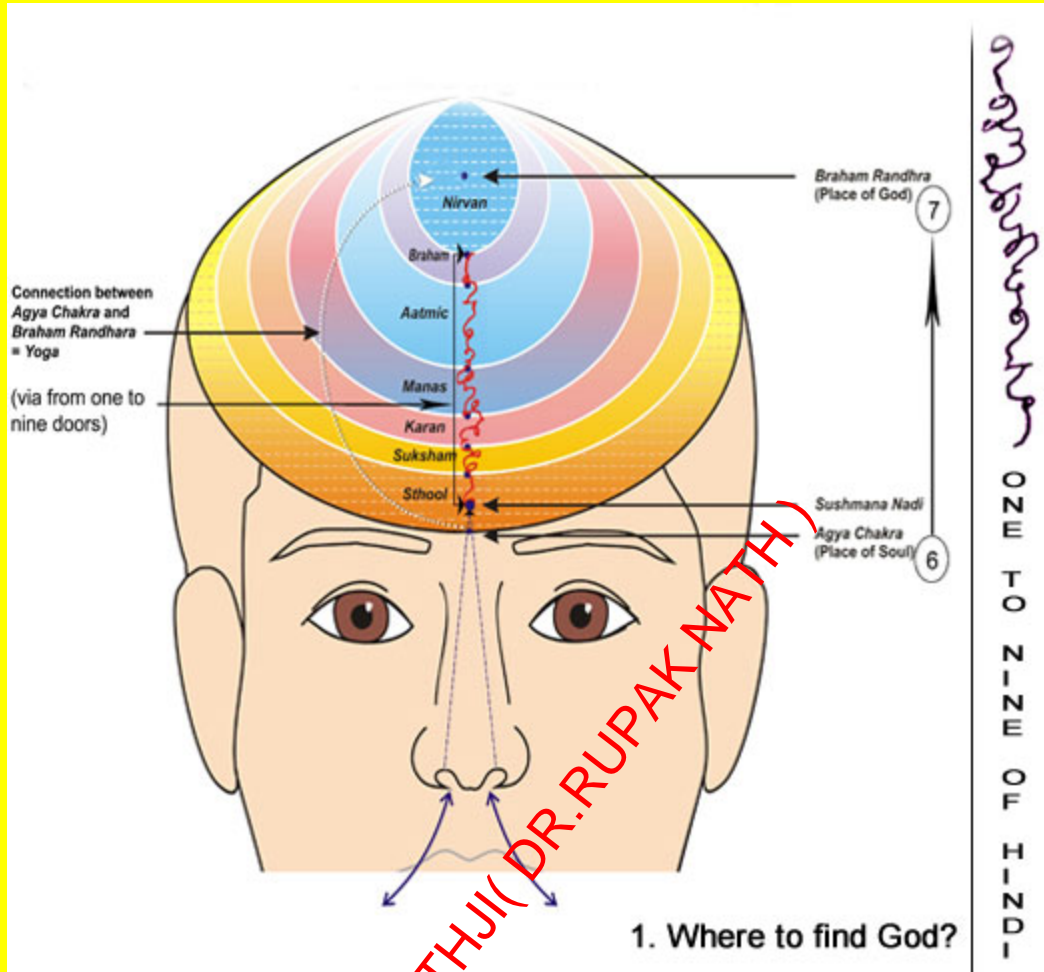
The person who stops himself in discharging his responsibilities (*farz*) then he is surrounded by debt (*karz*) and ailments (*marz*). He suffers from miseris and tension only.

God means our destination i.e. our true self other than our body.

Q-1 : Where to find God?

Ans : On seventh level. Great sears have said, God is on seventh level.

In islam it is said, “ *Maula satvea aasman per* (God is at seventh level)”.



In real sense the body which we see is the physical body. There are another six subtle bodies which are *suksham*, *karan*, *manas*, *aatamic*, *braham* and *nirvana* and in total there are seven bodies.

Mystery of Seven Bodies

Seven Bodies

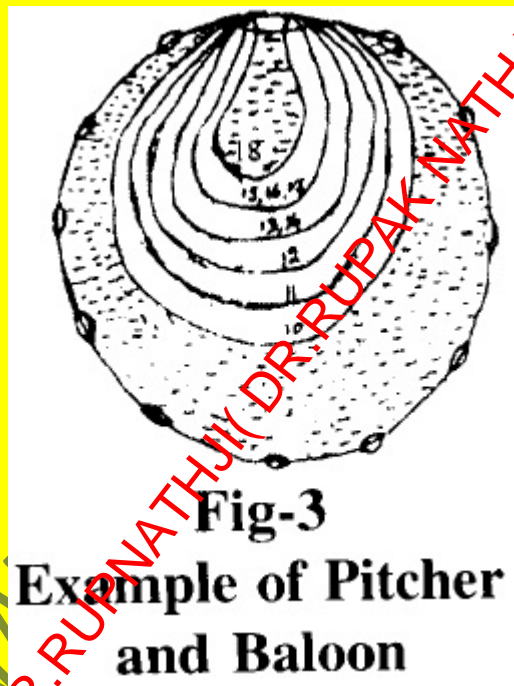
By Paramahansa Dr. Rupnathji

We have seven bodies :- 1. *Sathool*, 2. *Suksham*, 3. *Karan*, 4. *Manash*, 5. *Aatmic*, 6. *Brahm* and 7. *Nirvan*

As our mind is subtle, similarly our 6 bodies other than physical body

(*sathool sharir*) are also subtle.

This can be explained like this :- Physical human body is like a pitcher having holes and six bodies are like six balloons one inside the other and all are in the pitcher . if we put this pitcher along with the balloons in the water, a stage will reach when water in the top balloons and the pitcher will merge, when all the balloons are broken. As soon as a person crosses 10-18 doors, simultaneously 2-7 bodies are destroyed one by one while living in the physical body as depicted in fig-3.



Door (*Dwar*) Body (*Sharir*)

10 *Dhaya* 2. *Suksham*

11 *Antariksh* 3. *Karan*

12 *Drona* 4. *Manash*

13-14 *Bhisham/karan* 5. *Aatmic*

15-16-17 *Kripa, Ashawthama and Vikran* 6. *Brahm*

18 *Bhurikshawa* 7. *Nirvan*

Till a person crosses 10th door, he is not on the path of salvation and he keeps on taking birth again and again or remain in *Kaal Chakra*

Outer body which is known as physical body and our true destination is God and that can be found by entering and crossing the *nirvana* body. We can find God only by crossing the seven bodies, which is our true self.

Once Guru asked his disciples, any one who will reveal the mystery of life in one line I will help him to travel the true and sacred journey between **tenth door to eighteenth door**.

Mystery of 10th to 18th Door

Tenth Door To Eighteenth Door

By Paramahansa Dr. Rupnathji

What is human body :-From appearance a person is nothing ,but a body, having two eyes ,two ears, one nose, one face, two hands and with two legs. All these organs do different tasks to meet all requirements. But in facts this human body is master piece having a lot of hidden mysteries and is a great creation of God. Our spiritual leaders (*Rishi/Muni*) have understood the mysteries of this human body but they have written the fact in symbolic language, which is difficult to understand to a common man. Due to this, human being have remained in misery and sorrow for ages. Man has a great gift with the help of which he can have knowledge about how he can remain healthy and live in *Ananda (Permanent Happiness)* and attain self realization (or find God). This way he will be untouched by suffering, discomfort and negativity but he is unable to find the key of this treasure.

The human body contains 18 doors and seven bodies (six of these are subtle). Out of these 18 doors 9 are external in males i.e. 2 eyes, 2 ear, 2 nostrils, 1 mouth, and outlet for urine and stool. The rest 9 doors lie between *Agya Chakra* (place between two eyes) and *Bharm Randhra* (a place where man keeps a tail/choti on his head) this has been depicted in fig-1.

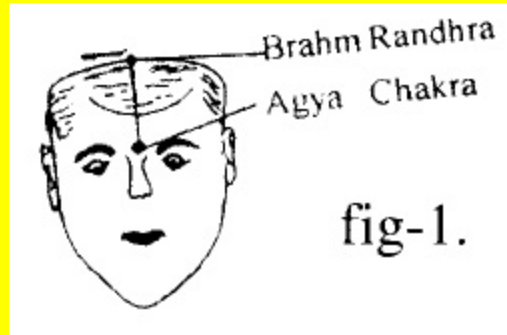


fig-1.

9 doors which are known as *Ram Dwars* are like nine numericals of *Hindi* and at the end of which is *Brahm Randhara*, it is tail end of nine (9) and in the beginning, it is head of one (1), as depicted in fig-2



Fig-2.

9 doors which opens outside our body known as *Kam Dwars* (doors of desire) and 9 doors which open inside our body known as *Ram Dwars* (doors of divinity), these are not visible but hidden. When we practice and advance in the process of *Namyog* one has different experiences as he passes through each door:-

10. *Dhyo Dwar* 11. *Antriksh Dwar* 12. *Dron Dwar* 13. *Bhism Dwar* 14. *Karan Dwar* 15. *Kripa Dwar* 16. *Ashawthama Dwar* 17. *Vikran Dwar* 18. *Bhurisharva Dwar*

In females there are 12 *Kam Dwars* (in addition to 9 above two udders and one uterus), and 6 *Ram Dwars* which are 10 to 12 and 16 to 18.

If the answer will be wrong then I will keep him aside.

Every disciple wanted to go for this true and sacred journey (*ante yatra*) but it was impossible to explain with in one line. How to explain?

There was one disciple who never visited Guru after having *deeksha* (offering) nor he heard discourses. He used to do *sumiren* (remembering God) and used to love Guru extensively. He had forgiven intoxication and differentiation of caste. i.e. he had surrendered himself towards Guru. By performing his duty he used to visit place of Guru and used to crush oil seeds (*Til*) and used to go back home silently. It was his daily routine. When he came to know that Guru has asked the meaning of life in one line then he asked from his fellow disciples, should I tell the answer? Other disciples asked him that you never heard the discourses of Guru after getting *deeksha* then how can you tell the answer. He told I will write on a piece of a paper and you please send it to Guru. Every one laughed at him .

Ok you tell us the meaning of life.

He told the mystery of life is to separate oil from oilseeds. By hearing this other disciples begin to laugh and commented that by crushing the oilseeds your life have become like a oilseed (*Til*). There is no harm in passing your message to Guru.

When guru saw that in writing then he begin to run and reached to the disciple and hugged him and commented that you got the meaning of life by crushing oilseeds. From now onward I will call you *Tilopa* (the person who got the meaning of mystery of life from oilseeds).

The mystery of life is that as if oilseeds contain oil similarly this human body contains God.

*" Ghat main basea sujhe nahi lanat aisea jind.
Tulsi aisea nar ko bhaya motia bind "*

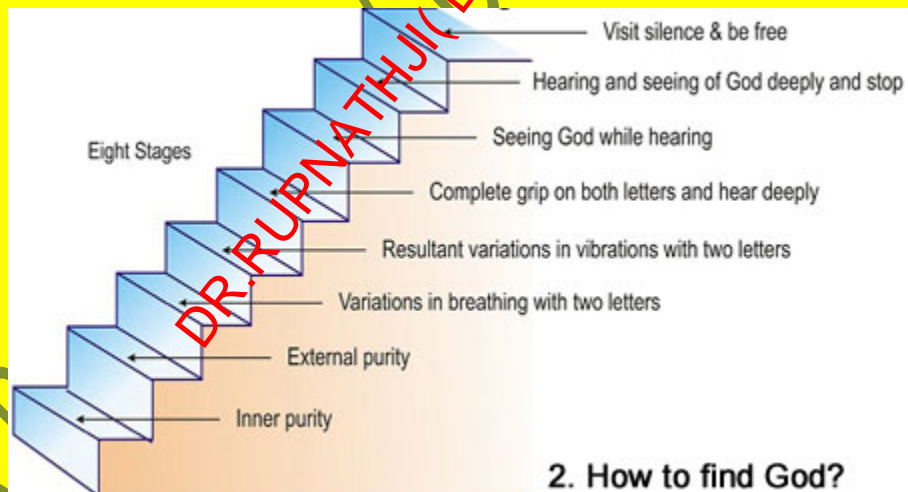
A man is not aware that God lies within his body. How shameful it is that you can't see as if suffering from cataract

*Seep main moti basea, khusboo basea hai phool
Tera Prabhu tujh me basea, bus tu gaya hai bhool*

Pearl lies within shell as fraganance lies in a flower,
God lies within you but you have forgotten Him.

Q-2: How to find God?

A-2: We got the answer where God lies, but now there is a question, how to reach there where God lies? By adopting 8 steps which are as under: -



1. **Inner purity** (by prohibiting of discrimination of caste and intoxication) Inner purity is disturbed by intoxication and feeling of caste differentiation.
2. Intoxication disturbs senses and feeling of caste differentiation keeps you away from God. A person can reach to his destination in

senses only. Caste exists among animals and birds and only humans are having right to reach God not animals. God created caste in animals and birds not in humans. The person who believes in caste lies in the category of animals Only a human being can reach God not *Baman, Gurjar, Jaat, Ahir, Tyagi, Yadav* or *Saini*.

Intoxication creates a thin membrane of caught on *sushmana nadi* and it becomes very difficult to cross. The feeling of castism creates difficulty in crossing twelfth door in the process of spiritual journey.

3. **External purity** (to keep the body in order)

To keep nine external doors clean which opens outside the body which are eyes, ears, mouth, penis, anus, teeth, nails and hair etc.

4. **To squeeze, turn, bend or revolve in the body, the two letters moving in the breath established by God.**

5. **To produce different vibrations by the two letters moving in the breath.**

6. **To establish your self firmly on both the letters :-** To hear and feel the presence of both the letters in our breath. First letter is used with each in- breath and second letter is used with each out- breath. Feel both the letters deeply. Spend some time on this particular practice which means to hear the letters more and more deeply. Do not press or disturb your breath but hear the true name while taking in – breath and out- breath. Do not extend or press your breath but hear true name calmly.

7. **To see/ visit God :** - Now try to reach above your eyes with the help of your breath while hearing the same at that time. Hearing is known as *surat* and taking/ carrying your breath above the eyes is known as *neerat*. Try to maintain the balance between *surat* and

neerat. It should not happen that while going above the eyes you begin to loose contact of hearing or *vice versa*.

8. **To hear true name deeply and see / visit God:-** Hear true name and go above your eyes and stop your self there and do not come down. Stopping above the eyes is known as *neerat*. On stopping above the eyes, the sound of the true name from all the ten directions begins.

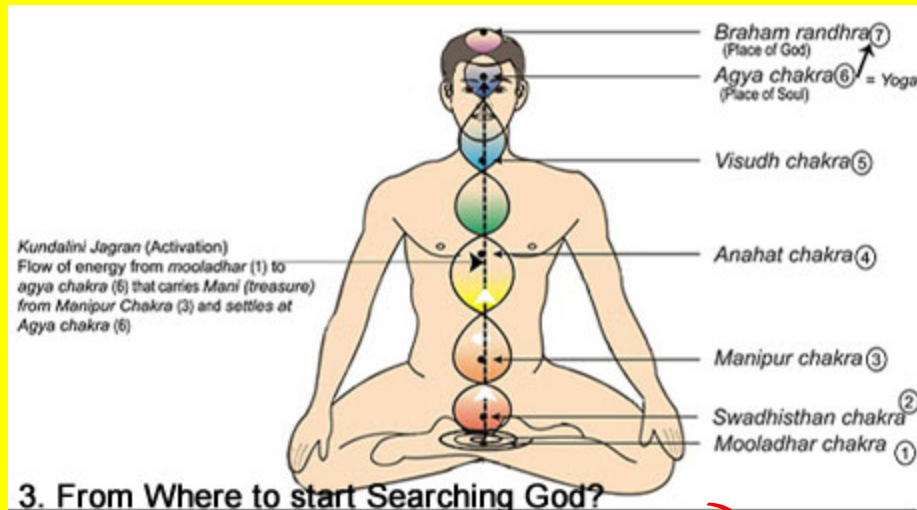
9. **To get free and be in peace**

Yoga means to connect. With whom? With your final destination. That is why these eight steps are known as *ashtang*. By adopting the above eight steps one can reach to his destination i.e. soul connects with God which is your true self. All myseries and problems of your life vanish and you blossom fully from a small bud.*

Q-3 From where to start?

A-3 You got the answer of first question that God lies with in seven bodies and God can be found by adopting eight steps which is the answer of your second question. Now from where to start. From sixth (6) place.

Our body is divided into seven parts:-



1. *Mooladhar*- four fingers below the private part
2. *Swadhisthan*- four finger above the private part
3. *Manipur*- navel
4. *Anahat*- heart
5. *Visudh*- throat
6. *Agya*- a place between the two eye browse
7. *Shastrsar*- a place on the top of your head which is generally covered with the cloth

Great sears have called it *shiv netra* which means *kalyan* (Benefitted). This place is known as *ditya chakshu* also which means the eye from where *kalyan* begins and this is the reason **786** is considered as sacred. 6 in **786** is the indication of a place between the eyes.

Be one eyed then you will be filled with illumination
One has to start from above the eyes only

To make these three answers practical, one has to take help of Guru. This life is useless, unless it is put to practice One got the answer of all the three questions but only Guru can help in this matter.

Great men have given a principle i.e.

Atma (soul)- *Mahatma* (Guru)- *Paramatma* (God)

In Bible it is said – Father – Son- Soul

One can't find God till soul is dedicated to Guru. One can reach his destination only when he has surrendered himself to Guru

"Ma ch yo vyabhicharen bhaktiyogan sevtea

Se gunanasmaitamtanbrahan bhuyaya kalpatea"

"The person who does remember me regularly with *bhakti* (worship) then he does cross the three *gunas* (qualities) and becomes eligible to find almighty (*Sachidanandghan*) God. "

Here Guru Shree Krishna (*Mahatma*), Arjuna (soul) and almighty (*Sachidanandghan*) is used for God. It has been made clear in this verse of *Bhagwat Geeta* that hey Arjuna you worship me (*mahatma*-Shree Krishna) one sided then you will become eligible to find God)

- Paramahansa Dr.Rupnathji

(2)

External purification

By Paramahansa Dr.Rupnathji

Trees give us oxygen and human society is based on oxygen. In the absence of oxygen the human society and every creature will be destroyed.

Water of rivers helps in irrigation of trees and agriculture and finally enters the ocean. The water of sea is converted into the rain again, therefore, purification of rivers, plantation of trees and their maintenance is an act of spiritualism or for the humanity. Loud sound (noise) is

detrimental for the humans and the environment. Therefore, noise pollution should be controlled.

Polythene harms the environment, therefore, it should be prohibited.

Therefore, we consider that awareness of environment is an essential work for the humanity. That person can't be spiritual, who is careless about the environment.

(3)

Cultures of India

By Paramahansa Dr. Rupnathji

God gave His blessing especially to India. Great spiritual saints arrived in India at various intervals to make India the spiritual capital of the world. God has blessed only India with the following five cultures:

Guru :- Importance of Guru (great master) has been described mainly in India. Guru is that person who removes ignorance by his teaching. In Kaliyug a man is deeply engrossed in ignorance. Great masters arrived in this world at various times to elevate mankind. In Tretayug Shri Ram Chandra, in Dwapar Shri Krishan Chandra and in Kaliyug Mahatma Budh, Jesus Christ, Chaitnya Mahaprabhu, Guru Gobind Singh and Madhav Rao arrived at various intervals for the upliftment of the society. Guru (Master of the ring) is that person who is having complete knowledge about this human body and the universe.

Gaye (Indian cow) : - Indian cow is an example of miraculous Power of God. God sent His Medical Store. In India only in the form of Indian cow. Cow's milk, curd, butter, butter oil, urine and its stool, all are very useful for mankind and it can cure even incurable diseases.

Gita:- Gita is considered as greatest discourse on spirituality. One gets spiritual knowledge and how a man should lead his life. Gita in itself is a complete art of living and covers each and every aspect of human life. The real meaning of Gita is just not to remember it, but to follow, what has been described by Shri Krishna ji. We mean Gita according to our own intellect and ego, that is why we are misled. This is an exceptional and scientific discourse, which has been described by Guru for the men of Kaliyug. Shri Krishana mean Guru and Arjuna mean disciple. Kaurva means misery, and Duryodhan mean greatest misery produced by this human mind i.e. ego. Ego can't be conquered by intellect but only won by coming under the shelter of Guru.

Gayatri:- Gayatri is comprised of two types of gayatri i.e. which can be recited (japa) and another one which can't be (Ajapa). Recital Gayatri (japa) is that Gayatri which can be recited with the help of lips, tongue, throat, and mind known as Gayatri Mahamantra. Om Bhur Bhuvah Swah, Om Tat Savitur Varenyam, Om Bhargo Devesya Dhimahi, Om Dhiyo Yo Nah, Prachodayat, Om-. Other than recital Gayatri known as 'True name of God or unrecital Gayatri'. We can't recite this by lips, tongue, throat or mind as it is going on in our breath automatically every moment. This is also known as 'True name of God'. There are two letters which have been established by God in our breath and we have to hear this only. Knowledge of these two letters are obtained from Guru under his shelter as an offering (Deeksha).

Ganga (holy river) : - God showed his miraculous powers especially in India in this world and one of them is Ganga Ji. Ganga is an offering of God and it is His miracle, that is why one should not take his bath in Ganga. Shri Ganga ji is spread from Gomukh to Ganga Sagar but as far as purity is concerned it is limited to Gomukh only.

Ganga ji has become highly polluted as compared to any other river because people have made Ganga as drama (pakhand) by worshiping this. If we feed 100 people and throw one kilogram of filth in Ganga then it will result into negative karma.

We should keep our shoes in a bag or away from Ganga then only we should drink 'Ganga water' as an offering. We should not take bath in Ganga, rather we should bath in Ganga water away from Ganga, so that water does not reenter into Ganga.

If a person can use and imbibe the above mentioned cultures in his day to day life, it is certain that he can lead his life in paramananda (bliss) and can attain even self realization.

(4)

Idols Are Scriptures

II By Paramahansa Dr. Rupnathji of Idols

We have created physical temples of God where we have kept idols of various gods. These man-made temples are like a map which shows the logical location, not the real ones like river, mountain or street. On the map of India, place like Haridwar and river like Ganges are shown but the actual river is not flowing on the paper.

Similarly, we search God in these man-made temples but God actually resides within us inside our body. We just have to discover it. That is why this human body is known as 'Temple created by God'. God created this human body as true temple and established Himself there, but we indulged our self in visiting man-made temples. As if we were contented to look at the map only but not to discover the real location and natural objects like river and mountains. We start searching God in

these man-made temples instead of searching within us.

A seed of mango lies within mango, the seed of flower lies within the flower, similarly God who created us, lies within us. Man-made temples are only a replica or indication of this very true temple. As we enter into a temple we hear sounds of bells, see light of lamp (*Deepak*) and smell fragrance. Similarly, when we travel internally and cross various internal doors (**10th door to 18th door**) then we see more astonishing light, hear pleasant sound and smell enchanting fragrance.

However, we consider man-made temples as our destination and have started worshipping idols instead of understanding the real meaning behind all these idols. We should understand the indications given by each and every part of the idol. We can't reach any destination at all if we stop at a milestone and start worshipping it. We have to read it to understand how far we have travelled and then make efforts to travel the remaining distance to our destination. Then only we will get there our self.

Therefore, read and understand the mysteries of these idols.



(5)

Lord Ganesh_{oor}

Myste **By Paramahansa Dr.Rupnathji** ry of Durga Idol

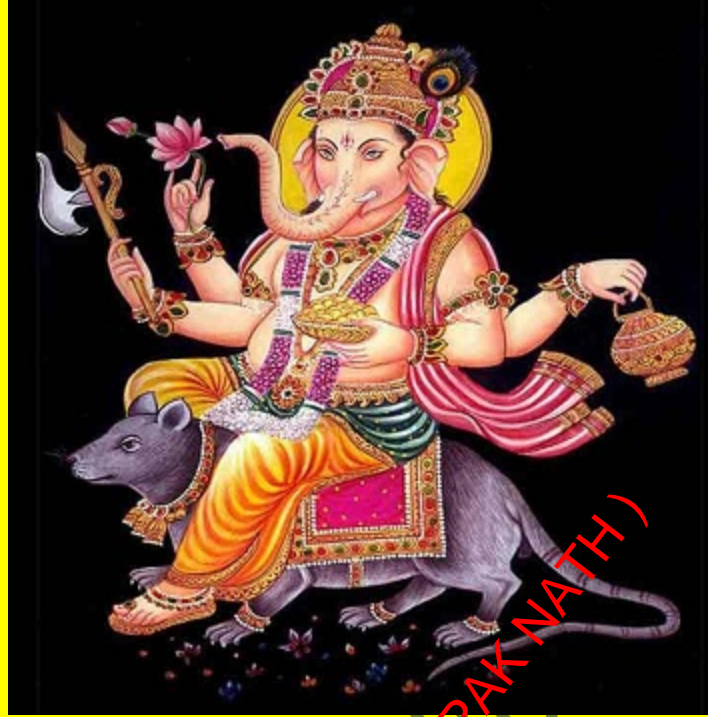
Ganesh means unaccountable i.e. the splendid God. Who is splendid but can be only found by dedication i.e. through *Bhawani (shardha)*.

Bhawani means *shardha* (dedication) Ganesh was born from *Bhawani* not from *Shankar*. This way God can be found by *shardha*. When a man is dedicated to God then only God appears. When God appears then *Riddhi – Siddhi*, *Shubh – Labh* and *Santosh* (contentment) follows. Therefore, wife of Ganesh is known as *Riddhi – Siddi*, Son as *Shubh – Labh* and daughter as *Santosh* (contentment). *Riddhi – Siddhi*, *Shubh – Labh* or *Santosh* are not male or female but these are indications of great sears.

What are the various indication of Ganesh's idol's body?.

- Huge Ears:- God hears everyone
- Long nose:- No one is respectable other than Him
- Small Eyes:- He has far sightedness
- Bulky Stomach:- He doesn't want any thing from you as he is satisfied
- Black Mouse as a vehicle:- Black Mouse is an indication of unstable mind.
- The way Mouth or Tale of a Mouse keeps on moving, similarly mind is also very active. When a person surrenders his mind to God (becomes a seat of God) then he is rewarded (gets *laddoo*).
- In case a man doesn't do so then he gets hindrances in his activities, which are the indications of *Ankush* and *Nagpash* which Ganesh carries in his two hands.

Therefore, read and understand idols.



Goddess Durga

By Paramahansa Dr.Rupnathji

Durga = Durg + Aa

Durg = Fort (human body of 18 doors)

Aa = is the power that makes the difference between a living and a dead person i.e. soul. That power is known as *Durga* which resides, in our body comprising of 18 doors in our true self i.e. soul. *Durga* is a female word, therefore, *Durga* has been depicted as female.

- Lion:- Lion is an indication of bravery. The only person who is

brave can know that power (*Durga*) because *Durga* is riding the brave (Lion). Only brave can find God.

- Eight hands:- Eight hands are indication of all directions i.e. God is present in every direction. He is every where.
- In *Durga* Idol it has been expressed that one must know that power which resides in this human body. This supreme power is your true self. Till a person doesn't know his true self he calls this supreme power known by various names as *Durga*, *Shiv*, *Bhagwati*, God or *Braham*. To know that supreme power, it is essential to have secret journey through 10th door to 18th doors of our body.

Therefore, read and understand idols.



Mystery of Hanuman Idol

(7)

Lord Hanuman

By Paramahansa Dr.Rupnathji

Hanuman means that person who has forgone (*hanan*) all his ego (*maan*) i.e. a disciple who has shredded his ego fully towards his Purn Guru (Master of the ring). He has become fully devoid of any ego, he has become egoless.

- Pink Colour:- When the sun rises as well as when it sets, the sky turns pinkish. Rise of the sun is an indication of happiness and dawn is an indication of sorrow / *sadness*. This pink colour of sky tells us that a person should remain balanced in both situations, happiness as well as sorrow. . The feeling of a true disciple remains the same in happiness and sorrow towards Purn Guru. In any situation his/her feeling doesn't change.
- Long Tale:- Tale is an indication of honor, name and fame. True disciple always commands great honor, which he gets in his absence instead, or in his presence.

Vanar:- Such a person for whom the words used are *wah wah* (great great). True disciple is a *Vanar* not a monkey. The true disciple who gets this status of Hanuman is always with his Purn Guru. He never follows doubts of Purn Guru. He always considers and feels himself as a true representative of his Purn Guru (Ram).

Therefore, read and understand idols.



Mystery of Shiv & Parvati Idol

Shiva Shankar

By Paramahansa Dr. Rupnathji

Shankar:- That person who has understood the difference between the body and the power which operates this body. *Shankar* means difference between these two.

- Parvati:- Parvati is an indication of *Shardha* (dedication). *Shardha* always remains with that person.
- Ox:- Ox is an indication of religion, he always remains stable on religion with *shardha*.
- *Trishool* (Trident):- *Tri*-three, *Shool*-nails, these are three nails i.e. *satogun*, *rajogun* and *tamogun*. These are the cause of physical, mental and financial problems. He is not affected by these

problems.

- *Damru*:- *Damru* is an indication of special sounds. *Damru* on *Trishool* is an indication that the person who is listening to the special sounds is not affected by any problem i.e. physical, mental and financial.
- Moon:- This is an indication of mind. His mind is always located above the eyes not below the eyes.
- Ganga:- He gets that sacred flow / stream when he establishes himself above the eyes and is elevated.
- Snake:- Snake is an indication of time (Death). The person who has come to know the secret of the body and the power who operates this body, then/ death becomes his ornament/time is under his control.

Therefore, read and understand idols.

DR. RUPNATHJI (DR. RUPAK NATH)



Mystery of Kali Idol

DR. RUPNATHJI

DR. RUPNATHJI (DR. RUPAK NATH)

(9)

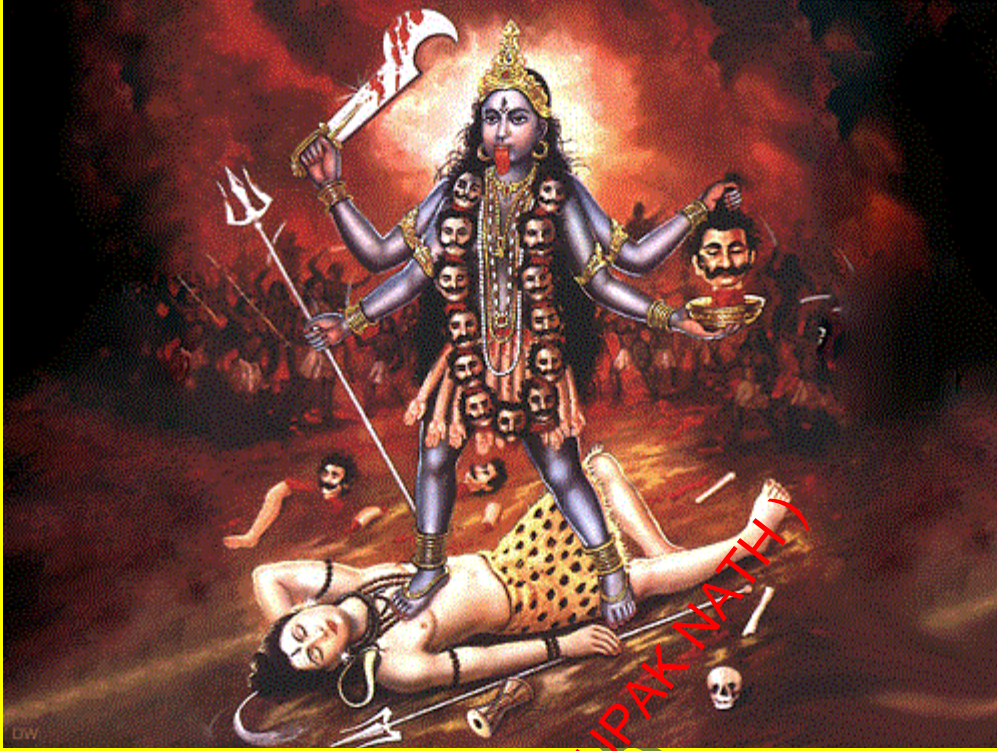
Kali Mata

By Paramahansa Dr.Rupnathji

Black color is an indication of depth. Black color is formed by the combination of all the other colors.

- *Kali* means :- *Kal* + *ee*, that power which is beyond the control of time i.e. God
- *Kali* means God who is satisfied only with head and blood. If you wish that God be happy then you have to surrender your head (ego) and blood (anger).
- Someone has said that I will prefer to die instead of bowing my head, which is an indication of ego.
- My blood is boiling is an indication of anger. You will be protected by that supreme power when you surrender your ego and anger.
- *Shankar* on foot steps on *Kali* i.e. one understands the difference between the body and that power who operates the body (*Shankar*). That is why there is a string of heads in the neck of *Kali* idol and *Shankar* on foot steps of *Kali*.
- You will come to know the difference between the body and who operates this body, only when you surrender your head (ego).
- The real knowledge is to know the difference between the body and that power who operates this body. Other than this everything is ignorance.

Therefore, read and understand idols.



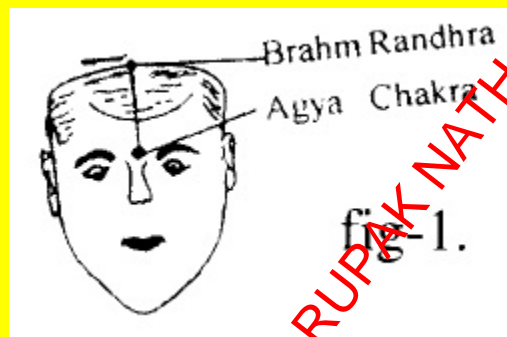
Permanent Happiness

By Paramahansa Dr. Rupnathji

From appearance a person is nothing, but a body, having two eyes, two ears, one nose, one face, two hands and with two legs. All these organs do different tasks to meet all requirements. But in fact, this human body is a masterpiece having a lot of hidden mysteries and is a great creation of God. Our spiritual leaders (*Rishi/Muni*) have understood the mysteries of this human body but they have written the fact in symbolic language, which is difficult to understand to a common man. Due to this, human beings have remained in misery and sorrow for ages. Man has a great gift with the help of which he can have knowledge about how he can remain healthy and live in *Ananda* (*Permanent Happiness*) and attain self

realization (or find God). This way he will be untouched by suffering, discomfort and negativity but he is unable to find the key of this treasure.

The human body contains 18 doors and seven bodies (six of these are subtle). Out of these 18 doors 9 are external in males i.e. 2 eyes, 2 ear, 2 nostrils, 1 mouth, and outlet for urine and stool. The rest 9 doors lie between *Agya Chakra* (place between two eyes) and *Brahm Randhra* (a place where man keeps a tail/choti on his head) this has been depicted in fig-1.



9 doors which are known as *Ram Dwar*s are like nine numericals of *Hindi* and at the end of which is *Brahm Randhara*, it is tail end of nine (9) and in the beginning, it is head of one (1), as depicted in fig-2



Fig-2.

doors which opens outside our body known as *Kam Dwars* (doors of desire) and 9 doors which open inside our body known as *Ram Dwars* (doors of divinity), these are not visible but hidden. When we practice and advance in the process of *Namyog* one has different experiences as he passes through each door:

10. *Dhyo Dwar* 11. *Antriksh Dwar* 12. *Dron Dwar* 13. *Bhism Dwar* 14. *Karan Dwar* 15. *Kripa Dwar* 16. *Ashawthama Dwar* 17. *Vikran Dwar* 18. *Bhurisharva Dwar*

In females there are 12 *Kam Dwars* (in addition to 9 above two udders and one uterus), and 6 *Ram Dwars* which are 10 to 12 and 16 to 18.