



The Path to a Divine Life



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Life*

The Path to a Divine Life

publication of the
SantBhagwant Sāhebji Amrut Mahōtsava



Published by :  **Anoopam
Mission**

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Cultural and Community Centre

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Edition : **First** : GuruPurnimā 1996
Second: On the Occasion of the
SantBhagwant Sahebji Amrut Mahotsav &
Anoopam Mission, Vemār Murti Pratisthā Mahotsav,
23 March, 2016

Copies : 3000

Price : Rs. 25/-

Compliments : Pujya Poojaben-Pujya Bimalbhai Sheth (USA)

Type Setting : Information Technology Centre,
& Graphics Mogri-388 345. Gujarat.

Printed by : Krishna Offset Printers, Nadiad. Ph. : (0268) 2559633

Foreword to the Second Edition

We are all walking the path to a divine life. This booklet is small but priceless, and all who have tried to put its words into practice have begun their journey on this path, and have all experienced the indescribable joy that comes from it! Those that have grasped these small words, have experienced their flowering into the deepest values, and thereby contentment in every aspect of their lives.

It has given darshan of Sant Bhagwant Sahebji's utmost compassion towards all, young and old!

This little book provides an unshakable mountain of strength against bad habits – negative company, and gifts the direction and conviction to act virtuously. It gives the impetus for our values and principles to develop.

This little book's contribution – in giving rise to a strong youth force with principles and values, who will work towards the making of a strong, self-sufficient country, is immeasurable. This little book's contribution will continue for all time, and it is with this wish that the second edition is being published on the very auspicious occasion of Sant Bhagwant

Sahebji's Amrut Mahaparva.

It is in considering the needs and sentiments of the young and old, and especially of mindful parents, that this book is being published again

May the Lord show the way to a divine life, and grant its boundless joy; such is our heartfelt prayer!

Jai Shri Swaminarayan!

*Sant Bhagwant Sahebji Amrut Mahotsav
Publications Committee
Sant Bhagwant Sahebji Amrut Mahotsav, 2016*

The Origin

Param Pujya Saheb is the inspirer of the publication of the good thoughts contained in this book.

It was in May 1996, when the Sadhaks of Anoopam Mission were on pilgrimage with Param Pujya Saheb in the Himalayas, when he purchased up a number of small booklets published by Geeta Press, Gorakhpur, containing advice to children on good thinking and etiquette written in Hindi. He shared these books with Pujya Shantibhai and Pujya Ashwinbhai who appreciated the thoughts and style of writing. And thus began the journey of these noble thoughts to reach your hands and heart.

Wherever Param Pujya Saheb goes, be it a temple, and an ashram or a spiritual commune, be it a village, town or city, be it even a home, an office or a work place- be invariably looks for and finds something good, something positive and inspirational. He then shares his wealth with children, with youth, with sadhaks and with everyone alike. Nurturing in them culture, character and spirituality. The sharing comes not through mere discourses but through practice establishing the values as enlightening ideals in the society. Param Pujya Saheb would always remember Gurudev Yogiji Maharaj while sharing his vision of the ideals. He would recollect a number of inspirational incidences with

YogiBapa and explain the spiritual vision and sentiments of Yogiji Maharaj.

Param Puja Saheb has enlightened the efforts of this publication with his most creative and deeply spiritual insight. It is because of his suggestions and guidance that good thoughts have gained their intrinsic beauty and a spiritual touch.

We are grateful to Dr. Manoj Soni for editing this gift from Param Puja Saheb. His efforts for the simultaneous preparation of "The Path to a Divine Life" in English and Gujarati are particularly commendable.

Although this book is primarily addressed to children, it could be useful and inspiring to every individual who aspires and strives to make his or her own life and that of his family's and the society's, happy, peaceful and harmonious. we too are engaged in such an endeavour and hence please do not take the contents of this book as advice, instead kindly treat them as sharing.

May God grant us inspiration and courage to live a good life.

Jay Swaminarayan.

Publication Committee Yogi Foundation, Anoopam Mission

The Basic Thought

Virtues make life beautiful.

Virtues make life lovely.

Virtues make life peaceful.

Virtues make life happy.

Virtues are the ornaments of a human being.

Virtues are the humanity of a human being.

Virtues are the identity of a human being.

Virtues distinguish a human being from an animal.

Virtues represent culture.

Virtues represent religion.

Virtues represent devotion.

Virtues represent the grace of the Guruji.

But,

Living a virtuous life may sometimes be problematic.

Living a virtuous life may sometimes be confusing.

Living a virtuous life may sometimes be irritating.

Living a virtuous life may sometimes be disappointing.

Living a virtuous life may sometimes be sceptical.

Don't worry if it feels so.

Even Arjun had such feelings.
Don't grieve if it feels so,
Even Eklavya had such feelings.

For getting rid of all the confusions and scepticism,
Let God be the centre of your life,
Follow his words, the rest will follow.
Let your Guruji be the centre of your life,
Follow his guidance, the rest will follow.
Let a true Saint be the centre of your life,
Follow his suggestions, the rest will follow.

Because,

Virtues are truth, God is the ultimate Truth,
Virtues are religion, Guruji is the ultimate religion,
Virtues are like flowers, Saints are the fragrance !



SwamiShriji



My dear children
and fellow satsangis,

This book contains the essence of good life. It shows a path that leads to divine life.

Remember, the basic and the most important thing in life is to be a good human being, rather than becoming an adherent of this or that doctrine or sect. The thoughts presented in this book aim to help realise the good human being in us.

May Bhagwan Swaminarayan and Gurudev Yogiji Maharaj guide us all in our endeavours and bestow upon us their strength.

With love and blessings,
Saheb's Jay Swaminarayan

Yogi Jayanti
14 May, 1996

*The
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A Child's Day

1. *Rise Early*
2. *Prayer*
3. *Bodily Cleanliness*
4. *What to eat ? How to eat ?*
5. *Before you go to bed.*

The **1** *st* *Mile*

1. Rise Early

Wake-up before Sunrise every day.

Wake-up earlier than others in the family.

Wake-up before dawn.

Lazy people wake-up late.

Dull people wake-up late.

Diseased people wake-up late.

You are neither lazy

nor dull,

nor diseased, hence rise early.

Rise early and get rid of laziness.

Rise early and get rid of dullness.

Rise early and reach your goals early.

2. Prayer

Sit up straight on the bed.

Pray to God.

Pray to Bhagwan Swaminarayan.

Pray to your Guruji.

Bow down to the Lord.

Bow down to the Guruji,

Resolve firmly

that,

You shall obey your parents,

that

you shall obey your teachers,

that

you shall always be truthful and righteous.

Bow down to your parents,

And take up your daily routine.

3. Bodily Cleanliness

Wash your hands and Face.

Gargle repeatedly.

Use clean and cool water.

Wash your face, clean your eyes.

Clean your nose, clean your teeth.

Clean your tongue properly.

Bathe regularly.

Bathe twice in summer.

Bathe properly.

Clean your body, wash your hair.

Wash off dirt with clean and cool water.

Always use a clean towel.

Clean your body properly.

Clean your eyes, ear and nose,

Each part and every bit.

Always wear clean clothes.

Always keep your clothes clean.

Always keep your body clean.

Always keep your home clean.

Because, cleanliness is next to Godliness.

4. What to Eat ? How to Eat ?

Eat roti, eat sabji.

Have gram, eat rice.

Have milk and buttermilk,

Curd, honey and dry fruits.

Eat a lot of fresh fruits.

Eat a lot of leafy vegetables.

Eat a lot of fresh beans.

Your diet should be easily digestible.

It should keep you free from disease.

It should give you strength.

It should be pure,

like the prasad of the Lord.

Don't eat very hot dishes.

Don't eat very cold dishes.

Never eat stale food.

Avoid too much chilli and sour food.

Eat fresh, keep fresh.

Wash before you eat.
Eat light with delight.
Chew chew and chew.
Be at ease never haste.

Be quiet at lunch and dinner
Happy healthy smile and cheer.
No shout and no anger.
Avoid drinking water with food.

Clean your teeth carefully.
Use clean cool water.
Avoid betel enjoy basil.
Have cardamom have clove.

Keep healthy,
Be happy.

5. Before you go to bed

Before you go to bed

Check whether its head is facing North ?

Check whether its head is facing West ?

It should not be.

While in bed your head should be facing South or
it should be facing East.

Before you go to bed

Pray to the Lord.

Pray to Bhagwan Swaminarayan.

Pray to Guruji.

Remember them, chant 'Swaminarayan'.

Pray for everyone.

Always sleep over the right hand.

Always sleep in a clean neat bed.



How will a Child of God Speak and Behave ?

- 1. Speak Sweetly*
- 2. Sit Properly*
- 3. Walk Properly*
- 4. Reading Rightly and Right Reading*
- 5. Writing Beautifully*
- 6. Do Not Litter*
- 7. Keep in Time*
- 8. Work While You Work, Play While You Play*
- 9. Discipline - The Master Key*

The  *nd* *Mile*

1. Speak Sweetly

Everybody speaks.

But there is a difference.

Some speak in order others just bluff.

Yogi Bapa used to say,

'speak less

use your speech like using milk - sparingly,

and not like water. Avoid harsh speech,

speak if and as much as is necessary,

and earn the respect and love of all'.

Those who speak courteously and sweetly are
always respected.

Speak courteously.

Speak sweetly.

Speak humbly.

Speak politely.

Never shout.

Do not talk at a very high pitch.

Why shout unnecessarily and damage the vocal
chords ?

Address everyone properly and politely.

Talk respectfully with elders.

Do not shout at elders, never.

If the elders are at a distance and
if you want to talk to them,
go to them, don't shout.

Walk to the elders when they call you.

Pay them due respect while talking.

Talk lovingly with everyone.

Talk politely with everyone.

Never try to overhear others' talk.

Do not interrupt while others are talking.

Speak as much as needed

but,

make it sweet whatever it be.

2. Sit Properly

While attending sabha or listening to kirtans in a temple, do not stretch your legs.

Sit properly in discipline before God and Guruji.

Bending your back too much while sitting harms,
Sit quietly and attentively.

Sit with a steady mind and body.

Always cover your mouth with your handkerchief
While coughing or sneezing.

Do not let your mind wander during a sabha.

Avoid giggling.

Sit with rapt attention.

3. Walk Properly

Do you know how to walk ?

Only little kids and infants do not walk.

But, of course, you can walk, even jog and jump,
can't you ?

Yet, Do you really know how to walk ?

Those who jump while walking

Those who drag their feet, while walking

Those who bang their boots, while walking,
do they know how to walk ?

Ruffling on the road

Roaming carelessly

Shows you know not walking properly.

Whistling in public

Pushing people with elbows

Screaming on the road

Shows you need to learn walking properly.

Do you look in front of you while walking straight ?
if 'Yes'

then you know how to walk properly.

Do you always cross the road on a zebra - crossing ?

Do you avoid traffic on the road ?

Do you walk quietly ?

If 'Yes'

then, of course, you do walk properly.

Always give way to vehicles.

Always allow to pass on those who carry weight.

Always help invalid people and elders

If they need your help on the road.

Walk straight,

Walk steady,

Walk briskly.

4. Reading Rightly and Right Reading

How do you read a book ?

Holding it in your hands ?

Putting it on a table ?

Laying it on a bed ?

Reading while lying on a bed would
weaken your eyes.

Bending too much on the book would
also weaken your eyes.

Keeping the book at a very long distance
from the eyes or keeping it too near
to the eyes can also harm the eyes.

Reading in a dim light or very bright light
weakens the eyes.

Sit straight while reading.

Keep the book at an arms length distance.

Read in a normal light.

Keep your head steady while reading.

Do not read loudly, if unnecessary.

Concentrate.

Sit steady.

Understanding is as important as reading.
Remembering is as important as reading.
Read something that can be useful in your studies or
life.

Do not spoil the book that you borrow.
Place the book at its proper place.

Respect books, because
they are like teachers.
Revere them.

5. Writing Beautifully

Do not bend while writing.

Do not press hard while writing.

Do not scribble; write neatly and cleanly.

Sit straight while writing.

Write clearly and beautifully.

Write in a straight line.

Your writing reflects your personality.

Keep it neat.

Avoid haste.

Spell correctly.

Think before you write.

Write beautifully

whatever, whenever

and wherever you write.

6. Do Not Litter

Where do you dispose off your waste papers ?

Your fruits and vegetable wastes ?

Your house - hold wastes ?

Use a waste - paper basket

or

dump organic waste in the dump yard.

Railway, Bus, Rivers and Oceans

Home, Street, Village and Townships

State, Nation, World and all

belongs to us, keep them clean.

Don't make them garbage bins.

7. Keep In Time

Reaching late at the Station, you miss your train.
Reaching late at the Post-office, you miss your mail.
Reaching late at the School, you miss your lessons.
Therefore, keep in time, always.

Sleeping late at night, rising late next day,
Rising late breeds laziness,
Constipation, dizziness, dullness
Therefore, keep in time, always.

Be in time for your appointment.
Be in time for your company.
Be in time for everything,
And you will always be ahead
on the top of the world.

8. Work While You Work, Play While You Play !

Facing south if you walk east, what would happen ?
Naturally, you would stumble.

Can you expect to gain knowledge if you engage
yourself in worthless gossip while studying ?
Absolutely not.

One job at a time, and
Right job at the right time in the right way.
that's the rule
to be happy and gay.

9. Discipline - The Master key

There is a discipline regarding diet;

Follow it and be healthy.

There is a discipline regarding rest;

Follow it and stay healthy.

There is a discipline regarding cleanliness;

Follow it and live happily.

Discipline is not an impediment.

It is the master key.

Be disciplined, be happy.

If you are disciplined you gain health

If you are disciplined you gain strength

If you are disciplined you gain wealth.

Success comes to the disciplined

Glory comes to the disciplined

Happiness comes to the disciplined

And can Godliness be away from those who are
truly happy ?



Virtues of the Child of God

1. *Truth*
2. *Compassion*
3. *Forgiveness*
4. *Patience*
5. *Tolerance*
6. *Politeness*
7. *Simplicity*
8. *Faith*

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1. Truth

The practice of Truth means

Speaking the truth

Practicing the truth

Thinking the truth

Which is true and is a virtue.

But,

Faith in God and His words is a greater Truth.

Faith in your Guru and his words is a greater Truth.

And hence,

Truth is God.

Truth is Faith.

Truth is Divinity.

King Harischandra gave up his kingdom,

but not the truth.

King Dashrath gave up his desire for Ram,

but not the truth.

Mahatma Gandhi suffered a lot,

but did not give up the truth.

Hold on to the truth when the time is unkind.
Hold on to the truth when life becomes a suffering.
Hold on to the truth when there are great incentives
to give it up.

Let truth prevail in your mind.
Let truth prevail in your words.
Let truth prevail in your life.

By

Placing God at the centre of your life.
Placing your Guru at the centre of your life.
Placing a true Saint at the centre of your life.

2. Compassion

Humanity demands compassion
for the down-trodden.

Humanity demands compassion
for those in trouble.

The great sage Dadhichi donated
his bones out of compassion.

The great king Rantidev give away
his food out of compassion.

Bhagavan Buddha, Mahavira, Jesus and
Swaminarayan

All preached compassion through their deeds.

Compassion inspires peace.

Compassion inspires selflessness.

Compassion inspires humility.

Compassion inspires renunciation.

Compassion inspires love.

It was out of compassion, that Yogiji Maharaj
showered his love on youth.

Compassion is the mother of virtues.

3. Forgiveness

Anger is the source of evil.

Forgiveness is the source of love.

Someone hurts you - forgive.

Someone insults you - forgive.

Someone abuses you - forgive.

Someone asks for your forgiveness - forgive.

Someone doesn't care

to ask for your forgiveness - forgive.

Yogi Bapa used to say,

'tolerance is a great virtue

Forgive and forget the taunts of someone,

it would bring peace to your heart.'

Anger is like fire

Add fuel to fire,

and it would flare-up.

React angrily to anger,

Anger would flare-up.

If anger flares - up, evil descends.

If evil descends, Violence spreads.

If violence spreads peace dies, suffering grows.

Avoid adding fuel to fire,
Fire cools down.
Avoid being angry against anger,
Anger cools down.
Forgive,
it would spring love and happiness.

Forgiveness is the root that
sprouts happiness, peace and love.

4. Patience

Suffering may come.

Disease may come.

Disappointments may come too;

Avoid being desperate, have patience.

Even Bhagawan Ram himself

had to go into exile.

King Yudhisthira suffered too.

And Gandhi endured deep pain, we know,

Yogiji Maharaj forgave his insults.

Life is not always kind.

But never feel down or out, be patient,

Every cloud has a silver lining.

Patience is a noble virtue.

it will bring you success,

it will bring you glory,

it will bring you happiness.

Pursue your goals with patience.

Every night is followed by a dawn, have patience.

5. Tolerance

Cultivate tolerance.

Don't give up in times of trouble.

Don't give up in times of turbulence.

Don't give up in times of trial.

Learn to tolerate.

Cultivate tolerance.

Don't flare up at slight incitement.

Don't loose-out at slight unease.

Don't grudge at a slight pain.

Learn to endure.

There are people who go out looking for volcanoes.

Can't you even endure some heat ?

There are people who dare set their foot on Everest.

Can't you even endure a winter ?

People keep their tempers cool in Wars.

Can't you even endure a little pain ?

Once Bhagawan Bhuddha asked a question to one of his devotees who was about to leave for a pilgrimage.

The Bhagawan asked, 'What if people abuse you ?'

Well, I'll thank them for being so kind as not to beat me,' answered the devotee.

'And suppose if they beat you ?'

'I'll thank them for being so kind as not to make me disabled.'

'And suppose if they make you disabled ?'

'I'll thank them for being so kind as not to kill me.'

'And let's suppose they do kill you,' asked Buddha.

'Well Bhagawan', answered the devotee coolly,

'I'll thank them for being so kind as to liberate my soul from this body !'

Buddha was obviously very pleased with his devotee.

To perceive and accept
the most atrocious acts of others
towards you with compassion is
the greatest tolerance.

6. Politeness

Have you ever witnessed a storm ?

Have you seen the uprooting of trees in a storm ?

Have you noticed that

in the severest storms grass never gets uprooted ?

Why then do the trees get uprooted ?

A tree remains adamant

and gets uprooted by the power of the stormy winds.

Grass bows politely,

and bends over the ground.

No storm then ever can uproot grass.

For, it is polite.

Politeness is a royal virtue

it is appreciated by all

Be polite to everyone - known or unknown.

Assistance is swift to those who are polite.

Co-operation is swift to those who are polite.

Be polite in your utterances.

Be polite in your correspondence.

Be polite in your interactions.

And win lots and lots of friends and fans.

7. Simplicity

Simple living and high thinking.

Simplicity symbolises purity, inspires purity in life.

Simplicity symbolises aesthetics,
inspires ethics in life.

Simplicity symbolises self control,
inspires self control in life.

How simple was the life of Swami Gunatitanandji !

How simple was the life of Yogiji Maharaj !

They inspired simplicity
by their actions and not
by their preachings alone.

Showmanship is futile,
it never lasts.

Exhibitionism is futile,
it never lasts.

Be simple, be happy.

Be simple, be composed.

Be simple, be civilized.

Adopt simplicity - a real virtue a higher life.

8. Faith

The world rests on faith.

Our life rests on faith.

No faith - no progress.

No faith - no peace.

Faith in God

Faith in religion

Faith in scriptures

Faith in the Guru will

bestow upon you

power, courage and wisdom.

And help you have

Faith in yourself.

Think of Arjuna as your ideal,

His faith in Shri Krishna was unparalleled.

Think of Eklavya as your ideal,

His faith in Guru Dronacharya was unparalleled.

Think of the lives of Kakashri, Pappaji, Swamiji,

Sahebji and all the Swaroops,

Their faith in Gurudev Yogiji Maharaj is

unparalleled.



God's Child - Ideal Child

- 1. Be grateful*
- 2. Resolve*
- 3. Respect*
- 4. Follow Them*
- 5. Welcome the Guests, be Courteous*
- 6. Be Nice to Everyone*
- 7. Jostle - Jostle Everywhere ?*
- 8. Give up Bad Habits*
- 9. Shy of What - Self Help ?*

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1. Be grateful

Be grateful to God who created you.

Be grateful to God

who gives food, air and water to you.

Be grateful to God

who bestowed all comforts upon you.

Be grateful to your motherland

where you were born.

Be grateful to the country

where you were brought up.

Be grateful to the country where you lived happily.

Be grateful to the country where you progressed.

Be grateful to your parents

who nurtured and gave birth to you.

Be grateful to your parents

who cared and looked after your well-being.

Be grateful to your parents

who blessed you with their love.

Be grateful to your teachers

who developed your skills.

Be grateful to your friends

who offered their friendship.

Be grateful to your brothers and sisters

who gave you their warmth and love.

2. Resolve

I Resolve that,
I will never ignore God.
I will never ignore my mother.
I will never ignore my father.
I will never ignore my motherland.

I Resolve that,
I will uphold pray and seek God's help.
I will uphold the pride of my motherland.
I will uphold the status of my mother.
I will uphold the prestige of my father.

Remember:
We are all children of God,
We are all children of our motherland,
We are all children of proud parents.

We must work to uphold our honour,
We must work to uphold our culture,
We must work for our country and God.

3. Respect

Respect your motherland.

Respect the truth.

Respect your parents.

How would you respect your motherland ?

Work in the best interest of your motherland.

How would you respect truth ?

Work for upholding the truth.

How would you respect your parents ?

Serve them at your best.

Respect your country, you will be honoured.

Respect truth, you will gain the kingdom of God.

Respect your parents, you will feel and stay happy.

Respect elders.

Respect Saints.

Respect guests.

Cows are holy and respectable.

Tulsiji is holy and respectable.

Temples are holy and respectable.

Scriptures are holy and respectable.

Books are like teachers, so are respectable.

4. Follow Them

Do as your mother tells you to do.

Do as your father tells you to do.

Do as your elders tells you to do.

Do as your Guruji tells you to do.

"You should do as they say"

does not mean you

should not think

for yourself.

Present your views before them politely,

Appraise them of your thinking politely,

And then, do as they say, for, they have

nothing except your well-being

at their heart.

Follow them and they will lead you

to the best of yourself.

5. Welcome the Guests, be Courteous

How would you respond when guests arrive ?

Hide away ?

Run away ?

Go to Mum and Dad ?

Be dumb ?

That's not the right response.

That's not a good response.

That's not a courteous response.

Welcome the guests with a smile.

Greet them appropriately.

Offer them a seat.

Offer them refreshments.

Talk to them sweetly, politely.

How would you respond when the guests leave ?

Stand up,

accompany them to the gate.

Greet them appropriately,

bid them a loving farewell.

6. Be Nice to Everyone

Be loving to everyone.

Be truthful to everyone.

Be polite to everyone.

Be respectful to everyone.

Be nice to everyone.

Need something ? Request simply.

Need something? Request clearly.

Offering something ? Offer in time.

Offering something ? Offer generously.

Offering something ? Offer honestly.

Be simple in your behavior.

Be truthful in your behavior.

Be honest in your behavior.

Be generous in your behavior.

Behave as well as you want others
to behave with you.

7. Jostle-Jostle Everywhere ?

Want to get a Railway ticket - jostle-jostle ?

Want to ride a train or bus - jostle-jostle ?

Want to get off a train or bus -jostle-jostle ?

Jostling is no good.

Jostling is no good.

Make a queue,

move in turn.

Everyone feels at ease,

every work is done with ease.

Jostling injures people.

Jostling tears clothes.

Jostling causes loss.

Jostling is no good.

Jostling is no good.

8. Give-up Bad Habits

Biting nails is a bad habit.

Biting fingers is a bad habit.

Biting trash is a bad habit.

Biting grass is a bad habit.

Chewing cloth is a bad habit,
give it up.

Biting nails is a bad habit,
give it up.

Sucking a thumb is a bad habit,
give it up.

Be clean, stay clean.

Be neat, stay neat.

Be smart, stay smart.

Give up bad habits.

9. Shy of What - Self Help ?

Washing one's own clothes is self-help, why shy ?

Washing utensils is self-help, why shy ?

Filling up drinking water is self-help, why shy ?

Cleaning up home is self-help, why shy ?

Carrying one's own luggage is self-help, why shy ?

Doing one's own chores is self-help, why shy ?

Good people do not shy of self-help.

Great people do not shy of self-help.

Smart people do not shy of self-help.

Self-help is the best help.

God helps them the best who help themselves first.



How does a Child of God behave ?

- 1. Love thy country, take pride*
- 2. Follow your faith*
- 3. Cultivate tolerance*
- 4. Be disciplined*
- 5. Ask for forgiveness*
- 6. Learn to let go*
- 7. The positive use of power*
- 8. Friends shall never part, we shall never part*

The **5** *th*
Mile

1. Love Thy Country, Take Pride.

We are the children of that Great country
Where Bhagwan Shri Ram took birth
Where Bhagwan Shri Krishna took birth
Where Bhagwan Shri Swaminarayan took birth.

We are the children of that great nation
Where sage Valmiki narrated Ramayana
Where Sage Ved Vyas narrated Mahabharata
Where Sage Yogiji Maharaj created a unique
spiritual vision.

We are the children of that great motherland
Where Rana Pratap fought evil so gallantly
Where Shivaji fought evil so bravely
Where Guru Govindsingh sacrificed so greatly.

We are the children of that great country
Where leaders like Lokmanya Tilak were nurtured
Where a Saint-politician like Mahatma Gandhi was
nurtured,
Where the iron man Sardar Patel was nurtured.

We are the children of that great nation

Where women like Savitri and Ansooya,
symbolized total purity and character.

Where devotees like Tulsidas, Bhagatji and
Jaga Swami symbolized spirituality's new vision.

Our land is a land of our pride.

Preserve its identity.

Preserve its character.

Preserve its prestige.

Let India prosper.

2. Follow your faith

Follow your faith

Abide by its code.

Following your faith will bring you happiness

Following your faith will bring you peace

Following your faith will bring you glory

Following your faith will bring you wellbeing.

Where there is faith, there is compassion

Where there is faith, there is truth

Where there is faith, there is forgiveness

Where there is faith, there is generosity

Where there is faith, there is selflessness

Where there is faith, there is bliss

Follow your faith

Abide by its code.

3. Cultivate Tolerance

Self-pride is respectable

Self-discipline is respectable.

Self-pride does not mean thinking low of others

Self-discipline does not mean disrespect for others.

It is in noble conduct that real self-pride lies

It is in self-control that real self-discipline lies.

Be proud of your qualities

But honour qualities of others too.

Be disciplined yourself

But respect freedom of others too.

Be faithful to your religion

But revere other religions too.

Cultivate broadness of perception

Cultivate tolerance.

4. Be Disciplined

Use the things belonging to others

Only with their consent

Visit the office or home of others

Only with prior appointment.

Would you like it,

if someone took away your things without your consent ?

Would you like it,

if someone disturbed your arrangement without your consent ?

Would you like it,

if someone drops in your home or office at odd hours ?

So, be careful not to hurt others.

Be careful not to harm others.

Be careful not to disturb others.

5. Ask for forgiveness

When someone gets hurt by your words or deeds
Ask for forgiveness.

When someone gets injured by you inadvertently
Ask for forgiveness.

When you use someone else's things without consent
Ask for forgiveness.

Ideal people
Accept their mistakes.

Ideal People
Ask forgiveness for their mistakes.

Ideal people
correct their mistakes.

Never attempt to justify your mistakes
Never find excuses for your mistakes
Never make others responsible for your mistakes.

Mistakes occur;
Accept them
Ask forgiveness
Attempt correction.

6. Learn to let go

Bhagwan Bhuddha and Tirthankar Mahavir Swami renounced their royal wealth.

Swami Sahajanadji left His home at the age of eleven and took a pilgrimage of all India, undertook hard penance and inculcated the value of unmatched renunciation in the life of the Saints of the Swaminarayan Sect. It is because of such great ideals that the world receives an inspiration for a spiritual life.

Learn to let go.

It is being reasonable.

It is being generous.

It is being human.

It inspires spirituality, compassion.

It brings you the pleasure of God.

Let your interests go for other's welfare.

Let your interests go for your family's welfare.

Let your family's interests go for your village's welfare.

7. The Positive Use of Power

God gave you physical strength
How will you use it ?

Employ your strength to protect the weak
Employ your strength to help the weak
Employ your strength to help the needy.

Strength with humility is appreciated.
Strength with forgiveness is appreciated.
Strength with discipline is appreciated.

God gave you intellect
How will you use it ?

The true intellectual would corrects ignorance
The true intellectual would correct the mistakes of others
The true intellectual would suggest the way to good life to others
The true intellectual would inspire discipline.
Intellect with politeness is appreciated.

Intellect with helpfulness is appreciated.

Intellect with creativity is appreciated.

God gave you wealth,

How will you use it ?

Help the needy.

Serve the Saints.

Spend for good work.

Wealth with good deeds is appreciated.

Wealth with simplicity is appreciated.

Wealth with generosity is appreciated.

Wealth with modesty is appreciated.

Power and pride

Don't go well.

Power's positive use

Always does well.

8. Friends Shall Never Part, We Shall Never Part

Friends never part,
neither in play,
nor in feast.

Friends are for life, friends never part.

Working together,
Resting together,
Happy together,
Sad together,

Friends remain together, friends never part.

Together in wealth,
Together in dearth,
Together in good times,
Together in bad times,

Friends are together, friends never part.

Sometimes, if you can't share a friend's happiness,
don't worry

Sometimes, if you miss sharing a friend's joy,
don't worry.

Sometimes, if you can't enjoy a friend's wealth,
don't worry

Bur, share you must a friend's sorrow.

Share you must a friend's trouble.

Share you must a friend's misery.

Because,

Friends are for life,

Friends never part.



At the Threshold Of a New Beginning

The intellectual Journey of Five Miles on the Path or a Divine Life brings us at the threshold of a new beginning, doesn't it ? (A new life shall now begin.)

Great people have had such a life and have established high ideals before us. Let us pay our highest regards to them with reverence.

Let us meditate on their thinking.

Let us be inspired from their work.

Let us pray for their blessings.

And Let us pray to YogiBapa.

Yogiji Maharaj was an embodiment of all the virtues described in this book. Indeed so great was he that his Guru Shastriji Maharaj had once remarked, 'You may find all those virtues in Yogi which even the great Sage Vyasji might have missed while writing scriptures. '

Yogiji Maharaj forgave all his insults with a smile on his face and a pure, cheerful heart, treating one and all like God. For forty years he lived an unbelievably simple life: sleeping on a jute bag with his legs folded, fasting for days consecutively, serving the Lord, the Saints and the devotees for an average eighteen hours a day and yet kept smiling with no expectations whatsoever !

It was not that he was an ordinary Saint. In fact he was the greatest of all Saints that this world has witnessed in a thousand years !

And still he presented himself as a humble sage-servant to all throughout his life. His love touched the inner self of the youth so deeply that it transformed their life and world-view enlightening them as the aspirers of the highest spiritual values through a life style in tune with the contemporary mileau.

Great was he and great are his creations !

O Yogi Bapa !

We, thy children pray :

Grant us inspiration that we may receive good thoughts

Grant us insight that we may understand good thoughts

Grant us courage that we may practice good thoughts

May God be the centre of our life

May the Guruji be the centre of our life

Make us the ideal children whose life may bring fragrance to the home, family and society !





**Mogri
India**



U.K.



U.S.A.



**Mumbai
India**



**Surat
India**

