



Divine Discourses of Sant Bhagwant Sahebji

# Spiritual Essence

Sant Bhagwant Sahebji's Ashirwad at Shri Yogi Yuva Grishma Shibir  
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(Continued from previous edition)

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I am telling you completely openly, that when I was your age – I was staying in the hostel, and there was no one to tell me to get up early and so I developed a habit of waking up late. Now, even if I repent, that time is gone. If I had developed the habit of getting up early then, I could have pleased God infinitely more than I have now, with the extra time that I would have had! That is what I feel in my heart. So, do develop the habit of getting up early. It is so that you do not feel regret later, that I am warning you about this.

Will you all make one resolution? And once you have made it, will you live up to it? Then I will give you the resolution. Repeat after me: *'We will wake up at 5.30am every morning. And in order to get up early, we will keep our mobile, laptop and ipad far from our beds.'* If you keep these at a distance from you, then you will not sleep late. Otherwise, you will be chatting or playing on your phone at night. If you are alone in your room and you have your mobile with you – there is so much rubbish that is constantly being thrown at you! We do not want to watch or look at anything that God is not pleased with; we do not want to listen to or speak about anything that God is not pleased with. Repeat after me: *'We do not want to watch or look at anything that God is not pleased with, nor listen to or speak about anything that does not please God. And so we will put our mobile only to good use and will not use our mobile at bedtime.'* Follow this strictly! It not only disturbs your sleep, but it is also harmful to your eyes and it

corrupts your mind. Do you want to corrupt your mind? If this period in time passes and you spoil it for yourself, then you spoil your whole life ahead of you.

There is a saying in Gujarati, 'The day is spoiled for one whose *daal* is spoilt.' If the *daal* is not right, then one's day is not right, as one feels they did not enjoy eating. 'The year is spoiled for one whose pickles are spoilt'<sup>1</sup>. And 'Life is spoiled for one whose youth is spoilt.' So we want to improve, don't we? If you decide, my sons and daughters, you can make this a wonderful time! The reason is, we have the greatest force with us, gifted to us by Maharaj and that is the 'Swaminarayan' mahamantra, unshakable faith in God, *atma-buddhi* and *preeti*<sup>2</sup> for these Santo and the force of their *aagna*<sup>3</sup>. They will also pray for us and so we will have extra force. And if you pray and chant, then there is no person, thing or force in the world that can sway you from the resolution that you have made here today. So, we must chant and pray for half an hour daily.

After you wake up at 5.30am, you must take a shower, then do your *puja* and then bow to your mother and father.

<sup>1</sup> In Gujarati households, pickles are made at a certain time of year and then used for the whole year and hence the saying.

<sup>2</sup> *Atma-buddhi* and *preeti* means to love the Satpurush as one's own soul, and thereby refers to a bond of inseparable loving association.

<sup>3</sup> Any instruction given by God or Guru, which is always for our spiritual benefit.

If you are able to do your half an hour of dhun in the morning in your *puja*, then that would be best, otherwise you may do your dhun by making time for it, at any other time of day. If half an hour feels like too much, then you absolutely must do fifteen minutes, and not engage in any negative company. If this period of your youth is safeguarded, then you have your whole life ahead of you to enjoy.

Yogi Bapa grabbed hold of us when we were 16 or 17 years old. The kind of shibir that you have right now, we did not have in our time. We would travel with Bapa and do his *seva*. Bapa would call us to him during our vacation. You are so fortunate that if you want to go anywhere you have the facility of having cars or any other mode of transport is readily available. In 1964 – 1965, Ashvinbhai and other youths had gone to Todla, Gopalanand Swami's birthplace – and that too, in the heat of the summer. Yogi Bapa was travelling from Todla to Shyamlaji. Everyone got into their own vehicles and left, but Bapa's youths had no vehicle. Todla is a village in the interior, so one would have to walk far out to get to a main road, in order to get any bus. Bapa was leaving at 2.00pm after lunch. So, twelve to fifteen youths left by foot with their leader, Ashvinbhai. With Bapa, travel would happen so fast; many youths would lose their slippers and so many would not even have any footwear on. This was the case on that day, and because of the heat of the summer, the dirt roads were so hot, that their feet were burning. Ashvinbhai quickly gathered some large leaves from a tree and tied them to their feet with a piece of string – and made makeshift shoes. All of them walked to Shyamlaji with leaves for shoes in the burning heat – just imagine this! This is how we travelled with Bapa and did *seva*, and as a result the period of our youth was safeguarded. When you look at Ashvinbhai now, what amazing work of satsang he is doing here and all over the world! Such wonderful sabhas take place! And everyone enjoys this so much! He has resolved so many people's questions and problems and filled their lives with joy! But this happened because he safeguarded his youth, had the *samagam* of Bapa with *nirdosh-bhav*<sup>4</sup>, carried out *seva* and

followed Bapa's *aagna*. Even in such difficult circumstances, he stayed with Bapa. If it was us in his place, we would say – is this what you call satsang? No facilities, no vehicles, no shoes – and having to walk this much? If he had not done this, then his period of youth would not have been safeguarded. He safeguarded that time, carried out devotion and therefore he earned the *prasannata*<sup>5</sup> of Bhagwan Swaminarayan and Yogiji Maharaj and hence earned the title, '*Sadhuram*'.

When you look back at the lives of each sadhu in their youth, they participated in shibirs, carried out *seva*, pleased their Guru and upon attaining God's *prasannata*, their lives blossomed and they attained such exceptional *sadhuta*<sup>6</sup>! That is what you call having done true *samagam*. They recognized time and made the best use of it by using it to please God, that is true *samagam*! This is the kind of *samagam* we want to live in. We want to carry out the weekly satsang sabha. If there is no satsang sabha where you live, then start one. It does not matter if there is only one person or two or three or four, but however many of you there are, start the sabha. Yogi Bapa would be so pleased upon those who would carry out the sabha.

Today when you look at the BAPS organization, there are hundreds of thousands of devotees. Even in the sabha, there are thousands of devotees that gather. But what I am talking to you about is sixty to sixty-five years ago, when we were youths. Two brothers came for Yogi Bapa's *darshan* at Surat railway station. They said to Bapa, 'Bapa, can we stop the sabha?' Bapa said, 'Why?' They replied, 'No-one is coming to the sabha. We started off with four people, but

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<sup>4</sup> ***Nirdosh-bhav* refers to the inner feeling and conviction that God and all of God's devotees are faultless.**

<sup>5</sup> **When God or Guru is so pleased with you that it culminates in an outpouring of grace, this is called *prasannata*.**

<sup>6</sup> ***Sadhuta* refers to the qualities of a true sadhu such as humility, complete selflessness and surrender, with the recognition of God as the Supreme All-Doer. Because of his *sadhuta*, the true sadhu will never act for his own benefit. He is natural, simple and joyfully immersed in God.**

two of them have stopped coming, so now there are only two of us. We tell people to come but no-one does and so we thought it does not make sense just two of us sitting in sabha, so how about stopping it. So we have come to take your *aagna* – may we now stop the sabha?’ Bapa replied, ‘Guru, the sabha must not be stopped, it must be kept going. Even if out of the two of you, one stops coming, then you must discourse to the pillar, but you must keep the sabha going.’ With Bapa’s *aagna*, the two brothers kept the sabha going and today when you look at Surat, thousands of devotees gather and a massive *shikharbaddh* mandir has arisen. Similarly, we might feel there is no one coming to sabha, but even then we must go home and start doing sabha. At least our time, in the seva of God, will be safeguarded! And great attainment will result from following that *aagna* of Yogi Bapa’s.

One must get up early in the morning, do one’s *puja*, do half an hour – or fifteen-minute dhun, and attend weekly sabha. There is only one thing you need to take care in, and that is, never to fall into gossiping, criticizing, maligning or speaking ill of anyone; make it a habit never to go down that route. It is ‘perfect practice that makes a man perfect.’ So what do we need to do? ‘Think positive, the rest will follow.’ Keep this saying in your life. Many people don’t walk straight, so one might say to them, ‘walk properly!’ However, the way a person walks is a habit developed from when they were young, so that is how they have practiced walking, only, that practice was not perfect. One should keep their back straight and walk erect. If one were admitted to N.C.C. (National Cadet Corps), then one would start walking erect within ten days. Therefore, even one’s practice has to be perfect. Everyday one must think positively and not allow oneself to speak a single negative word; never speak of anyone’s faults and never speak ill of anyone. If you practice this from now, then you will become such from within, that if anyone else is speaking ill, you will not like it. We have to make this a habit, then it can be said that you have made true use of time. Always, speak the truth, do good and always think good of others.

In our period of youth, we have great energy and enthusiasm. Our Vitthalbhai (V.S.) would previously keep a switch-blade knife and engage in fights. But during his youth, he met Yogi Bapa, and so his period of youth was safeguarded. And what grace Bapa showered upon Vitthalbhai! If he had been fighting and stabbed someone inadvertently, he would have ended up in jail. He used to smoke, but Bapa said to him, ‘smoke cannot be churned out of the mouth with which we utter God’s name.’ And just like that, the vice of smoking left him. Who is it that has given us youth our energy? Have you gone out and bought it somewhere? Have you ever paid for it? It is Bhagwan Swaminarayan that has given us our energy and our strength. To make the best use of that strength and energy is also our devotion. Vitthalbhai understood that and then channelled his energies to studying, to pleasing Bapa, for the yuvak mandal, for Bapa’s seva – and so he gained a PhD and became the Vice-Chancellor for Sardar Patel University for six years! Just think about it! What a huge position he gained! With Yogi Bapa’s grace, our Manojbhai developed love for Shantibhai. When he was a youth, he came into association with the Satpurush, and to attain Bhagwan Swaminarayan and Yogi Bapa’s *prasannata*, he stayed in Shantibhai’s *aagna*, and therefore his period of youth was safeguarded. He then went on to attain an M.A. and a PhD and today he is the Chairman of the UPSC. He is in such a high-ranking position in Delhi.

You youths are also in that very state of youth. *Samagam* means association with the Satpurush. Association with the Satpurush means to listen to what he has to say and learn from him, and he is telling you that this is your period of youth, make sure it does not spoil; make sure it does not get wasted. Use it to study, to do satsang, to please your parents, your Guru and your Lord – then that is the best use of time! And that itself is true *samagam*! To carry out *samagam* in this way, and remain in God’s pleasure, attain God’s *prasannata* and be victorious over our period of youth, is our prayer at our Lord and Guru’s lotus feet! ◆