



!! श्री गणेशाय नमः !!

!! श्री स्वामी समर्थ जयजय स्वामी समर्थ !!

Adhyatma Education System

Before you read the article, kindly note that I am not an English speaking person. I am not familiar with colloquial language. Hence I request you to pay attention to the content of communication, and not to language proficiency. Purpose of presentation in English, is to approach the maximum number of personnel, around the world.

Appropriate Mind-set

We have gone through description of current turbulent state of mind. Noted that Adhyatma can teach the methods of establishing mental balance. Now I put forward a few thoughts about Learning System for Adhyatma Concepts. Please note that Adhyatma needs to be learnt properly, and practiced. Normally people follow the activities, performed by masses, without trying to understand the subject. This is not correct. Practicing with proper training is recommended.

Some people face problem of getting a sound sleep, on account of storming mental turbulence. Consuming tranquilizers to numb your nerves or to slowdown your thinking capability, is not a remedy. This may be a temporary relief. But not a solution. This is a hazardous method. One suffers from the hazardous side effects.

Revising thinking pattern, revising perspective, is the way to sort out confusion/ turbulence; to reestablish clarity of thoughts; to restore peace of mind; and to be happy. Wrong direction of thinking & wrong assumptions, lead to confusion and turbulence. You only can observe and understand minute thoughts, roaming in your mind. Psychiatrist will at the most suggest you some tricks, different perspective for observation & convincing inner mind. The next action of convincing your inner-mind has to be performed by you. No one else can do that. You can do the whole process yourself. For which, you yourself have to think, try and find a way out to mend your thinking pattern by trial and error. You need to work yourself upon your own mind. No one else.

Ready-made solution is not available. Case of every individual is different. You only can do that corrective job. Mind does not change its tendencies easily. Pressure tactics do not work. One should use characteristics of mind and push consistently for change. Mind-set will change gradually, as your inner mind gets convinced. Consistent trials, using different affirmations, & using different styles of presentation, are necessary. All such trials need to be carried out patiently, till the desired change is established. has to be done. No other alternative. Details of revised thinking pattern, direction of revision, affirmations etc. are to be obtained from study of Adhyatma literature.

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Too many thought chains circulate in mind, simultaneously. They get mixed-up and generate confusion. Link breaks frequently. First step is to reduce the quantum of active thought chains, by discarding all irrelevant thought chains. Balance entangled thought chains can then be isolated and directed. Adhyatma concepts are used for directing and channelizing your thoughts. Adhyatma exercises can be used for the preliminary mental cleaning work . Learn and try.

Today is an era of ready-made instant items. Mentality of working for himself, spending time and efforts for self improvement and self help is the unwanted last alternative.. Adhyatma is also treated with same mentality. Instant working Adhyatma is always sought. Man expects that by doing some activity towards GOD, his problems will vanish and he will become happy. Performing pilgrimage, visiting sacred places and praying in front of deity there, offering Bhog, Singing devotional songs alone or in a group, etc. is the list of preferred activities. By Saluting or expressing gratitude towards GOD, one can acquire knowledge instantly, is the major conviction.

Please note that divine people or GOD or Adhyatma are not instruments to sort-out your problems. They are not meant for such things. On account of affection towards the devotees, they help them face the real life difficulties. Your own emotions & belief react with your thoughts. You feel as if confusion is cleared to some extent. As a result, you feel a bit better and relaxed. That's all.

Man is habituated to ready to use items right from birth. As part of natural procedure mother feeds her baby breast milk, initially. Baby gulps the feed. After baby grows a little, mother starts feeding solid food to her child. Child gets accustomed to feed. Further as child grows, mother starts training the child to feed himself. But child is not ready to eat with it's own hands. Child insists to be fed. He tries all known tricks, even emotional blackmailing. But mother is still firm on her stand. When child is really hungry, and is convinced that there is no alternative but to eat himself, it takes necessary efforts to eat himself.

Man demands ready cooked Adhyatma Knowledge, to be fed. Ready cooked knowledge can be offered on platter. But one has to make efforts to consume & digest himself. For which willpower is needed.

Divine personnel, & various Saints have been offering ready to grasp, knowledge in simplified form, as per their own capacity and capability, since ages. Huge quantum of such knowledge is available. But individual has to study and grasp himself. Serious, sincere, and consistent efforts, are needed.

Individual is not ready to perform alert mental thinking efforts. Intense desire lacks. He is not habituated to perform mental thinking activity, on his own. He faces difficulties while performing thinking process. He is reluctant to think on his own. He is habituated to physical activity. He tries to adopt the simpler way of physical activity, on account of convenience. Neglects the mental activity. Concentrates upon pilgrimage; visits to holy places; various religious celebrations; varieties of Puja, etc. But in absence of appropriate mental state, physical activity has no meaning. Physical efforts result in a sheer wastage of time energy and money. It is said that "GOD craves for emotional feelings of love." Strong emotions,



appropriate thoughts or intention, and physical activity, all put together can produce desired results. Ultimately, activity of developing proper state of mind is extremely important.

Mental efforts for self improvement should never be disregarded. Perform recommended mental exercises to best of your ability. Use strength of your own thoughts for mending your mind. **Appropriate mentality is the secret of wisdom.**

Sumptuous efforts, patiently performed, under alert surveillance, are necessary for establishing proper mentality. One has to overcome tough internal tussle. Mind is nasty. It is reluctant to change. Pressure tactics do not work.

Education

Parmeshwar in miniature form resides in control center of body system, by the side of Soul. His intention is to induce the Soul to reunite, and to guide him on the way of necessary purification. Soul is the real identity of Human Individual. Miniaturised form of Parameshwar is termed as Sadguru-tatva. Sadguru-tatva tries to induce desire for reunion. In absence of intense desire developed by Individual, he will not take initiative, which is necessary for his progress. Thereafter Sadguru-tatva guides Soul throughout the journey on path of purification.

Sadguru-tatva induces Soul to find his escapement route, and guides. Soul is expected to take initiative & put in efforts in that direction, in order to be free. He waits patiently, till intense curiosity develops, and Soul starts his search of the solution. Learning process is interlinked with real life. Guidance is available in form of idea bias at various instances. But Individual is normally not tuned to be receptive to idea bias. It is the intensity of his desire, that prepares him to receive. It is very difficult to isolate this idea bias from normal thought process. Through patient and sincere efforts, he learns the trick. You cannot grasp and digest the knowledge, unless you are ready to receive.

As soon as strong desire to escape from trapped mental situation pops up, man start searching seriously. Tries hard to find himself. Talks to knowledgeable people, expressing his desire for knowledge. Thinks himself, about whatever they say. This activation of desire, is the first step ahead. Attitude shifts to quest for knowledge. Thereafter Sadguru-tatva judges his acceptance capacity; and starts teaching.

Real life circumstances, around the disciple, change to suit delivery of knowledge. Disciple is made to think and analyze the situation, himself. While performing the process of analysis, knowledge ideas are released by Sadguru-tatva from within. This communication is called Anthprerana (अंतःप्रेरणा). Developing the knowledge ideas further, disciple finds his solution to tackle the real life situation.

This way, knowledge is transferred gradually from within. Theory and practice go hand in hand. Attitude shift is confirmed by observing your behaviour in varied situations in real life. This is to make sure that transferred knowledge is digested well, and implemented. If the observations are to the mark, then only further part of knowledge is delivered.

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Please note that your own thoughtful analysis of each real life event, unveils the corrective knowledge from within, gradually. Total quantum of knowledge is not offered in one go. This will otherwise generate more confusion rather than gaining clarity. Knowledge will not be digested.

Proven concepts are offered in a simplified format, in form of various literature, and discourses by various divine personnel & saints. These knowledge concepts need to be thought over and digested properly, for use during event analysis. But unless quest for knowledge is active, you will not be able to receive the appropriate interpretation, and understand. Knowledge from within will guide, regarding usage of right concept for prevailing real life situation.

At every step, on account of revised attitude, your capacity to understand finer interpretations improves. You understand literature from same books & discourses, in a better way. Sadguru-tatva organizes to bring forward the set of knowledge concepts, appropriate, for you to grasp at every step.

Your process of learning continues till you achieve your master goal, merger with Parameshwar.

Prevailing education system follows more or less the same pattern. Student is taught in parts only. After student completes the portion of first standard, his knowledge level is tested. After passing out the examination, Student starts learning knowledge portion of second standard. 35% marks are adequate to pass out. He has to appear for examination every year to go to next standard. This process continues till student earns his final professional qualification. Thereafter real life practice starts.

In the field of divine progress, theory and practice go hand in hand simultaneously. 100% perfect implementation in real life is necessary for promotion, at every step. Right up to the last & final step of merger with Parameshwar, this process of learning continues. Each real life event is either a test, or a lesson. Alert observation of internal activities is necessary for self evaluation of progress and identifying errors, which need to be corrected.

Progress of disciple is monitored by Parameshwar in form Sadguru-tatva, residing within yourself. In case if guidance or help from Sadguru in form of a human shaped body, is found necessary for your progress, Sadguru-tatva will organize your meeting with your Sadguru, in physical form, at appropriate stage of progress. Irrespective, of you search for Sadguru, meeting will take place only at appropriate time, decided by Parameshwar, within. Till then, Disciple should concentrate on his studies only. Real life events will automatically be monitored accordingly.

Thus efforts taken by Individual, during process of gradual shift of attitude, are collectively termed as Sadhana (साधना).

Wishing you success in gaining better insight of your real life, I end current narration here.

Many more such basic concepts are to be narrated. But a little later.

!Be happy! Be happy! Be happy!

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