

SPIRITUAL CLUE

By

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YOGA-VEDANTA KUTIR

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humanity**

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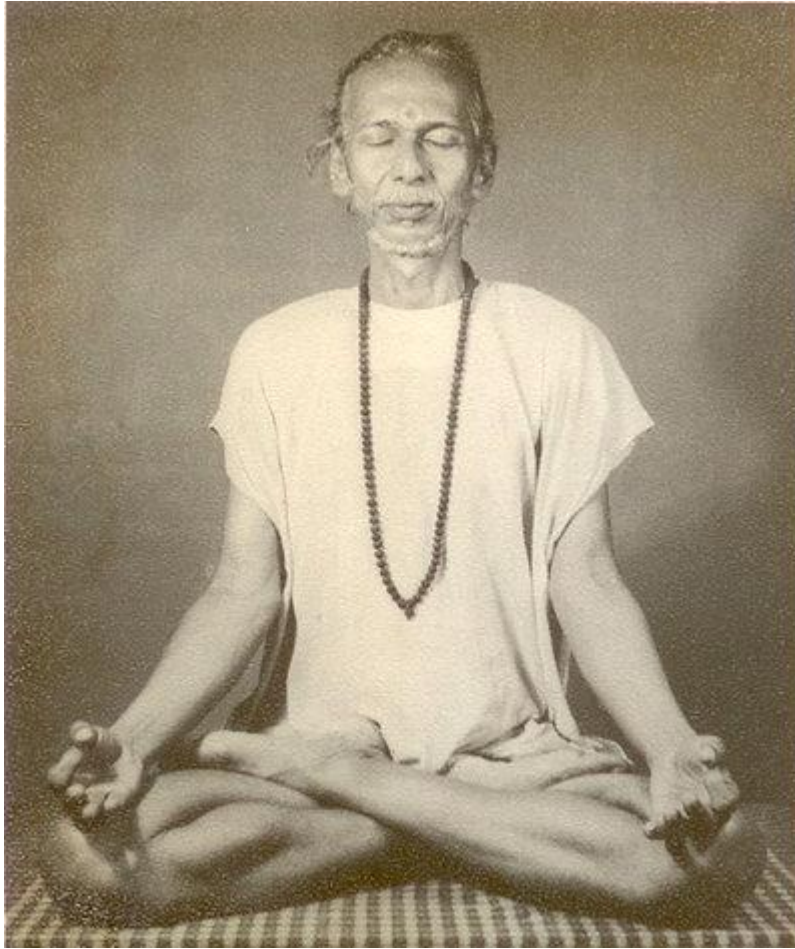
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Swami Bishnudevanand Saraswati

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TO THE SPIRITUAL ASPIRANTS

Immortal Self,

With best compliments and adorations.

Dear Aspirant, your curiosity and question What, Why, and How of this universe or God will not be solved perfectly without Self-realization. Do not argue on this point, you will not get any satisfactory solution. He who lacks in practice can not realise the Self. Self-realisation is God-realisation itself. Rather it will be better if you enquire "What am I really?". By this intelligent, philosophical question and with its real answer, all problems of your life will be solved forever. The riddle of your life will not be solved by bookish knowledge or empirical knowledge only. Are you only this mortal body which is made of flesh, fat, blood, mucus, bone or something else? You know waking state, dream state and deep sleep state. There is one state more which is transcendent and Supreme Reality.

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Discriminate within yourself what is changing and unchanging. Use your intelligence. The knower is different from the known things. The Perceiver is not the perceived object. Seer is different from the sight. Hearing is not hearer. Whole universe is object; your inner-most Self is the subject. Subject is entirely different from the object. Self is the Subject or BRAHMAN which is infinite. In essence the finite JIVA (individual soul) is identical with the infinite BRAHMAN. So dear aspirants please identify yourself with the immutable BRAHMAN. In reality you are the immortal ATMA (Self). Dive deep within your heart, realise the Self and be free. Atma is the subtler than the subtlest. It can be understood by pure, subtle, one pointed mind. ATMA Jnana dawns only in pure quiet calmness of mind.

God is the cause of creation, preservation and destruction. He is the subject and object both. He is dynamic and static. He is finite and infinite. He is manifest and unmanifest. He is being and non-being both. Here

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intellectual argument fails and logical mind falls in confusion. God dwells in the hearts of all creatures. Search Him inside your heart. If you do not find Him there, you will not find Him anywhere else. God realisation is your finalisation of life. God is your Goal. Do not forget the goal even for a moment.

There is only One Supreme Self without a second. There is not nothingness but super

consciousness. No body can accept or reject It. There is no duality but identity which is Absolute Bliss, Peace and Wisdom. That is self-contained, self-conscious and self-luminous. That is the Eternal and Infinite. TAT TWAM ASI, THAT THOU ART. It is not imagination but super sensuous perception. It is not nothingness but Fullness or Plenum. Atma is not vacuity but self solidity which is your real Entity. Self, Atma, Paramatma and Brahman are the same thing.

After attaining Self-knowledge, all kinds of curiosities, doubts and desires die by themselves. As darkness cannot stand before the Sun, so nescience can not stand before

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the Self-knowledge. Self-realised person goes beyond pleasure and pain, indulgence and ignorance, illusion and hallucination, lust, anger and egoism, birth and death. He who realises Self, attains eternal bliss, peace and wisdom. One can attain the Liberty and Immortality being perfectly desireless and egoless. One can tear the veil of ignorance by deep metaphysical meditation only. Aspirants taste the eternal life entering into supra silence. Attain perennial joy and be satisfied for ever realising the Self which is doubtless, Direct-knowledge, without any medium.

Success can be obtained by perfect Vairagya. Vairagya means disinterestedness or dispassion. Vairagya is the only passport for entering into the Divinity. Be indifferent to worldly objects and sensual pleasures. Attachment is bondage. Detachment is freedom. Senses and sensual objects are not the bondages but the excited desires are the bondages. Name and form are not the fetters but craving for the sensual objects and enjoyments are the fetters. Take this

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illusory world as a dramatic stage and play dispassionately like an actor. As an actor does not forget his family name and domestic business and plays dispassionately in the stage as a show so a Self-realised person does not forget the immortality of the soul and mortality of the physical body and plays like dramatical player in this delusive world of mere appearance.

Sadhana is the only means to success in Self-realisation. Do not forget and neglect that the practice makes man perfect. One can change entirely one's nature doing forcibly spiritual culture. According to Spiritual knowledge, habit is the first nature. Spiritual practice is the most important effort above all self-efforts. Without Self-knowledge one's life is imperfect and worthless. God is the Goal and Over Soul. Think of God before going to bed at night and after getting up from the sleep.

Get up at 4 a.m. daily. This is the best time for metaphysical meditation. Sit on Padmasan, Siddhasan or Sukhasan at a

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stretch for half an hour daily in the morning and evening. Increase the duration gradually to three hours. Keep the body erect without any movement at the time of meditation.

Do twenty rounds of Pranayama to purify the lungs and drive out the drowsiness and letharginess. Practice some Asans regularly to keep good health. Sirasan or Sarvangasan is the best for health and Brahmacharya. Take a brisk walk.

Meditate in Trikuti, the space between the two eyebrows. Meditate either inside or outside of your body. Take Pinpoint light like a spark or little star or the figure at your Istadevata in your mind. If you can not meditate then repeat mentally the Name of your holy deity or any holy verse or Mantra. Read the holy scriptures daily. Concentrate your mind on one single point or idea. If the mind runs hither and thither, bring it to the point again and again. Turn your mind from external side to internal side. Mind can be controlled either by continuous thinking

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one thing or by trying not to think at all. Meditate intensely and fervently. Meditation is the only proper way to cut the knot of ignorance. Do not miss meditation even for a day.

The absorption of mind in meditating object is called Samadhi. When mind melts in its Source is called Nirvikalpa Samadhi. Nirvikalpa Samadhi is the highest perfection in the field of spiritual culture. It can not be understood by speech and impure mind. Language is imperfect and it is always inadequate to express the divine wisdom. Samadhi is the transcendental state which is beyond mind and senses. An aspirant has to attain the super experience by his own effort. After the Nirvikalpa Samadhi one realises the Self perfectly. If a foolish person enters into the Samadhi, he returns being a wise.

A man who enters into Nirvikalpa Samadhi returns with a new life and new knowledge. One gets freedom from anxieties and miseries, doubts and desires for ever attaining

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the Self-knowledge. Self-knowledge is intuitive wisdom which helps the aspirant to attain the liberation. Knowledge of the Self is always inexplicable because it is a direct knowledge without mind and medium. Self realization is the consummation of all sciences.

Observe Brahmacharya. Brahmacharya is the foundation of spiritual culture. Brahmacharya is absolute abstinence from all sexual enjoyment for ever in all places, in all conditions either physically, mentally or in words. Where there is sensual pleasure there is no peace. Where there is peace there is no sensual pleasure. Sensual pleasure is the enemy of peace. So shun the sensual pleasures to secure blissful, eternal, freed life. Spiritual aspirant should have a disciplined life and taciturn nature. He should practise metaphysical meditation enthusiastically

and regularly. Restrained life is necessary to elevate the soul and to reach the ultimate Goal of human life. Spiritual ambition and pure aspiration help the practiser to achieve the Self-knowledge.

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Take simple and moderate diet. Take food as medicine to keep the life going. Eat to live but do not live to eat and taste. Wear simple dress. Make not your life artificial. Reduce your wants, you will be more happy and naturally lucky. Do not forget that fewer wants greater peace. Do not compete with others in luxury. Avoid all the unnecessary affairs. It will be better if you lead a reasonable and contented life. Discern and follow the word—‘simple living and high thinking is the best policy.’ Take milk and fruit diet to increase the power of concentration. Dietetic treatment is ninety percent better than doctor’s medicine. Do not take such things which irritate the mind and stomach. Take not such things which produce constipation. You should try to take any fresh fruit within the day time in summer season and dry fruit in cold season. Sattvic diet is high class scientific diet and good for the spiritual students. Every Sadhak should be a pure vegetarian then he may progress quickly in his Sadhana. Avoid meat, flesh, fish, alcohol, smoking etc. Never mix with

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evil company. Avoid cinema, tall talk, idle talk, gossiping, novel etc. Have fast on every fortnight. Ask not for extra salt and sugar at any meal time. Sweet brings defect in teeth and salt in eye sight.

See the all-pervasive only one God in many. Love all. Serve all. Do good, be good. Be merciful. Prostrate mentally to every being and non-being. You should be free from fear, jealousy, cunningness, harshness, crookedness, rudeness and egoism. You should have fortitude, manliness and mannerliness. Never hate and hurt to any body in thought, word and deed. Be optimistic. Be bold. Be gentle and honest. Be cheerful. Be truthful. Because as you think so you become. Do as you wish to be done by. Be strong in your determination. Never doubt and despair. Because doubt in spiritual matter is death and belief is relief. Practise fervently and intensely; eventually you will succeed. Practise regularly without missing day. Self-confidence is the half success an Sadhana. Other half will be ful-

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filled by self effort. Like thought like success. Cultivate virtues. Carry discrimination. You will attain Self-realization. Prepare a routine and maintain it strictly. Keep record of your daily spiritual culture. Be strict in your Sadhana. You must have purity and austerity, intense aspiration and dispassion. No disciple without discipline. One can obtain every thing from the Guru by ardent obedience. Take a vow of silence for two hours daily.

One gets holy permission by utmost devotion to enter into the Divinity. Incessant devotion

brings perfection. Intense faith and deep devotion to God and Guru is the royal road to Divinity. Firm faith and deep devotion is the master-key to liberation. Pray fervently and enthusiastically. Prayer purifies the heart and mind. When the heart is pure then the success is sure. Always remember that the prayer is the food for the soul. Prayer is the philosopher's stone which turns humanity into divinity. Prayer turns the Hell into Heaven. Prayer turns the sinner into saint.

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Study systematically Bhagavat Gita, Yoga-Vashistha, Vivek-Chudamani, Avdhoot Gita, Ramayana, Bhagavat for an hour daily. Study and ponder over the scriptures again and again. Discriminate intelligently between changing and unchanging. Go to the saints with devotional heart for holy association and virtuous discourse. Serve the saints, sick persons and poor. Follow the best of men and search out the sublime way of life and pursue. Take patience, perseverance and tolerance. Endure and endeavour. Restrain the senses, soon you will be successful. May you taste the eternal bliss, peace and immortality. Identify your-Self with the immutable, illimited Brahman.

ON YOGA

Yoga is a practical philosophy. It is a science of corporal and mental control. It is one of the six philosophical systems of India. A man who practises this system is called Yogabhyasi (Yoga practiser). He who has gone through the eight steps of Yoga and completed the course is called a Yogi.

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He who has attained the spiritual illumination and realized the Self is called a Siddha Yogi (Perfect Yogi). The renowned sage Patanjali is the traditional Yoga founder and the original writer of YOGA SUTRAS.

Yoga means "union". Union of individual soul with the Supreme Soul is called Yoga. Control of mind is Yoga. Perfect equanimity of mind is Yoga. Absorption of consciousness in the Cosmic consciousness is Yoga. The main object of Yoga is to attain the Supra mental plane. Yoga teaches us to attain equanimity avoiding external attraction and repulsion. There are eight steps in Yoga. The first two steps are concerned with the restrained life and moral culture. Yoga counsels the practice of moral virtues such as nonviolence, truthfulness, sincerity, forgiveness, compassion and so on. It teaches us to lead a reasonable life with an affirmative idea and also prescribes rules of inner control, such as honesty, modesty, charity, sacrifice and contentment. Yoga teaches us to do some Pranayama (breath control) and

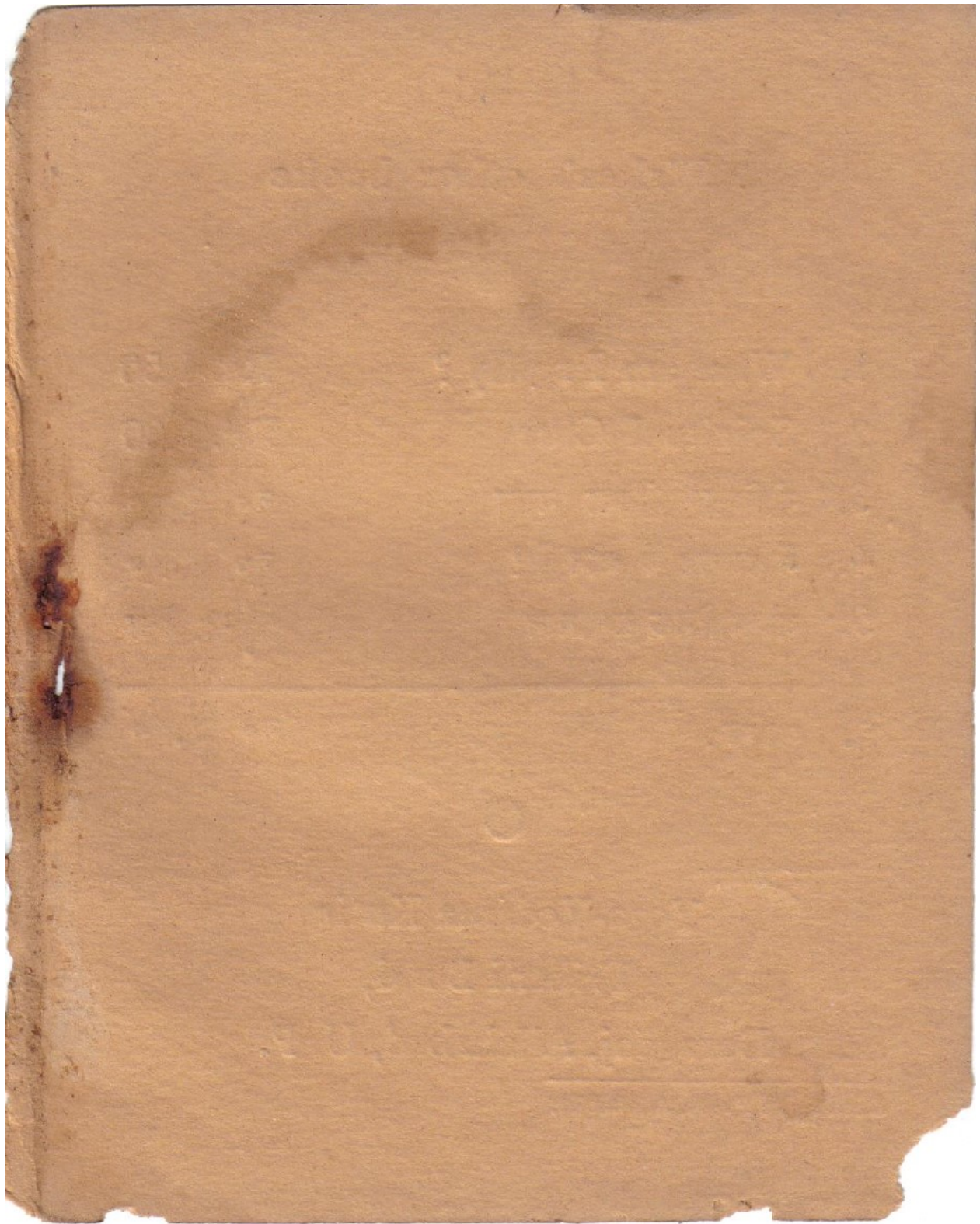
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Yogic Asans (postures). Yoga emphasizes to keep balance in physical and mental cultures. As proper food is necessary for the body so also physical exercise is necessary to keep good

health. Yogic Asans is a scientific method to attain good health. Meta-physical meditation is very need for the soul to cut off the connection from the physical body and helps to enter into the Samadhi. Samadhi is very very essential to realize the Self and to attain liberation. Yogic method not only helps one to attain the evolution of the soul but also enables to get the Salvation.

OM TAT SAT.

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