



Sri Tapaswiji Poorandasji Udasin

September Newsletter

Dear Devotees of Baba Tapaswiji on his boat of SATKARTAR BEDAPAR

Forgive and Forget

An act of donation always brings in a feeling and sense of growth inside.

Actually it allows a person to feel the sense of his achievements in life. A person sometimes says "Oh yes I have grown up and here I am – I can donate now and it's a great feeling for me" Infact this practice of donation gives guaranteed impetus to growth. Once you try it and with repeated success the practice becomes regular – you donate – you grow – you grow – you donate- you donate – you grow!

In life there is yet another dimension to feel greater inside and that is by the practice of Forgive and Forget.

By forgiving another person and to forget for any wrong that the person must have done to you, you infact become greater– the space inside you becomes bigger –it will allow you to feel inside that you have matured – Been There Done That – Adding more woes to a tight compartment inside will only allow the lid to blow – and sometimes the vengeance towards a wrong doer unfolds in form of an unwarranted habit of anger. Anger is a trigger impulse. Forgetting and Forgiving not only allows you to become greater from inside but allows you develop your EQ (emotional quotient) – it will eradicate the habit of constant anger.

You wish to imbibe the habit of Forgive and Forget - ? Start with just a simple practice of donation and when you have felt inside greater by seeing for yourself how this act of donation in form of a bhandara has made you feel greater inside of your achievements in life – then you may start with the practice of Forgetting and Forgiving. Till you will not forget and forgive you will not grow. A magnificent tree grows with beautiful leaves and fruits.

Just as the magnificent tree grows with beautiful leaves and fruits – the values of forgiving and forgetting are like leaves and fruits which will make your growth magnificent – it will make you feel bigger and better and not only that it will also allow the wrongdoer to contemplate inside and understand you better in a way to give him an opportunity of becoming just like you as a magnificent tree.

Saints always have had deep connections with trees that gives shade. Saints have done their sadhana under trees. Your sadhana under your own tree will give you the bliss that you seek in spirituality.

Spirituality is Spirituality when you have felt the bliss inside. Till you have not felt bliss inside you will never understand the meaning of spirituality.

Go ahead and pick up the phone and speak to the wrong doer – forgive him and forget about the wrong that person has done to you – send him or her a mail – congratulate him or her on his birthday or for the new home he or she has bought – connect with him or her- take your first initiative.

By taking the initiative you will give a new meaning to your life. Babaji had said he was the Bird of the Jungle. A forest has lot to offer. As Baba's devotee we are like trees of the forest wherein both the wild and meek roam – yet it is the nature of the tree in forest to offer its plants and its fruit and most of all offer its shade.

Offering is sadhana – offer as gentle act of donation - offer as gentle act of forgetting and forgiving

Donate – forget – forgive –grow –

Grow- forgive- forget- donate

Donate-forget-forgive- grow

Grow-forgive-forget –donate

Bliss will certainly follow and not only for you but also for the person you have forgiven.

This is Sadhana.

Sat Kartar Beda Par