



Sri Tapasviji Poorandasji Udasin

January Newsletter

DOWNPLAY

Dear Devotees of Baba Tapaswiji on his

Boat of Sat Kartar Beda Par-

You have all heard of the word downplay !

This word when practiced in real life can save one from many undesired situations of anger. Anger is the outcome of uncontrolled emotion. When the quotient of emotions exceeds over reason it simply erupts. Hence the best way to control anger is by taking a one time decision to downplay any situation resulting into anger.

Even during Seva which is such a divine act in Guru Disciple relationship, anger sometimes simply creeps into the mind of a Sevaite and destroys in fraction of seconds the beauty and fruits of this sublime practice .

To illustrate this example, lets assume there is a Sevaite who was entrusted with the responsibility of distributing the Prasad during bhandhara session. The sevaite goes about pouring dal into the patal (dish made out of leaves) and while pouring the hot dal on the patal unconsciously pours a small portion of dal in the lap of the bhagat who sat down on floor for the Prasad. The Bhagat might understand that it was no fault of the Sevaite but a co senior sevaite around might angrily pull up the sevaite who poured dal with rough words.

The poor Sevaite who poured dal unconsciously gets demotivated and does not turn up for the seva next week. Had the co senior sevaite downplayed the situation and explained in a sweet calm tone, the Sevaite would not have got demotivated.

Baba's words were: *Never be angry. Be still and calm in all situations of life* These words carry lot of meaning. Baba's teachings were so simple and straight – Being still and calm in all situations of life, Babaji desired his devotees to downplay all those situations that would attract anger.

In today's world while IQ plays a pivotal role to progress in professional life, an equal EQ level is also desired to excel at workfront. An excellent EQ complementing IQ makes a person complete not only in professional fields but also in personal lives – same applies in spiritual lives – while the common goal in professional life is to meet the aim and objectives of the company, same in spiritual life the sevaite together do their seva at Guru's abode as vehicles of grace to transmit the light of the Guru by spreading his teachings by doing Seva and signifying its essence.

If a Sevaite does not follow Guru's teaching then how can Guru's light be transmitted and how can Guru's teachings be shared. A Sevaite is the icon of the Guru and His teachings – Infact the Sevaite is the light of the Guru. It is therefore people always see the shine on the face of the sevaite, that charm, that poise that one would see in the Guru.

The best way to chuck out anger from the system is by deciding once and for all to downplay all those situations that lead to negative outcome.

The Guru's job is to transform the devotee from the ordinary into special.

If one has not transformed by coming to the Guru, one has then not got what Guru wanted to give. The Guru's teachings are to be practiced little by little and then it happens, it does happen that the mind inside gets illumined – for every situation that warrants anger, the devotee simply downplays it and repeats the mantra of Om Namah Shivayah or Sat Kartar Beda Par or any other mantra of the Guru.

You may look at into one the snaps of bhandara session in the picture gallery of this Babaji's site – Babaji spoke few words – his two words of Bhajan aur Bhojan are enough to eliminate any ego in the devotee – by singing a bhajan you will realize you are totally with Babaji and He is totally with you as fully into the bhajan glorifying the Guru who sees the love you have in your heart for Him – and by doing Bhandara you will see anger running out of your system at jet speed as Babaji had said *Be charitable to all - who are you to judge who is deserving and who is not deserving - Feed all* – Babaji also meant feed all with your good thoughts without judging who is worth your good thoughts or not – This is what Bhandara practice will allow you achieve what Babaji wished to see his beloved devotees. Oh Yes the Guru transforms his devotee once the Guru's words are practiced – little by little – day by day and then the devotee simply turns from base metal into gold !

Downplay any situation that leads to negative outcome.

Try Bhandra practice and sing a Bhajan for Babaji.

BHAJAN Aur Bhojan !

Sat Kartar Beda Par