

ANSWERS TO QUESTIONS (30th July 2009)

Questions by Lars Jensen, a spiritual seeker from Sweden

What is the most important aspect if one wants to know God?

What are requirements to follow the path?

What should I do to start to follow this path?

Is there a need of any initiation into the path or any other necessity before starting?

What kind of meditation is practiced? Spiritual transmission? Surat Shabda Yoga?

Answered by Poojya Gurudev Shri Basant Ji Maharaj

True self, spontaneously, derives love, peace, bliss and knowledge (clairvoyance) from eternal source. Therefore, one should discover or uncover one's true self or aspire for self-realization which leads to God realization.

For this purpose intense love, peace of mind and purification of mind and intellect are most important aspects.

Meditation and true intense love (as different from worldly attachments and desires) and righteousness in actions, speech and thoughts are the basic requirement to follow this path.

Totally relax yourself from stray thoughts for a few minutes in the morning (i.e. before commencing daily routine work) and contemplate

that god alone is absolute and eternal reality and all other things in world are perishable and illusive and that godly consciousness manifests itself in an accomplished and authorized spiritual master who may be regarded as both internal and external source of divine light and divine inspiration. Accordingly, keep your attention or consciousness in touch with that of spiritual master.

Meditate for about twenty minutes that your heart is getting enlightened by receiving divine light emanating from the spiritual master and thereafter, similarly meditate on divine light on the forehead and between the eyebrows and whenever inner subtle vibrations become perceptible then meditate on inner subtle vibrations also for a few minutes. Initially, the total duration of meditation may be kept as 30 minutes daily in the morning and evening finally conclude meditation with a small prayer silently by heart for receiving his grace, kindness, love and enlightenment. Also, meditate for 5 to 10 minutes daily before going to sleep which may include just prayer and remembrance of the master for his grace.

Initiation in this path is, actually, the establishment of linkage of consciousness with that of the spiritual master which will be established, automatically, after following the meditation practice for some time.

The meditation is primarily based on spiritual transmission and SURAT SHABDA or inner subtle vibration may just be experienced in the course of meditation along with the divine light.