

33th Episode – Importance of Guru Purnima

Following 32nd episode of “*Your life is desire*” towards Maha Kumbhabhisekam of Panching Gua Charas Jalalingeswarar Shivan temple, with good intention and thoughts for all devotees, the following write-up is prepared.

As discussed in the previous 32nd episode, we looked at significance of “Your life is desire”. Unquote **“If you make your process of desiring into a conscious process, then desire is no more a problem.** Then desire is a wonderful vehicle which will take you places. The desire in you is longing for unboundedness, it is longing for unlimitedness, **it is longing for the ultimate nature.** You just have to bring awareness to it. If you bring awareness to your desiring process, it is a wonderful instrument. If it is finding unconscious expression, then it makes you run like madman. All the time it keeps you running endlessly. You must become conscious. It’s very, very important and life will be ultimate ecstasy when you perform all your desires consciously”. Unquote.

I am writing to you on this very special day 5th July 2020, Guru Purnima. In this episode we will look at the Importance of Guru Purnima. On Guru Purnima, there is a certain alliance between the Moon and the planets, which creates a receptivity in people to that dimension which we refer to as the guru.

Traditionally, people made use of this time of receptivity in whatever best way they could. This is the time of the year when the Adiyogi’s attention fell upon his first seven disciples – the now celebrated Saptarishis. As mentioned by Sadhguru, this month is seen as the best time to receive the Grace of the Guru and make yourself receptive to the process. The Saptarishis had done some simple preparatory steps for eighty-four long years, without even a moment of attention from him. Then, during the shift of the sun from the northern to the southern run – which is called Dakshinayana, that these seven people had become shining beings. After that, for twenty-eight days, Adi Yogi could not take his attention off them. His attention upon them was undivided.

So, this month is seen as the best time to receive the Grace of the Guru and make yourself receptive to the process. This is a good time to earn that attention from the Grace.

So, there is always a question in each of us - “What should I do?”. If you do not do anything of your own, so that you are less of yourself, that is the best way to be receptive. Sadhana is always structured like this, so that it absorbs you into activity in such a way that in the daily process of living, you forget who you are, what you are and what your life is about. You are just absorbed into what is happening. That is the best way to receive Grace.

Do you know, you even breathe better when you are not aware of who you are and what you are? Do you see how smoothly people are breathing when they are asleep? If you watch their breath through the day, it is going through various kinds of turmoil. The more limited you make yourself, the more limited the breathing process becomes. How the breath happens when you sleep, that is how the breath should be happening all the time.

There is a beautiful expression in the Zen system of allowing human consciousness to grow. A disciple went to a Zen master and asked, “What should I do for my spiritual growth?” “Sweep the floor, chop the wood, cook the food, that is all.” “For that, why should I come here? I can do it at home.” But there, sweeping is about your own floor. You will not sweep the next house’s floor if it is dirty. You will chop wood for your own use, you will cook food just for yourself and whom you consider as yours.

You are using every activity to enhance who you are, not to dissolve who you are. This is all the difference between making our karma either into a bondage or into a process of liberation. Either you are acquiring karma or your karma is becoming yoga. **On Guru Purnima, there is a certain alliance between the Moon and the planets, which creates a receptivity in people to that dimension** which we refer to as the **guru**. So, just sweeping the floor, cooking the food, planting a mango tree – your enemy and his children may eat the mangoes, it is all right. We do not care who eats, just plant.

Now, the activity is a process of dissolution. Otherwise, every activity is a way of imprisoning yourself. It is activity which is entangling people unfortunately. Human ability to do things is being used to imprison themselves. Human intelligence is being used to cause misery to oneself. Once you start doing this, unknowingly, you will become an enemy of capability. That is a bad position to take. If you

are against all capability and intelligence, you are asking for regression, not progress. You are not asking to evolve; you are asking to regress into a lesser kind of life.

Today, it has become a fashion for people to say, "I want to be like a child." Even the so-called spiritual leaders are saying, "I am like a child." When you were a child, you desperately wanted to grow up quick, because all the capabilities that the adults had, made you look so small and useless. After you grew up, because you do not know how to manage this growing up, you want to become a child. **The less you do within yourself and the more you do outside of yourself, the more available you become to Grace.**

So, this month is the month of Grace. Grace is like manure for growth, that a human being can catapult himself to another dimension of existence, capability and possibility. So, making use of Grace – what should we do? Nothing to do. **The less you do within yourself and the more you do outside of yourself, the more available you become to Grace.**

Shiva Shambo
Om Nama Siva Ya Om
Help Ever Hurt Never
Service to Society is Service to Almighty
Master Ir. Sivabalan - Temple Trustee
5th July 2020