

Liberation

Article by Dr. Bhagwati Prasad, Guruji's disciple from Delhi

I am not Liberated and I have not realized my self. Therefore whatever I say about Liberation is not out of my experience but is based on what I have heard from Guruji. I request you to forgive me for any mistake in the interpretation.

Liberation denotes freedom from all those bonds that we have entangled ourselves with or bonds that influence us. In other words, freedom from habits, desires, belief systems, thoughts, actions, attachments, rituals – the freedom from all of these will eventually result in realization of the self. This is what I have understood.

A seeker attempts, endeavours to attain freedom from aspects described above based on his understanding. Some seekers are asked to chant, they get so engrossed in the chanting that they forget everything else. Some seekers are asked to meditate. They get so engrossed in the meditation that they lose connections from the external world and get immersed in their self. Some seekers get fully engrossed in pooja/ worship to an extent that other than their beloved deity nothing else exists. When any seeker gets fully submerged in his/her sadhana they have such experiences. To some seekers the Satguru gives a place close to him. Such seekers, like a bird's eye, see only the Guru and his teachings/ words and reach the state of realization. To some seekers the Satguru motivates towards a particular task. To accomplish that task is the seeker's sadhana and the completion of the task is the completion of his sadhana and through this process itself the seeker experiences the self. The task can seem ordinary, the nature of the task has no importance. There have been instances where by obeying a Guru's order and serving him – be it grazing the cows of the ashram, pounding rice in the kitchen-seekers have attained the state of realization. Just like how a doctor prescribes medicines and the course of treatment based on fully evaluating a patient, a Satguru determines the sadhana by fully evaluating a seeker. By following the prescribed path enlightenment is guaranteed. The only condition being, fully trusting the Guru and his prescribed path.

If a seeker is confident about his path then he neither thinks about the processes of other seekers nor does he get envious of them. "This is my path and I have to follow my path", living this thought will be of great benefit to the seeker.