



Some points and commentary about the audio of Paratpar Guru Dr Athavale on Spirituality

1

The sentence in the audio : Whatever I am talking here a real seeker should hear and experience by *jiva*. Because hearing by ears is in the word form only. Whatever you hear by mind and intellect remains in the brain cells only. If you are already doing sadhana, try to be inward and experience what you are feeling inside.

Explanation : Here, the '*jiva*' means an embodied soul or being. In short, it refers to any human being. When one does spiritual practice then one is able to go inward and experience things from within (spiritual experiences). Spiritual experiences could be feelings of peace, Bliss, Divine consciousness, etc.

2

The sentence in the audio : There are Principles in the Universe, Ram, Krushna, Shiva, Parvati, Lakshmi, etc.

Explanation : These Deity Principles represent different Principles of God that perform different functions in the Universe. To know more about deities, please refer to our article - [Who is a deity ?](#)

3

The sentence in the audio : What God likes, what Gurus like, what Saints like ? What is the purpose of Guru's or Saint's life ? Why God comes in the form of Incarnations again and again ? Whenever *Dharma* or *Sanskars* on people's minds about righteous behaviour is

becoming less, then God comes in the form of various Avatars or Incarnations.

Explanation : Here '*Dharma*' refers to Righteousness and '*Sanskars*' means the impressions in the subconscious mind of a person. To know more about the mind, please refer to our article - [Basic nature - as per the impressions in our subconscious minds](#)

4

The sentence in the audio : Saints or Gurus don't want money; they don't want fame. Why they are roaming around in the society is to establish Dharma and guide people on the path of Spirituality. So, in our own little way if we can do something in that direction, then only Gurus are pleased with us. Many people think they will go for darshan (visit them), some coconut or some sweet box, some money put in an envelope we will offer to *Swamiji, Maharaj, Guru, Baba* – that's it. That's nothing. Gurus have got everything, they don't need your sweets, they don't need your money, they have got all the siddhis. What they need is your *jiva*, your mind, your intellect. In the Bhagwat Geeta what Shrikrushna tells Arjun, one who does *Adyan* (studies Spirituality) and *Adhyapan* (tells it to others) of Spirituality, he comes to me.

Explanation : What this means is that since Saints or Gurus are in constant communion with God and have merged with God's mission of spreading Spirituality, what pleases them is when one practises Spirituality. Giving them gifts, sweets, money, etc. is of lesser value. Saints and Gurus have siddhis (supernatural powers), which means that due to undertaking God's work, God only provides everything. As such, there is no dearth of any resources or



money for Saints as God provides them with what is needed for the mission of the spread of Spirituality. Saints and Gurus have a highly advanced sixth sense. The phrase 'want your *jiva*, mind and intellect', means that true Gurus and Saints focus on the desire of a person to practise Spirituality. Devoting one's mind and intellect to growing spiritually and serving the spread of Spirituality is what Saints request of us.

5

The sentence in the audio : Just doing sadhana on your own has no meaning because our progress beyond 55% spiritual level happens due to Guru's resolve, not just by our own efforts. I will go on chanting, I will go on doing pooja, I will visit many *teertha kshetras* (Pilgrimage sites), I will recite many *Shlokas* – nothing doing. *Sankalpa* or resolve is the most important energy on Earth.

Explanation: What this means is that one should undertake spiritual practice as per one's spiritual level. At the primary stages of spiritual practice, if someone is not doing anything, then going to a temple, doing some ritualistic worship, reciting *stotras*, etc. is good. But when one wants to grow spiritually, then one needs to try to make efforts of the next stage, as otherwise, one can stagnate in one's spiritual journey. When one starts doing spiritual practice of the next stage and continually tries to increase one's spiritual practice, then the Guru or God is pleased with him and feels that the seeker is Theirs. Then Their resolve gets activated for the seeker's spiritual progress and that disciple or seeker progresses rapidly in his spiritual journey.

6

The sentence in the audio : The process in Spirituality is not learning *Vedas, Upanishads*

or *Bhagwat* or *Yogvashishtya* and all that. Initially, it is ok to make the determination of the intellect, but once you are determined that you want to make progress and realise God in this birth itself, then the method is totally different. Shankaracharya has said don't get entangled in words – *Madhawacharya Sampradaya* (Sect), *Ramanuja Sampradaya* (Sect) forget all that. That is ok for college professors of philosophy. What Greeks said, what Romans thought. We are seekers, we want to realise God in this life itself, so we have to keep books aside and we want to practise what is written in the books.

Explanation : The above excerpt means that in Spirituality, theoretical knowledge has only 2% importance. 98% of the importance is given to practising Spirituality.

7

The sentence in the audio : Whatever we have got we have to offer that to God. We have the *Chaturvarna* (4 Varnas). Those who think at an intellectual level say that due to that only our society is totally divided. We are not one. But that is wrong. These are all pathways towards God.

Explanation : The reference to *Brahman, Kshatriya, Vaishya* and *Shudra* are about practising Spirituality as per one's capability or talent. This is what the *Varna* system refers to. *Varnas* are pathways to God that are not decided as per birth but as per one's ability to serve God.