

Text series on 'Ideal Disciple' : Vol. 1

# How to become an ideal Disciple ?

One who performs *sāadhanā* as advised by the Guru

(English)

Compilers

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale

H.H. Sandeep Gajanan Alshi



Sanatan Sanstha

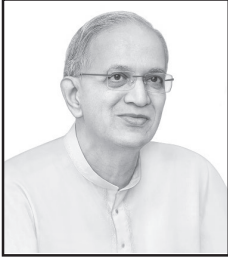
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## Introduction to the Compilers

### Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,051 seekers are progressing towards Sainthood as of 1.2.2024.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - [www.Sanatan.org](http://www.Sanatan.org))

#### Assurance of Sachchidananda

#### Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space  
How can I be with everyone, at all times  
Sanatan dharma is my eternal form  
In this form I always exist everywhere*

*Jayant Balaji Athavale*

17.5.1996

## Introduction to H.H. Sandeep Alshi



Besides compiling Sanatan's Texts, H.H. Sandeep Alshi also composes Prasar material (for example - Sanatan Almanac, Dharmashikshan Posters, etc.). He writes inspiring articles for the 'Sanatan Prabhat' Periodicals which provide information on spiritual practice, Nation & Dharma.

## Contents

(Special sub-points under the main point are given here.)

<b>1. Definition and meaning</b>	<b>10</b>
<b>2. The importance of discipleship</b>	<b>10</b>
<b>3. The student and the disciple</b>	<b>11</b>
<b>4. The medium and the disciple</b>	<b>11</b>
<b>5. Seeker and disciple</b>	<b>13</b>
<b>6. The Guru-disciple relationship</b>	<b>14</b>
<b>7. <i>Guruprāpti</i></b>	<b>15</b>
7A. Do not search for a Guru	15
7B. One should not test the Guru	16
7C. Do not consider yourself as someone's disciple	16
7F. What should be done for <i>Guruprāpti</i> ?	18
<b>8. <i>Gurukrupā</i> (The Guru's grace)</b>	<b>18</b>
8A. Importance of Gurukrupāyoga (Path of Guru's Grace)	18
8B. How does <i>Gurukrupā</i> work	18

How to become an ideal Disciple ?	7
8C. What should one do for <i>Guruprāpti</i> and <i>Gurukrupā</i> ?	22
8H. <i>Gurumantra</i> is not essential	24
<b>9. Duty and debt unto the Guru</b>	<b>25</b>
<b>10. Qualities</b>	<b>26</b>
<b>11. Types</b>	<b>66</b>
11A. According to the spiritual level	66
11B. Disciples who have become one with the Guru and perform <i>marayādā-bhaktī</i> and <i>pushṭī-bhaktī</i>	68
<b>12. The Guru's forms and His worship</b>	<b>69</b>
<b>13. How should one behave with the Guru ?</b>	<b>73</b>
<b>14. A disciple's life</b>	<b>92</b>
<b>15. Disciples and Guru-brethren</b>	<b>98</b>
<b>16. When a couple has the same Guru</b>	<b>101</b>
<b>17. A disciple's test</b>	<b>101</b>
<b>18. The planets in the horoscope, the days of the week     and the Guru</b>	<b>102</b>
<b>19. What should one ask from the Guru ?</b>	<b>102</b>
<b>20. What does spiritual progress depend upon ?</b>	<b>104</b>
<b>21. The progress of the disciple till God-realisation</b>	<b>105</b>
<b>22. Substituting the Guru</b>	<b>106</b>
22A. Substituting the Guru by oneself	106
22B. Having fear that the Guru will be enraged	110
<b>23. Causes of spiritual decline</b>	<b>114</b>
23A. Not performing spiritual practice	114

23B. Joking about the Guru	114
23C. Misuse of the Guru's Name	114
<b>24. Spiritual experiences and signs of spiritual progress</b>	<b>115</b>
• Understand the uniqueness of this Text	122
• In-depth knowledge on the subject 'How to become an Ideal Disciple ?'	127
• Scientific perspective of the Compilers	134

**The reason for prefixing spiritual  
title 'Sachchidananda Parabrahman'  
before the Name Paratpar Guru (Dr) Athavale**

As per the instructions of Saptarshi through the medium of Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Jayant Athavale since 13.7.2022. Before, He was addressed as Param Pujya [His Holiness] and Paratpar Guru in Sanatan's Texts. He has been addressed accordingly on the cover of this Text and inside the Text wherever required.

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**The reason for prefixing spiritual titles  
before the Names of Sadguru (Mrs) Binda  
Singbal and Sadguru (Mrs) Anjali Gadgil**

As per the instructions of Saptarshi through the medium of Saptarshi Jeevanadipatti, Sadguru (Mrs) Binda Singbal is being addressed as Shrisatshakti (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil is being addressed as Shrichitshakti (Mrs) Anjali Gadgil since 13.5.2020. Both are Spiritual Heirs of Sachchidananda Parabrahman (Dr) Jayant Athavale.



## Preface



Every seeker in the primary stage has read that in Spirituality the ultimate means of emancipation is the Guru; whereas, a seeker in the advanced stage actually experiences it. Most seekers are unaware of what they should do to acquire a Guru. As a result, not only the present but several future births are wasted. This Text aims at guiding at least some of these seekers. To be accepted as a disciple by a Guru one needs to gain the grace of a Saint. However, for bestowal of the Guru's continuous grace one has to constantly obtain His blessings. An easy solution to this is to do what Saints and Gurus expect us to do and that is, perform spiritual practice. In the later stages of spiritual practice, one has to surrender everything, that is, body, mind, wealth and life to Shrī Guru. This Text provides detailed practical information on the qualities that a disciple should have, the *bhāv* towards the Guru, behaviour with Guru-brethren, the lifestyle of a disciple, etc. This Text also explains the meaning of *Gurukrupā* and how does it function.

Our prayer to Shrī Guru is that following the guidance from this Text, may many seekers become disciples and at least a few disciples attain the level of a Guru. - **Compilers**



**Note** For non-English and spiritual words used repeatedly in this Text, please see Glossary at the end of the text.

Shrichitshakti (Mrs) Anjali Gadgil, one of the two spiritual Successors to Sachchidananda Parabrahman (Dr) Jayant Athavale, used to obtain subtle knowledge earlier through 'A Scholar' or 'Gurutattva'.