

Practical guidance on spiritual practice

Preface

Invaluable pearls in the form of words taught by H.H. Bhaktaraj Maharaj directly through His speech and indirectly through actions such as bhramaṇ (Travel), bhajan (Devotional song) and bhaṇḍārā (Festival of serving food as a spiritual ritual) and specially selected by H.H. Dr Athavale !

Educating jivās (Embodied souls) through the medium of bhajans (Devotional songs) as well as teachings on how to live in the present, thus through the medium of 'Gurukupāyoga', a Yoga that is the essence of all four Vēdas, ensuring rapid spiritual progress of the jīvās, is the goal of teachings of H.H. Bhaktaraj, who has Himself transcended time. Through direct guidance, He has taught how both, the goal and spiritual practice can become complementary and conducive to the present situation as per the two doctrines namely, 'Whatever you see is your duty' and 'obedience'. H.H. Dr Athavale collected these invaluable pearls by way of words and presented them to average people through the Holy text 'Teachings of Saint Bhaktaraj Maharaj'.

'Whatever you see is your duty' and 'obedience' are the basic doctrines on which 'Gurukrupāyoga' is founded. To attain the goal of 'God-realisation' it is essential to be strictly obedient, so also to have consistency in spiritual practice, adhering to the doctrine of 'Whatever you see is your duty' is essential. H.H. Bhaktaraj Maharaj incorporated these two main aspects in His teachings and travelled throughout Bharat.

- H.H. (Mrs) Anjali Gadgil, 31.12.2005, 6.30 p.m.

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