



Sadhana as Shodhana!

BHAJANS:

Bhajans are a prayer addressed to God to free you quickly from the cycle of births and deaths. Songs are the ideal media for the expression of feelings. The Bhajan touches the right chord in the lyre of the heart and the devotee can sing the devotional songs tearfully and supplicate before God with passionate devotion. Although there can be no denying the fact that musical instruments can motivate feelings, they are not that indispensable to the Bhajan.

What is really indispensable is that the intense, helpless feeling, 'You are my only shelter, my only refuge. Please forgive me, lead me and guide me' should pulsate with every word of the devotional song and tears of longing should flood his cheeks. He should give auto suggestions to the effect that just as a utensil is cleaned by washing it with water, his heart is cleansed of the karma by the tears shed by him. All the inmates of the house should participate in the Bhajan and it should serve as an occasion to thank God for the success of the day's work.

Effective Bhajan:

All Bhajans really

- (i) Give immense solace to the Heart-Mind Complex,
- (ii) Increase confidence within and inspire to the zero,
- (iii) Inject extra vigour and valour in the blood stream,
- (iv) Fortify faith, devotion and yearning in all,
- (v) Evaporate the hidden karmic stuff urgently,
- (vi) Facilitate extra zeal and zest in all,
- (vii) Open new vista to stand under and understand His glory as such,
- (viii) Stimulate *Premakalaha* with the Almighty freely all the while,

- (ix) Instil infinite Bliss in all freely,
- (x) Guide to manifest harmony, unity and integrity forever and
- (xi) Alert all towards transience of this human life as such.

Thus **Bhajans** within notice.

Beautifully remould *Devadaasa* effectively,

Humbly sanction solace to all,

Activate special strength to obey and observe,

Jump easily towards trifles of life as such,

Activate wisdom and dispassion,

Nullify suspicion and torture and instill

Success orientation in all to

lead a life of nobility and ability.

|| JAI GURUJI ||

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