

## **SADACHAR**

Following is the last discourse directed by Sh. Maharajji in Shimla in 1936. These are basically small tips for day to day life. These are very effective and make people understand the important knowledge very easily.

1. The first and foremost duty of a person is to seek recourse of the satguru [spiritual master] and serve him with pure heart to be blessed by him.
2. The disciple must have full faith in his spiritual master.
3. Always follow only one religion.
4. Always be in a company of good people.
5. Always keep in mind reality and unreality of worldly things.
6. Always remember God and have faith in him.
7. Consider God the only and above all personal desired divinity. He alone should be prayed and worshipped. He should be considered the very base and foundation of life and all actions. One must do the jupa of his sacred name in a private place and without telling any body and must trust fully this process and its efficacy.
8. Ishvar jeeva & Maya are eternal but finite and limited. But Brahma is eternal and also infinite. That is how one should consider.
9. Liberation is unlimited and infinite. This is like the finishing off of the three pains and finding of Supreme Bliss. [Daihik, Daivik, Bhautik]
10. One's rise and fall is according to one's actions.
11. The belief in incarnations, worshipping idols, going on pilgrimage and do things over there and performing Shraddhas must be taken up only if they are acceptable to you intellectually.
12. Even the good things given in Vedas and Shastras must be accepted and followed if you can accept them intellectually.
13. Every human being has a right to read all books and acquire all knowledge.

**14.** It is only the human beings that they become the way they act. No body is good or bad by mere birth. There should not be a distinction in these matters of cast, family, low and high status in society.

**15.** One should read every day book of spiritual knowledge like Gita, Upanishads and Kabir etc.

**16.** One should give up sloth and pursues a study of knowledge throughout one's life.

**17.** All tasks must be carried on time.

**18.** One should do the sandhya worship.

**19.** One should always remember God and death.

**20.** One should practice the discipline of Yoga in order to have the darshan of God.

**21.** One should remain devoted to one's nation, its ruler and Lord Mahesh.

**22.** One should treat the same way all the beliefs, all scriptures of various beliefs, all the incarnations, saints and prophets and people of all countries.

**23.** Treat everybody with equality, and consider all personal divisions and differences as false.

**24.** One should speak only what is truthful, helpful, sweet and expressive of one's love and loving concern.

**25.** We should take care of the visiting guest well with proper honor and attending to his needs within our means.

**26.** We should remain unperturbed during difficult days and remain engrossed in a state of bliss.

**27.** We should forget both the bad deeds of others towards us and our good deeds done towards others.

**28.** We should leave the results of all of our actions to the will of God.

**29.** Consider personal effort of greater value than the fate.

**30.** A special consideration must be shown in making the life of a weak person easy rather than towards the life of a strong person.

- 31.** We should make others happy by our thought, speech and actions.
- 32.** We should work towards improving the quality of our cows so that they may give more milk in order to protect the species of cows and grazing grounds must be set aside for the cows.
- 33.** One should not be a slave of sense-pleasures.
- 34.** One should not increase too much worry, deceit, artificiality, conflicts and chaos.
- 35.** One should not have too many children.
- 36.** What you want done for yourself that you should do for others.
- 37.** All our actions must be carried out with the pure intention of good of everybody.
- 38.** We should learn to be happy and delighted at hearing the greatness of others.
- 39.** We must honour and respect the neighbour in the same manner as we do ourselves.
- 40.** The food and drink of others must be accepted by any human being when it is offered with love and purity and cleanliness.
- 41.** We should eat the food cooked two times in an earthen vessel and one time in a day cooked in the oven.
- 42.** Sweets or sweet food must be eaten only after sharing with others.
- 43.** One should eat coarse food and wear coarse garments.
- 44.** One should eat only simple, pure and less spicy food which increases intelligence and other faculties.
- 45.** The marriage should be solemnized following the Svayamvara procedure when the girl and boy fall in love with each other without much consideration of matching caste and status etc.
- 46.** In essence one man should have only one wife. And if there is a need to marry a second woman then the woman should also have the same right to marry another man as a man has the right to marry another woman.

**47.** In all situations and matters, man and woman should have the similar and equal rights.

**48.** Women folk must always be honored and respected and bowed down to, instead of considering them trappable under the foot consider them worthy of being placed upon the top as a crown is upon one's head. In order to be aware of such a thing, one must do the jupa "Gauri-Shankara, Seetaa-Ram, Raadhe-Shyaam and Shyaamaa-Shaam".

**49.** A woman should be fully committed to her husband and the man in the same way should be fully committed to his wife. Man and woman should have a firm resolution to bear a quality child only when a woman is in ovulation period.

**50.** We should plant useful, sacred and superior trees. We must work towards improving the genes of trees, animals, human beings and medicinal plants so that they may bear a very large number of fruits and off spring etc.

**51.** We should build ponds, wells, temples and water-huts etc.

**52.** We should charge nominal interest rates on monetary transactions and engage in commerce which is beneficial to the nation and to charitable and spiritual institutions.

**53.** We should fulfill the urgent needs of another person by getting him a wife, money, housing and clothes etc.

**54.** We must minimize our needs as much as we can.

**55.** There should be an Ashram between five or ten villages through out and there should be schools for girls and boys in the forest tract between such villages.

**56.** A care must be exercised for a period of fifteen or sixteen years or for eighteen and twenty Years with their personal and celibacy. [Young girls and boys]

**57.** From time to time one should sing and dance as well.

**58.** We should serve and attend to the needs of older parents, distraught neighbor and any human being in a given situation.

**59.** One should have a head-wear such as a topi with a crown, or solar hat, or a turban in order to protect the eyes from direct sun light or rays.

**60.** The children must be educated through playful exercises. Their mind should not be burdened either with too much of material or through pressure to learn.

**61.** Everybody should play the flute. Everybody should always remain cheerful and delighted.

**62.** Never pick up a fight with the mighty and powerful.

**63.** Never put too much load on the head.

**64.** Don't allow the dust of a broom to touch your body.

**65.** One should never scrape the ground with nails and never break a piece of wood or bamboo with fingers. One should not scratch head with the fingers of both the hands.

**66.** One should never look at rising, setting and mid-day sun. One should not look at the reflection in water as well. One should not look at the rainbow nor should it be shown to others.

**67.** One should never repress the call of nature such as toilet needs or urinal needs.

**68.** One should try to arrest the intense desire of lustful nature, force of anger, etc.

**69.** Neither represses too much the sense organs, nor indulges too much in sense pleasure.

**70.** Don't shake your legs after putting one leg over the other.

**71.** One should not eat food sitting on the threshold of a doorway. During night time one should not sleep under a Tree or in a shrine alone.

**72.** One should defecate or urinate facing the northern quarter in the day time, the southern quarter in the night time, the northern quarter during the two twilight zones of dusk and dawn and in any direction when you can not figure out the position of quarters safely.

**73.** Whatever happens in the world and the universe happens because that is what has been scripted by God, so one should not brood on things too much. The chief aim of life should be to remain unmoved, to take and bear calmly all the beatings of fate and to love God.

**74.** Devotion to God is life, and devotion to one's nature and urges is death. Similarly knowledge of God is life and ignorance is death. Truth is life and lying is living death. Dharma [morality] is life and adharma [immorality] is death. Helping others is life and selfishness is death. Taking up action and work is life and laziness is death. Pursuit of devotion with personal continence and discipline is life and going for sensual pleasures is death. Simple living is true living and ornate and ostentatious living is death. Cooperation is life, disunion and conflicts are death. Friendship is life and enmity is death. Bravery is life cowardice is death. Company of good and holy men is life and Bad Company is death. Contentment is life greed is death. Nonviolence is life and violence is death. Gratefulness is life and ingratitude is death. Every human being loves life and is afraid of death. That is why everybody should be interested in those things that lead to life and detest those things which lead to death.

**75.** Always befriend good people and keep their company as well. Give up the company of bad people.

**76.** One should always serve God, king, elderly, scholars, physician and guests.

**77.** Never allow a beggar and a seeker to go empty-handed.

**78.** Don't insult anybody and always sit near a Guru and respectable and honourable people with Modesty. One should not stretch one's legs and should not do other immodest things, while In their company.

**79.** One should always do good to even those people who hurt you. Consider everybody the equal to yourself and keep away revengeful people. Don't ever publicize in anyway that some particular person is my enemy or I am an enemy of that person.

**80.** Don't ever make public that I was insulted at some place or that my master does not like me and favour me.

**81.** Don't look at your own reflection in the water.

**82.** Don't enter the water naked. And don't enter water which you do not know the depth of or which is infested with killer animals like crocodile etc.

**83.** When you speak then you must speak which is measured, helpful, truthful and relevant to the matter at hand.

**84.** One should eat in proportion edible food items and care to eat which have some liquid, Don't eat yogurt without salt or without moong daal or without honey or without a mixture of sugar and ghee.

**85.** Try to know the intent of people and then talk about those things which will please them, for the simple reason that to please people is the only smart thing to do.

**86.** As you know that a human being is not happy without some help, similarly a human being who either trusts everybody or who doubts everybody is also never happy.

**87.** Don't while away the time doing nothing constructive. We should never be envious of the successful efforts and actions of others. Those men who are unhappy at the prosperity of a prosperous man are always unhappy. An intelligent man must reflect upon the causes of success of a prosperous person and reach out for fame by using him same knowledge and strategy and by acquiring wealth employing the same strategy. One should never desire to have one's saved money.

**88.** Make houses which have windows and lot of ventilation.

**89.** One should be friend happy people, show compassion towards the suffering, express pleasure in meeting dashes and keep a distance from bad people.

**90.** Don't ever hold a superstition and false belief in the impact of the grahas or ghosts, some deva-badhas and ill founded ritualistic sanctimoniousness on a situation in one's life.

**91.** One should hold an umbrella in sun and in rain. In the nighttime when there is an apprehension and fear, always carry a stick with oneself. Wear the shoes and protect one's body. Always keep six feet stretch of land in direct view when walking.

**92.** Don't go where the fire is flaring up all around. Don't ride on an animal and even in a horse cart etc. where the behavior of the horse etc is causing doubt of safety in your head. Don't walk up to an elephant when it is in heat or is mad.

**93.** When you are sitting in the gathering of good and saintly people, don't cough, belch, yawn, sneeze and heave heavily facing those people. When you are in the company of people, don't finger your nose to take the muck out.

**94.** Don't ever sit crouched. Also don't sit for long on the ground on your hump with your knees bent vertically.

**95.** Don't look at an unseemly and unsavory thing continuously. Don't shake hairs with hands.

**96.** If two respectable people or husband and wife are facing each other, then don't pass through them.

**97.** Don't ever eat the food given by an enemy and a prostitute.

**98.** Don't unnecessarily become a guarantor and security of other's debts and loans, and don't be a witness of someone purposelessly.

**99.** Don't keep another person's wealth given to you for safe keeping with you, and walk away from a distance the place where the gambling is taking place.

**100.** Don't make the ladies sleep at a place which is meant for gents. And don't sleep on a broken bed and on a bed with holes.

**101.** Never speak ill of anybody.

**102.** Consider the whole universe your body and the active, sentient and moving power behind this universe called God as your own soul.

**103.** Consider that God is the architect of all happiness and all good, all pain and bad in life is due to my errors and mistakes.

**104.** Have a firm determination that after death I shall merge in God.

**105.** As much as possible, neither considers anybody bad nor says badly about anybody.

**106.** Be contented in whatever you receive.

**107.** Whatever nice and dear thing you like, receive it as a blessing from God.

**108.** Greet everybody after getting up in morning with greeting Om Om Jai Shree Krishna Ji Ki .

**109.** Offer adoration, prayer and mediation by standing and facing sun with the Gayatri mantra.

**110.** Always accept with honor the good advice and spiritual and moral preaching from wherever you get.

**111.** There are two keys of success in any direction, the intelligence and effort with the hope of success in reaching to the goal.

**112.** Don't make haste in doing anything. First you must fully understand, and then have a firm resolve to carry it out. At first consider all the pros and cons of your actions, weigh them well in your heart and then only execute the action, whatever be the consequences thereafter.

**113.** Have a good soul searching and weigh your ability to do then only engage in carrying out the task. There is always a danger of falling down if you climb too high and of being trampled upon and crushed if you stay too low.

**114.** Have faith and trust upon the master, but keep the feet of the Camel well roped.

**115.** To lose courage when faced with a difficult task is sign of inner weakness and cowardice. If others can do it then how come you can't do it? Having firm faith upon God, man can do an impossible task. The word impossible is found only in the dictionary of fools.

**116.** Only that person is free and independent who is not dependent upon others for his work.

**117.** One befriending the other one may grow to be in to a larger number of eleven instead of just two. Bringing people together for good and ethical works is called an ethical action, but bring people together for disruptive and opposing purpose is called groups.

**118.** When justice is tempered with compassion, then it becomes true gold and very fragrant.

**119.** Anybody who wants progress and fame, then he must keep at bay the following vices, too much of sleep, dozing off, fear, anger, laziness and procrastination.

**120.** Loyalty to one's king and government has a high place in the realm of ethics and morality. A person who acts treacherously towards his king or emperor is a looser in the world and in the world hereafter.

**121.** Pride and ego are signs of foolishness.

**122.** He only is the great soul, who does not speak ill of anybody, who does not like one's own praises, who is delighted by the praises of others, who brings happiness to others by his actions, who is tender, kind and respectful towards the small people and who does not resort to cunning and trickery even in day to day playfulness, sports, and games.

**123.** Maulana Rumi has declared that he has had many lives.

**124.** More than half of this world believes in rebirth.

**125.** Stay in the company and neighborhood of good people. Allow the good desires to dwell in your heart and expel all the bad desires. Stay calm when somebody blames you for something; don't allow your peace of mind to be disturbed. Don't be too puffed up in the times of riches; don't be too disheartened in the times of difficulty. Don't ever take over other's wealth by dishonest means. If you are not comfortable with somebody, keep away from them. Never deceive anybody either by words or by action.

**126.** A really moral man speaks very sweetly and tenderly, because who knows the hardship involved in doing a good work, will most certainly utter things very carefully.

**127.** You are your own mirror. Either learn to open the eyes and watch yourself, otherwise the pain will make you open eyes towards your wrongs.

**128.** Never spread a false rumor. Don't befriend a bad person. If you come across a lost bull of even your enemy then take him to his house. Don't trouble a foreigner or a man from far off place. When you harvest a crop, leave a portion of that crop for the wayfarer. Don't hurt a neighbor by your actions. Don't make a laborer wait for his wages to the next day. Don't laugh at a deaf person. Don't put rocks in the middle of the road of a blind man to make a trip over. Don't become an informer and squeal on anybody. Reprimand your neighbor if he is doing a bad deed. Don't look down upon people. Don't think about good moment and time for doing things.

**129.** Respect the elder by standing up in his presence and then look after all his needs. Don't sell the land.

**130.** Love is a power of attracting and pulling and the whole creation is stable because of this power of love. God himself is love incarnate. To like someone more than one's own self is called love. One who loves God more than himself will not think twice about sacrificing his body, mind and wealth for this celestial beloved.

**131.** The three things shall grow in the same measure as much as you would want them to, and those three are hunger, sleep and fear.

**132.** The true value and importance of the three only other three recognize the old man of youth, the sick man of health and the poor man of wealth.

**133.** Avoid three things and everybody will like you. Those three are that don't beg anything from anybody, that never say anything bad about anybody and don't ever become an uninvited guest or be at whimsy of anybody.

**134.** These three do not last without the other three, i.e., wealth without business, knowledge without scriptural debates and kingdom without a proper rule.

**135.** Always respect the elders, give advice to the younger, seek advice from the wise people and not get entangled with fools.

**136.** There are four kinds of people: bloodsucker, miser, large-hearted and a giver. A person who will neither eat himself nor give another person is a bloodsucker and the person who will eat himself but will not give to another person is a miser and the person who will eat himself and give to another person is large-hearted man, but who will not eat himself and give to another is the true giver. If you can't become a giver, at least become a large-hearted person.

**137.** You can truly test and recognize the following: a true friend in time of trouble and a warrior on battleground, a wealthy man in hour of need of a loan, your wife in times of destitution and poverty, and the relatives in time of sickness and sorrow.

**138.** The happiness, sorrow, job or business and death come on their own.

**139.** These four, once gone, never return: the arrow once shot, the utterance from the mouth, the days of life spent and a broken heart.

**140.** I have seen the youth which never returns once it is gone, and the old age which never leaves once it arrives.

**141.** Four things at first seem inconsequential and weak but later they display their power strength or force and these four are enemy, fire, illness and debt.

**142.** Keep away from the association of a liar, fool, miser, coward and vicious person.

**143.** A man should win anger of others with love, badness of others by doing well of them, a greedy man by large heart and a liar by staying truthful towards him.

**144.** A goodness of any person is good only if lasts till the old age. An unshaken faith in someone always brings happiness. Acquiring knowledge is also blissful. And keeping oneself away from sins also brings in happiness.

**145.** Both persons, who say something which has not occurred and who denies the occurrence of some event, are going to go to hell.

**146.** Only a person, whose mind is in his control, has the power, the love and the intelligence. Only that man has conquered the whole world that has complete peace.

**147.** A wise man stays away from worry, fear, grief, confusion and attachment, hopelessness and hatred.

**148.** To control the senses is a superior thing.

**149.** Disciplining of body is a good thing, control upon one's tongue is good, and disciplining of one's thoughts is also good. In this way a control and discipline over all things is good. And a person who succeeds in acquiring a disciplinary attitude in everything gets rid of all things and uplifts himself.

**150.** Don't consider anything, whatever you get, and small in any way. Don't ever be jealous of anybody. A person who is envious of others can never find happiness.

**151.** A person who considers himself other than his name and his body and does not grieve for temporal and unreal things is decidedly a monk.

**152.** A monk who works with compassion is truly a follower of fundamental principle of Buddha.

**153.** Give up the five, destroy the five and rise above the five. These are the five shackles and only that person who has gotten through these five is the one who has really freed himself from the bondage of life. These five are lust {kaam}, anger {krodh}, greed {lobha}, attachment {moha}, ego {ahankaar}.

**154.** Without knowledge, the meditation or contemplation is not possible, and without contemplation there is no knowledge. That person alone is near the freedom from the bondage of life and pain that has knowledge and the ability to contemplate and meditate.

**155.** Whose mind is one pointed and has given up on temptations of this world, he alone is at peace.

**156.** Those who are slaves of their desires go downward with the forceful flow of desires as the spider quickly drops down from the ceiling with its own web. Only a wise man finally cuts and breaks loose of this web and acquires detachment from this world.

**157.** Give up the one which you have ahead of you in the future and is pulling you, also give up the past and give up that also which you have now or you are presently engaged in.

**158.** As the rain water seeps through the broken thatched roof, similarly the desire for sense pleasure creeps into an impure heart.

**159.** He who is the grantor of our world of life is also our protecting father. He is tremendous glorious and paramount ruler.

**160.** Only those people are really free who have conquered their desires. Although other people seem to be free yet in truth they are in bondage and in shackles.

**161.** As the money does not stay with a big useless spender, similarly the compassion does not stay in the heart of a meat eater.

**162.** He truly is alive who has an idea of what is right and what is not right. The one who has no conception of right and wrong shall be counted among the dead people.

**163.** A person who really loves himself and cares for himself should not lean even slightly sins.

**164.** It is better to die right away instead of spending life with lies and by maligning others, because if you die that way, you will get the rewards of having a pure and good heart.

**165.** Those people who openly speak of the defects of their friends, how they will spare their enemies.

**166.** In this world, he is the greater saint as opposed to persons with renounced spirit who is able to tolerate the bitter words of his revilers.

**167.** Cut down all the jungle of lust and desires, because the forest of lustful desires is full of all kinds of fears all the time.

**168.** It is very difficult to become a monk by renouncing the world. It is also difficult to go through the experiences of day to day world. The life of an ashram is also difficult. Living at home is also painful. Living with one's equal is also painful. A wandering monk with pain is the best of all.

**169.** A person who is looking at the defects of others and himself cherishes the desire to commit sins always, such a person is far from conquering the crookedness of heart. His crookedness will only grow.

**170.** Great people never seek a favor in return for all the help they render to others. How the world can ever pay back the rain-bearing clouds.

**171.** The wealth which the able people earn by their own labours and store away safely is only for others.

**172.** There is nothing greater than the help rendered to someone with one's heart.

**173.** When the jeeva knows you O Lord! Then there is nothing left blocking his road. At that time all the doors open up for him. O lord! Bless me so that I am never deprived of the bliss of experiencing oneness amidst the plurality.

This is "Sadachar" in brief for everyone in society. Follow this by remembering God everywhere, inside you and outside as well and be in permanent bliss.