

## Ruhani Satsang ( Science Of Spirituality)

**RUHANI SATSANG** , as the name implies , is a center for imparting purely spiritual teachings and training to mankind, irrespective of class barriers such as caste, colour, creed , sect, age or education. As nature offers its bounties of light, water, air etc. freely to one and all, so is Spirituality offered free to all who are anxious for Self-knowledge and God-knowledge.

Ruhani Satsang deals with the most abstruse problems connected with the soul and primarily imparts instructions in the Science of the Soul. All other considerations -- physical, social , moral -- are secondary and enter discussion only insofar as they aid in the upliftment of the soul. As it is a science of the Beyond , it is called Para-Vidya, or the knowledge that the soul experiences directly and immediately, above and beyond the realm of the senses. It seeks to make the human soul one with the Oversoul by transcending the physical plane.

The actual awakening of the spirit into its own , its gradual efflorescence into Cosmic Awareness, is the work of the Master Power overhead, and is achieved through a regular process of self-analysis or inversion.

Ruhani Satsang is not concerned with the socio-religious codes of conduct nor with performance of rites and rituals, nor with formal places of worship. The human body is the true Temple of God, and since God is Spirit, those who worship Him, must worship Him in Spirit. The higher values of life--the greatness of God and the need for humility, leading to a pure and honest life of truth, chastity, abstinence, and a loving selfless service of humanity have always been enjoined by all spiritual teachers, as only an ethical life can pave the way of spiritual life. We must learn to love all living creatures, and more so our fellow human beings , as all are the children of the same Supreme Father. The contacts of Light and Sound are the "saving lifelines" within each individual, and the Master who manifests this Light and

Sound is called a Savior, a Messiah, a Prophet, or anything one wishes to call Him.

Although each one of us is aware of this reality of "being born and having to die" and can see it manifesting everywhere around us, our lifestyle in no way reflects any awareness of it. In fact, it seems hard for us to imagine a time when we were not yet born or a time when we will no longer exist. How is this possible? What creates this blind spot in us? What is the driving force for our limitless addiction for superlatives, our endless quest for "more" ? Most of the time, we cannot even say what it is that we want more of. It is the faint reflection in us of a higher and much more important reality of our human existence, the principle of the eternal existing soul. To realize ourselves, to recognize our own innate nature and to start searching for our true Home so that we may find our eternal life, we will have to tread

the path back to God.

As God is One, the way back to Him can also only be one. This way is made by God Himself and therefore is the most ancient and most natural way: the connection with the active God-Power. It is the only possibility of attaining God-realization.

Sant Mat, which translated means "the Holy Path", is inherently a practical path. In descriptions of Sant Mat two basic principles are mentioned which are indispensable, namely:

1. the competent living Master and

2. regular meditation on inner Light and inner Sound.

Two major helping factors can speed up our inner progress:

1. an ethical lifestyle

It is important to find a competent living Master who imparts the everlasting inner connection of the soul with God and who will guide us further until we have reached our goal - oneness with God.

The Master teaches that our inner life is not to be confused with the outer life and that we have to add the higher life of soul to our normal worldly life. The soul is connected to the God-Power.

"God is love, and love is God. He is continuously helping you, serving you and making you like His own self. This is the love of Father God."

The teachings of the Master are not dogmatic. He says: "Go inside and see for yourself".

<http://www.ruhanisatsangindia.org>

<http://www.santmat.net/>