

# Aatma Sutra

UNVEILING THE SOUL





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• • • UNVEILING YOUR SOUL

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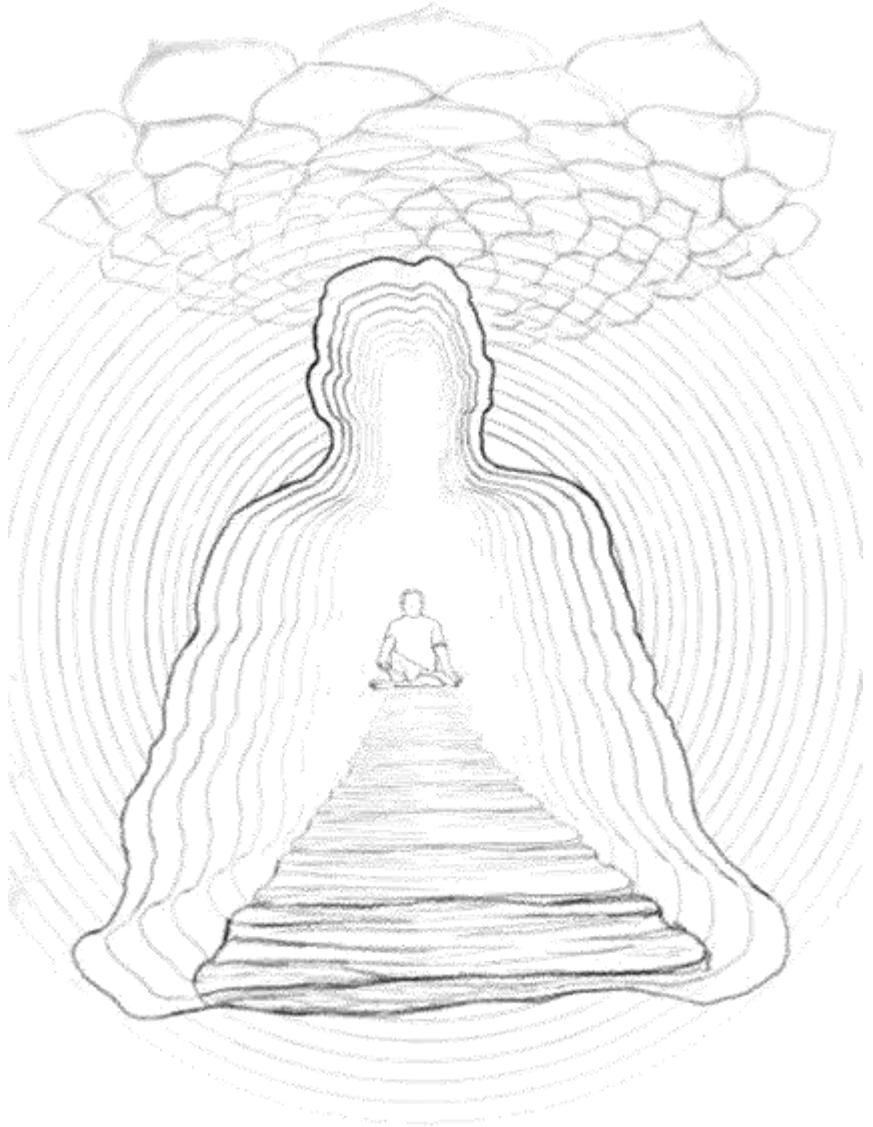
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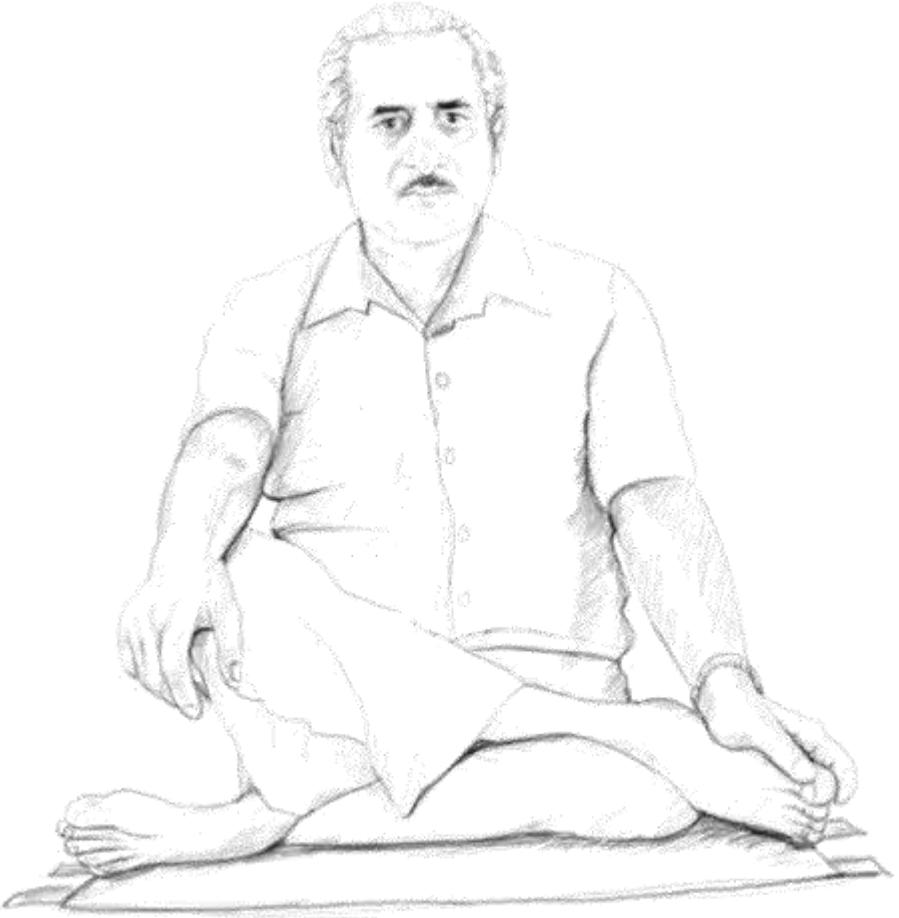
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**Aatma Sutra - Unveiling Your Soul!**



**GURUDEV**

# A Spiritual Icon

Gurudev was a man who made mountains out of mountains, who thought they were molehills.

Born as Rajinder Chanan, he started his life as any kid next door, in Haryana, a village 17kms from Hoshiyarpur, in Punjab.

One of six children, he was born to a trader and a housewife. Brought up in a humble home, he completed his schooling at DAV school, making a mark as one of the naughty students. Quite mischievous as a young boy, he and his friends plucked radish and carrots from fields and were often chased away. The only unique thing about him was that he lit an earthen oil lamp at a *dargah* every Thursday and spent hours at a temple near his house.

As he grew up, he got into the habit of disappearing for hours, spending time with holy men, much older than him. He completed many siddhis in order to acquire spiritual energy. After he managed to pass school, which was a surprise and shock to all alike, he worked as a bus conductor in Delhi. His account always running short because he found it impossible to charge poor people. As luck would have it, he got admission to an overseer's course at the PUSA Agricultural University in Delhi. After graduating, he joined the agricultural ministry and became a soil surveyor.

Till this point his life was following a normal trajectory. At the age of 35, a spiritual somersault happened; an inner voice told him he

needed to go to Hari ki Pawri at Haridwar and give up all his Siddhis in the Ganges river. When he finished doing this, he knew it marked the beginning of his spiritual life, but he knew not how it would happen.

Later he was told by the inner voice, that an Om was formed in his right palm, and he could see it visibly. As time went by, he acquired the symbols of Trishul, Shivling and Gileri, Ganpati, Nandi bull etc. He was asked to start healing people, and he did. Starting with a handful, there came a time when there were 35,000-40,000 people waiting in queue to meet him. The *sthans* (home temples), a concept that he established spread to all parts of the country and beyond.

He gave the power to heal to over a 100 people. They all ran these *sthans* in their homes. These disciples spread their wings further and trained others. This one man tree became an orchard. In 20 years he and his spiritual family of shishyas had served millions of people (he cured my rheumatoid arthritis of over 10 years in less than a minute). I was lucky to be one of the people he picked, trained and helped evolve. Without him my life would not have been worth it.

Ordinary people who had very little to write home about spiritualism became giants under his tutelage. They saw themselves as molehills and he saw them as the mountains they became. They judged themselves in the present, he evaluated them from their past, present and future. They saw themselves as people, in his vision, they were beings. A part of the whole, and a part of him.

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**SELF -SCULPTING - Redefining your persona, attitudes, habits.**

# Introduction

Through this text, I am going to try my best to present to you, the reader, several relevant spiritual concepts, interspersed with incidents and visions experienced by several of my spiritual friends and me. The purpose is to influence you to fall in love with yourself. This is of course, a colloquial way of saying, learn to accept, respect and revere yourself. No mean task this!

I will have to talk about the various stages that I went through on this journey. For that I will need to spell out my life in two pages as a reference to context. Do bear with me.

As today is *Janmasthami* (the birthday of Lord Krishna) let me say in His honour, His was probably the most inspiring story of self-reverence in known history or mythology. I wish I could provide both you and myself a change-over or switch that would instantly take us to the level of consciousness that Lord Krishna enjoyed. Though the technology for that may take lifetimes to acquire, let us see to it that a beginning is well made.

Lord Krishna will bear me out when I state that in eternal truth, there is no difference between Him and ourselves but one; the spell of our limitations. Though we share the same God Particle (colloquially speaking), we are limited by the cages of our bodies and minds to see ourselves not as we TRULY are, but as we seem to be.

The story of my self-evaluation has been a jigsaw puzzle of likes, dislikes, acceptance, non-acceptance, rise and fall of my self-worth. Half my school life was spent being molly-coddled and monitored. I was handled with kid gloves, as I was an adopted child, acquired with great difficulty from the younger members of the family. The second half was spent in a boarding school. As I had joined half way, I was a misfit. Average at a few subjects at best, but bad at most. Naturally, I saw myself as a loser – what was there to be proud of?

College presented an opportunity to show off and get attention. I wore clothes that attracted attention and got it. I made a bit of a spectacle of myself and got away with it. I stood for elections in college and won them. Who would not vote for a jester? And a jester I was! *“Better a witty fool than a foolish wit,”* as Shakespeare rightly said.

Later, I discovered my debating and acting talents that won me many trophies. I was confused – was I not such an idiot after all? Fortunately, I was not too unpopular with the girls. Maybe, I was better than I thought! Self-evaluation was so confusing and what was I evaluating myself on? Social Success?

During my early college days, I got an attack of rheumatoid arthritis. I had to undergo acupuncture daily, for years, to keep myself going. I was cured in one-and-a-half minutes by my future spiritual guide, Gurudev. He went on to accept me as a disciple.

It was time to learn. Actually unlearn!

I thought ‘discover yourself’ meant understand yourself psycho-analytically. It was a lot more. It has been a journey of 35 years from trying not to dislike myself, to learning how to love myself and more.

Do join me in this story of understanding self-worth, shedding limitations and understanding your true nature.

If you are a part of the Consciousness Supreme, then how come you don’t know it?

Finally, how do you understand it?

### **That You Are (*Tat Twam Asi*)**

In a slightly informal way this book describes the sentence ‘That Thou Art’ in a deconstructed manner.

‘That’ stands for the Supreme Consciousness of which everybody is a part.

‘You’ stands for you the body, you the spirit, and you the *jivatma* or individual soul.

‘Are’ means that you are part of the Consciousness Supreme even if you don’t know it, even if you don’t feel it, even if you don’t want to believe it.

It’s a very intriguing sentence, though I must confess, quite impressive. The idea expressed through this book is that you need to understand

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