



DHYAN-KAKSH
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



Practice-The Key to Success



‘Sada Hai Sajjan Ram, Ram Hai Kul Jahan’

‘Shabd Hai Guru; Sharir Nahi Hai’

SATYUG DARSHAN TRUST (REGD.)

GUIDING FORCE

“Satvastu Ka Kudarti Granth”



**“Read, comprehend, and exercise the same
to become a exemplary human being”**

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“Sada hai Sajjan Ram, Ram hai Kul Jahan”

God is Our Beloved Friend
and He is Omnipresent.

so

Acknowledge and embrace Him and
accordingly adopt His virtuous qualities.

“Shabd hai Guru, Sharir Nahi hai”

The word of God (Shabd) is the Master
not some physical body or idol/image.

so

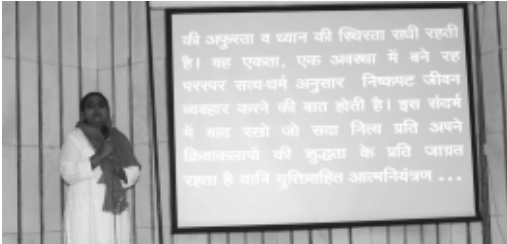
Embrace knowledge, not knowledgeable,
Anchor your faith in eternal, not the messenger

**Stand firmly on this,
remain steadfast on this eternal truth**

“OM Amar Hai Atma, Atma Mei Hai Parmatma”

“OM”, the soul is immortal
within the soul resides the Supreme.





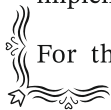


Practice - The Key to Success



Dear friends, as it is well known that from the perspective of self-welfare and universal welfare, practice is extremely essential for achieving success in various fields, ranging from general activities such as acquiring knowledge, reading- learning, writing, cooking, dancing, singing, etc. to spiritual disciplines.

In everyday life, it is observed that without practice, a person often forgets the lessons they have seen, read, or heard. Therefore, it is essential to repeatedly acquire knowledge from what is seen, read, or heard and engage in its detailed and profound study, contemplation, reflection, and implementation.



For this, it is necessary to abandon the



concern for the comforts and pleasures of the body, subdue the senses, control desires, and practice the pursuit of the goal with focused concentration, just like a hermit/seeker.

By doing so a person delves deeper into the subject. Various subtle aspects related to it become clear and a person through consistent repetition of the activity or art not only learns but also masters it. Similarly to suppress the tendencies of the senses towards worldly objects, to annihilate the fickleness of the mind, and to focus the mind on a specific subject or God, continuous and dedicated effort or practice is essential. In this context let us now proceed to understand how to fulfill this requirement:

(The Key to Success: Consistent Practice)

Friends, to achieve success in any subject, the

necessary means needed are proper knowledge, regularity, stability of mind, concentration, strong willpower, interest in action-oriented work, enthusiasm, self-confidence, optimism, vitality, and the purity and health of body and mind. Along with this, no matter how difficult the goal may seem, one must strive with the determination of “I will achieve it at any cost,” like a courageous individual.

Recognize that consistent practice reinforces and strengthens all these abilities. That is why a seeker who does not lose hope due to initial failures but maintains consistency in practice and shows persistent effort sharpens their skills and abilities and eventually succeeds in reaching the highest pinnacle of excellence.

This is why it is said in Satvastu Ka Kudarti Granth:



हिम्मत दिखाई ओ जावो,
हिम्मत वधाई ओ जावो।
हिम्मत न हारनी ओ बेटा,
हिम्मत बढ़ाई ओ जावो



(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम, तृतीय भाग,
कीर्तन न० 23)

This makes it clear that practice is the foundation of success. Through the power of practice, we witness not only humans but even animals, such as lions in circuses, performing astonishing feats that defy their natural instincts.

Through practice, tasks that initially seem difficult begin to feel easy. The impossible becomes possible, and the unachievable becomes achievable. Practice transforms the ignorant into knowledgeable, the novice into

an expert, and the incapable into capable. Through consistent practice, even the restless

and stubborn mind finds focus and develops a profound connection with the Divine. Once the mind becomes accustomed to this divine connection it does not find anyone other than the beloved appealing, meaning even a brief interruption or obstacle becomes intolerable to it.

Thus, when a seeker becomes devoted to practice to achieve stability of the mind, they eventually attain stillness, gain mastery over the mind, and self-discipline becomes their natural state.

Regarding such a practitioner, it is said in the Satvastu Ka Kudarti Granth –

तुहाडी ओ खातिर,
पंज ज्ञान इन्द्रियां नूं दमन कर,
ख्याल दयालु नाल जोड़िया।
मन शैतान दा मुख जगत वल्लों मोड़िया।



आत्मपद दी सजनां नूं है चाह,
ओ दयालु आ ओ दयालु आ ॥



(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम,
प्रथम भाग, कीर्तन न० 37)

This analysis reveals that just as tools need to be sharpened to keep their edge sharp, shiny, and effective—otherwise, they become rusty, blunt, or useless—similarly, talent must be honed through the sharpening stone of practice to prevent it from becoming dormant.

Moreover, just as fire can be ignited through the constant friction of leaves, the darkness within the inner self is dispelled through relentless practice. It refines impure habits and behavior, and the divine manifests within the awakened consciousness.



When this happens, the seeker exclaims according to Satvastu Ka Kudarti Granth:





हुन सजनों मैंनू ढूंडो कित्थे,
हुन सजनों मैंनू लभो कित्थे
मन मन्दिर हर अन्दर,
हर जनों में मैं रहंदा हां।।



(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम,
द्वितीय भाग, कीर्तन न० 19)

In this way, through practice, one attains supreme contentment and an opportunity for peace and self-improvement emerges.

Meaning is that practice liberates one from all inconsistencies, sufferings, and obstacles of life. It alleviates physical, mental, and spiritual strength and demonstrates the valor of accomplishing the most difficult to difficult task with ease, self-confidence, and self-reliance. Through this practice only, a person truly comes to know themselves.

Understanding the significance of this, dear ones, if you have to repeatedly engage in a process similar to grinding the already grinded

through practice, do not be nervous, because
this is what adds more and more refinement to
any task or art.

Regarding such a diligent practitioner, even
God says -

Essential Elements for Strengthening Practice

To strengthen practice, it is absolutely
necessary to make consistent efforts or hard
work with faith and dedication. This means
thereby one should not give up easily or
abandon the righteous path due to
discouragement or habitual tendencies.
Instead, with courage and

दुध रिड़क मक्खन लिया ने विरोल ओय ।
सोई राहवन आपदे चरणां दे कोल ओय ।।
हां हां हां हां सोई राहवन आपदे चरणां दे
कोल ओय ।

(सतवस्तु का कुदरती ग्रन्थ, सोपान चतुर्थ,
कीर्तन न० 20)

patience, one must maintain focus and continuously refine oneself, striving for a steadfast state through persistent practice. Only by demonstrating such perseverance can a person become aware of their true knowledge, qualities, and strengths, ultimately making their life more and more progressive, prosperous, and fulfilled.

Secondly, Consistency is essential in practice. It should not happen that one practices for a month, then leaves it for ten days, practices again for three months, and then stops for another month. Such interrupted or irregular practice does not lead to steadfastness even after a long time, and one's endeavour cannot succeed. Therefore, practice should be continuous and uninterrupted, carried out in all states-whether sitting, standing, dreaming, or waking. To practice this consistency, Satvastu Ka Kudarti Granth while giving

instructions to a spiritual aspirant says
towards attaining the ultimate purpose of life

उठत बैठत स्वप्न जाग्रत,
हरि चरणां चित्त लावां ।
बली जी तुहाडे चरणां दा,
हरदम राहवे ध्यान,
बली जी तुहाडे चरणां दा ।

(सतवस्तु का कुदरती ग्रन्थ, सोपान प्रथम,
भजन न० 27)

Thirdly, practice should be done properly, skillfully, in accordance with principles and rules, with full capability, enthusiasm, thoughtful consideration, and dedication. In this context, introducing the benefits of practicing thoughtfully and methodically, Satvastu Ka Kudarti Granth says:

युक्ति जैं प्रवान कीती आ-आ-आ,
ओहदी भक्ति वी सावधान होई ।



विचार शब्द जै पकड़ लिया, ओहदी दुनियां ते ऊच्ची शान होई ॥



(सतवस्तु का कुदरती ग्रन्थ, सोपान पंचम,
कीर्तन न० 57)

Remember, in the absence of these essential factors, even prolonged practice does not become stable. This is because the mental imprints generated by desires for sensory indulgences, ingrained in a person's consciousness over countless lifetimes, cannot be entirely eradicated, including their seeds, through short-term or inconsistent efforts. This is why, even with a slight negligence in restraining impressions, they overpower a person, causing them to succumb and abandon their efforts. To prevent this, dear ones, consider continuous practice as the foundation of success.



In this context, understand that the study,



contemplation, reflection, analysis, and practice of the Shabad Brahma Vichar, as revealed in the spiritual scriptures, provide positivity and purity to our efforts, strengthening our practice. Therefore, engage with the true scriptures, and whatever you read, hear, or understand from them, strive to the best of your ability to retain them in your memory and implement them in your life.

In this context, it is often observed that we become highly inspired by reading or listening to such progressive thoughts, but we quickly forget what we hear and understand. Here, understand that there is a significant difference between merely reading or listening to the Shabad Brahma Vichar mentioned in the true scriptures and actually implementing the truth contained within them in our lives. To bridge this gap, during daily routines, quickly deal with unimportant

trivial matters instead of getting entangled in them, and prioritize spiritual principles above all else.

The essence is that uninterrupted recitation three times a day during daily routines, continuously chanting the divine Naam-Akshar i.e self-realizing Shabad, while working-keeping the hands at work and the mind to the beloved Lord, dedicating one's pure/satvik meal to God before consuming it, regularly studying the spiritual scriptures, adhering to the prescribed code of conduct and ethical principles outlined in these scriptures-all these fall under the realm of spiritual priorities.

Therefore, through continuous practice, fulfill this priority by imbibing Shabad Brahm Vichar contained in spiritual scriptures and bring them into action. Know that by doing so regularly, you will be protected from

unnecessary negative thoughts, ideas, and people having bad company. Thus your mind will remain focussed on contemplation and your contemplation directed towards divine enlightenment. Consequently, you will become self-aware, realize the essence of the Brahma state, and effortlessly achieve your life's purpose, experiencing the joy of life and proclaim:

ऐसे आनन्द दा सीमा न कोई,
हर जगह हरषाऊं मैं।
ओ ओ ओ ओ, हर जगह हरषाऊं मैं,
हरषाऊं मैं ॥
देखो क्या ही खेल रचा रहा हूँ
देखो क्या नज़ारा दिखा रहा हूँ॥

(सतवस्तु का कुदरती ग्रन्थ, सोपान तृतीय,
कीर्तन न० 45)

May you all succeed in achieving your life's goal through practice and enjoy this divine sight.

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SUBJECT

Human Values

- Contentment-Definition
- Means to develop Contentment
- Endurance-Definition
- The Practical form of Endurance
- The identity of an Enduring person and the benefits of adopting Endurance
- Truth/Truthfulness –Definition
- Means of developing Truth
- The Importance of Satsang/Association with Truth
- Importance of being a Truthful Speaker (Satyavadi)
- Dharma (Righteousness) –Definition
- Subject and Main Objective/Purpose of Dharma/Righteousness
- Surrender for the pursuit of Dharma i.e. Righteousness
- Selflessness – Definition
- Obstacles on the Path of Selflessness and Ways to Overcome Them
- Benevolence

The means of restraining the mental tendencies

- Practice
- Practice-The key to success
- Detachment
- The True Criteria of Detachment
- The Significance of Silence
- Silence and Speech
- The importance of silence in life

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can be viewed at



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