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Guruji: Teachings of a Hindu Saint

Sunil Reddy

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In 1991, author Sunil Reddy was a college student in Hyderabad when he sought out Guruji Verahur V. Srinivasan, a retired deputy inspector general of police who was a Yogi and a God-realized saint. Reddy wanted to learn the art of meditation from this man who was a prodigy in mastering different spiritual paths. They connected, and for the next four years, the two met weekly. *Guruji: Teachings of a Hindu Saint* recounts those meetings and the lessons learned.
Reddy presents this collection of spiritual practices and techniques gleaned from a master and designed to help guide a true practitioner. He narrates Guruji's visions and experiences with other masters, details the stages of spiritual progress, addresses distractions and detractions, repeatedly shows the qualities of true practice, and offers guideposts for assessment.
Providing an in-depth look at many concepts central to the practice of Hinduism, *Guruji: Teachings of a Hindu Saint* guides disciples and seekers in their quest for spiritual enlightenment.

Excerpts :

God has maintained an unbroken line of divinely inspired and self realised souls to guide the world. Such holy saints help not only deluded men but also plants and animals. The whole world receives their blessings and their very presence helps others.

You should integrate the mantra and the breath. When this is done, just as the breath is natural for the physical body, the mantra becomes natural and when this continues during deep sleep, your Guru or God might come and give vision, you might hear shlokas, grasp things easily, receive instructions and mantras if necessary.

The mind should not be just an empty camp follower of an aggressive element of passion.

The mantra bursts the mind into its million pieces and what 'is' remains. Great power is released within yourself, with the atoms of the body but this must be used not for selfish gratification or for selfish ends but in the larger interest of society and one should be as a constant source of support, joy and sustenance to others.

Meditation is to go from Mano Laya (mental absorption in a Divine idea or concept) to Mano Nasha (negation of sense of difference with that idea) to Samadhi (total unity). And Samadhi or God Realisation is the birthright of every human.

Reflection is hundred times superior to hearing and meditation is one hundred thousand times superior to reflection but Nirvikalpa Samadhi is infinite in its results, where the Truth of the Brahman is clearly and definitely realised.

Guruji said, "Whatever you eat, first offer it to God and then eat." All present did that and started to eat. Sunil said, "The Manu Smriti says, 'Whatever a Brahmin may or may not do, only the silent repetition of the name of God governs His liberation.' Guruji said, "Correct, but here and everywhere else in the Gita, etc. you should remember that 'Brahmin' does not mean the caste as we know it today but, the class of people, those

who are born from the head of God, i.e. having the thinking capability, they are the intellectuals.

Restrain speech in the mind, restrain the mind in intelligence, restrain the intelligence in awareness and merge also that awareness with the Brahman and attain supreme peace.

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Helen Wright:

The book Guruji: Teachings of a Hindu Saint will bring someone to the new experience of reading the book. The author style to elucidate the idea is very unique. In case you try to find new book you just read, this book very acceptable to you. The book Guruji: Teachings of a Hindu Saint is much recommended to you to read. You can also get the e-book from your official web site, so you can quicker to read the book.

Evelyn Looney:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read a book. It is really fun for you. If you enjoy the book that you simply read you can spent the whole day to reading a publication. The book Guruji: Teachings of a Hindu Saint it is quite good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to develop this book you can buy the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not too costly but this book offers high quality.

Therese Webb:

Precisely why? Because this Guruji: Teachings of a Hindu Saint is an unordinary book that the inside of the book waiting for you to snap that but latter it will surprise you with the secret this inside. Reading this book close to it was fantastic author who else write the book in such amazing way makes the content within easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of benefits than the other book have such as help improving your skill and your critical thinking approach. So , still want to delay having that book? If I have been you I will go to the e-book store hurriedly.

Craig Palmer:

Playing with family inside a park, coming to see the coastal world or hanging out with pals is thing that usually you will have done when you have spare time, subsequently why you don't try matter that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Guruji: Teachings of a Hindu Saint, you may enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh can occur its mind hangout men. What? Still don't buy it, oh come on its identified as reading friends.

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