

## Guru Poornima - Finding the inner Guru

Guru Poornima is celebrated on a full moon day As we have learnt Guru means the one who gets rid of darkness or ignorance to bring in light or knowledge

*GURU POURNAMI is sacred for many reasons: this day; the seeker who suffers from identification with the false objective world is initiated into the reality of the 'unseen motivator' within him; this day; those who have no urge to tread the spiritual path are inspired to seek the bliss which that path will confer; this day, aspirants are helped to achieve the consciousness of the One, which is known by many Names and through many Forms, in various languages and lands. With the rise of the Sun, the world is bathed in light and heat. So too, with the oncoming of Guru pournami the human heart is bathed in peace and security. Guru pournami is not just one day in the year, marked out in the calendar. It is all days when the Mind of Man (whose presiding deity is the Moon) becomes full of pleasant coolness, fully illumined with the light from the Sun, (intelligence, discrimination).*

**Baba - Prashaanthi Nilayam; 18-7-1970**

### Activity One - Summarise what Baba has said in your own words in two sentences

Guru Poornima is also known as Vyas Poornima as the great teacher Veda Vyas was born on this day. Vyasa was a great Rishi (*sage*). He is described as an incarnation of Lord Narayana. He set down in writing the Vedas which previously were known only in the form of sound. He was the great grandson of Arundhati (*wife of Vasishtha*). He codified the Vedas. As he was born on the full moon day in the month of **Aashaada**, this day is celebrated as Vyasa-poornima. Vyasa glorified the divinity that is equally present in all human beings and propagated this truth to the world. After writing the eighteen puranas, he summed up their message in one line : "**Paropakaraha Punyaya, Paapaaya Parapeedanam**" (*Helping others is meritorious harming other is sinful*). "**Help ever, hurt never**". Vyasa was the great teacher who gave many profound and sacred truths to mankind. Hence his birthday is celebrated as Guru Poornima.

### Activity Two - Fill in the missing words

Vyas was a great \_\_\_\_\_

He wrote the \_\_\_\_\_ which tell us the truth about the world and show us the path to \_\_\_\_\_

Vyas was the greatest Guru or \_\_\_\_\_ and as his Birthday is celebrated on \_\_\_\_\_ Poornima

### **Activity Three – Finding the inner Guru**

We have said before that the Gayatri Mantra is very powerful. We will look at the meaning of this mantra and the purpose of it. Then we are going to use it to find answers to spiritual questions that have been bugging us after repeating the Mantra 24 times.

#### **The Gayatri mantra is the Mother of Vedas**

*"Dheeyo yo nah prachodayaath." (May the Sun illumine our intellects in the same way he shed his effulgence). This is the prayer addressed to the Sun in the Gayatri mantra. In this way, they came to regard the Gayatri mantra as Veda Matha (the Mother of the Vedas). This Gayatri mantra is not related to any particular time, place or person. "Bhur Bhuvah-Suvah" (occurring in the mantra) indicates that it relates to the three aspects of Time--the past, the present and the future. "Tat Savitur Varenyam, Bhargo Devasya Dheemahi, Dheeyo yo nah Prachodayaath" (Light dispels darkness). Without light darkness will not go. "Bhargo devasya" signifies that the Sun is the dispeller of darkness. In this manner, the ancients believed that there was a supreme power and looked upon it as God.*

#### **Purpose:**

*The Gaayathri manthra is a prayer for the progressive upsurge of intelligence so that Truth may be grasped by the seeker. Subordinate the mind to the pure intelligence which is but a reflection of the God within. Then, you have the Guru of Gurus, as Guide.*

**– Baba, Prashaanthi Nilayam; 18-7-1970**