

A scenic waterfall cascading into a pool of water, surrounded by dense green foliage. The text "Living a Joyful Life" is overlaid in white with a black outline. A decorative green grass-like element is visible in the foreground.

Living a Joyful Life

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Living a Joyful Life

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Divine Blessings from His Holiness Gurujī Swamishri

Karan Satsang is the satsang of the *Parbhav*, that is, the satsang of the divine realm itself. Through the boundless grace of *Maharaj* and *Satpurush*, we have been blessed with this supreme status of an *Anadimukta*. But receiving this status is only the beginning; our true and sacred responsibility is to live a life that is worthy of it. This is because the glory of our *Parbhav*, our divine standing, is expressed and reflected through the way we conduct ourselves in the *Avarbhav*, that is, in our present life.

Before stepping into *Anadimukta Vishwam* (The world of *Anadimuktas*), each of us needs to cultivate virtues such as humility, letting go, forgiveness, gentleness, and compassion in our lives. By doing so, our *Avarbhav* will shine brightly. Furthermore, by inculcating these virtues in one's own life, a divine harmony is created within the family and the Satsang. In this regard, this book will serve as a guide for you all.

Therefore, it is our special humble recommendation to the entire community that whoever frequently reads and contemplates this booklet and strives to act accordingly, *Maharaj*, *Bapashri*, and *Gurudev Bapji* will be immensely pleased with them, and they will increase their eligibility to enter *Anadimukta Vishwam*.

ॐ नमो भगवते वासुदेवाय
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Preface

A joyous life blossoms when we connect with family and Satsang members through the thread of love. It breaks down the wall of prejudice built between two hearts and builds a bridge of affection. No matter how knowledgeable, powerful, or wealthy we may be, if we do not learn to let go of certain things in life, we will find no lasting place in people's hearts.

Only a simple person can continuously spread the fragrance of harmony and joy within the family. Sadguru Nishkulanand Swami has also sung in a kirtan: "*Saral vartave chhe saru re manva, saral vartave chhe saru...*"

This means that by living with simplicity and the spirit of letting go, sweetness is preserved in relationships. Therefore, the goal of this booklet is to show, through extremely simple and practical ways, how a joyous life is attained by letting go of one's stubbornness, rigidity, and expectations, and by learning to behave simply before everyone. In this book, various ways and incidents about living a joyful life have been given with their importance, benefits, and practical solutions. These are all drawn from the divine incidents in the lives of Maharaj and Motapurush, along with other inspiring anecdotes.

A brief lesson from each incident, together with what should be implemented in one's own life, is also provided. It is hoped that this booklet will be extremely helpful in helping us cultivate the virtue of letting go and thereby live a truly joyous life.

- Sahitya Lekhan Vibhag

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Six Words and One Art That Can Change Your Life

The art of letting go is the ornament for having a joyful life; it is the gentleness of the soul and the depth of spiritual emotion. What is the art of letting go? It means loosening one's grip, letting go of rigid thoughts, abandoning stubbornness, stopping arguments to accept others' viewpoints, and letting go of one's own insistence to blend in with others' words and everyone like sugar in lemon water. This is the art of letting go.

Demonstrating the importance of the virtue of letting go, Shreeji Maharaj has stated in the *Shri Hari Charitramrut Sagar* scripture, Pur-5, Tarang-13: “To live with the art of letting go is the root of numerous virtues. Without letting go, even if one has virtues as high as Mount Everest, they do not last.”

Today, in the race for money, position, and power, people's hearts are becoming callous, nature's getting stubborn, and egos are reaching the sky. In proving one's decided point or belief, the art of letting go evaporates. Today, the root cause of problems in every household is becoming stubbornness, rigidity to change, and obstinacy. Life is indeed becoming stressful. Even the cause of wars in the world and problems arising in any field is often sheer stubbornness towards personal resolutions and beliefs.

Time, circumstances, and situations keep changing, but people are becoming rigid. With increasing age, the body becomes frail, but the ego

becomes tougher. Which is why insistence isn't kept away, and consequently, conflicts arise. The tighter the grip, the more problems are created.

It has been observed repeatedly that either in family or in business, the cause of problems arising is mostly from the mentality of 'I am right'. The ideology of 'I am right' starts more often starts a 'Fight'. At that moment, simply saying "Perhaps, I could be wrong too" ends the fight. The atmosphere becomes light. The depth and height of relationships increase.

Let us take a look at our choices and real life. What kind of person do we like? Who is the character of our choice?

- One who holds onto their grip or one who lets go?
- One who remains stiff on their insistence or one who has an adjustable nature?
- One who argues back or one who tolerates and swallows the insult?
- One who argues with intellect or one who accepts the matter without doubt?
- One with a stubborn and obstinate nature or one with a naturally gentle attitude?

Over here, we talked about our preferences for others. Now, let us look at our own life: Is my life similar to the person that I regard, or similar to the person that I disregard? Our preferences are high, but our reality states something else. Whether one admits it or not, this is sometimes, unfortunately, quite the hard

reality being faced. This brings disgrace to our life as a devotee and as the status holder of an *Anadimukta*. That is why Bapashri, while guiding us about our nature, said in Varta 40 of Part-2: “Keep such a serene and gentle nature that no one can point a finger at you.”

Often, we consider the act of doing what we want and whenever we want as a victory, while letting go of some things in our lives as a defeat. However, the latter is truly a defeat. The one who lets go of something wins the heart of the person in front of them. That is why Bapashri teaches us that, “A God’s devotee should win by losing.” Even though it may sound contradictory, the one who becomes humble and lets go is not a fool but prudent. Because by putting aside two cents’ worth of ego, he purchases a relationship worth millions. Now, whether to become a fool or prudent in life is a matter of our choice. That is why someone has said:

“Jatu kare tenu kay nathi jatu, jag ma rahe eni vatu re; Maaf kari dil saaf karie, eni nokhi padshhe bhatu re.”

“One loses nothing by letting go; their legacy endures within the world. Cleanse the heart through forgiveness, and a distinct impression will be made.”

Everyone in the world remembers again and again the person whose personality is simple, and everyone complains about those with a stubborn and

rather stiff nature. To weave the art of letting go into our behaviour, we must evaporate our stubborn resolutions, beliefs, and grip. This could lead someone to say, “perhaps you are right,” but only a courageous person can reach the point of saying, “I am wrong.” Only the one who dissolves the ego and annihilates their own existence can say this. Since ego and letting go can never stay together.

When someone asks for forgiveness, if it is done only due to the insistence of Motapurush and not without letting go of their own rigidity and stubbornness, superficiality arises, while one’s conscience never deepens. Therefore, to inculcate the value of asking forgiveness from our hearts, Guruji Swamishri has given six words to use in daily life:

- (1) Ok
- (2) **It’s alright** (*thik chhe*)
- (3) **Very well** (*bhale*)
- (4) Sorry
- (5) **Stay pleased** (*raji rehjo*)
- (6) **Please forgive me** (*maf karjo*)

Let us make these six words our life motto to acquire the art of letting go. I will become a beacon of inspiration to others, but won’t assert undue force and pressure. Pressure creates problems. Let us keep a life so simple that our behaviour does not become a hindrance to anyone.

He Who Lets Go, Loses Nothing at All

Those who learn to let go lose nothing at all,
Their stories of greatness will forever stand tall.
Let us forgive others and wash the heart clean,
A life of true distinction will surely be seen.
Do not hold on to grudges or useless debates,
It creates only stress and a turbulent state.
To ask for forgiveness is the work of the brave,
In the memories of many, their honour is saved.
When the mind is pleased, the spirit finds peace,
The colours of joy in the heart never cease.
With a generous soul and a spirit so grand,
Eternal delight walks hand in hand.
Participate in goodness, let virtue be your guide,
Why miss the chance to cast ego aside?
Become just an instrument in the path that is true,
And trust that whatever God does is best for you.
Open a new ledger on a page fresh and white,
Start banking good thoughts from this very night.
If you owe past debts, pay them off with grace,
So your spiritual balance finds a positive place.
Look at your own flaws with a vision so deep,
This wisdom is the treasure that Guruji helps you keep.
When you see the Lord in every soul that you meet,
The whole world appears innocent, pure, and complete.

Seeing Through Another's Tears

Once, Shriji Maharaj was getting a haircut from a barber in Gadhpur. A young child of a devotee had told the barber in advance, "After you finish shaving Maharaj's hair, give me the strands of hair as *Prasadi* (sanctified gift)." The barber had said yes to the boy.

So, the devotee's son sat there at a distance waiting for the haircut until it was finished. After finishing the haircut, the barber left and forgot to give the hair to the devotee's son. Seeing this, the boy started crying.

From a distance, Maharaj understood the situation. Seeing the boy crying, Maharaj came close, placed His hand on his head, and asked, "Son, why are you crying?" Then the boy said, "The barber had promised to give me hair as a sanctified gift, so he made me sit opposite him until now, and now all of a sudden, he left. But he forgot to give me the hair, Maharaj!!" Saying this, he started sobbing again. The extremely caring and benevolent Maharaj said, "Son, do not cry. Here, come here and cut the hair from my remaining hair." The boy said, "No, Maharaj, that cannot be done, it isn't appropriate" However, Maharaj couldn't hold

back; He took the scissors in His own hand, cut his remaining hair and gave it to that boy, stopped him from crying, and pleased him.

Thus, let us take inspiration by thinking, “What about others?” and by trying to sit in someone else’s shoes, for this is how a joyful life begins.

Humility that Withstands Every Storm

A river flowing into the ocean was very impressed. The ocean asked the river the secret of her joy. The river said, “I wanted to come to you for years, but a mountain was standing in the way. By striking it with water for years, I weakened it, broke it, and our union happened.”

The ocean said to the river, “Will you do me one favour? There are some cane sticks standing nearby. Bring me two or four of them. I want to let them float in the current.” The river immediately reached where the cane was growing. It struck heavy blows of water all day long, but every time it did, the cane bent down, letting water pass, and nothing happened to it. In the evening, defeated and tired, the river came back and told the ocean about the efforts. The ocean said, “Did you observe something? You were able to break the mountain because it was stiff. The cane on the other hand has the virtue of bending, hence it remained immune of your efforts. Every time the cane sticks bent down, it made a way for you.”

Similarly, in family, satsang, and social dealings, no one is capable of causing a crack in relationships with one who bends.

Thus, to remain without any obstacles and rough instances in satsang and worldly dealings, one should remain bowed in front of everyone. We should fold our hands and thereby preserve a joyful life in satsang, family, and worldly dealings.

A Heart Bigger Than the Mistake

Once, in Bapashri's farm, three young girls had climbed a sacred fig tree to pick berries. Devuba saw them from a distance and immediately rushed towards the tree and began scolding loudly. Consequently, two girls ran away in a hurry, but one girl remained up there. She thought, 'If I climb down from the trunk now, she will catch me. Out of fear, she went onto a branch so that if the branch bent, she could get down from there.' Just then, that very branch broke. At that time, Bapashri was standing at a distance. He saw this, so he arrived there hurriedly and caught the falling girl. Furthermore, he started instructing Devuba, "Why are you shouting and scolding these girls? What if the girl had fallen? Even birds eat the fruits of these tree so why can't these children also eat them? These trees belong to Maharaj, and the children also belong to Maharaj, so why should we get so annoyed about it? Wouldn't these girls have worked hard climbing the tree coming from home? Since this farm belongs to Shriji Maharaj, those who are to come here and eat the fruits will go to Akshardham. So, if these children sometimes make a mistake, explain to them kindly and keep a big heart to forgive them."

Seeing such affectionate and forgiving behaviour of Bapashri, the person working there developed a great virtue towards him. The main characteristic of Bapashri's magnanimous personality was that if someone made a small or even a big mistake, instead of tying a knot about it, he would easily forgive them and make them feel relaxed. Thus, let us forgive others' mistakes with a relaxed heart and help others feel relaxed too; such large-heartedness is the fragrance of a joyful life.

Folded Hands, Open Heart

On Saturday, 26 December, 2009, it was the second day of the inauguration of Vadodara Temple. There was a Volunteers Appreciation (*Rajipa Darshan*) program. Gurudev Bajji and Guruji Swamishri were bestowing blessings upon such inspiring characters who served the organisation wholeheartedly with their body, mind, and wealth.

When Shri Arpanbhai Rameshbhai Patel's name was called, he came forward to the stage to receive blessings. Guruji Swamishri took the mic, gave him blessings in front of everyone, and further announced, "We want to take Arpanbhai into our personal service now. You are ready, right?"

At that time, Arpanbhai had just started a new business in the builder lobby. Even though the aspiration of Guruji for him had come unknowingly, without a second thought, he immediately said yes. His father said, "Son, think a little before saying yes. Your daughter is young. The business is not yet properly set. It will be better if you think about the future first." Arpanbhai said, "When Guruji commands, what else is there to think about? We are completely surrendered and devoted to them. When he says something, we just have to fold our hands." Since

then, until today, Shri Arpanbhai has been living his life dedicated to Gurudev Bapji and Guruji Swamishri.

Thus, if Guruji gives any command, let us accept it instantly, becoming free from obstinacy and doubt, for surrender is the strength of a joyful life.

The Sofa of Two Chairs

Once Gurudev Bapji visited Rajkot for a spiritual tour. At that time, since Gurudev had undergone bypass surgery, he mostly rested while sitting on a sofa. The Rajkot temple did not have such a sofa arrangement, so a similar sofa was to be made and sent to the Rajkot temple that day. But due to some circumstances, the sofa wasn't delivered on time.

The night came, and it was time for Gurudev Bapji to rest. The swami earnestly prayed, "Bapji, the sofa has been ordered, but for some reason, it hasn't arrived. What shall we do? Please remain pleased. Shall we bring another long sofa from a devotee's house?"

Gurudev, who always possessed the sentiment of adjusting with whatever we have, said in simple words, "My swami, do not worry. There are these two plastic chairs, right! That is our sofa!! We will rest sitting in them. The one who adjusts is a Sadhu."

Gurudev rested all night sitting on two plastic chairs. In Gurudev's sentiment of adjusting, the swami saw Gurudev's art of letting go. Thus, like Gurudev Bapji, let us keep the sentiment of adjusting and learn to rise above big or small inconveniences; this is the simplicity that sustains a joyful life.

A Parent Quiet Victory

In a family, the daughter-in-law was very gentle and polite. One day, the mother-in-law said, “Please, cook today lady’s finger sabji.” Son, having returned from playing cricket outside, said, “Mom, will you make ivy gourd’s sabji today? I like it.” His mother said, “Son, grandmother wishes to eat lady’s finger today, so today lady’s finger, tomorrow we’ll make ivy gourd.” Her son threw his bat and stubbornly said, “If ivy gourd is not made, I will not eat anything today.” Reluctantly, just to keep him pleased, his mother made ivy gourd vegetable.

In the afternoon, all family members sat at the dining table to have a meal together. Seeing the ivy gourd vegetable, the mother-in-law shouted, “Why ivy gourd? I know you like ivy gourd very much. So, you’re not even glancing at the choice of other family members! Right!” The daughter-in-law spoke in a soft voice, “Yes, you’re right. I will take care from tomorrow.”

After the meal, the husband said, “It wasn’t your fault, you made ivy gourd curry to fulfill our son’s insistence, so why didn’t you clarify?” She said in a cool voice, “An ordinary parent just tells, a good

parent explains, a better parent demonstrates while an ideal parent inspires through their behaviour.”

Our son’s little eyes are always observing our speech and behaviour closely. If I had argued and tried to clarify, the nature of arguing would have been inculcated in our son, too. I let go of it without any arguments, without any fault, so he will also take inspiration to learn to let go. Just for this reason, I avoided arguing.”

Thus, let us inspire children not merely to let go, but to live joyfully through our own behaviour, for true inspiration shapes a joyous life.

“To become simple is the work of a brave man

Even if his ego is not preserved in the plan.

Only his name is recognised in God’s court,

and his respect increases in the world as his support.

One who forgets the consciousness of ‘My-ness’,

God makes him drink nectar to bless.

His praises are sung in the world like a story;

tell me; by becoming simple, haven’t we increased such glory?”

The Balcony Was Left Out

It was Wednesday, 9-11-2022. Beloved Guruji's arrival was arranged at Vasna along with beloved Harikrishna Maharaj. During a *Padhramani*, beloved Harikrishna Maharaj and beloved Guruji were welcomed ecstatically by devotees at every home.

Upon reaching the devotees' homes, first, the divine Aarti of Mahaprabhu would take place. Afterwards, Guruji would go to sprinkle water in every room. During the visit, at one home, a devotee gave Guruji a small glass of water to sprinkle. Guruji was going to sprinkle water on the glass. At that time, the small child of that house came holding a container filled with water and, giving it to Guruj, he said, "Guruji, water is to be sprinkled from this."

Guruji happily took it and gave the glass back to the child devotee. Taking the water pot, Guruji started sprinkling water from it. After sprinkling water in every room of the house, Guruji was about to sit on the chair in the main living room when the child prayed again, "Guruji, the balcony was left out!!"

Guruji immediately asked, “Where is the balcony?” He indicated, “The balcony is outside the kitchen.” Guruji immediately went through the kitchen to sprinkle water on the balcony. Like Guruji, let us also let go of the thought of our status and start behaving simply before everyone, young and old.

Thus, Guruji became simple before a small child and pleased him, teaching us that a joyous life blossoms where status is dropped and simplicity is embraced.

When Anger Becomes Affection

It was nine o'clock at night. A father told his son to go to sleep. The son hesitated, so the father shouted, "You don't care at all that you have to go to school early tomorrow! If you stay up late, you will fall sick. Go to sleep quickly." The son replied rudely, "No, I won't go..."

This led to the father's anger reaching its peak. The father rushed towards the son to grab his arm and drag him to the room. Just then, suddenly, a thought sprouted in the father's mind, "What if he doesn't feel like sleeping today for some reason? Sometimes that can happen too."

As soon as this thought arose, his anger calmed down. Letting go of his own point, placing his hand lovingly on the son's shoulder, the father asked gently, "What happened today? Not in the mood to sleep or what? No problem. Come, let's do something."

The son was amazed by this behavior of his father. Such a big change in his father, who just some moments ago was acting aggressively! After that, the father started talking about other topics as if nothing had

happened. Continuing to talk, both went to the bedroom. The father kept talking to the son about his friends, about the games he liked.

Meanwhile, the son wore his night clothes and went to sleep on his own. There was no tension or adversity on his face, but pure happiness. Letting go of one's own insistence and belief, trying to sit in others' shoes, is the one who can learn to let go. This cultivates harmony in relationships, which eventually makes everyone around us joyous. As it is famously said, we tend to listen not to understand but to reply. Hence, let us all decide that while we talk to anyone, let us first listen to what they are saying attentively and understand what they are trying to tell.

Time and Relationships – The Wealth We Cannot Earn Back

“Will the days that have passed ever come back again?
Time and relationships are the true wealth of men.
‘Was the fault yours or mine?’ – let’s forget that score,
And dwell on those old complaints no more.
Let us break free from the ego’s cage today,
And let Simplicity’s beauty guide our way.
If we happily let go of our stubborn self-will,
No questions remain; life becomes peaceful and still.
Life is just one, but relationships are many,
To save them, we need wisdom more than any.
To untie the knots of a grudge or a crime,
You don’t need to spend even a single dime.
Through our life, let the song of Simplicity play,
We have been gifted a precious and special ‘Today’.
For who has ever seen what Tomorrow will bring?
So, live in the now, and let your heart sing!”

On 23-2-2015, Gurudev HDH Bapji came to the morning assembly at Naroda for a spiritual discourse. On this day, Gurudev's health was quite unwell. Therefore, the assembly could not be arranged. Gurudev commanded H. Siddhant Swami to do the assembly.

At that time, the writing of the '*Swarupnishtha*' book was ongoing. The supervision of which was done by Gurudev Bapji himself. Sadhus would sit with Gurudev, read out the written papers of the book, and Gurudev would instruct and guide for corrections. Pujya Rajipaswami had come to Naroda for this book's work. With the thought that if Gurudev gets half an hour after the assembly, some corrections could be made during that time. Since Gurudev's health was unwell, Pujya Rajipaswami expressed the inclination to go to Vasna and hold the meeting for the book.

However, H. Siddhant Swami prayed, "Bapji, if the work of the book is finished here, Swami won't have to come all the way to Vasna, and the expenses of gasoline for the cars will also be saved." Hearing this, Gurudev let go of his decision and said, "No problem, let's do

that. Come, let's sit right here." The meeting went on for forty-five minutes, during which Gurudev happily gave his opinions, guided by corrections.

Thus, if someone asks something contrary to what we have already decided, let us develop the habit of saying, "It's ok, alright," because such flexibility protects a joyful life.

Respect that Leaves a Lesson Behind

A young man took his elderly father to a restaurant for dinner. While eating, the father unknowingly spilt the bowl of dal, making his pants and shirt dirty with dal. The faces of other customers sitting in the restaurant turned in disgust, but the father and son finished their meal peacefully.

After eating, the father looked at the son and said, “Son...” Before the father could finish the sentence, the son stood up. Holding his hand, he helped the father stand up and took him to the washbasin, washed his hands, cleaned his shirt and pants, combed his hair, and adjusted his glasses on his ears. Customers were stretching their necks to watch this scene. When the son paid the bill at the counter and took a step to go out holding the father’s hand, the waiter spoke a little loudly, “Sir, you are leaving something here by mistake!” The young man’s hand immediately went to his pants and shirt pockets. Ensuring the key and phone were safe, the son replied, “No... I am not leaving anything behind.”

The waiter said, “Sir, your humility, love and respect! You are leaving a lesson here for every young son sitting here that even if parents in the family are uneducated, old, or incapable, one should accept them with humble feelings and love, and serve them wholeheartedly.”

Thus, by understanding the limitations of our family members and treating them with love, patience, and acceptance, we nurture a truly joyful life at home.

The Grace of “As You Wish”

In 2013, Gurudev Bajji had come for a discourse to STK Mukto and Pujya Parshads at 4 PM. Gurudev Bajji wished to take Vachanamrut Gadhada First 7 in the assembly. So, taking the Vachanamrut in hand, while finding the page of that Vachnamrut, Gurudev asked the responsible swami of Sadhak Talim Kendra (STK), “Swami, what should we take in the assembly today? We will take whatever you say.” Despite inclining to give a discourse on the Vachanamrut, he had decided, as he said, “We will take whatever you say.” The swami said with praying hands, “Bajji, everyone desires to receive the preaching on your favourite kirtan of santliness *Jenu tan man manyu tyage re...*’ yet, as you wish.”

Gurudev Bajji said, “Very well, let’s take the Kirtan.” Saying this, he immediately closed the Vachanamrut, took the *Kirtan Sarita*, and preached with pleasure on the Kirtan of santliness until 7 PM.

Thus, let us put aside our rigidity, remain simple, and gladly stay in others’ choice, for this humility wins hearts and leads to a joyful life.

The Box that Broke the Ego

In a vast monastery, many spiritual seekers were progressing on the path of realisation under the guidance of their Guru. Once, the Guru publicly announced a spiritual target: “Within one month, everyone must learn to let go of their self-will and cultivate the virtue of letting go.”

Among those seekers was one disciple who was egoistic and short-tempered by nature. He lived according to his own wishes, and making others act according to his will had almost become a habit for him. However, because he had immense love and reverence for the Guru, he accepted the Guru’s words instantly and firmly resolved within himself to change.

This disciple, who never hesitated to give suggestions to others, now decided to create a Suggestion Box for himself. On it, he wrote in large letters: “Please provide me with suggestions.” Beneath that, he added, “Your suggestions for me are welcome. If you give me a suggestion, I will thank you from my heart. Please help this egoistic person learn the art of letting go.” He then placed the Suggestion Box outside his room.

At first, a few prejudiced disciples dropped one or two notes into the box. However, instead of reacting negatively or feeling hurt, he accepted those suggestions positively and sincerely began making improvements. Gradually, people started noticing the change in him. Some said, “He has changed a lot.” Others said, “He accepts suggestions very positively.” Some even shared, “He personally met me and thanked me.”

Within one month, a remarkable transformation had taken place. The same disciple who once imposed his will upon others had now become an example of humility, acceptance, and inner growth. His virtues were praised before the Guru. Seeing this change, the Guru was pleased and said, “A true suggestion is like a lamp that shows the way in darkness. The one who accepts a suggestion becomes infinitely greater than the one who gives it.”

Thus, in our daily life too, let us learn to listen to and accept advice, even from someone we may consider ordinary or insignificant. When we welcome correction with gratitude instead of ego, we open the door to true transformation. Such acceptance is one of the surest ways to grow in the art of letting go and to live a truly joyful life.

The Road Less Insisted Upon

Once, Guruji Swamishri was travelling to Baroda for vicharan. There are two routes to reach the temple from the Baroda Highway. One, going through Baroda city to reach the temple, which is a short route but has a lot of traffic. The second route is bypassing Baroda city to reach the temple. Which is a slightly longer route, but without traffic.

Guruji's inclination was such that even if the route is long, it is fine, but go via the route without traffic. When the car got down from the Baroda highway, the driver asked Guruji which route to prefer? Before Guruji could reply, the swami sitting next to him said naturally, "Take the car through Baroda city." The driver knew Guruji's inclination, so he looked towards Guruji. Then, with great art of letting go, Guruji said, "No problem, take us through Baroda city, as Swami said. The point is to reach the temple, not by which route to take, right!"

Those who have the privilege of living in Guruji's close company naturally come to realise a profound truth: while Guruji remains absolutely unwavering in upholding principles, rules, and dharma—both in practising them personally and ensuring they are faithfully followed—

he is equally simple, gentle, accommodating, and willing to let go in the ordinary matters of everyday life and daily dealings.

Thus, let us also learn to let go of our will in such situations. When we give up personal insistence for others' convenience, the road of life becomes more peaceful and joyful for all.

The Bravery of Acceptance

In a warm and happy family lived a wise grandfather whose presence brought guidance and stability to everyone in the home. Whether young or old, whenever anyone made a mistake, he knew how to correct them with understanding, offer true advice, and gently guide them towards the right path.

One day, little Soham quietly took five hundred rupees from Grandfather's pocket without asking. Just then, as Grandfather was stepping out of the bathroom, he happened to see what Soham had done. Soham spent that money on eating his favourite food item. In the evening, Grandfather called a conference of family members and said in a serious voice, "Five hundred rupees are missing from my pocket. Who has taken them?" No one said anything. Grandfather spoke again, "Accepting one's mistake is not just honesty but a symbol of courage."

Hearing this much, Soham came close to Grandfather and said, "Grandpa, I had taken the money to eat without asking you." Soham held his ears in an apologetic manner. Grandfather adorably twisted his ear and said, "Son, bravo! You confessed your mistake upfront. You are brave. Hiding one's mistake is cowardice; it is an indication of ego. Only

the one who knows how to let go and is courageous can admit their mistake. Son, money can be earned from others, but remember, the virtue of admitting a mistake by letting go cannot be earned from any market or business in the world. Taking without asking is theft, while taking after asking is a value in our culture. Therefore, if we take anyone's thing, we should take it only upon prior asking. To ensure that culture remains preserved in you, you were given this opportunity to confess the mistake." After imparting this insight, Grandfather hugged Soham.

Thus, like Soham, if a small or even a big mistake happens, let us learn to admit the mistake by letting go and saying 'Yes, this is my mistake' without any timidity. When simplicity becomes something we advertise, it ceases to be simplicity—it becomes nourishment for the ego. True simplicity is always silent and never seeks attention. A joyful life does not grow by always proving ourselves right, but by honestly accepting our mistakes and growing from them.

Three Golden Rules of Life:

1. I want to give up my preferences.
2. I want to act only in the way that pleases Maharaj and Motapurush.
3. I want to change my way of living instantly.

One More Step for Others' Joy

On 16-4-2018, at Vasna Temple, according to his daily routine, beloved Gurudev Bapji arrived sitting in a wheelchair in the hall of the Sants' Ashram at 5:15 PM. Gurudev had not walked for two to three days. So, the helping Sant prayed, "Bapji, it would be good if we walk a little today." Even though Gurudev had some pain in his feet, accepting the Sants' prayer, Gurudev got ready to walk.

In the Sants' Ashram, Gurudev walked doing five *Pradakshinas* (circumambulations). If Gurudev did one more *Pradakshina*, it would be better for his health. For that reason, swami prayed to Gurudev, saying genuinely, "Bapji, Lord Swaminarayan has commanded in the Vachanamrut that our devotee should do one extra *Dandvat* (prostration) in daily Puja, so one *Pradakshina* has to be done more as well." Then Gurudev said, "Is that so?!" Then, gently laughing, he did one more *Pradakshina* and said, "Here, that's it, I followed your command and also followed the Lord's command as well... You all are pleased, right?" The incident might be small, but Gurudev taught that letting go is a big way to please others.

Thus, to keep family members pleased, let us also act happily in whatever inclination they remind us to behave in. Going one step beyond self-interest in devotion and conduct adds grace and joy to life.

Politeness that Refuses to Fail

Every morning when a man went out for a walk, he would buy a newspaper from a newspaper hawker. The newspaper hawker would give a smile to this man every day. But this gentleman, living in arrogance and ego, would ignore him. He would pull a newspaper from the stack and throw money towards the newspaper hawker.

The newspaper hawker would pick up the money and always say with a faint smile and humility, “Thank you, Sir.”

This was his daily routine. The customer’s behaviour was rude, and the newspaper hawker’s response was polite. Once someone asked the newspaper hawker,

“Why do you always show so much civility towards that man? His behaviour towards you is always so rude and impolite. Tomorrow when he comes, you should throw the newspaper at him and teach him a lesson by behaving ‘tit for tat’.” The newspaper hawker gave a smile and replied, “He cannot stop behaving rudely, and I cannot stop behaving politely. Why should I let his rude behaviour overpower my civil behaviour?” Thus, often when someone speaks or behaves rudely with us, instead of reacting, we should always opt to act with humility. Respecting even ordinary people and everyday services keeps the heart humble and life joyful.

Flexible Within, Joyful Around

On 1st February, 2016, beloved Guruji Swamishri was giving a discourse in a Shibir to members of Sadhak Talim Kendra: “The supreme obstacle in the path of *Rajipo* (pleasing) is our *Swabhav* (nature). In that too, the biggest is stubborn nature, not being able to let go of what one has decided. Our hearts should be soft like butter. In any situation, we should be able to let go of our will and live simply. There should be so much flexibility in our nature that even if we have decided something, we can let it go away instantly.”

Just then, one of the Sants started presenting an inspiring incident of Guruji’s art of letting go before the lifetime devotees, “Recently our Sants’ Shibir was at Santoor Farm. Guruji had come to serve everyone their meals. Due to the winter, it was cold so Guruji had thought of serving everyone sitting outside in the sunlight. So, Guruji went and sat in the sunlight. Just then, with the intention that the sunlight would be an obstruct a Sant prayed, ‘Guruji, let’s sit under the shade.’ Immediately Guruji said, ‘Very well, let’s sit there,’ and then everyone sat under the shade. Actually, Guruji’s intention was to sit in the sunlight. But upon the prayer of swami, he let go of his will. He let go of his will and

changed his place, with no clarification nor any argument!! After serving the meals, Guruji presented his intention of sitting in the sunlight.”

Thus, let us also cultivate the habit of letting go of our preferences before everyone in everyday situations and circumstances. Where nature is flexible, relationships remain alive, peaceful, and joyful.

Learn Even From the Ordinary

There was a famous lawyer. He had received many honours around the world. Once, he was appointed as a speaker in a village assembly. Upon reaching the venue, he saw that along with the educated young people of the village, an old farmer was also sitting.

The lawyer went to him with humility, shook hands, and sat right next to him. People were very surprised to see this. When his turn came, he stood up to give a speech, and when the speech ended, a young man asked, “Sir, how does it befit a great person like you to sit next to this simple farmer?”

The lawyer explained, laughing, “Brother, knowledge and position should never become a cause for ego. Because true greatness is hidden in humility and maintaining a low profile. I can learn a lot even from the experience of this old farmer. Only such a farmer can show the way to the village, where my law practice renders no value.” Hearing this, the old farmer’s eyes became moist. The lawyer’s low profile touched everyone.

Thus, like the lawyer, from now on, let us also try to learn something from a person whom we might consider completely ordinary.

“The tree that bends in quiet humility stands tallest of all in the garden.” True greatness lies not in being honoured, but in remaining simple enough to keep others happy; that is a joyous life.”

A Great Heart in a Small Correction

On 25 October 2017, during the evening session of Gyansatra-11, Guruji Swamishri was delivering a spiritual discourse before thousands of seekers. While explaining a particular point, Guruji referred to the price of a bicycle and said, “At present, the price of a cycle must be around ¹ 2,500.” Everyone in the assembly agreed and said, “Yes.”

Just then, one devotee spoke loudly from the audience, “Guruji, nowadays cycles are available for ¹ 5,000 too.” Guruji immediately accepted his point and said, “Okay, then let us consider the price of a cycle to be ¹ 5,000.” After a moment, the same devotee spoke again, “Guruji, cycles worth ¹ 8,000 are also available nowadays.” Without the slightest hesitation, Guruji said, “Very well, then let us keep the price of the cycle at ¹ 8,000.” The devotee continued, “Guruji, cycles worth ¹ 10,000 to ¹ 12,000 are also available.” Hearing this, Guruji responded quite naturally, “Is that so? Very well then, let us keep it at that much.”

What true greatness! Even while seated before a vast assembly of thousands, Guruji displayed such openness, simplicity, and willingness to let go in such a small matter. He did not need to prove his own

statement right. Instead, he easily accommodated another person's point and continued with complete ease.

Thus, let us also learn to adjust and accommodate others, even in small matters. The art of letting go should become an essential part of our daily lives. When we value people more than our own words, preferences, or possessions, life becomes lighter, nobler, and more joyful.

When Fame Meets Gratitude

A gifted musician gradually rose to worldwide fame. His melodies touched countless hearts, and people were so deeply moved by the music that many began to revere him with extraordinary admiration. His name, talent, and success became widely recognised.

Once, a grand ceremony was organised to honour him with a prestigious award. The auditorium was filled with respected guests, admirers, and well-wishers. When his name was announced to receive the honour, everyone expected him to walk straight to the stage. However, instead of doing so, he quietly turned towards the back row of the auditorium, where an elderly man was sitting. The musician approached him with deep emotion in his eyes. He joined his hands with reverence, bowed down at the old man's feet, and received his blessings. Only after doing this did he walk onto the stage to accept the award.

His younger son, who was seated in the front row, could not contain his curiosity. With innocent surprise, he asked, "Papa, why did you touch the feet of that ordinary uncle sitting in the audience?" The musician smiled gently and replied, "Son, whatever I am today is because of the grace and blessings of this very person. He was my music teacher.

The true credit for my success belongs to him. Just as a mango tree bows down when it becomes full of fruit, in the same way, when a person receives virtues, fame, praise, and honour, their humility should increase even more. That is true greatness.”

The musician’s humble behaviour touched everyone present in the assembly. His humility won more hearts than even his success had. In that moment, people saw that real greatness does not lie merely in receiving honour, but in remaining simple enough to give honour to those who helped us rise.

Thus, in our own lives too, let us always remain bowed before Maharaj, Motapurush, Guru, Sants, mentors, family members, and friends who have contributed to our progress and success. A truly joyful life grows where credit is shared, ego is reduced, and gratitude is offered with a humble heart.

A Request

Once there was a festive gathering at Swaminarayan Dham, Gandhinagar. A devotee prayed to Pujya Sants to meet Guruji. Upon asking Guruji, he said, “Very well, call him to meet.” This devotee reached out to meet Guruji, did prostrations to Guruji, and sat opposite him.

Guruji welcomed him gently and asked the reason for his coming. The devotee started his talk when suddenly Guruji remembered that he had to make an urgent phone call. The devotee in front was speaking, but at the same time, making this phone call was also crucial.

So, with words full of grace, Guruji requested with the sentiment of *dasbhav*, Guruji said, “Dayalu! Raji Rehjo, I forgot about an urgent phone call to make. So, will you give me leave for 15-20 minutes? for finishing that call.” Seeing Guruji’s *Dasabhav* and humble request, this devotee became emotional and said, “Guruji! You don’t even have to ask!” Thus, seeing Guruji’s humility and the art of letting go, the devotee kept bowing to Guruji.

Thus, like Guruji, let us also always state our points in the form of requests. When we request positively instead of insisting harshly, we create a more harmonious and joyful atmosphere.

Relationships > Rupee

A mother-in-law with a royal nature started calling her daughter-in-law ‘daughter’ from the very first day. With great affection, she put a nose ring worth fourteen thousand rupees on her. But the nose ring got misplaced by the daughter-in-law and was lost. The mother-in-law found out about it the same day, after which she went to the jewellery shop and asked them to make another nose ring and deliver it within just seven days.

The daughter-in-law was trembling like a mouse before a cat, thinking, ‘How angry will my mother-in-law get?’ But surprise! On the seventh day, both were sitting to eat. The mother-in-law fitted the newly arrived nose ring onto the daughter-in-law’s nose with affection and said only this much, “Daughter! Now keep this carefully. Let it not get lost again.” The daughter-in-law said, “I caused a loss, yet why did you not get angry at me at all?” The mother-in-law said, “Daughter, if I wanted to get angry, I would have to lose the sweet, honey-like relationship with you forever. Which I cannot afford. On the contrary, if I let go and become simple, my relationship with you becomes sweeter than nectar. In comparison, our relationship is far deeper and greater than a mere

fourteen thousand rupees that were lost.” That night, the daughter-in-law wrote a letter to her mother in her parental home, “Mother! Coming to the in-laws, I felt that I lost a mother, but now it feels like I really haven’t lost a mother.”

Thus, if any sort of situation or circumstance arises in a relationship, if we let go, become simple, and forgive, the relationship will always remain preserved. Honesty, humility, and freedom from pretence protect the dignity and joy of life.

Guruji Swamishri's Words of Grace

We should let go of our rigidity and obstinacy before those older than us become simple, and give love to the younger ones to please them. This is essential to create harmony among one another and to live a truly joyful life. Just try letting go of your choices before those older than you... They will surely be pleased. Just try doing it. We tend to have the feeling of making others let go; however, we do not have the feeling of learning to let go of ourselves. Do you want to make others let go? Then let us begin by letting go of ourselves. If we want wheat, we must sow wheat. If we please others, we too will become pleased, and in doing so, we will surely move towards a joyful and hurdleless life.

Our nature should be soft. Keep the heart soft and pure. Try inculcating the spirit of letting go in such a way that we bend our ways in whichever way we are directed. If someone says anything, do not immediately argue back, but first try to listen and understand. Let us cultivate such a tender nature that Maharaj, Motapurush, Sants, and devotees choose us and shower their grace upon us.

The biggest symptom of an egoistic person is that they cannot let go of anything before anyone else. One who is free from ego can learn to

let go and imbibe this virtue in life. Maharaj's immense rajipo comes upon such a person, and that becomes the foundation of a joyful life.

For the one who learns to let go before Maharaj and Motapurush, all efforts, practices, and endeavours for spiritual realisation become extremely simple. They are fulfilled with ease, and life begins to flow in peace, grace, and joy.

In 2013, Gurudev Bapji had come for a discourse to STK Mukto and Pujya Parshads at 4 PM. Gurudev Bapji wished to take Vachanamrut Gadhada First 7 in the assembly. So, taking the Vachanamrut in hand, while finding the page of that Vachnamrut, Gurudev asked the responsible swami of Sadhak Talim Kendra (STK), “Swami, what should we take in the assembly today? We will take whatever you say.” Despite inclining to give a discourse on the Vachanamrut, he had decided, as he said, “We will take whatever you say.” The swami said with praying hands, “Bapji, everyone desires to receive the preaching on your favourite kirtan of santliness *Jenu tan man manyu tyage re...*’ yet, as you wish.”

Gurudev Bapji said, “Very well, let’s take the Kirtan.” Saying this, he immediately closed the Vachanamrut, took the *Kirtan Sarita*, and preached with pleasure on the Kirtan of santliness until 7 PM.

Thus, let us put aside our rigidity, remain simple, and gladly stay in others’ choice, for this humility wins hearts and leads to a joyful life.



Swaminarayan Mandir Vasna Sanstha (SMVS)