



DHYAN-KAKSH
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



Endurance-Definition



‘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

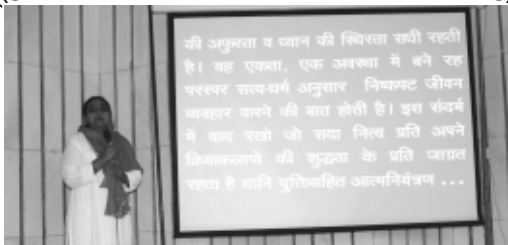
Embrace knowledge, not knowledgeable,
Anchor your faith in eternal, not the messenger

**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.









Endurance (Dhairya)





Dear friends, as we all know, contentment is the foundation of patience and a contented person experiences complete joy in their present state without desiring, expecting, worrying, or complaining about anything. This leads to a peaceful and selfless mind-consciousness, freedom of speech, purity of thought, purity of sight, single-mindedness, pure intellect-tendencies-memory, and their behavior, that is, conduct, attains purity, aligned with righteousness. Moreover, as truth is established in their mind, speech, and actions, there is no lack or distortion/deformity in their life. Therefore, even when such a self-contented person sees others enjoying material pleasures, they do not feel



the craving to obtain them and instead remain steadfast in their supreme reality i.e. existence-consciousness-bliss (Saccidānanda) without any desires. But do you know what natural power prevents craving from arising within them? You don't know, do you?

Then listen, only through endurance can a contented person discern the boundary between their needs and desires and limit their desires to the level of necessity. This allows them to fully utilize their physical, mental, spiritual strength, and natural abilities. Thus, their mind remains free from cravings or desires, and they remain in a steady, undisturbed conscious state in every situation in life. In light of the importance of adoring endurance in life, let's learn about it today:-







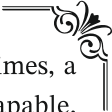

Endurance - Literal Meaning



Endurance is the state of individual consciousness in which one remains undisturbed even in the face of crisis, obstacles, difficulties, and adversity. It is a state of mental steadiness and firmness of consciousness, devoid of fickleness and ego. It is also described as the state of individual consciousness being free from agitation or anxiety, neither causing panic nor hurry. A pure mind, patience, forbearance, capability, courage, stability, and steadiness germinate from it.



From this meaning, it is clear that endurance is a special quality or power of the mind that helps a person remain calm, composed, and peaceful even in the face of suffering or





calamity. Even in the most difficult times, a patient person remains tolerant, capable, serene, serious, wise, gentle, talented, farsighted, and strong.

In other words, endurance strengthens a person's mindset during tough situations, making them internally strong and powerful. It inspires them to overcome heart-wrenching and challenging circumstances with ease. Thus, only through endurance can a person maintain mental balance in the ups and downs of life, such as birth and death, sickness and sorrow, happiness and sadness, honor and dishonor, wealth and poverty, pleasure and pain, victory and defeat, etc. Enabling them to walk on the selfless path of truthfulness and righteousness with contentment and endurance.









Endurance - An Indicator of Sattvic Mentality

Endurance is a virtuous/sattvic quality, and thus, it is indicative of a virtuous/sattvic mindset. It is through the strength of virtuous/sattvic thoughts that endurance can dispel doubts, suspicions, and restlessness that arise in the individual consciousness, immediately eliminating mental disorders such as instability and wavering of the mind. This brings the individual consciousness to a firm emotional foundation, enabling it to experience bliss.

Origin of Endurance

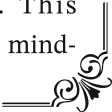
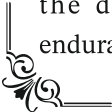
Regarding the origin of endurance, Granth says that:





"When a person engages in devotion, they begin to feel the power within themselves. Their intellect starts to support them, and then cogitation (Vichāra) manifests within them which leads to the attainment of endurance. Then they do or speak only after careful consideration. No matter how difficult the situation may be, they do not lose their endurance."

In other words, when a person turns away from worldly sensual objects and becomes devoted to divine worship, they make their intention noble and positive (needs to be changed). With God's grace, they attain self-knowledge and self-contentment, leading to the development of endurance. This endurance is the ability to keep the mind-



consciousness and intellect stable in the ups and downs of life and make thoughtful decisions. With discretion, they are able to perceive the true essence and keep their mind calm in every situation. As stated in Satvastu Ka Kudarti Granth:

जदों दी ओन्हां दी कृपा आई,
तदों दी ओन्हां ने धैर्य बंधाई।

(सतवस्तु का कुदरती ग्रन्थ, चतुर्थ सोपान,
कीर्तन न० 64)



Understanding this, you too should embody the idea, "God is Sam (equal/even), and Sam (equality) is God." and become a patient person who embraces self-contentment in every situation, experiencing complete joy in your present state. Be a person of fortitude who remains steadfast in the face of life's

various dualities, such as sorrow and joy, happiness and grief, honor and dishonor. Know that by becoming such a brave warrior, no kind of disorder, agitation, anxiety, sorrow, restlessness, or eagerness will arise in your mind in any difficult situation. Your mind will remain unaffected by any impulses and will abide in peace, free from desires and distortions.

As a result, the wellness and purity of your mind, words, and actions will be maintained, and you will effortlessly remain stable in your true eternal self. Considering this important, it is stated in Satvastu Ka Kudarti Granth:



सम धारो संतोष धारो,
धैर्य दा सिंगार रे हाँ

(सतवस्तु का कुदरती ग्रन्थ, द्वितीय सोपान,
कीर्तन न० 71)



Procedure to solve the question of endurance

Through cogitation of holy scriptures (Sat Shashtra) change your inner negative emotions, tendencies, and habits and conquer volition-induced physical instincts like lust, anger, greed, attachment, ego, etc. Know that by bringing a pure and positive (Sattvic) change within yourself, you will be able to establish your mind-consciousness in a state that is free from fickleness, devoid of ego, and forbearing. You will adorn yourself with the virtue of endurance, and your awareness, which is inner ideation, your true reflection, will become pure. Connected to the divine, it will radiate its beautiful, natural brilliance.



When this happens, the primordial sound ‘Aum’ involuntarily/unconsciously starts to

resonate freely and your awareness and focus will remain steadfast in its true real self, unperturbed by any external events. Beloved friends, this is the way to conquer the challenge of endurance. In this regard, the Granth also says that:

हे प्रभु !
सम ते संतोष बक्षना,
धैर्य दी हस्ती, धैर्य दी हस्ती
सम ते संतोष बक्षना,
धैर्य दी हस्ती, धैर्य दी हस्ती
सम ते संतोष बक्षना,
धैर्य दी हस्ती, धैर्य दी हस्ती

(सतवस्तु का कुदरती ग्रन्थ, द्वितीय सोपान,
कीर्तन न० 90)

In order to fully succeed in this endeavor, beloved friends, let us join our hands together and pray to the Supreme Father God with



complete faith and devotion:

O Lord!

स्वभावां वल्लों जित्त पा लवो सजनों,
स्वभावां वल्लों जित्त पाओ
फिर धैर्य दा पा लिया सिंगार,
सुरत हो गई ओ कंचन
फिर सुरत महाराज जी दे संग ओ जाके टापु
टापु में जा के ओ चमक दिखावे
शब्द इस तरीके नाल चलया फिर,
सजन धैर्य वल्लों फ़तह पा गया।

(सतवस्तु का कुदरती ग्रन्थ, सप्तम सोपान,
भाग-तृतीय, कीर्तन न० 16)

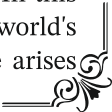

Meaning thereof, O Lord! Grant us the ability to remain equanimous in every situation of life and to experience complete happiness, peace, and joy in our current state. May our personalities be endowed with endurance, free from fickleness and ego, so that we



remain in a natural state of mental tranquility
and achieve the ultimate goal of our lives.

Conclusion

This entire conversation makes it clear that both contentment and endurance are indicative of the purity of the consciousness. Through these qualities, no attachment, malevolence, agitation, anxiety, sorrow, or restlessness arise in the mind; and, the mind remains still, free from impulses, movements, and actions. In other words, by remaining in this state, no kind of disturbance (crisis), revolt, quarrel, or evil tendencies can arise in the mind. Thus, through contentment and endurance, the mind remains calm (free from desires and cravings), and consciousness remains steadfast, gentle, and unaffected by all obstacles and hindrances. This is the resting state of the living being/soul. In this restful state, the knowledge of the world's impermanence and one's true nature arises



effortlessly, without the need for chanting, austerities, or restraint. Hence, we can say that contentment and endurance are the only means to effortlessly maintain oneself in a pure, undistorted state. Through their influence, stability/silence and tranquility (stillness and peace) pervade the heart's space (Hridayakasha), and a person easily traverses the path of truthfulness and righteousness, attaining excellence.

In light of this importance, the Almighty says in Satvastu Ka Kudarti Granth:

प्रभु जी दा समभाव नाल है जे ओ प्यार ।
सन्तोष धैर्य दा दिखाउणा है जे ओ सिंगार ॥
सच्चाई धर्म दे रस्ते ते चलदे जाना,
फिर प्रभु जी दा दर्शन ओ पाउणा है ।

(सतवस्तु का कुदरती ग्रन्थ, सप्तम सोपान,
भाग-तृतीय, कीर्तन न० 31)

In essence, God loves only those who possess

equanimity, that is, those with a balanced and even-minded nature. Therefore, abandon all rituals and spells, and adorn yourself with the natural garment of contentment and endurance, which stabilizes the mind and intellect. Live a life of authenticity through noble conduct, becoming an equanimous person who establishes truth in accordance with righteousness. Thus, witness God and become even-sighted, as per Granth -

सम सन्तोष धीरज इन्सानों ओही पावो सिंगार ।
ओ सतवस्तु दा वाली हो हो हो हो, ओ
सतवस्तु दा वाली ॥
दुःख कलेश ओहदे मिट गए,
चौरासी तों बच जासी ।

(सतवस्तु का कुदरती ग्रन्थ, पंचम सोपान,
कीर्तन न० 56)

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at Dhyān-Kaksh

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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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