



DHYAN-KAKSH
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



The Practical form of Endurance



‘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

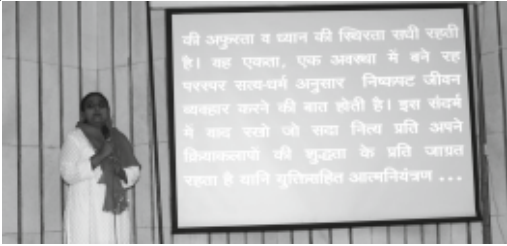
Embrace knowledge, not knowledgeable,
Anchor your faith in eternal, not the messenger

**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.











The practical form of Endurance


Friends, Endurance is a great virtue and a true companion of humans. Even in the face of adversity, fear-grief, or temptation it empowers human beings to remain optimistic, unwavering, and confident, thereby liberating us from unbearable, heart-wrenching, and extremely sorrowful pain. Not only this, endurance empowers individuals with the enthusiasm, energy, and strength to persevere tirelessly with determination, required for accomplishing challenging life goals and objectives. Consequently, the chances of success increase, and the individual can better manage their reactions, emotions, and inner-








processes, leading to thoughtful prudent decisions and achieving the target. From this perspective, practicing endurance is of paramount importance. However, the irony is that in today's materialistic, comfort-seeking, fast-paced, and entertaining era, where egocentric, self willed and self-centered beings want their desires fulfilled the moment they express them, and are unwilling to listen and understand others point of view with a calm and stable mind, how can the virtue of endurance which is based on thoughtfulness and awaiting the right moment can be developed in them? Let's think about this very question today:

Cultivating Endurance





It's important to understand that endurance is a skill. Like any other skill, developing









endurance within oneself requires effort and practice. Here, "effort" refers to the laborious hard work undertaken to accomplish a task, reach a milestone, or achieve a goal. "Practice", on the other hand, refers to the repeated and focused execution of a specific task to become proficient or skilled in it. Know that, through consistent effort and practice of imbibing endurance during our conduct and behavior, it gets firmly established as a deep-rooted mental impression in our consciousness, becoming an integral part of our nature, functioning naturally and effortlessly. You too can strengthen this virtue within your mental impression by abandoning negativity and starting to calmly accept the minor or major troubles that arise in daily life. For example,



when you can't solve a question on a test, when



you're stuck in a long traffic jam, or when you have to wait a long time for your turn in a game, instead of getting irritated, annoyed, or angry make a relentless effort to practice endurance by acting calmly and thoughtfully. By consistently practicing this, neither will you become agitated or impatient over daily trifles, nor will the feeling of annoyance, resentment, or anger arise within you. In this way, thoughtfulness will flourish in place of vices, and a pristine state of consciousness will prevail. To strengthen this pristine state, in every ups and downs of life through consistent effort and practice increase your tolerance towards the experienced discomforts and difficulties develop self-control. This will naturally develop awareness, allowing you to live peacefully and remain stress-free in



challenging situations, like a sage who has mastered their senses.

Tolerance

To clarify, tolerance refers to the power or own nature to bear adversity, mistreatment, or oppression. A forbearing individual does not react with anger even when faced with mistreatment, oppression, or attacks from enemies. Instead, through the power of thoughtful consideration/ contemplation and forgiveness, they lead a happy and peaceful life. In this sense, tolerance is synonymous with endurance, and in the context of developing it within oneself, Satvastu Ka Kudarti Granth says:


‘फिर गृहस्थ आश्रम में रहंदियां होयां घर वाले
परिवार वाले कुल संसार वाले कोई ऐसी वैसी

बात कहें तो सोचो तोलो कोई अन्दर सट तो नहीं
लगी, आप नूं देखो कि अंग अंग मेरा सबूत है,
फिर हृदय में महाराज दे अगुं प्रार्थना करो कि
महाराज जी एन्हां नूं सुमति बख्खो, ए सजन वी
मन्दी खरीद न करें।

ओ३म् शान्ति शान्ति शान्ति ओ३म् ।।

(सतवस्तु का कुदरती ग्रन्थ, सप्तम सोपान,
भाग-तृतीय, कीर्तन न० 9)

In this way, no matter what circumstances arise in life, maintain a positive perspective at all times, without expressing regret or disappointment about anything. For the fulfillment of this purpose, whether sorrow or happiness comes in life, whether there is defeat or victory, respect or insult, criticism or praise, become a person who accepts with readiness the divine command, i.e., the order of the supreme Lord, and follows it. In



essence, according to the Granth -



हुकम को पकड़ते आवो,
उस पर खड़े हो जावो



यानि

मान-अपमान में पकड़ो हुकम।
आदर निरादर में पकड़ो हुकम।

रोग-सोग में पकड़ो हुकम।
दुःख-सुख में पकड़ो हुकम।

हानि-लाभ में पकड़ो हुकम।

It should be known that any thoughtful person who, without any argument or debate, willingly renounces worldly pleasures, desires, ego, prestige, respect and insult, attachment and aversion, enmity and opposition, and other selfish emotions, and accepts the divine command in every situation as appropriate and socially



beneficial with a selfless attitude; that brave, valiant, and altruistic courageous person is called tolerant. As has also been said:

**विचार शब्द जेहड़ा सजन फड़े,
सहनशक्ति ओ धारण करे॥**

(सतवस्तु का कुदरती ग्रन्थ, सप्तम सोपान,
भाग-प्रथम, कीर्तन न० 38)

In this way, by demonstrating behavior marked by tolerance, one not only protects and enhances the happiness and peace of their home, family, and society but also gains control over their mind, experiencing the joy of being absorbed in the soul and ultimately attaining liberation from the cycle of birth and death. This is the attainment of the highest state in both this world and the other world, merging into the ultimate peaceful entity. In light of this significance, the Satvastu ka




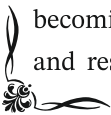
Kudarti Granth states:





जेहड़ा सजन सहनशक्ति लवे फड़,
ते सहनशक्ति फड़ के ओ दिखावे
आवागमन मिट गया उस दा,
फिर ओ जन्म किवें पावे,
सजन ओ जन्म किवें पावे

(सतवस्तु का कुदरती ग्रन्थ, सप्तम सोपान,
भाग तृतीय, कीर्तन न० 7)

In addition to this, to develop endurance within ourselves, it is essential to understand that not everything in life can be obtained according to our desires or instantaneously. Sometimes, in order to achieve the goal, one has to go through a prolonged wait, and sometimes the results may be disappointing, contrary to expectations. Therefore, instead of becoming agitated, disappointed, or hopeless and resorting to criticism or anger in such







times, try to nourish your mind and intellect with equanimity and selflessness. The essence is that "do not be overly joyful when happiness comes, and do not panic when sorrow comes" but rather act with wisdom and courage. By maintaining mental balance in this way, spread peace and strength within yourself and recognize your true self. In this context, the Granth also states:

दुःख-सुख जेहड़ा सम कर जाणे,
असलियत अपनी ओ पहचाणे
असलियत अपनी जो पहचान गया,
ओही परमधाम दियां मौजां माणे

(सतवस्तु का कुदरती ग्रन्थ, सप्तम सोपान,
भाग चतुर्थ, कीर्तन न० 21)

**Obstacles and Remedies in Developing
Endurance**









Remember, excessive excitement, anxiety, haste, and restlessness hinder the development of endurance and can lead to mental worry and stress. To avoid this situation:

1. Remain situated in your true self, act with discernment, and build good notions, nature and habits filled with moral integrity and amiability.

2. Before responding to anything, take a deep breath and carefully consider the matter several times in your mind. In other words, "first examine and weigh, then speak." This pause will help you develop the art of responding thoughtfully instead of impulsively reacting to any situation or conversation. This will enable you to make better decisions. Meaning be a good listener,







listen to everything with patience, but act according to your own discernment.

3. Do every task at the right time, meaning do not try to postpone work due to laziness and negligence.

4. Don't rush while doing any task, instead do every task with patience. Understand that the seed sown in the ground also takes its own time to germinate and then to become a plant. Only then, in the right season, it bears fruit. This means that even nature never hurries, yet all the work of the world happens on time. Therefore, learn from this fact and give up the habit of working impulsively without thinking or in a hurry, otherwise, you will fall headfirst and it will be your own loss.



5. While performing all tasks and activities,

always keep your mind and intellect free from worldly impulses and vices. As it is also said:

सजनों मेरी सुन लौ बात,
दुनियां तों राहवो आज़ाद

(सतवस्तु का कुदरती ग्रन्थ, पंचम सोपान,
कीर्तन न० 53)

Conclusion

Finally, we would like to say that man is a social being and during social and family interactions, conflicting situations often arise due to differences of opinion. If these challenging situations are not resolved with endurance and tolerance, even a small issue can escalate into major arguments, conflicts, enmity, ill-speaking and gossip, etc., leading to division, worry, unrest, and stress. To prevent this from happening, develop tolerance and patience within yourself using



the power of your intellect. Eliminate discrimination, duality, hostility and disagreements, and create a peaceful environment filled with unity and harmony, becoming a symbol of gentlemanliness. Remember, peace is power. With this power of peace, you can make efforts in the right direction and overcome all obstacles to reach your goal. Therefore, with full faith and confidence, remain unwavering on your axis realizing your true life goals.



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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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