



DHYAN-KAKSH
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



The identity of an enduring person and the benefits of adopting 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

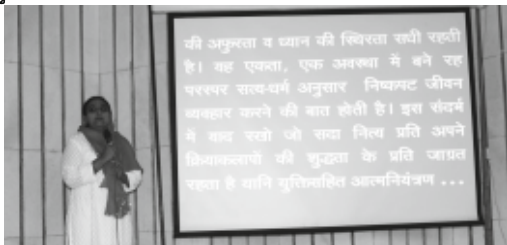
Embrace knowledge, not knowledgeable,
Anchor your faith in eternal, not the messenger



**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.

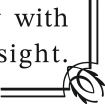









The identity of an Enduring person and the benefits of adopting Endurance

As we all are aware that contentment and endurance are the two oars of the boat of life that lead it to its destination. In this context, where contentment limits the flow of desires, enabling us to experience inner bliss, endurance teaches the true art of living life naturally. That is why endurance is also considered as a sign of righteousness. This means that one who is not enduring cannot be called truthful or righteous because, under adverse circumstances, they lose their natural, innate nature and go astray, causing harm to themselves. To prevent this, make endurance an integral part of your life by performing every task thoughtfully with vigilance, intelligence, and foresight.






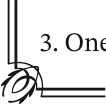
Conquer every difficulty and adversity, and become a Dhritatman (firm-minded soul) who remains stable in their innate nature. Let's now learn the identity of Dhritatman (firm-minded soul) meaning a tolerant person:



The identity of an enduring person

1. One who is completely free from ignorance/delusion, and who is aware of the ultimate purpose of life, which is the realization of the true self, that courageous and renunciate, enlightened being is enduring and brave.

2. One who understands the system of spiritual discipline of keeping their mind and consciousness immersed in the Supreme Being, that is, in a state devoid of desires is called an enduring person.

3. One whose mind is still and serious, whose









consciousness is focussed and placid, whose intellect is stable and decisive, whose nature is benign, whose disposition is profound, whose heart is generous, whose thoughts are deep, whose intention is unwavering, and whose temperament is in accordance with a gentle, compassionate and humble soul, only that person is enduring.

4. One who remains undisturbed in challenging situations means entire life's struggles, conflicts, adversities and calamities, and overcomes them calmly, thoughtfully, wisely, maintaining equanimity, is indeed called enduring.

In this context, the biography of incarnated souls are before us, who, with the strength of courage and valor, while living a struggling life, demonstrated the vigor to overcome countless obstacles, and hoisted the flag of









righteousness by following the natural principles, and earned the title of an exalted resilient person.

In the light of prowess of such great person it is called -

बुद्धिमान जन विपत्ति में धैर्य नहीं खोते ।
इसके विपरीत जो विपत्ति आने
पर धैर्य खो देते हैं
वह अधीर व बुद्धिहीन कहलाते हैं ।



5. One who is not entangled in changes like honor-dishonor, praise-criticism, wealth-poverty, birth and death, that is, who remains steadfast in their true self and progresses fearlessly on the selfless path of truth and righteousness, that determined, independent, and inwardly focussed (Atmastha) powerful person is called firm minded soul i.e. Dhritatma.







6. One who values reason/thoughts over emotions and never loses their temper, that is, don't get angry without reason, but rather deeply analyzes every situation thoughtfully and makes decisions with discernment, such a firm-minded person who has reached the pinnacle of mindfulness is called enduring.

7. One who does not lose courage even after repeated failures, that is, does not get discouraged by difficulties and failures, and continues to strive until the goal is achieved, that hardworking, humble, cheerful, unwavering, profound, and tolerant person is called resilient. To become such a resilient person, Satvastu Ka Kudarti Granth states that -



तू पिच्छे कदम न हटावीं,
ऐसा पुरषार्थ कमावीं
हुन तू अगे कदम बढ़ावीं,

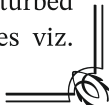
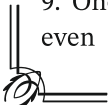




तू ऐसा उद्यम दिखावीं
उमरां चरणां विच बितावीं,
तू रज मस्तक नूं लावीं
ओ ओझड़ हिन बहुतेरे,
ओ चोभां देवन जेहड़े
ओन्हां विच अटक न जावीं,
तू पिच्छे कदम न हटावीं

(सतवस्तु का कुदरती ग्रन्थ, द्वितीय सोपान,
कीर्तन न० 19)

8. One who is free from human weaknesses, adopts virtues, and reaches the pinnacle of human potential and strength, is called an enduring person. Such a self controlled, vibrant and resplendent person fulfills all their duties with full loyalty, dedication and truthfulness.

9. One whose mind does not get disturbed even by threefold causes of miseries viz.







Adhyatmika Tapa, Adhibhautika Tapa and Adhidaivika Tapa, and who neither rejoices nor resents upon receiving good or bad fortune, that stable-minded person is called enduring.

10. One who possesses peace and power, and with the help of these plus proficient directions, can skillfully adapt their environment to suit themselves. That self-satisfied, desire less, and self-aware individual is called enduring.

11. One who has overcome the desire or attachment towards pleasures and who, despite being tempted, does not take anything from anyone but only gives to everyone, that compassionate, virtuous, just, benevolent, and powerful is only called an resilient person.





Benefits of adopting Endurance

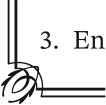


1. Endurance helps in dealing with challenging situations, controlling impulsive behavior, and effectively restraining and balancing emotions.


2. Endurance cultivates the ability to remain tolerant and calm even in the most disheartening and extremely painful situations. The development of this ability enables humans to exhibit an extraordinary talent to remain happy even in sorrowful circumstances. To become such a person, Satvastu Ka Kudarti Granth states that -



फिर दुःख में सजनों सुख मनाइये,
तां शौह अपने दा दर्शन पाइये

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



3. Endurance provides the perspective to









analyze life's problems more thoughtfully and effectively. As a result, even the most difficult and complex problems can be easily solved, and a person is saved from falling prey to vices like impatience and desperation.

4. Endurance reduces the stress of stimulating negative emotions, creating a state of relaxation. As a result, the heart rate and mindset remain in a natural state, and the foundation of a healthy lifestyle, i.e., health, is strengthened.

5. Endurance helps one stay committed and focused on their goal, overlooking instant gratification, thereby making the achievement of the goal easier.

6. Endurance teaches us to value the justified feelings and thoughts of others while navigating through practical life. As a result,

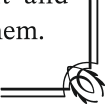
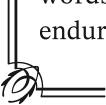






mutual disagreements, arguments, fights, conflicts, etc., are minimized, and it becomes easier to manage interpersonal relationships effectively. Thus, we can say that endurance is the strong foundation of healthy and happy relationships.

7. The practice of endurance plays an unparalleled role in our overall personality development, as it refines our mental impressions and makes us intellectually more aware and alert, emotionally and mentally more balanced, physically more stronger, and morally upright.

8. Through the continuous spiritual practice of contentment and endurance, a person's intrinsic animalistic tendencies and the corresponding behavior decreases. In other words, the practice of contentment and endurance awakens humanity within them.







9. By keeping us free from the memories of the past and the fantasy of the future, endurance teaches us the art of living in the present moment with even mindedness. That is why a resilient person remains unaffected by anyone's provocation or pressure and is always capable of performing every task happily with a balanced state of mind.

Conclusion



Understanding the importance and utility of endurance in human life, we can conclude that this trait, found to varying degrees in everyone, is a rare virtue found mostly among those with a sattvic (pure and noble) disposition. In every sphere of life, in every direction, and at every moment, the companionship of endurance is essential. It suppresses jealousy and impurity (sinful tendencies) while being the source of joy and





strength. Endurance is an indicator of courage and morale, a nurturer of generosity and altruism, a symbol of diligence and tolerance, and a sign of invincible power. Not only this, endurance encompasses qualities like thoughtfulness, profoundness, amiability, forgiveness, and gentleness. It also has the ability to save a person from breaking down during difficult times of adversity. Therefore, no one can defeat an enduring person. In this context, the example of the Sajan Shri Shahenshah Hanuman ji is before us, about which Satvastu Ka Kudarti Granth states that:



महाबीर हुये रणधीर हुये,
धैर्य दा सिंगार दिखा कर के
बलवान दिस्सन सारी नगरी ऊपर,
लंका जित ओ डंका बजा कर के

(सतवस्तु का कुदरती ग्रंथ, चतुर्थ सोपान,
कीर्तन न० 72)





To become such an enduring person, follow the footsteps of Sajan Shri Shahenshah Hanuman ji, whose secret to success is patience and recognize your true self, your soul. To do this, withdraw your mind from the external world and turn it inwards. Through the power of discernment, realize the difference between the self and the non-self, the eternal and the transient and become free from the dualities of winters-summers, happiness-sorrow, honor-dishonor, praise-criticism etc. In this context, remember that the 'I,' meaning the soul, is never bound by pleasure or pain, respect-disrespect, etc., nor is it affected by them. These transient, external, and fleeting elements are perceived mentally due to the association with the body. However, as soon as the inner journey begins, we start rising above happiness-sorrow, honor-dishonor, birth-death, etc. and we





become free from counter-attacking worries and lamenting and start moving towards the goal of life. Then, no matter how many troubles come or how dire the situation becomes, we maintain equanimity in every situation with our discerning intellect and treat everyone with generousness and equal vision. In this way by walking ethically and diligently on the path of righteousness, endurance is mastered, and happiness-sorrow or greed-attachment, do not disturb the conscience in any way. May you also eradicate evil and distorted thoughts from your mind, remain calm and composed in both happiness and sorrow, and become a strong, healthy, determined, courageous, powerful, peaceful, serious, farsighted, and talented individual, unaffected by sensory and materialistic temptations. This is our heartfelt wish for you.



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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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