



DHYAN-KAKSH
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



Selflessness-Definition



'Sada Hai Sajam 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

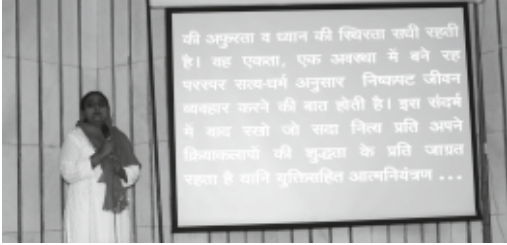
Embrace knowledge, not knowledgeable,
Anchor your faith in eternal, not the messenger

**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.







Selflessness-Definition

Selfless/Selfless person- Literal meaning

The literal meaning of selfless (Nishkam) is devoid of desires, free from expectations, free from all worldly longings (Vasana), and not done with the expectation of a reward. In this sense, unselfish action or work done without any expectation of reward or return, is called Nishkam, and the person who has no desires, infatuation, or expectations is called a Selfless person i.e. Nishkami. According to the scriptures, walking on this obstacle, grievance and trouble free, smooth, thought-provoking, simple selfless (Nishkam) path, consciousness becomes purified which leads to union with God, i.e., liberation. As is also stated in Satvastu Ka Kudarti Granth:





सुलभ पकड़ो निष्काम रस्ता,
जिस पकड़या मिलन श्री राम।



(सतवस्तु का कुदरती ग्रन्थ, सोपान पंचम
कीर्तन न० 46)

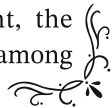
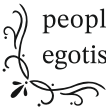
Identification of a Selfless Person

Dear friends, within Satvastu Ka Kudarti Granth, the characteristics of a selfless person are described as follows:

चहुं प्रकारां दे मनुष्य बनाये,
व्यभिचारी विषयां विच गंवाये
अभिमानी अपनी पूजा करावे,
अहंकारी अर्गों रुकावटां पावे
निष्कामी तेरा भक्त कहावे,
सब विच वसनै तुंही तुंही

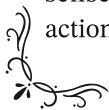
(सतवस्तु का कुदरती ग्रन्थ, सोपान द्वितीय
कीर्तन न० 22)

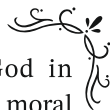
Meaning, thereby, there are four types of people: the debauchee, the arrogant, the egotistical, and the selfless. Dear ones among





them one who deviates from the path of righteousness, acts against established principles, has an unstable mind, lacks character, and is restless is called the debauchee. He being entangled in sensory pleasures such as form, taste, smell, sound, and touch wastes his life aimlessly. The arrogant individual due to an inflated sense of their own abilities, wealth, and reputation, perceives themselves as superior to others and seeks respect through hospitality. The egotistical person, driven by pride in their accomplishments, considers their knowledge and qualities as supreme, and in the race to prove themselves better than others, creates numerous obstacles in others' paths. On the other hand, the selfless person, free from any desire for rewards, performs all duties with a sense of non-doership, dedicating every action to the Divine. Such a devoted, diligent



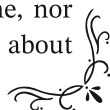
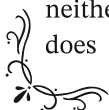


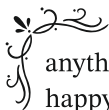
individual sees the presence of God in everyone, thereby achieving complete moral and spiritual elevation. This leads to freedom from the bondage of actions, and they become known as a faithful devotee of God. In light of this truth, it is said:

**संसार में सब कामों में लीन होते हुए भी जो
निष्कामी है, वही ब्रह्म है।**

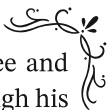
(सतवस्तु का कुदरती ग्रन्थ, गीता का प्रथम अध्याय)

Dear friends, this fact clearly indicates that selflessness is a desireless or thoughtless state of mind. Therefore, a selfless person who is free from all worldly desires, bondages, aspirations, and passions, and is a self-satisfied person. Such a self-satisfied person is always fulfilled within themselves, and is satisfied with whatever he/she achieves. He neither asks for anything from anyone, nor does he worry, expect, or complain about

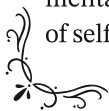




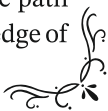
anything. Thus, he always remains free and happy with whatever he achieves through his own efforts.



It's not that desires/cravings do not come near him while doing so, they do come, but a self-reliant, self-controlled and strong-willed person, with the power of his strong will, keeps his consciousness in a flawless, pure, and sacred state, remaining innocent, unattached, and unblemished. In this way, by making his heart as pure as gold, he leads a clean/simple, honest, and virtuous life, and, free from the attachment of karma and its consequences, he moves with equanimity in every situation, whether it be wealth or poverty, joy or sorrow, success or failure.

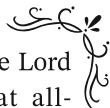


When this happens, that is, when he becomes mentally stable and walks firmly on the path of selflessness, he begins to gain knowledge of





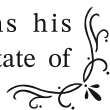
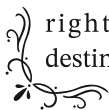
Brahm, that is, the longing to meet the Lord arises, and he comes to know that all-pervading is the God. God is the ultimate reality, Brahm, i.e. the eternal, conscious, and blissful existence, or the supreme being. As stated in Satvastu Ka Kudarti Granth:

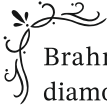


निष्काम रस्ते ते ब्रह्म दा ज्ञान आवे,
महाराज दे दर्शन करवाये ओ दाता ।

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

Acquiring this knowledge of Brahm his intellect becomes elevated and decisive. As a result, such a wise individual performs every task with full integrity, promptness, and fearlessness in alignment with righteousness and the ability to do everything develops in that virtuous person. In this way, with self-confidence, he moves forward on the path of righteousness and easily attains his destination, that is, he attains the state of





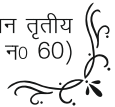
Brahm by obtaining the essence of the diamond-like Supreme Being. Considering this significance, it is said in Satvastu Ka Kudarti Granth:



निष्काम नूं धारण करके
जेहड़ा निष्काम हो जावे
बिन औखियाईयों, बिन खेचलों,
बिन तकलीफों पार हो जावे
निर्भय निर्वैर, ओ ऐसे पद नूं पावे,
ओ चमक रिहा,
चमके कुल जहान,
जपो भगवान जपो भगवान
निर्वाण पद नूं पाय के जोती
नाल जोत हो जावे
बिन फुरनियों बिन सूरजों सर्व प्रकाश हो जावे
ओ चमके सचखण्ड ब्रह्माण्ड,
ओ सर्व सर्व ही जान,
जपो भगवान जपो भगवान



(सतवस्तु का कुदरती ग्रन्थ, सोपान तृतीय
कीर्तन न० 60)



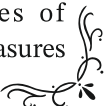



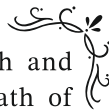
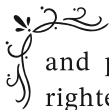
The Foundation of Selflessness



The foundation of selflessness lies in altruism, because when a person rises above the sense of selfishness to attain unbroken peace, only then does the spirit of selfless action arise within them. If we define this altruism, it is the state of being free from selfish motives, that is, acting beyond personal desires, interests, purposes, or objectives, for a noble or universal cause. At its core is the spirit of renunciation/sacrifice, meaning that one who cannot renounce/sacrifice cannot truly be selfless or engage in selfless action. For this reason, one must abandon outdated practices based on personal beliefs, indulgence in sensual tendencies, wealth, power, material greed, the desire for fame, and sometimes even life itself.

History is replete with examples of individuals who forsook worldly pleasures





and pursuits for the sake of truth and righteousness. By following the path of selflessness, they attained self-realization. Reflecting on this accomplishment, Satvastu Ka Kudarti Granth states:

श्री राम गोदी विच रैहंदे निष्कामी ब्रह्मज्ञानी,
रैहंदे अनुरागी और त्यागी
श्री राम गोदी विच रैहंदे सन्यासी और उदासी

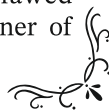
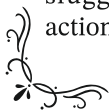
(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम
(द्वितीय) कीर्तन न० 10)

You all succeed in doing so, for this, the scripture says:

आप कर्म करने वाले सच्चे कर्मयोगी बनें,
निष्काम कर्म करें।

(सतवस्तु का कुदरती ग्रन्थ, गीता का अध्याय, प्रथम)

That is, abandon inactivity, laziness, sluggishness, and inappropriate flawed actions, and become a true practitioner of



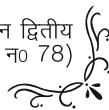


karma yoga by performing every task with complete dedication to truth, firmness, readiness, fearlessness, and righteousness. Understand that a true karma yogi is one who practices selflessness—who considers every action as a duty, performed truthfully and in alignment with righteousness, without any worldly desires or expectations of rewards, dedicating all efforts to God. By doing so, such a diligent individual's consciousness is purified effortlessly.

Dear friends, you too demonstrate the same effort and rise above the sense of selfishness and move forward on the thoughtful path of selfless action, for according to the scripture, the Supreme Lord says:

जेहड़ा निष्काम रस्ते ते आवे,
ओहदे अंग संग राहवन वाला हां
रघुवर जी है नाम मेरा, हर जगह में
उजियाला हां, रघुवर जी है नाम मेरा

(सतवस्तु का कुदरती ग्रन्थ, सोपान द्वितीय
कीर्तन न० 78)



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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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