

॥ Shri Hari ॥

Be Careful



Tvameva Maata Cha Pita Tvameva
Tvameva Bandhusa Sakhaa Tvameva
Tvameva Vidyaa Dravinam Tvameva
Tvameva Sarvam Mama Deva Deva

Swami Ramsukhdas

Be Careful

Become careful and cautious right now so that no time is ever wasted. If time is wasted in mere worthless talk, in laziness and indolence, in joking and merry making, in smoking, in lying and cheating and in sinful work, then it is a very sad thing! The end outcome of this will be horrific. **This time we have got for God Realization. To inflict pain or cause trouble to anyone for your selfishness and ego is to create a typhoon of future troubles for your self. Therefore be careful! Utilize each and every moment in the best possible work.**

You can keep your money locked up in your vault, but you are unable to keep your time locked up like that. Utilize the time carefully for good work, then it will be alright, or else it will be wasted away. It is fleeting. Time is a very precious asset. It is not like wealth, it is far more valuable than wealth. You will die despite your ownership of millions and billions of rupees, but the hour of death is fixed. If time remains, we will not die even one second earlier. Your living is in the control of time. On having utilized the time, you will not be able to live any more. Wealth cannot extend your life span; it is time which does this. **Time is the base of your life.** Money is only used up, when you spend it, but time is being utilized on it's own. Even while sitting it is being used up, even when we are working it is used up, even if we are worshipping God, then too it is used up. The expenditure is perennial. Death is approaching near, it brooks no aberration, not of even a moment. Whether you finish working and trading, or worship of God, or meditation, time is simply swiftly passing by. The moment this time is over, death arrives. Then there is no such force, by which we can prolong this life. Thus, the main basis or pillar of our life is going. Therefore, make the best use of time. Utilize it in the best possible works. There is no remedy thereof other than being cautious and careful. Remain careful and alert at all times.

Saints have said -

"Dil mein jaagrat rahiye bandaa;
heta preeta harijan soon kariye; parhariye dukhdvanda."

Keep wide awake in the heart, O' devotee! Make thy love and affection with the devotees of the Lord and free thyself from pain and duality.

What are we doing? Who will have to suffer its result? Think deeply and seriously on this. Such deep inquiry, such care and caution is only possible by human beings. Animals, birds, trees etc. do not have this awareness. Even in the other world of enjoyment (Bhog yoni), the demi-gods (devatas) are also unaware of this. Man alone has the ability to do good to others, having renounced his ego. **If man does not do good to others, does no service to others, he is committing a very big error. Man has no opportunity to remember God and serve others at any other place (than this human birth). Do not miss this chance, please! If you happen to do this work, then you have accomplished a very big thing. He who makes the time his friend, who uses it meaningfully, will not have to regret and repent later on. It is only those who have wasted their time that have to regret. Says Goswamiji :**

"So partra dukh paavayi sira dhuni dhuni pachitaa
kaalahi karmahi isvarahi mithyaa dosa lagaa."
(Manas 7:43)

"He reaps torture in the other world and beats his head in remorse, wrongly attributing the blame on time, fate and God."
(Manas 7:43)

i.e. Thus they repent and seethe in pain shaking their head again and again ! And wrongly accuse time, fate and God for their crisis, sorrow and pain!

He who wastes his time away, is incurring a great loss. He who uses that time meant for meditation and contemplation on the Lord, for sense enjoyments (Bhoga); and the time meant for service and welfare of others, is employed for other person's disadvantage, evil, dragging them down, seeking favours from them - all this can result in great losses. Save yourself from this loss and be cautious. Even an animal becomes alert, when cautioned. A camel does not become stiff in ego, if you instruct it to "Be Careful! Be Cautious! It does not get annoyed. It is the same with a donkey. **It is becoming of man to be cautious and careful on his own!**

(Even the animals understand the import of things hinted. Elephants and horses too carry their rider when alerted. Men of wisdom infer through suggestions the purport of words untold. For, their intelligence knows other ones' inner emotion untold !!!)

Man has the capability to become alert and careful on his own, but he is not utilizing this ability, he is wasting his time just like the birds and animals ! Here he is watching T.V., he is watching plays, and on the other hand "death" is approaching near. Yamraj (Lord of Death) is coming ! The time that we presently have is not for wasting. It is to be employed in the noblest of deeds - **serving others and remembering God.** These two are work of fundamental importance.

You are able to take service from animals and trees etc., but they cannot themselves of their own will serve you. The mentality, attitude and ability to serve others is only in humans, none else. **Likewise to remember Bhagwaan (God), to love Him, to have the inner sentiments that I belong to Bhagwaan and He is Mine,** this too is only possible in human

birth. Therefore man has to be careful and alert at all times. In your house, **write down the words -**

“Saavadhaan”

(Be Careful! Be Alert!)

- in big letters and post it in various places, so that your attention goes to it intermittently and you remain ever alert !

Time is fleeing and man will have to die the moment his time is used up. Why do people die? Because there is no more time left to live. However intelligent you may be, however strong you may be, however much money you may possess, however big your empire may be, you may have everything at your disposal, but at the time of death, it will be of no use.

You may possess millions and trillions in your bank; you may be a king of a great empire. Tulasi, when the hour of death arrives, of what avail shall all this be!

Therefore be careful! Be alert! There is a very simple - straight-forward solution and that is **begin chanting the name of God "Ram Ram Ram Ram Ram "** and keep repeating within every so often **"O' Lord! (He Naath). Bless me such that I may never forget you. "Mein Aapko Bhooloon Nahin". Rememberance of the Lord (Bhagwaan), is the destroyer of all adversities.**

**"Hari smritih sarva vipadvimokshanam "
(Srimad Bhagavad 8:10:55).**

It is very straight forward, simple and of great importance and value. Only thing required is Care and

Caution ! Alertness! that no time is wasted away. Even if a fraction of moment is taken away from uttering a single name of the Lord, even if that much time is wasted, then too it is a great loss.

Question: *The Name "Ram Ram" is to be chanted from within the silentful depth of our heart or it is to be uttered aloud ?*

Swamiji: Whether you chant silently within, or you chant aloud, which ever way you chant, the name recitation should not be stopped. "Tasmaat kenaapyupaayen manah krsne niveshayet." (Srimad Bhagwat 7:1:31) - whatever way, your mind, your speech must become engaged in God. For this one need to not look for any proper time or auspicious hour (Muhurat). On attaining this human body, the auspicious occasion has already been received.

**"soi tittha sutittha hai, soi baara subaara;
bhadraa bhaagi maanavaa, sumaracaa sirajanahaara."**

Question: *Of the two, which is more essential - chanting Name of God or doing the work of God ?*

Swamiji: This question is as good as when asked - should I eat roti (Indian pita bread) or drink water? Both are essential. Recite God's name and also do His work. Name can be recited at all times, but activity (work) cannot be done all the time, continuously. Therefore recite the name of God at all times, but do the work too as the occasion demands - "Tasmaat sarveshu kaaleshu, maamanusmarah yudhhya ch," (Gita 8:7). If any work congruent with scriptural injunctions is occasioned, then regard it as God's work and do it. Recite God's name ceaselessly round the clock. Let the name recitation never stop.

**chahu juga chahu shruti naama prabhaau;
kali bisesi nahim aana upaao."'
(Manasa 1:22:4)**

In all the four yugas (ages - satya yug, tretaa yug, dvaapar yug, kali yug) and in all the four Vedas, there is the deep-seated influence of the Name of God, but in this Kaliyug, the effect is extraordinary and special. There is no remedy other than this of similar importance. All the saints have unanimously sung the glory of the Divine Name with one voice. In the actual name recited there can be differences. Some may say "Aum", some may say "Ram", some may say "Hare Rama" others may say "Om Namo Narayanaya" Thus there can be differences in the Name, but in the chanting of the Name (Nama Japa), all are one.

Question: Will "Praarabdha" (consequences of actions of previous births) be cancelled by doing Ram – Ram - Ram (Divine Name repetition)?

Swamiji: "Praarabdha" (consequences of actions of previous births) will naturally end by suffering or enjoying it. Why be anxious about "Praarabdha". The moment you suffer it, it goes away, it disappears, on its own. It is being naturally and automatically cut asunder every moment.

Question: What is the use of reciting the Name of the Lord "Ram Ram" superficially, when mind or attention is not centered on it?

Swamiji: Even when recitation of "nama" is superficial, it does some good. No activity is meaningless. Utter any word and that will not go wasted. Then God's Name belongs to God Himself. It never goes waste. It is never meaningless. Not only that, **the recitation of Name is of very great service and value to the three worlds. The reason is that the "Shabda" i.e. word, does not remain in one place, it soon spreads**

everywhere and gains all pervasiveness, gains omnipresence. Because of this very characteristic of being universally widespread, it manifest itself like radio waves. If anybody utters evil words, then he does great harm in all the three worlds. If anybody mentally harbours ill of anybody, then, too he does wrong to the three worlds. If, for example, you throw a pebble in a pond, it will create a circular wavelet with certain subtle vibration which remain invisible to the eye because of its extreme subtleness. Similarly, even a small word when spoken can spread all over the three worlds. Unthinkable is the power of the word –

“sabdasakteracintyatvaat”

Thus even if someone utters the Name of the Lord with indifference, then too he will certainly be benefited. What to speak off the Divine Name which is recited with affection and attention!

From book "Be Good" by Swami Ramsukhdasji

नारायण ! नारायण ! नारायण !

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