

Sat Kaival Saheb
Gyan Sampradaya Satsang Exam - Series 1 Guide

This exam will consist of fill-in-the-blank, multiple choice, and, free-response questions worth 50 points from the general knowledge of the Sampradaya covered below, 40 points from filling in lyrics from prarthanas (see Q.42 in this guide), and 10 points for wearing Kanthi and Bhal Tilak.

- 1. Which sections of the Pratah Kal (Morning) and Sayan Kal (Evening) Upasana did Paramguru compose?**
 - a. The compositions that end with “Kuver” or “Kahe Kuver” are composed by Paramguru. In the morning Upasana, He composed Mangala Arti and Karta Stuti. In the evening Upasana, He composed Godi Pads 1-4, Sandhya Sakhi, Sandhya Arti, and Sandhya Stuti.
- 2. Which sections of the Pratah Kal (Morning) and Sayan Kal (Evening) Upasana did Dvitiya Kuveracharya Shree Narandasji Maharaj compose?**
 - a. The compositions that end with “Narandas” or “Das Naran” are composed by Shree Narandasji Maharaj. In the morning Upasana, he composed Shangar Arti, Pari Krama 1-4, Guru Stuti, and Guru Mahima. In the evening Upasana, he composed Guru Mahima Sakhi, Godi Pad 5-10 and Podhan Arti.
- 3. Who composed Katha Stuti 1 and Katha Stuti 2? Who’s stuti is done in these compositions?** (Katha Stuti 1 = Om Pratham Pranam Dham; Katha Stuti 2 = Om Vandu Guru Charan Sharan)
 - a. Katha Stuti 1 is composed by Paramguru to do Kaival Karta’s stuti in the beginning of Agadh Bodh Granth. Katha Stuti 2 is composed by Narandasji Maharaj to do Paramguru’s stuti in the beginning of the Siddhant Bavani Granth.
- 4. Which stutis-prarthnas has Puja Guruji, Shree Avichaldasji Maharaj composed?**
 - a. Puja Guruji has composed Pratah: Smaran, Jay Karunanidhi (arti), Divya Paramguru Chalisa, Balkuver Ashtak, Amar Dadam Ashtak, Paramguru Akhand Divya Jyot Ashtak. Additionally, he has composed prarthnas in Sanskrit such as Paramguru Shrimat Karunsagar Stotram, Kaival Panchakam, Paramguru Prarthna Ashtakam, and Paramguru Mangalstavam.

5. How should we do Paramguru's darshan? What kind of 'bhaav' (feelings/emotions) should we have towards him?

- a. Males should do *saashtang dandvat pranaam* in front of Paramguru's *murti* or picture. Then both males and females should sit in a *palaathi* and bow down three times with love and devotion with their hands open and say "Sat Kaival Saheb". They should have the *bhaav* of offering their *tan (body), man (mind) and dhan (money)*. They should ask Paramguru for *vairag, seva, smaran, and dhyaan (for the exam, it is also acceptable to write gyan, bhakti, vairag)* with open hands.

6. Which characteristics of a *haribhakt* has Paramguru shown in the Sandhya Saakhi?

- a. "Chaar Chinha Haribhakta Ke, Pragat Dekhavan Det, Daya Kshma Aur Dinata, Par Dukh Ku Har Let"
 - i. Have *Daya* (sympathy) for all living things
 - ii. Have *Kshama Bhav* (forgiveness) for all
 - iii. Have *Dinata* (empathy) for all
 - iv. Take away other's *dukh* (sorrows) though our *tan, man and dhan*

7. What is *Prakanma*? Whose *Prakanma* should we do and how?

- a. *Prakanma* means *Pari Krama, Pradakshina*. *Prakanma* is doing circumambulation (walk around) of Paramguru around the mandir. Our right hand should be towards Paramguru at all times and walk in a clockwise direction. *Prakanma* 1-4 should be sung while walking.

8. What do we gain by doing Paramguru's *prakanma*?

- a. Narandasji Maharaj has written the *prakanmas* and says
 - i. Taking one step while doing *prakanma*, we get the fruits of doing 1000 yagnas
 - ii. We are free from the miseries of taking birth in the 84 lakh types of life forms
 - iii. There are four categories of living things, *Svedaj, Andaj, Jarayuj and Udbij*. Doing *Prakanma* helps us stay out of taking birth in these.
 - iv. Doing *Prakanma* gives us *Achal Padvi* meaning *Panchami Akhand Kaival Mukti* (salvation)
 - v. We get the divine energy coming from Paramguru's *swarup*. This purifies our mind and body.

9. What is the purpose/importance of *Paramguru Balkuver Pran Pratishtha Amrut Mahotsav*?

- a. Shashtam Kuveracharya Shree Shitaldasji Maharaj built the Paramguru *Pragatbhumi Balkuver Mandir* and consecrated the *Balswarup murti* of Paramguru in *VS (Vikram Samvat)* 1993. Pujya Guruji celebrated the 75th year of that as a part of the *Amrut Mahotsav*. This *mahotsav* helped spread Paramguru's *gyan* and glory. It also evoked love, devotion, and faith in devotees towards Paramguru.

10. When and where do *Padyatras* (walk-a-thons) take place in our *Sampraday*? Explain its importance.

- a. **Kartak Sud 15 (Dev Diwali)**- Gurugadi Sarsapuri to Paramguru Pragatbhumi Balkuver Mandir.
- b. **Fagan Sud 15- (Purnima-Holi)** Gurugadi Sarsapuri to Amar Dadam Mandir, Fajalpur
- c. **Bhadarva Sud 15 (Purnima)** - From devotees' villages to Guru Gadi Sarsapuri
- d. *Importance*: During these Padyatras, devotees sing glory of Paramguru. *Anuyayis* can get to know each other and builds a community. Participants also improve their physical health. Everyone can enjoy nature. Padyatra is a form of tap and one can please Paramguru through this. Their wishes come true. Paramguru and Gyan Sampradaya's gyan and message is spread through these padyatras.

11. Name the ten *Indriyos*

- a. Five Gyan Indriyo
 - i. *Aankh (eyes), Kaan (ears), Naak (nose), Jihva (tongue), Tvacha (skin)*
- b. Five Karm Indriyo
 - i. *Mukh (mouth), Hath (hands), Pag (legs), Guda (excretory organ), Upasth (reproductive organs)*

12. What are the functions of the five *gyan indriyos*?

- a. *Aankh (eyes): To see things (sight)*
- b. *Kaan (ears): To hear things*
- c. *Naak (nose): To smell things*
- d. *Jihva (tongue): To taste things*
- e. *Tvacha (skin): To touch things and feel sensations*

13. What are the functions of the five *karma indriyos*?

- a. *Mukh (mouth): To consume food and talk*
- b. *Hath (hands): To grasp things, give and take things*
- c. *Pag (legs): To walk*

- d. *Guda (excretory organ): Excrete solid bodily waste*
- e. *Upasth (reproductive organs): Excrete liquid bodily waste and reproduction*

14. How many creator(s) of the universe is(are) there? How many Visheshans (adjectives/qualities) apply to Them? Which ones?

- a. *There is only one creator (Karta) of the universe. Paramguru has given Karta five visheshans: Aadhya, Sakrat, Swaraj, Karunesh, Kaival.*

15. What is the name of our Dharam, Sampraday, Panth, Gadi, and Dham?

*Our Dharam: Kaival Dharam
Our Sampradaya: Gyan Sampradaya
Panth: Kayam Panth
Gadi: Avigat Gadi
Dham: Kaival Dham*

16. Name our Sampraday's Shakha, Tilak, Akhado, Dhuni, and Dwar.

*Sampraday's Shakha: SatChidanand Shakha
Tilak: Bhal Tilak
Akhado: Achant Akhado
Dhuni : Nirgun Dhuni
Dwar: Mukh Dwar*

17. How Many types of Guru? Which kind of Guru is Supreme?

There are 4 types of Guru.

1. *Prokshaguru*
2. *Tayguru*
3. *Satguru*
4. *Paramguru*

Among all, Paramguru is the Supreme Guru.

18. Why should we have a kanthi tied by our Guruji?

According to our Hindu tradition, to attain Moksha (Mukti), we need to have Gyan and Guruji's blessing to be free from the bondages of karam. No one can attain Moksha without Guru's Krupa. To attain knowledge and blessing, we should tie our kanthi by Guruji. In order to attain Panchami Akhand Kaival Mukti, we should take Paramguru's Kanthi Upadesh(Paramgurus Gyan)

19. What are the main Visheshans (Adjectives) of Karunasagar Maharaj?

There are 3 main adjectives of Karunasagar Maharaj

1: Paramguru

2: Param Vishesh Ansh

3: Kaival Vetta

20. When did Divya Paramguru get Diksha? Why and from Whom?

Divya Paramguru got Diksha at the age of 7 years from Ramanandi Sant Shree Krushnaswami Maharaj. In our Hindu culture, one should go to Tyagi Guru to get the Tyagi Diksha. Even though Paramguru Shreemat Karunasagar is Kaival Karta's Param Vishesh Ansh, Kaival Vetta, and Param Gyani, he respected the Hindu Dharam tradition and set Guru Shishya Parampara. He did so that in the future, people will respect the Guru Parampara and its importance.

21. Who is the Adhya Sthapak (founder) of Gyan Sampraday? When and where was He Pragat?

Gyan Sampraday's Adhya Sthapak is Divya Paramguru Shreemat Karunasagar Maharaj. In 1829, Paramguru was Pragat in the forest near Sher pond at Kasor (District : Anand) on Maha Sud Bij. That place is known as Paramguru Pragat Bhumi Balkuver.

22. What is the name of second Kuveracharya? Where is his Samadhi?

The name of Dwitiya (second) Kuveracharya is Param Pujya Shree Narandasji Maharaj. His Samadhi is in the Paramguru Panchamvedi Samadhi temple at the Sarsai Baag at Sarsa (District : Anand)

23. What are the things established in the Paramguru Panchamvedi Samadhi temple?

In Gurugadi Sarsapuri Paramguru Panchamvedi Samadhi temple, We have:

- 1. A picture and Paduka (Sandal) of Divya Paramguru Shreemat Karunasagar Maharaj and Dvitya Kuveracharya Param Pujya Shree Narandasji Maharaj near their samadhi.*
- 2. We have 4 Vedas (Rugved, Yajurved, Samaved, and Atharvaved) kept in the temple in 4 directions and 5th Ved (Pancham Suksham Ved) and a statue of Panchamukhi (5 faces) Brahmaji in the middle.*
- 3. We have a darshan of all our Kaival Dham Vasi Acharya's Samadhi, their picture and Paduka(Sandals).*
- 4. Our Guruji Shree Avichaldasji Maharaj did Akhand Divya Jyot 's Sthapana there.*

24. Name all our Kuveracharyas and their Gurus in order.

1. Aadhya Sthapak Divya Paramguru Shreemat Karunaasaagar Mahaaraaj
2. Dvitiya Kuveraacharaya Shree Narandaasji Mahaaraaj Gurushree Karunasagar Mahaaraaj
3. Trutiya Kuveraacharaya Shree Baldevdaasji Mahaaraaj Gurushree Narandaasji Mahaaraaj
4. Chaturth Kuveraacharaya Shree Bhagavandaasji Mahaaraaj Gurushree Baldevdaasji Mahaaraaj
5. Pancham Kuveraacharaya Shree Prayagdaasji Mahaaraaj Gurushree Bhagavandaasji Mahaaraaj
6. Shastam Kuveraacharaya Shree Shitaldaasji Mahaaraaj Gurushree Prayagdasaji Mahaaraaj
7. Saptam Kuveraacharaya Shree Avichaldasji Mahaaraaj Gurushree Shitaldaasji Mahaaraaj

25. What are the festivals celebrated by Gyan Sampraday? Why?

There are 5 main festivals celebrated by Gyan Sampradaya.

<i>Name of Festival</i>	<i>When</i>	<i>Why</i>
<i>Annakut</i>	<i>Kartak Sud Ek</i>	<i>To offer Annakut Thal and Prashad to Paramguru</i>
<i>Mahibij</i>	<i>Maha Sud Bij</i>	<i>To celebrate Paramguru Shreemat Karunasagar's Pragat day</i>
<i>Samaiyo</i>	<i>Vaishakh Sud 15</i>	<i>To celebrate Pran Pratishtha day of Shreemat Karunasagar Maharaj's Murti/Statue established in Samvat 1946 by Dvitiya Kuveracharya Shree Narandasji Maharaj</i>
<i>Guru Purnima</i>	<i>Ashadh Sud 15</i>	<i>To perform Paramguru's pujan and Guru pujan</i>
<i>Jal Yatra</i>	<i>Bhadarva Sud 15</i>	<i>To celebrate completion of Chatur Mas Katha and Paramgur Shreemat Karunasagar Maharaj's Kaival Dham Vaas day</i>

26. How many Niyams are to be followed by Gyan Sampradays Nemi? What are they?

- 1) *Wake up, bathe, and be ready by sunrise, Do Bhal tilak on forehead and wear Kanthi*
- 2) *Do Morning and Evening Upāsanā of Divya Paramguru daily*
- 3) *Every day do a minimum one Amar Mantra Mara (120 Jaap) regularly.*
- 4) *Do Paramguru's Sudhha Upasana and Vidhivat Prayer daily, Prabhat Pad, Mangal Pad etc.*
- 5) *Go to Mandir regularly (we can go to Mandir in our homes)*
- 6) *Do Pranipat Vidhi, Say Sat Kaival Sāheb to everyone.*
- 7) *Attend Satsang Shālā (i.e. Sunday Satsang and SKYS)*
- 8) *Do Mahibij vrat and Purnimā Vrat Regularly and deposit Upvasi funds at Gurugadi.*
- 9) *Obey(follow) the rules of Gurugādi Sārsāpuri*

27. What should we do on Purnima day? Why?

- 1) *We should wake up early, bathe ,get ready and do Bhal Tilak on purnima day.*
- 2) *Do Vidhivat prayer of Paramguru*
- 3) *Attend Prabhat Feri*
- 4) *Sing Prabhat Pad, Mangal Pad, Bhal Tilak Vidhi , and Bhajan Vidhi with others.*
- 5) *Do meditation (Dhyan-Bhajan) by Amar Mantra for Anant Brahmmandadhis Kaival Karta.*
- 6) *Do Divya Paramguru's Morning and Evening Upasana in a group*
- 7) *Do fasting on Purnima day and deposit the Upvasi fund at Gurugadi.*
- 8) *Not to smoke or drink*
- 9) *Listen to Kaival gyan katha/ satsang and read granth*

In order to attain Panchami Akhand Kaival Mukti and self actualization, we should follow all these Niyams.

28. What should Religious (Dharmic) people do?

1. *Religious/Dharmic people should follow Guru's order.*
2. *They should follow all the Niyams set by Sampradaya or written in Granth. They should have all Granth, Mara, Pictures of sant/guru, and Upasana book in their home.*
3. *They should have a name plate of Sat Kaival Saheb/Kaival Krupa at their entrance door.*
4. *They should do Laksha Bhajan/Amar Mantra jaap daily.*

5. *They should do Morning and Evening Upasana daily.*
6. *They should do Bhal Tilak on their forehead and wear Kanthi.*
7. *Once a month they should do fasting and spend that money on Dharmic activity.*
8. *Do Seva of Sant with respect by Tan, Man and Dhan.*
9. *Regularly read Granth and Listen to Satsang.*
10. *Spread/ share the knowledge with children and youth. They should go to temple regularly and do the Darshan.*

29. Describe the pure way of doing Paramguru's puja in a Kaival Dharm Anuyayi. What is the benefit of that?

There should be a separate cabinet or mandir where Paramguru's swarup is placed. There can also be a Panch Visheshan picture and Narandasji Maharaj's picture. In the morning, before puja, the cabinet or mandir should be cleaned. To do Paramguru's puja, do abhishek of a 'panchdhatu pratima' (metal murti) while doing mantrajap. Clean the swarup with a clean cloth after doing abhishek. Do pujan with chandan and flowers and do pranam while saying Sat Kaival Saheb three times. Give Jad from the abhishek to everyone in the family and say Sat Kaival Saheb. Do aarti and upasana with dhup-deep.

Doing Paramguru's puja with love makes our heart pure, our thoughts become pure. Paramguru is pleased by doing prayer with a pure heart and pure thoughts. We get Paramguru's blessings.

30. What is Gyan Sampradaya's Gurugadi? Who built a grand mandir there?

Gyan Sampradaya's Gurugadi is Kaival Gyanpith Gurugadi Sarsapuri, Sarsa (Dis. Anand). Dvitiya Kuveracharya Shree Narandasji Maharaj built a grand mandir there.

31. Whose murtis, pictures and gadi are placed in the Gurugadi Sarsapuri Mandir?

In the Gurugadi Sarsapuri mandir, the eastside Garbhagriha has Shree Krishnaswami Maharaj's gadi. In the middle Garbhagriha there is Paramguru's Ghanshyam swarup murti and two chadidar murtis next to Him. Next to that east-facing is Narandasji Maharaj's picture. In the westside Garbhagriha, along with Paramgurus picture, there are clothes, pagh and handwritten granths of Paramguru for darshan.

32. Where is Gyan Sampradaya's Gurugadi? Who built the guesthouse there? Why is it called 'Avinashi Sadan'?

Gyan Sampradaya's Gurugadi is in Gujarat's Sarsa. Saptam Kuveracharya Shree Avichaldasji Maharaj built the guest house there. It is called Avinashi Sadan because:

- *Kaival Karta is 'avinashi' (indestructible). In Godi Pad 1 Paramguru says "Me Avinashi Upasi Ho Santo Me Avinashi Upasi"*
- *'Avi' is in the beginning of Avichaldasji Maharaj*
- *'Na' is the beginning of Narandasji Maharaj*
- *'Shi' is the beginning of Shitaldasji Maharaj*

33. Where and when was Paramguru Pragat? Where did he become Kaival Dham Vaasi? Name those places and the celebrations that occur there.

Paramguru Shreemat Karunasagar Maharaj was Pragat on Maha Sud Bij VS 1829 (Jan 23, 1773). He was pragat in Jambudvip, a forest near Kasor village in Gujarat, India. He was pragat in a child form. That place is called Balkuver. There, Paramguru Pragatya Mahibij mahotsav is celebrated.

Divya Paramguru became Kaival Dhaam Vasi at Gurugadi Sarsapuri. On Bhadarva Sud Purnima, there is a nagar/shobha yatra (parade) to mark the end of Chaturmas katha and Pramguru's Nirvan Din (day He went back to Kaival Dham). There is also arti and puja at Samadhi mandir at Sarsai Baag.

34. Write the Dhyan-bhajan Purnavarti Samay Jay Vidhi

Aadhya Sakrata Svaramaj Karunesh Kaival Kartaa.....Kee Jay

Shree Krishnasvaami Mahaaraaj....Kee Jay

Paramguru Shreemat Karunaasaagar Mahaaraaj...Kee Jay

Dvitiya Kuveraacharya Shree Narandaasji Mahaaraaj....Kee Jay

Trutiya Kuveraacharya Shree Baldevdaasji Mahaaraaj....Kee Jay

Chaturth Kuveraacharya Shree Bhagavandaasji Mahaaraaj....Kee Jay

Pancham Kuveraacharya Shree Prayagdaasji Mahaaraaj....Kee Jay

Shastam Kuveraacharya Shree Shitaldaasji Mahaaraaj....Kee Jay

Saptam Kuveraacharya Shree Avichaldasji Mahaaraaj....Kee Jay

Shree Saba Santana....Kee Jay

Shree Saba Devana....Kee Jay

Shree Gyaan Sampradaaya....Kee Jay

Shree Gurugaadi Sarsaapuri...Kee Jay

Shree Kaival Dhaam...Kee Jay

Dhyan Bhajan Purnavarti Samay Ka Sat Kaival Saheb

Note: This way, mangala arti, shangar arti, praknma, guru mahima, sandhya arti, podhan arti, bhojan samay ni jayvidhi etc, same jay vidhi is used but the last line, the name of the activity is replaced.

35. Who established the Gyan Sampradaya Kedvani Khata and when? Name the activities ran by this.

Gyan Sampradaya Kedavni Khata was established by Shree Shitaldasji Maharaj. It was established in Samvat 1988 Fagan Sud Purnima.

These are the activities conducted:

- 1. Mahibij Mahotsav- To celebrate Pramguru Pragatya*
- 2. Kaival Bhajanshada- Helps attain Panchami Akhand Mukti*
- 3. Kaival Satsangshala- To obtain Kaival Gyan*
- 4. Paramguru Pathshala- For kids to learn*
- 5. Nemi Sanmelan/Mahotsav- To spread Kaival Gyan*
- 6. Nemi Parayan- To listen to Kaival Gyan*
- 7. Kaival Gyanodaya Dharmik Masik- To read Kaival Gyan*
- 8. Dharmamay Samajik Pravrutti (Socio-spiritual activities) - For seva and spread Kaival Dharma*

36. Name the monthly Gyan Sampradaya Magazine. What are the types of subscriptions and costs?

Gyan Sampradaya's monthly magazine is the "Kaival Gyanodaya". There is a yearly subscription: For India: ₹120 USA: \$25 and UK: £15. Lifetime subscription is: India: ₹2000 USA: \$250 and UK: £160

37. Name the four Dhaams of Gyan Sampradaya and give its importance.

- 1. Gurugadi Sarsapuri: Paramguru established the Gurugadi Parampara in Sarsa and stayed here for 105 years. Dvitiya Kuveracharaya Shree Narandsaji Maharaj built a grand mandir there and consecrated Paramguru's swarup. The current Acharaya is Shree Avichaldsji Maharaj. Paramguru himself established this Gurugadi. 'Gurugadi Sarsapuri' is a tirthdham of Gyan Sampradaya because it is the Gurugadi of the Sampradaya.*
- 2. Panchamvedi Paramguru Samadhi Mandir: This place was called Sarsai Baag. Paramguru has given us this land. In the evenings, Paramguru would go there with santos. Paramguru's samadhi is at this mandir. Shree Shitaldasji Maharaj built a mandir there and named it 'Panchamvedi Paramguru Samadhi Mandir'. By doing darshan here, we are rid of our miseris and free from the cycle of life and death and therefore it is a tirthdham.*
- 3. Paramguru Pragatbhumi Balkuver: Paramguru was pragat at this place as a child. It is called Paramguru Pragatbhumi Balkuver. Shitaldasji Maharaj built a mandir there and consecrated a child swarup murti of Paramguru. By faithfully doing darshan, and keeping niyams, all wishes related to children are fulfilled here. Therefore, Balkuver Swami is 'Balk Rakshak' (child protector) and this mandir is a tirth dham.*

4. *Paramguru Pragattirth Amardadam: This Amar Dadam (immortal pomegranate tree) is in a farm in Fajalpur, Vadodara. Paramguru had sherdi no prasad sitting underneath this tree. Then He blessed the tree to be immortal. That tree has been there since that time. It bears fruit all year long. Shitaldasji Maharaj and Avichaldasji Maharaj built a mandir here. Devotees' wishes are fulfilled here. This is Divya Paramguru's pragat parcho and therefore it is a tirthdham.*

38. Give a short description of Guruji Ni Nishra.

Nishra means shelter.

Gurujini Nishra is a special chance for anuyayis to stay within Guruji's shelter. The purpose of this is to make each anuyayi aware of Kaival Gyan and help them spread Kaival Gyan. There are three years(parts) of Guruji Nishra: pratham varash (first year), dvitiya varash (second year) and trutiya varash (third year). Nishras are five days long. During nishra, there is yogasana-pranayama in the morning, prabhat pad mangal pad, morning upasana, evening upasana and bhajan-kirtan. They learn about Sakarta Siddhant, Gyan Sampraday history and tradition, information about the sampradaya, and our Guru Parivar.

The second year of Nishra, attendees learn in-depth about Paramguru and our Sampradaya, characteristics of Paramguru's sipai (soldier), and how to spread Paramguru's gyan. They learn how to be devoted to Paramguru and our Sampradaya. In the third year, they review the first two year's nishra. They learn about Nemi Maharaj and Gyan Sampradaya Kedavni Khatu, Amar Mantra, Kaival Dhyana bhajan vidhi, Kaival bhajan shala, Kaival satsang shala importance. They learn about running Gyan Prachar pasar activities, running Upasana centers.

There is a question-answer (Q&A) session. Nishra helps instill community building, discipline, self control and inspiration for seva. Dharmik pariksha is taken during nishras. Those who pass, receive a certificate from Pujya Guruji. Through this, anuyayis become nemis, nemis become pracharaks (gyan-spreaders) and pracharaks develop a feeling of dedication to the gurugadi.

39. Give a description of Kaival Gyan Granth Shibir.

Kaival Gyan Granth Shibir is like a study class of all 18 granths of our Sampradaya. These shibirs were started by Pujya Guruji. In these shibirs, Guruji explains the meaning and raag of each chopai (verses) of the granths. This helps anuyayis connect to Paramguru's Gyan easily.

During granth shibir, in the morning there is prabhat feri, morning upasana, breakfast and then granth puja and Guruji's granth pravachan. In the afternoon, there is another session and then evening upasana and dinner. Granth shibirs are 3-5 days long. During the shibirs, anuyayis are engrossed in gyan and forget the day-to-day 'worldly' things.

40. What is the order of the morning and evening upasana:

Morning Upasana:

- 1. Mangala Arti*
- 2. Shangaar Arti*
- 3. Karta Stuti*
- 4. Stuti & Jay Vidhi*
- 5. Prakanma*
- 6. Guru Stuti and Jay vidhi*
- 7. Guru Mahima and Jay vidhi*

Evening Upasana

- 1. Guru Mahima Saakhi*
- 2. Godi Pad*
- 3. Sandhya Saakhi*
- 4. Sandhyaa Arti*
- 5. Sandhya Stuti & Jay Vidhi*
- 6. Podhan Arti & Jay Vidhi*

41. Which two sutras (slogans) has Shree Shitaldasji Maharaj given?

He has given us two sutras:

Nemi Bano and Mahibij Vrat Karo.

Nemi Bano- *Be a Nemi- means to follow niyams (be regular). Everyone should become Paramguru's anuyayi to get Kaival Mukti. Anuyayis should follow Paramguru's vachans (teachings) and way of life with regularity. Anuyayis should get ready in the morning, have a kanthi on their neck, do bhal tilak on their forehead. Do dhyan-bhajan of Kaival Karta and Paramguru through Amar Mantra and do morning and evening upasana. Do purnima and mahibij vrat and fast on those days and contribute to the upvasi fund. They should go to Kaival Satsangshala weekly, and attend samuhik (communal) upasana centers. They should implement the 9 niyams. Narandasji Maharaj said that we can only get freed from this cycle of life and death with prem (love) and nem(regularity).*

Mahibij Vrat Karo- Do Mahibij Vrat- Paramguru was pragat on Maha Sud Bij VS 1829. Therefore, anuyayis should do Mahibij vrat each year. They should do Upavas and contribute to the upvasi fund. They should only eat one meal that day after 5pm. They should celebrate Mahibij in their villages' mandir or bhajan shala center. They should do prabhat feri, sing prabhat/mangal pad, and do Kaival Karta's dhyan bhajan through Amar Mantra. They should do shobha yatra of Paramguru's swarup in their villages. They should sing Chhappa and in the evening, light the same number of diyas as that year's Parmaguru Pragatya Mahotsav (i.e 250 for 250 Pragatya Mahotsav), and sing Evening Upasana and do Bhajan Kirtan in the evening.

42. There will be 40 points worth of questions like this below using lyrics from Upasansas (all sections, Prakanma 1 and godi pad 1), Paramguru Chalisa, Balkuver/AmarDadam/Divya Jyot Ashtaks, Jay Karunanidhi Arti, Jagat Vandare Stuti.

Q: Sant Sajan Jan.....Sang Hari (Shangaar Arti)

A: Sant Sajan Jan Triya Sab Thade, Ataki Surat Kar Yugal Jori;
Kiye Utpanna Ansh Aap Yu Jaani, Drashta Karuna Sarv Par Pasari...Aarti...
Das Naran Arti Kije, Rij Pad Raj Adhikari;
Sarvateet Isha Pad Sabake, Soi Prabhu Khele Jan Sang Hari....Aarti...