



प्रशांत जीवन दर्शनम्

Prashant Jivan Darshanam



A brief life story of Baba Shantananda

Baba Shantananda is a great soul ever born on the planet earth. He was born in Ghazipur district in Uttarpradesh, India. He completed his master in English language and literature from Allahabad university, Uttarpradesh, India. Later he qualified for Indian administrative service and joined in the revenue department. During the time, he received divine inspirations which led him quit his job to go for divine pursuit. His mother due to her deep affection to him did not allow so he stayed for 3 years at home practicing what he could. Later his father intervened as he could see his genuine appetite for inward exploration. Now he was allowed to set out to meet his Guru who could guide him into this journey.

In the range of the Himalayas, he met his Guru (he never talked about who his Guru was so it is still a mystery to point out any proper name). Within six years he attained enlightenment. Then his Guru asked him to preach what he received from him as a part of offering to his Guru. Before he would start his teaching, he made a circle of the holy river Ganga from Gangotri to Ganga Sagar in 1 year 10 months and 16 days.

He started preaching since November 14, 1987 from Ghazipur, Uttarpradesh, India and continued to do so till March 11, 2001 at Dhanura Museum, Chapara, Bihar. During the period of 14 years he preached the wisdom he received in the form of 6 week courses for the service of humanity, peace, social harmony, progress of career with character, healthy and a perfect human life. His close disciples and those who saw him say that “These periods of time he preached enlightenment and initiated many into this. Sadhaka Naresh ji is one of those souls directly initiated by Baba Shantananda.

He preached Yoga to many as life style. After spending a total of fourteen years into the service for humanity, he came to Risikesh. It was the time he had decided to follow the later universal plan. From here he went into the depth of the Himalayas for a secluded life. For the last eighteen years, he has been into seclusion. As long as he was in public life, people say “during the period of these 14 years Baba walked barefoot in all seasons, took one time meal without milk, slept on the earth without any bed, walked in the night without any help of any medium of light, accepted all who came across him, received no gift, never entered or rode on any vehicle, made no advertisement still thousands of people would attract to him, five Kilometers circle around his stay nature would be in perfect balance; rain, sun, crops etc. all would appear according to natural norms, peace and prosperity could be experienced as a natural process and consequence in his presence”.

The “Prashant Jivan Darshanam Yoga Retreat” is the compilation of the theory and practical teaching of Baba Shatananda.

About the Gospels

The gospels are in total 72. They contain the entire philosophy that Baba Shantananda preached during his teachings at different places. All 72 Gospels are into 6 parts. Each part has 12 gospels. All gospels are originally in Hindi language. Sadhaka Naresh ji; the direct disciple of Baba Shantananda explained to Rohit Kumar the esoteric and exoteric meanings of these gospels which Rohit Kumar had rendered into English during his stay at the ashram. The rendering into English has been done to the best of understanding nevertheless we are always open to any further clarity if readers can suggest. For the reason, we have also put the original into Hindi language. The suggestion will be highly appreciated. The PDF text includes gospels in original Hindi, transliteration and translation one after another into succession.

72 Gospels of Baba Shantananda

PART - 1

1. Hindi: प्रकृति परिवर्तनशील है और चेतन गतिशील!

Transliteration: Prakriti parivartansheel hai aur chetan gatisheel.

Translation: Nature is changeable and consciousness is moving.

2. Hindi: स्वाध्याय साधना है और चरित्र सिद्धि।

Transliteration: Swadhyaya sadhana hai aur charitra siddhi.

Translation: Self-study is spiritual practice and character is perfection into this.

3. Hindi: पंच तत्वों का समुचित प्रयोग और सभी इंद्रियों का संतुलित उपभोग स्वास्थ्य और शांति प्रदान करता है।

Transliteration: Pancha tattvaon ka samuchita prayog aur sabhi indriyon ka santulit upabhog swasthya aur shanti pradan karta hai.

Translation: Proper use of the five elements and balanced enjoyment of all the senses bestow health and peace.

4. Hindi: शील शक्ति है और शक्ति शील।

Transliteration: Sheel Shakti hai aur Shakti sheel.

Translation: Modesty is strength and vice-versa.

5. Hindi: संसार के सुख शरीर और सभी इंद्रियों को कमजोर ही करते हैं।

Transliteration: Sansaar ke sukh sharir aur sabhi indriyon ko kamjoor hi karte hai.

Translation: Mundane pleasure does weaken the body and all the senses.

6. Hindi: एकादशी साधना है और दान सिद्धि।

Transliteration: Ekdashi sadhana hai aur daan siddhi.

Translation: Restraint of the eleven senses is spiritual practice and expression of this is perfection.

7. Hindi: उठाओ चेतना रोको आवेश।

Transliteration: Uthao chetana rook aavesh.

Translation: Raise consciousness and restrain sensual impulses.

8. Hindi: इंद्रिय सिद्धि : जीवन वृद्धि।

Transliteration: Indriya siddhi: Jivan vridhhi.

Translation: Control over senses expands life.

9. Hindi: इंद्रिय निग्रह : जीवन संग्रह।

Transliteration: Indriya nigraha jivan sangraha.

Translation: Withdrawal of senses protects life.

10. Hindi: चेतना की समानता को शांति कहते हैं।

Transliteration: Chetana ki samanata ko shanti kahte hai.

Translation: Equanimity of consciousness is peace.

11. Hindi: चेतना की एकाग्रता को समय कहते हैं।

Transliteration: Chetana ki ekagrata ko samay kahte hai.

Translation: Concentration of consciousness is time.

12. Hindi: समय की एकाग्रता को चेतना कहते हैं।

Transliteration: Samay ki ekagrata ko chetana kahte hai.

Translation: Concentration of time is consciousness.

PART – 2

1. Hindi: समय की पाबंदी शांत मन और सुरक्षित जीवन प्रदान करता है।

Transliteration: Samay ki pavandi shanta man aur surakshita jivan pradan karta hai.

Translation: Punctuality bestows peace of mind and protects life.

2. Hindi: जल की शीतलता, वातावरण की आद्रता और स्वभाव की कोमलता ही जीवनी शक्ति है।

Transliteration: Jala ki shitalta, vatavaran ki aadrata aur swabhava ki komalta hi jivani Shakti hai.

Translation: Coolness of water, humidity of climate and softness of nature (behaviour) is life-force (strength).

3. Hindi: नशीले पदार्थ, अश्लील शब्द और कदाचार की जगह हितकर पदार्थ, शुभकर शब्द और सदाचार आवश्यक है।

Transliteration: Nashile padarth, ashliila shavda aur kadachaar ki jagah hitkar padartha, subhkar shavda aur sadachaar aavasyak hai.

Translation: Instead of intoxicant stuffs, indecent word and misconduct, wholesome stuffs, decent word and virtuous conduct is necessary.

4. Hindi: मातृ दुग्ध के विकल्प में दूसरा दुग्ध अमानवीय, असामयिक और अन्याय है।

Transliteration: Matri dugdha ke vikalpa me dusra dugdha amaanviya, asamayika aur anyaya hai.

Translation: Milk instead of mother-milk is inhuman, inopportune and injustice.

5. Hindi: सात्विक भोजन, शुद्ध हवा और आसन व्यायाम ही स्वास्थ्य है।

Transliteration: Saatvik bhojan, suddha hava, aur asana vyayama hi swasthya hai.

Translation: Light food, fresh air and physical exercise is health.

6. Hindi: व्यर्थ के संपर्क से मोह बढ़ता है।

Transliteration: Vyartha ke samparka se moha badhta hai.

Translation: Useless association brings delusion.

7. Hindi: अनावश्यक जड़ पदार्थों के चिंतन और प्रयोग से माया की वृद्धि होती है।

Transliteration: anavasyaka jada padarthon ke chintan aur prayog se maya ki vridhhi hoti hai.

Translation: Unnecessary brooding over mundane things creates bondage.

8. Hindi: क्षमताहीन होने से शंका की उत्पत्ति होती है।

Transliteration: Kshamataheena hone se shanka ki utpatti hoti hai.

Translation: Inability brings doubt.

9. Hindi: फर्ज समझ कर कार्य करना आवश्यक है।

Transliteration: Farz samajhkar kaarya karna aavasyak hai.

Translation: Action in the spirit of duty is necessary.

10. Hindi: एक जगह रहने के लिए प्रशंशात्मक दृष्टिकोण और एक साथ रहने के लिए सम्मानार्थक व्यवहार करना आवश्यक है।

Transliteration: Eka jagah rahne ke liye prashanshatmak drishtikona aur ek saath rahne ke liye sammanarthaka vyavahaar aavasyak hai.

Translation: Praiseworthy attitude to live at one place and respectful behaviour to live together is necessary.

11. Hindi: तन सेवा साधन, जनसेवा सिद्धि।

Transliteration: Tana seva sadhana, jana seva siddhi.

Translation: Caring one's existence is spiritual practice and serving others is perfection into this.

12. Hindi: मानव और मानवता महत्वपूर्ण है।

Transliteration: Manav aur manavata mahatvapurna hai.

Translation: Human and humanity is important.

PART - 3

1. Hindi: धरती एक शैय्या है।

Transliteration: Dharti ek shaiyaa hai.

Translation: The earth is bed

2. Hindi: जल ही जीवन है।

Transliteration: Jala hi jivan hai.

Translation: The water is life.

3. Hindi: अग्नि ज्योति है।

Transliteration: Agni jyoti hai.

Translation: The fire is luminosity.

4. Hindi: वायु प्राण है।

Transliteration: Vayu prana hai.

Translation: The air is prana.

5. Hindi: आसमान छाजन है।

Transliteration: Aasmaan chajana hai.

Translation: The sky is covering.

6. Hindi: संयम भाई है।

Transliteration: Samyama bhai hai.

Translation: Restraint is brother.

7. Hindi: दया बहन है।

Transliteration: Daya bahan hai.

Translation: Kindness is sister.

8. Hindi: सत्य पुत्र-पुत्री है।

Transliteration: Satya putra-putri hai.

Translation: Truth is son and daughter.

9. Hindi: शांति पति-पत्नी है।

Transliteration: Shanti pati-patni hai.

Translation: Peace is husband and wife.

10. Hindi: अभय मित्र है।

Transliteration: Abhaya mitra hai.

Translation: Fearlessness is friend.

11. Hindi: त्याग ब्रह्म स्वरूप है।

Transliteration: Tyaga brahma swaroopa hai.

Translation: Renunciation is super-consciousness itself.

12. Hindi: सदाचार ब्रह्म रूप है।

Transliteration: Sadachara brahmaroopa hai.

Translation: Virtues conduct is visualizing super-consciousness.

PART – 4

1. Hindi: स्वार्थहीन जीवन ब्रह्ममय जीवन है और स्वार्थमय जीवन ब्रह्महीन जीवन है।

Transliteration: Swarthahina jivan brahmamaya jivan hai aur swarthamaya jivan brahmahina jivan hai.

Translation: Selfless life is super-conscious life and selfish life is life in ignorance.

2. Hindi: परम शक्ति उसी में सन्निहित होती है जो ब्रह्मचर्य का अनुयायी और संवेदना का आधार होता है।

Transliteration: Param Shakti usi me sannihit hoti hai jo brahmacharya ka anuyayi aur samvedana ka aadhara hota hai.

Translation: Supreme power descends on sensitive and celibate.

3. Hindi: सहज और सरल सत्य के पास होता है।

Transliteration: Saral aur sahaj satya ke paas hota hai.

Translation: Easy and simple is near to truth.

4. Hindi: व्यंजन और स्वर, संख्या और समय क्रमशः प्रकृति और ब्रह्म है।

Transliteration: Vyanjana aur swara, sankhaya aur samaya kramasah prakriti aur brahma hai.

Translation: Consonant and Vowel, number and time respectively are nature (with threefold qualities) and consciousness.

5. Hindi: प्रकृति में पंचतत्त्वों की विशालता को दर्शाना ही ब्रह्म-दर्शन है।

Transliteration: Prakriti me pancha tattvon ki vishalata ko darshana hi brahma-darshana hai.

Translation: Realization of the all-pervasiveness of the five elements in nature is realization of brahman (Consciousness).

6. Hindi: एकाग्रता और ध्यान देवात्मा और ब्रह्म है, विकारता और उलझान प्रेतात्मा और यम है।

Transliteration: Ekagrata aur dhyana devatma aur brahma hai, vikagrata aur uljhaan pretatma aur yama hai.

Translation: Concentration and meditation are respectively bestower of psychic powers and consciousness whereas distraction and entanglement are respectively robber of psychic power and death.

7. Hindi: जो जीवन को बरकरार रखे उसे सत्य कहते हैं।

Transliteration: Jo jivan ko varkaraar rakhe use satya kahte hai.

Translation: That which maintains life is truth.

8. Hindi: अनुभव और अनुभूति ही ब्रह्म दर्शन है।

Transliteration: Anubhava aur anubhuti hi brahma-darshana hai.

Translation: Experience and realization is realization of consciousness.

9. Hindi: कष्ट ही भगवान है, ईश्वर है और महाप्रभु है, इसकी सीमा स्वेच्छा से मौत तक है।

Transliteration: Kasta hi bhagavan hai, eshwara hai aur mahaprabhu hai, eski seema sweksha se mauta tak hai.

Translation: Unshakable faith is bhagvan (God), ishwara (personal God) and mahaprabhu (Greater God). It extends from wilfulness to death.

10. Hindi: दैहिक, दैविक और भौतिक तापों को सह लेना ही ब्रह्म-दर्शन है।

Transliteration: Daihik, daivik aur bhautik taapon ko sah lena hi brahma-darshana hai.

Translation: Endurance of physical, divine and material miseries is realization of consciousness.

11. Hindi: निराधार में आनंद, प्रसन्न और संतुष्ट रहना ही आत्मवान होना है।

Transliteration: Niradhara me aananda, prasanna aur santusta rahna hi aatmavaan hona hai.

Translation: Established in self (Atman) is being ecstatic, happy and content within oneself.

12. Hindi: गुप्त रहना ईश्वरत्व है।

Transliteration: Gupta rahma eshwaratva hai.

Translation: Incarnation of god is veiled by divine illusive potency.

PART- 5

1. Hindi: संयम और नियम अध्यात्म के दो विशिष्ट अंग हैं, अनुशासन और शिष्टाचार एकाग्रता के।

Transliteration: Samyama aur niyama adhyatma ke do vishist ang hai, anushasan aur shistachara ekagrata ke.

Translation: Restraint and punctuality are two specific limbs of spiritual life whereas discipline and civility are of concentration.

2. Hindi: मन, वचन और कर्म में समानता ही महानता के लक्षण हैं।

Transliteration: Man, vachan aur karma me samanta hi mahanta ke lakshan hai.

Translation: Equanimity in thought, word and action is sign of greatness.

3. Hindi: धैर्य के साथ विश्वास पूर्वक, सत्य, थोड़ा और मीठा बोलना और सुनना आवश्यक है।

Transliteration: Dhairya ke saath vishwaas purvaka satya, thoda aur meetha bolna aur sunana aavashyak hai.

Translation: Listening to and speaking a little, pleasant truth with patience and faith is necessary.

4. Hindi: सहजता और सरलता के साथ समानता के मार्ग पर गतिशीलता ही जीवन है।

Transliteration: Sahajta aur saralta ke saath samanata ke maarg par gatishilta hi jivan hai.

Translation: Life is mobility on the path of equanimity with easiness and simplicity.

5. Hindi: अंतर्मुखी आनंद है और आनंद अंतर्मुखी।

Transliteration: Antarmukhi aananda hai aur aananda antarmukhi.

Translation: Introversion brings bliss and vice-versa.

6. Hindi: वाचस्पति भामती है और भामती वाचस्पति।

Transliteration: Vachaspati bhamati hai aur bhamati vachaspati hai.

Translation: Vachaspathi (proper noun and the word means eloquence of speech) is bhamati (proper noun and the word means shining intellect) and vice-versa.

7. Hindi: संतुष्ट रहकर, प्रकाश भरकर और धैर्य रखकर ही स्वामित्व संभव है।

Transliteration: Santusta rahkar, Prakash bharkar aur dhairya rakhkar hi svamitva sambhava hai.

Translation: Perfection in spiritual practice is possible with satisfaction, illumination and perseverance.

8. Hindi: शब्द सिद्धि : अर्थ कर्म निधि।

Transliteration: Shavda siddhi: artha karma nidhi.

Translation: Perfection in speech brings livelihood.

9. Hindi: ज्ञानामृत जीवन है, भोजन है।

Transliteration: Jnanamrita jivan hai, bhojan hai.

Translation: Knowledge brings immortality.

10. Hindi: निर्विकार में बोलना सर्वश्रेष्ठ प्रवचन है, जीवन है और आचरण है।

Transliteration: Nirvikara me bolna sarvashreshtha pravachana hai, jivan hai aur aacharan hai.

Translation: Perfect speech is the best speech, life and conduct.

11. Hindi: दीक्षा का अर्थ दीक्षामयी जीवन है।

Transliteration: Diksha ka artha dikshamayi jivan hai.

Translation: Spiritual initiation is living life according to initiation.

12. Hindi: शब्दों की मार और लाभ को वही समझ सकता है जो जाड़ा, गर्मी और बरसात को सहन कर सकता है और भोजन को अपवाद समझता हो।

Transliteration: Savdon ki maar aur laabh ko wahi samajh sakta hai jo jaara, garmi aur varshaat ko sahan kar sakta hai aur bhojan ko apavaad samajhta ho.

Translation: One who endures cold, heat, rain and excepts food can understand the effect and benefit of words.

PART- 6

1. Hindi: सतोगुणी इंद्रियों का प्रयोग ही कुण्डलिनी जागरण है।

Transliteration: Satoguni indriyon ka prayog hi kundalini jaagran hai.

Translation: Peaceful use of the senses is kundalini-awakening.

2. Hindi: जो अपने साथ न्याय करता है, वह दूसरों के साथ भी न्याय करता है।

Transliteration: Jo apne saath nyaya karta hai, wah dusron ke saath bhi nyaya karta hai.

Translation: One who does justice to oneself can do the same to others.

3. Hindi: जो दूसरों को मानता और जानता है वह अपने को भी मानता और जानता है।

Transliteration: Jo dusron ko maanta hai aur jaanta hai wah apne ko bhi maanta aur jaanta hai.

Translation: One who honours and knows others does honour and knows one self.

4. Hindi: शांति शून्य है और शून्य शांति।

Transliteration: Shanti shunya hai aur shunya shanti.

Translation: Peace is void and vice-versa.

5. Hindi: शुभ कर्म में शीघ्रता आवश्यक है और दुष्कार्य में दीर्घता आवश्यक है।

Transliteration: Subh kaarya me shighrata aavasyak hai aur duskaarya me dirghata aavasyak hai.

Translation: Haste in auspicious action and delay in inauspicious action is necessary.

6. Hindi: सहनशीलता सुरक्षा है और सुरक्षा सहनशीलता।

Transliteration: Sahansheelta suraksha hai aur suraksha sahanseelta.

Translation: Endurance is protection and vice-versa.

7. Hindi: समदर्शिता शून्यता है और शून्यता समदर्शिता।

Transliteration: Samdarshita shunyata hai aur shunyata samdarshita.

Translation: Same-sightedness is void and vice-versa.

8. Hindi: प्राकृतिक जीवन से स्वावलंबन, संबंध और संतोष आदि संभव है।

Transliteration: Prakritik jivan se svabalambana, sambandha aur santos aadi sambhava hai.

Translation: Natural life brings self-reliance, concern and contentment.

9. Hindi: निःशब्दता और एकांत बेला अंतरंग का दर्पण है।

Transliteration: Nistabdha aur ekant bela antaranga ka darpan hai.

Translation: Silence and seclusion is the mirror of inner self.

10. Hindi: जहां सुख है वहां दुःख है, जहां दुःख है वहां सुख है।

Transliteration: Jahan sukh hai wahan dukh hai, jahan dukh hai wahan sukh hai.

Translation: Pleasure and pain go hand in hand.

11. Hindi: आज्ञाकारिता मे आज्ञाचक्र जागरण संभव है

Transliteration: Aajnakaarita me aajna chakra jaagrana sambhava hai.

Translation: Ajna-chakra (third eye) awakening is possible in obedience.

12 Hindi: गुरु और शिष्य एक हैं।

Transliteration: Guru aur shisya ek hai.

Translation: Master and disciple are one.

Hindi: जयकार

Transliteration: Jayakaar

Translation: Slogans

1. Hindi: ज्ञान का विकास हो

Transliteration: Jnana ka vikaas ho

Translation: May knowledge prevail!

2. Hindi: शिक्षा का विकास हो

Transliteration: Shiksha ka vikaas ho

Translation: May Education prevail!

3. Hindi: मानवता का विकास हो

Transliteration: Manavta ka Vikaas ho

Translation: May Humanity prevail!

4. Hindi: जीवन का प्रकाश हो

Transliteration: Jivan ka Prakash ho

Translation: May Life be luminous!

5. Hindi: साधना स्थल प्रशांत हो

Transliteration: Sadhana asthal Prashant ho

Translation: May place of spiritual practice be peaceful!

6. Hindi: प्रशांत गुरु बाबा की जय

Transliteration: Prashant guru baba ji jaya

Translation: Victory to Prashant Baba!

मंत्र (Mantra)

प्रशांत जीवन दर्शनम्

Transliteration: Prashant jivan darshanam

