

# Lord HARIGURU: The Combination of Prophecy and Practicality for a Better Life

Dr. Anuradha Banerjee

**Abstract**—The present article humbly introduces Lord HARIGURU, a vaishnav (follower of GOD KRISHNA) prophet who combines the knowledge of divinity with the practical life of a common human being. The word “common” has a broad meaning here – a celebrity too, may be a common human being if he/ she is not exposed to the consciousness of reality and the principles of living a good life free from impurities or *doshas* (Sanskrit). Deeds and behavioral patterns that attract negative energy, are responsible for all kinds of sorrows in our life. Surrendering to GOD KRISHNA gradually washes out all these dirt from our heart, mind and soul, rectifies day to day activities, enriches the knowledge base and ultimately drives us towards salvation (*mukti* : Sanskrit) which is our real aim. Lord Hariguru says that reaching the destination is the only goal, the journey should be made equally enjoyable!!

**Keywords**— Energy, GOD KRISHNA, Lord Hariguru, Practicality, Principles, Salvation.

## I. INTRODUCTION

Lord Hariguru was born on 4<sup>th</sup> August 1920 in the Jashore district of Bangladesh (part of undivided India at that time) to Sri Sashi Bhusan Das and Smt. Lakshmi Devi. He was given the name Adhir Kumar Das. The family was very poor and far from so called education. Lord Hariguru had no knowledge of Bengali letters but he was a firm follower of continuous teaching learning principle. He used to learn through ears from the nature and people around and linked them with the eternal truth felt within. By profession he was a very small scale business man, working hard to meet up the needs of his family. But no struggle could refrain him from being happy with himself, with the world.

He took recourse to SRI KRISHNA throughout his life and asked everybody to do so. “It’s not lack of food, clothing or even shelter that’s the problem; it’s the people’s refusal to surrender to Krishna, to love and serve him, is at the root of the problem” – he said. Along with fulfilling all the social responsibilities with sacredness, he achieved the ultimate aim of life – union with SRI KRISHNA through continuous, disciplined and dedicated efforts. He died on 30<sup>th</sup> September 1989 leaving behind thousands of disciples.

Two ashrams have been built in West Bengal in his remembrance to extend services to the society following his advices. A huge number of orphans are given shelter with free foods, cloths and high school education. Also they are given trainings in extra-curricular activities also for overall personality development. They get the unique opportunity to grow up in the traditional vaishnav environment modernized

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with the purifying nectar of revolutionary Lord Hariguru. The underlying intention is to produce sensible and esteemed citizens, not necessarily preachers.

## II. HARIGURU ON LIFE AND NATURE

Apart from transplanting an indigenous vaishnav devotional tradition in the society, Lord Hariguru suggested some **unique scientific methods** (usm) to refine our daily activities towards building a better socio-economic life.

### A. USM – 1: Preserve Energy

His holiness used to cite this very often that  $(-)\times(-) = +$ , is the principle of creation of all living beings, an application of mathematics in biology as well as biochemistry. During the process of love making when the parent cells ejaculate fluids (matirasha (Sanskrit: means mother fluid), pitrirasha (Sanskrit: means father fluid)), they unite to create a new life with the divine inspiration of the GOD KRISHNA who is the supreme authority. The ejaculations are designated as the “-“ operation since the fluid is subtracted from the body and the “+” symbolizes the newly created life. His Holiness advises a “-“ primarily whenever a “+” is desired. This will preserve energy and prepare our body for a religious life. He doesn’t advise everyone to become a monk but explicitly emphasizes control over sex urges or *kama*. Make love without physical interaction, as much as possible.

### B. Usm-2: Live With Mother Nature

Lord Hariguru always advocated the integration of human life with mother nature, nourish it as the nature nourishes us. The trees, the animals roaming around, water bodies, air etc. whatever we find around us, are all associated to us. Our well being is linked with them all. These are the God gifted resources which we must learn to preserve. A religious life according to him is very much hampered by cutting the trees recklessly even if they are used to perform Hindu rituals and offerings, unless an equal number of trees are planted and nurtured. Worshipping of cows (*go-mata*) was as important to him as preserving tigers! He was concerned with maintaining the balance in eco-system too. Unless in transcendence (*Samadhi*), he never felt out of the world and was very much aware of his social responsibilities. He always led by examples.

### C. Usm-3: United We Stand, Divided We Fall

Although Lord Hariguru was a follower of GOD KRISHNA, he used to respect all religions in the world. He taught us to unite through respect and love. There is no daemon in any virtual world; it’s the malpractices within us (*the karmic effect*) that cause harm to our life. One who

extends his love and cooperation to all, is more probable of earning love in return and thereby, attracting positive energy. The positive energy generates good feeling, happiness and peace. Universal brotherhood is what we need the most in today's world of disharmony, misinterpretation and confusion.

*D. USM-4: Be A Good Decision Maker*

In various stages of life, we are offered a set of choices bounding us to take decisions; to elect one particular object or action out of a set of options. These decisions have great effects on our lives and here comes the importance of intellect. A good heart cannot function properly without a good mind. For example, consider the following situation:

Person A: very poor, she has nobody in this world other than a little daughter. She cannot work due to ill health and earns her living by begging. She has no record of stealing, not a professional thief.

Person B: very honest, always speaks the truth. He is very well aware of the socio economic status of A.

One day A steals a bread from a nearby shop and the shopkeeper starts running after A. A successfully hides herself somewhere which is noticed by B. The shopkeeper asks B to show the hiding place. Now what B should do?

This is a situation where multiple objectives are to be considered:

Loss of the shopkeeper: a bread

Gain of A: A bread, more important to a beggar like A than a shopkeeper

Reason of stealing: A cannot work for ill health, has a little child to feed. Moreover, she is stealing for the first time.

Harm to the society caused by the immoral action of A: Negligible; the attitude of A can be corrected with proper advice and help. She may be given some easy works that will suit her health and be useful for the society.

The decision of B should be such that, considering the mass, loss can be minimized and gain can be maximized. As a decision maker, B should give weightage to the loss and gain. A is in a much vulnerable position than the shopkeeper. So, gain has more weight than loss here. So, B should not tell the truth in this case. He should not help the shopkeeper to catch A.

This decision making, in general, is based on the principle of multi-objective optimization in mathematics, where conflicting objectives are to be optimized for the benefit of the mass or society. As a decision maker, Lord Hariguru says, you need to evaluate the effectiveness and accountability of a statement (true or false) before speaking it.

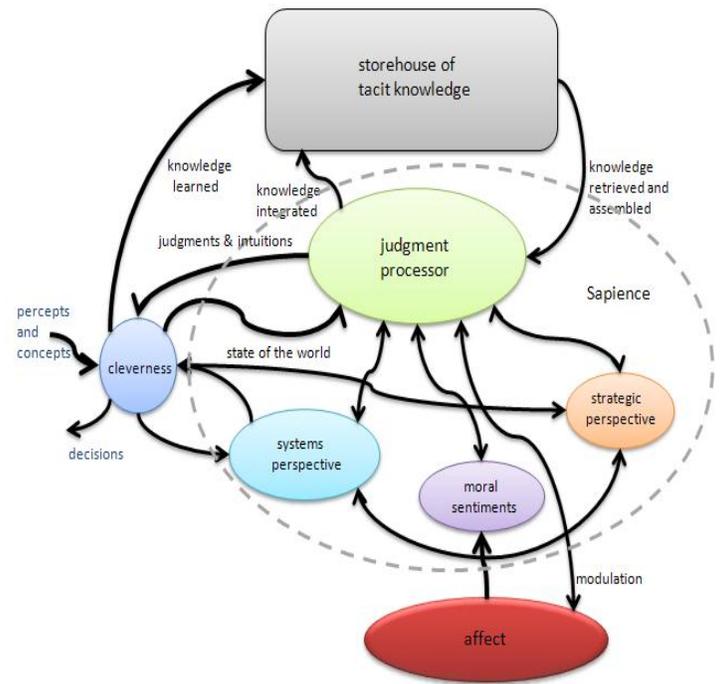


Fig1: The Art of Judgement In Human Level

*E. USM-5: Be Humble And Social*

Being humble is extremely essential for each and every human being. It rejuvenates the thirst for continuous improvement (be it in socio-economic or spiritual field), attracts positive energy by showing respect to the rest of the world, by satisfying other's ego at the cost of one's own unnecessarily high self-esteem. Lord Hariguru instructs his disciples to humbly say "Hello" to everybody; more so when somebody owns a Ferrari and interacts with a economically less-abled (so-called ordinary) pedestrian. He said "We are all cosmic bodies; we get whatever we give (each action has an equal and opposite reaction)". Socializing free from mere criticism teaches to feel from one another (in a small scale compared to the society, although) contributing to the overall development of the nation.

*F. USM-6: Maintain A Healthy Lifestyle*

A healthy body is required to carry a healthy body and mind. It can be obtained by following the principles below:

1. Eat healthy foods. Vegetarian food habit has been prescribed by Lord Hariguru for it makes one calm and composed, increases concentration and inculcate modesty in behavioral patterns.
2. Exercise regularly to stimulate proper functioning of organs.
3. Human bodies, like mother nature, function according to natural cycles or body rhythms generated by the internal biological clock. It eliminates toxins from lymph nodes, liver, lungs etc from 10 pm to 5 am. During that time one should remain asleep sound for proper detoxification and physical regeneration.
4. One who sleeps more than 8 hours per day is under the influence of undesirable idle speculations or *tamashikata*.

All these are minutely followed in Lord Hariguru's Ashrams.

*G. USM-7: Travel for Knowledge and Unity*

“Don't be a frog in a well for there is no end to upgradation. A culture has always something to offer to another. Travel near and far, far away, experience the hospitality and the way of living in distant places. Analyze its attributes and evaluate their acceptability in your own society. Acquire them to be enriched, be familiar to unite, to become the universe.” – Lord Hariguru.

*H. Usm-8: No Gender Discrimination, No Prejudices*

Lord Hariguru is another name of revolution as far as gender indiscrimination is concerned. On contrary to the general Hindu practice of disallowing women with menstrual periods to participate in religious rituals and offerings, his holiness loudly advocated equal rights of women, even in periods, since this is a very natural physiological phenomenon. He instructed not to restrict her, unless she herself is physically disturbed due to it.

Women, according to him, are elements of Sri RADHIKA, divine energy of KRISHNA, the GOD. Without her kind inspiration, it is impossible to attain the real conscience, the urge to love, to serve and ultimately merge with KRISHNA. “How can we neglect Sri RADHIKA particles who can collectively eliminate earthly illusions (*maya*) and enlighten us with true knowledge leading to salvation!!

*I. Usm-9: Never Forget Your Past*

Actions of or decisions made today are naturally governed by the experiences in the past (please refer to figure1). Irrespective of whether good or bad, it should never be forgotten. As per his highness, no occasion is needed to express gratitude; each day may be a thanksgiving day.

*J. USM-10: Surrender to KRISHNA for Happiness*

Dedicate yourself to the God, do everything to serve Him with all your heart and never worry about the results. Chant the mahamantra “Hare Krishna Hare Krishna, Krishna Krishna Hare Hare, Hare Rama Hare Rama, Rama Rama Hare Hare”. Just give it a try. Let him wash away all the dirt and bliss you with eternal peace.

III. HARIGURU ON HARDCORE SPIRITUALISM

Lord Hariguru has brought a mine ful of diamonds for us, from the eternity. Here is a glimpse of aura:

At the beginning of one's religious life, the situation is as per figure 2. The three circles gradually merge as the individual starts acquiring the qualities of KRISHNA through utmost devotion and dedication to HIM; Figure 3 shows the scenario in Samadhi. After union, the circle in fig. 3 explodes to generate an everlasting light flooding the horizon, accumulating all the energies in the world.

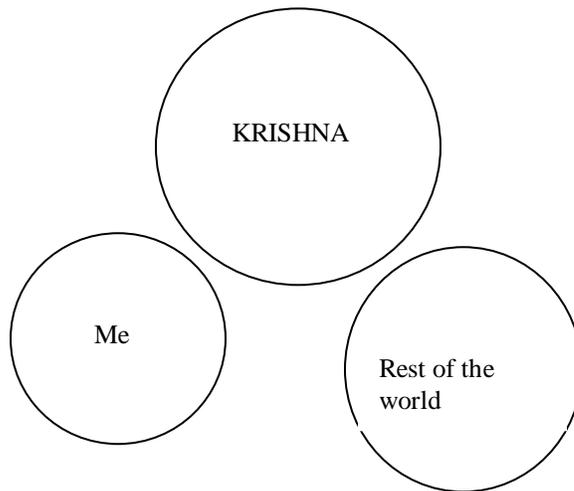


Fig. 2 Beginning Of The Religious Road

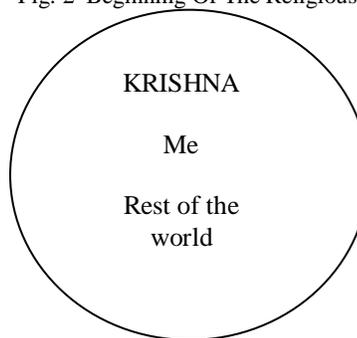


Fig 3: The Circles In Fig 2 Merge

The goal of spiritualism is to traverse the road from fig. 2 to fig. 3. Lord Hariguru says, “You have to be faithful to be desirable to me; Only KRISHNA can worship KRISHNA with perfection”.

**Grow up from belief to faith; update from free will to complete surrender**

Belief climbs the level of faith only when it motivates life and moulds the way of living. “You cannot do anything unless you are destined to do that, kill your pride” – Lord Hariguru. This powerful conscience, the overwhelming sense of being an instrument or mouthpiece of the divine will, is the distinguishing characteristic of the prophet.

**Too much of raining within will leave you dead on earth, in spite of the fatherly efforts of the Sun**

Sun is the source of energy on earth. It vaporizes the water on earth by sending heat waves; the vapors go up, form the clouds and come down in the form of rain. The wet tender lands grow up grains; give us all kinds of foods to nourish and give energy. Sun and earth, play the roles of our father and mother respectively.

During sexual activities while we ejaculate, we release some of this valuable energy and feel exhausted. Unless earnestly intended for creation, this energy loss is simply for earthy orgasm, a very low level of happiness. Hariguru asks us to preserve this energy to the fullest for *sadhana* (the dedicated practice).

**The wishes make noise all the time when we get together; never make a wish**

‘We’ here comprises of KRISHNA and his devotees. When

wishes are fulfilled they may produce pride as a by-product. On the other hand, unfulfilled wishes give rise to a painful state of mind disturbing faith towards the GOD. So, it's better to keep aloof from them, not to make a wish.

**Life and death will sum up to a big zero unless you arrive at 53.**

Within the spine, there are two holes on either side which are like conduit pipes for all the nerves to pass. These are ira and pingala naris, the left and right channels. They represent the basic duality in existence – traditionally personified as Shiva and Shakti; or you can simply call it masculine and feminine, or it can be thought of your logical and intuitive aspects.

The USMs mentioned in section II will bring a balance in ira and pingala making you effective in the world, enabling to handle the earthly aspects very well. Most people die in ira and pingala while the third nari sushumna remains dormant in the domain of maya. Only when energy (popularly termed as the kulakundalini shakti) starts entering into it, awakening in life really begins.

The number 53 is really important according to Lord Hariguru for it's MSB (5) indicates the primary elements of a human body – earth, water, air, fire and void (ether), while the LSB (3) denote the ira, pingala and sushumna nari. Being a human body is not sufficient; it needs to be awakened for the extracting the maximum advantage out of these 5 elements.

**Utilize the energy of a full moon night to attain the maximum spiritual height**

On a full moon night, as the illuminated side of the moon faces Earth, minimal subtle basic *Raja-Tama* frequency (negative energy- discussed later in this section) is transmitted on this night compared to others. The full moon symbolizes absolute enlightenment while shadow of the sun obstructing view of the full moon on other nights, signify maya. From this point of view, a full moon is the auspicious event of salvation.

**A no moon night is a full moon night to me.**

On a no moon night the shadow of the Sun overcomes the enchanting yellow light of the moon. But whoever is free from maya, is free from all kinds of shadows obstructing the truth; all nights are full moon nights for Him.

**A body is void without a void**

The first void in the statement indicates nothing while the second one symbolizes ether – the 5<sup>th</sup> and the most important primary element of life. It's the driving force, the spirit, the ability to think and create, the power of spontaneity and inventiveness.

**Ajapa in japa – inner self in the outer self**

Ajapa is a completely calm and composed sadhana through which one can achieve a direct experience of transcendence or Samadhi. There is no mental or physical effort. The mantra automatically evolves from the spontaneity and the awareness within. Its like the thoughtful soundless waves in the deepest part of an ocean, the inner self of a man.

Ordinary japa, on the other hand, is not spontaneous. It requires efforts to produce bubbles in the conscious mind. It may be associated with a bit of sound of chanting the mantra and the movement of lips required to utter it. Its impact is very much on the outer self.

**I can see a crore of moons**

According to NASA, the number of moons of various

planets are as follows (as per the record in 2009):

- Mercury and Venus – 0
- Earth – 1
- Jupiter – 67
- Saturn – 60
- Uranus – 27
- Neptune - 13

The number of known moons has been steadily growing with the advent of technology; It nearly has been doubled from NASA's 2003 information. Who knows, some day NASA will discover 1 crore of moons? Please note that Lord Hariguru died on 30.9.1989 at the age of 80.

**Hariguru laws of attraction and repulsion among qualities**

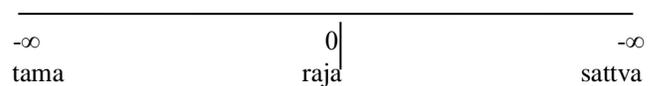
The characteristic of any human being is governed by three qualities – sattva, raja and tama. Signs of these qualities are mentioned below:

Sattva – balance, harmony, goodness, purity, universalizing, holistic, constructive, creative, building, positive, peaceful, virtuous

Raja – passion, activity, mediocrity (neither good nor bad), self-centeredness, egoistic, individualizing, dynamic

Tama – imbalance, disorder, chaos, anxiety, impure, destructive, delusion, negative, dullness, inertia, lethargy violence, viciousness and ignorance.

On the number line they are placed as follows:



The Hariguru laws of qualities of attraction and repulsion are represented in the form of a matrix as shown in figure 4.

	S	R	T
S	AT	AT	AT
R	RL	AT	AT
T	RL	AT	AT

Fig. 4. Acceptance and Repulsion Matrix

Here S, R and T denote the sattva, raja and tama guna (quality) respectively. AT and RL specify attraction and repulsion respectively.

**Concentrate on the centre of your third eye chakra: feeling radiant vibrations in your forehead and eyebrows? You are on the right path.**

The third eye chakra, responsible for the capability of internal vision, is present in between eyebrows. Through this you can see higher dimensions which the physical sight cannot perceive. Concentrating full and hard in between your eyes, you will feel vibrations which indicate that kulakundalini energy is on the verge of entering this chakra, the saturation is about to come. As soon as it is achieved, the third eye is seen – not necessarily in the shape of an eye; may be a square or star too. Colour of the third eye varies between purple, blue and black. As you continue with your efforts to see through the third eye, you are speedily sucked to higher dimensions through a channel.



Fig 5. The Chakras Of Human Body

Ultimately what you arrive at with a divine jerk is an ocean of bright light, an overwhelming feeling of peace unfelt so far. The ultimate vibration is hundred thousand times more joyous than the physical pleasure of intercourse and why not? Aren't we making love with the spirit ultimate, our own KRISHNA!!

**Always chant Hare KRISHNA, be your own guru (guide) instead of being my disciple**

It is mentioned in Geeta, that in Kaliyuga (the current era), ether is far away from the Super Sun. It is so low that there is no point in teaching them yoga, meditation, mantras and yantras – people will not get it. Just teach them devotion. If they are devout, they will be able to generate their own ether through namabija that will help them to understand the universe.

“Although kali yuga has an ocean of faults, there is still one good quality about this age: simply by chanting the name of KRISHNA, one can be free from material bondage and promoted to the transcendental kingdom”-Lord Hariguru.

**After kali yuga, again the cycle of yugas will start**

That is our only hope. Lets have strong faith in his name.

“Aksharam brahma paramam

Jyoti roopam sanatanam” – Geeta.

#### IV. CONCLUSION

The present article is mostly based on the advices of Hariguru; whatever he uttered during his transcendence or Samadhi have been copied by his disciples. 100 such hand-written copies are there. Here I have tried to present just a glimpse of that. If that can illuminate the life of any one person in the world, I will feel blessed.

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#### Appendix:

**The address of the Head Office of Hariguru Ashrams is:**

**Sri Sri Hariguru Ashram  
Panpur, Narayanpur  
Kankinara  
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