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Essence of Parvata Gita
Sermon on the Mount
29.06.1993

1. When multitudes came unto him,
He went upto the mountain to inspire them.
2. Then he spoke to them with compassion and love,
What he spoke became guide lights for them to live.
3. Being poor materially is a blessing in disguise,
Be rich spiritually consume less, receive grace
and be of use.
4. Share others sorrow and experience their grief,
Be comforted, comfort people and give relief.
5. Be not proud that you are strong and can
rule the Earth.
Be humble, stand-under, under-stand,
surrender to Lord and inherit the earth.
6. Seek the right path and endeavour for it,
Your thirst for right path will be fulfilled without
leaving a bit.
7. Be kind, considerate and compassionate
and empathetic, be,
World will be kind, considerate,
compassionate and empathetic to you, see !
8. Be pure in intention, action, speech and thought
Purity will lead to unity with divinity through
clarity of thought.
9. Peace maker who endeavours to bring
people close,
Is the divine messenger to him, every
one is close.
10. When righteousness is Prosecuted it is hell and
it will appear might is right,
When righteousness wins, it is heaven and it will
be clear that right is might.
11. Many will blame, insult and accuse you
when you walk in path of light,
Deter not, hold yourself, move on, be
not depressed and be bright.
12. Pursue what is good and stop not,
Attain the mission, people will worship you
a lot.
13. Be continuously useful like good salt,
When contributions you give, none can
find any fault.
14. Be the light of world, none can hide you,
A beautiful city on a hill cannot be hidden too.
15. Do not hide your brightness behind your face,
Smile, share your light and brighten every face.
16. Let your works be shining high for the world,
Let people recognize the divinity in excellence
in this world.
17. Do not think one “Mahatmas” over shadows
another one,
All “Mahatma” enhance each others’ light
and their mission is one.
18. The truth and principles are eternal ones
When practiced they become exemplary ones.

19. Great seer ensures continuity of values all,
He ensures that non-disappearance of
principles even smallest of small.
20. Do not break the values even the small one,
Do practice the values and become an example,
for each everyone.
21. Walk on the right path and serve the world,
Avoid the negative path of harming the world.
22. Do not murder and do not harm,
Harming others causes your own harm.
23. Avoid anger on brothers and also others,
Without anger others become your own
brothers.
24. While praying remember the presence of GOD,
Remember, those whom you hurt are in the heart
of GOD.
25. First offer good will to people hurt by you,
Then offering to God are to be given by you.
26. Avoid a legal battle and avoid the court,
Settle the matter right because God is Supreme
Court.
27. Settle the matter outside the court, that is
the best,
Inside the court, once Judge decides,
nothing will be left.
28. Do not covet for others' property, do not snatch,
The God is ever alert, you are on watch.
29. Do not look at other woman with lustful eye,
Do not err at thought level without being shy.
30. With evil looks, it is as good you lost your eye,
It is better to lose evil thought and subdue "I".
31. Do not extend your hand to hurt and harm,
Do extend your hand to serve with charm.
32. Do not give divorce and still keep other person
in bind,
Release each other from mutual bind.
33. Do not break the partnership in hurry and
haste,
Forgive and forget, give and get and enjoy
togetherness taste.
34. Fulfil the promises that you make,
Keep the oaths that you take.
35. Better than taking oath is not taking at all,
It is best demonstrated by action, thus
growing tall.
36. Do not take by Earth or a Holy place,
Nothing is yours, every place is GOD's place.
37. When you say "yes" fulfil the commit,
When you say "no" let it be so after
examining all the way.
38. Noble people will not opt for tit for tat,
Forgive & give and forget and get is beyond tit
for tat.
39. If anyone strikes you once with force,
Do not fight back, then force loses the source.
40. If any one wants to complain against you,
You don't complain but cooperate and help too.
41. Do not resist the force, face and absorb it,
With acceptance, force loses power,
disappears bit by bit.
42. Surely give whatever you have, when
someone does ask,
When someone wants to borrow, give, make it
an easy task.
43. Love your neighbour that you do,
Why to hate enemy ? Think so you.
44. It is not great to help those who help you,
It is very noble to help those who hurt you.

45. Give your love to one and all,
Do not discriminate as good-bad at all.
46. Being good with those who are good with you is
not very great,
Being good with those who are not good with
you is very great.
47. Greet brothers and also others,
In this “E-quality” path others become
brothers.
48. Even with a single flaw you are imperfect,
Improve, remove all the flaws, to be divine,
be perfect.
49. Saying and showing what good you did is
not right,
Without saying and showing doing good is
perfect right.
50. Trumpeting about your donations is ego,
When you publicise what you gave your merit
will go.
51. Let not your left hand know what was
given by your right hand,
Let not your right hand know what was
given by your left hand.
52. Pray not to show off that you pray,
Pray silently, being alone to receive light ray.
53. Pray being in solitude and being yourself,
Silent praying is penance, connects GOD
to yourself.
54. Do not make noise, sounds when you pray,
Concentrate, meditate with inner voice
addressing God, you pray.
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56. Do not say “Grant this”, “Grant this” when you
pray,
Ask for the grace and pray to be on right way.
57. Pray addressing the Supreme Lord
Pray for Lord’s name to be the light of Lord.
58. God see highest kingdom, do as per his will
Every where there will be indications of
Lord’s will.
59. Pray to God for your daily bread,
Then to fulfilment you will be lead.
60. Do not harass debtors to pay,
But your own debts you promptly pay,
You cannot pay back God, to forgive you
have to pray.
61. Temptation is evil, it binds and drags the man,
Without temptation man is liberated one,
Pray to be liberated, you are a free man.
62. Forgive people when they harm you,
God will forgive for the harms you do,
Do not repeat your errors, learning you do.
63. Forgive all who erred against you,
You will be liberated from errors of you.
64. Show off not when you do fast,
See the inner glow when you do the fast.
65. Be normal like any other day, when you fast,
Being pure inside, working well outside,
let the day be pass.
66. Be noble, do not appear to be noble for people
to see,
God sees you even when people do not see.
67. Do not store more than what you need,
Do not go by “want” but go by your
“minimum” need.
68. Materials hoardings rust and will be taken away,
Service offerings will shine and will enrich on
the way.

69. Work, contribute, offer and serve,
give your best
Working for own benefits and storing
money is worst.
70. It is important at world how you look,
Let it be a friendly, loving, empathetic look.
71. Evil looks spread darkness into world
and into yourself,
Let your eyes sparkle with spirit then
light is yourself.
72. Materialistic and spiritual are the paths two,
Shun the materialistic way, take spiritual way,
that you do.
73. Worrylessness is worth of the life,
Thoughtfulness is the improver of life.
74. Animals, birds and other life freely live,
grow on this earth
Then man can live and grow and contribute
to earth.
75. Worrying about life can enrich and
increase life?
Thinking for improvement can enrich
this life.
76. Do not worry about your appearance, dress,
A good person is good in any dress.
77. Be natural, clean and dress simple way,
Simple way is economic, optimal,
wonderful way.
78. God clothes flowers and grass of field in
beautiful way,
Have faith ! he will cloth you in most
wonder-ful way.
79. Being beyond materialism is great blessing.
Controlling wants, fulfilling needs is a
divine blessing.
80. Do not run for this, this and that
Be contended with whatever comes you this
or that.
81. Seek not material happiness, which is
limited happiness,
Seek spiritual happiness, which is
unlimited happiness.
82. Do not worry what will happen tomorrow,
Take care of today and taken care will be
tomorrow.
83. About others don't be the judge and
make judgment,
The supreme judge will judge you and
will make judgement.
84. How you judge others, the supreme one will
judge you,
How you measure others, the supreme one will
measure you.
85. Those who count others defects, do not
know own defects,
Others defects are defects, as merits
appear own defects.
86. Do not rush to improve others' defects,
First identify and improve own defects.
87. Know own defects and eliminate them first,
Help to identify others defects and help
them to improve, next.
88. Do not give valuables to the undeserving ones,
They will destroy those valuables and attack you
at once.
89. Take not, ask and you will get what you ask,
Steal not, seek and you will find what you seek,
Force not, knock and door will be opened on
first knock.
90. Ask, seek and knock without fear,
You will be answered because to HIM you
are dear.

91. When some one asks for blessing don't give beating,
When any one asks for blessings do give him blessing.
93. Any father will give good gifts when children ask him,
Supreme father will give superior gifts when people pray him.
95. Gate of materialism is wide and broad, avoid it,
Gate of spiritualism is narrow and difficult, accept it.
97. Be careful about self proclaimed prophets and gurus,
They lead you to more ignorance away from real prophets and gurus.
99. Good tree bears good fruits and bad tree the bad fruits,
Real prophet teaches values and false one takes away from values.
101. Leave the false guru taking you on incorrect path,
Follow the real prophet taking you on truthful path.
103. Just prayers are not sufficient,
Noble behaviour as per prayer is sufficient.
105. Evil doers cannot escape the judgement,
As per the deeds will be the judgment.
107. When the house is built on rock foundation it will withstand storm,
When the life is built on sound guidelines it will withstand life storm.
109. When the house is built on loose foundation it will crash in storms,
When the life is built on loose guidelines it will crash in life storms.
111. People will experience divinity when they receive a message,
Beyond the known knowledge is divine message.
92. Where any one asks for your grace give him the grace,
Do not give him curtness, there is divinity in grace.
94. See others in yourself, in others see yourself,
Each one is like yourself, serving others is serving supreme self.
96. Reduce your needs eliminate your wants, this is narrow gate,
Path of less needs and no wants will lead to blissful state.
98. Recognise the tree by the fruits it gives,
Recognise the teacher by seeing how he behaves and moves.
100. Real prophet takes you on the truthful path,
False prophets takes you to the untruthful path.
102. Recognise good teachers by the path they make
If it is a noble, harmless, truthful path, you take it.
104. Say what you do and do what you say,
Your conduct is the measure, not what you say.
106. Build your house on solid rock, it will last,
Build life on dedication rock, its worth will last.
108. Practice the noble principles and enrich the life,
Do not practice false values and ruin the life.
110. People will be astounded when they see truth,
Bright and dazzling is the ultimate truth.