

# The Inner Journey

Dadaji's Message . . .



Dadaji Gavand

Tapovan Ashram  
Satara



## An Appeal With Love

Oh seekers,

*Walk in the spirit of total humility.  
Let your own two feet lead you on  
Remain aware and attentive within,  
Without any dream of destination.*



*Then who knows  
When and from where  
A high tide will arrive  
A surge from the mysterious unknown*

*To give you a ride on its celestial wave  
And take you beyond through the mysterious gate,  
Across the frontiers of time and space  
Where the drop will dissolve in the wave.*

*Then, mysteriously, the wave will merge  
With the ocean of Supreme Self.  
You are that Supreme, you are that Changeless  
You are the Eternal ancient One.*

*Let that Eternal Divine in you be yours  
May that experience of the Timeless be yours.*

*Dada*





## About Dadaji . . .



Param Pujya Dadaji, alias Dattaram Madhavrao Gavand, was born in Mumabi in 1917. The eldest child of his parents, he came to be called 'Dada' or elder brother. Born in a wealthy family, he had a happy childhood and grew to be an adventurous youth who led his cricket team, pursued hobbies such as photography, hunting etc. and enjoyed a life of comfort and prestige.

However, at the age of 18, he suddenly found himself shouldering the responsibility of a big household, on account of his father's untimely demise. He ran the family business very successfully but became disillusioned with the binding effect of wealth, relationships, prestige and comfort. He saw the dehumanizing effect of commercial culture and also the limitation of tradition. He saw marriage as a glorified trap. Hence he did not marry and went off by himself, in search of the true significance of life.

He was drawn to the teachings of J. Krishnamurti and even interacted with him personally. He also met Sri. Ramana Maharshi, another contemporary spiritual teacher. After some years of wandering and the facing of many challenges, Dadaji finally realised that the search was indeed totally within - a pilgrimage unto oneself. Hence at the age of 37, in the year 1955, he left his cozy home, withdrew to a little hut atop Mount Sajjangad and spent 7 months in total solitude and intense, impersonal watchfulness. He had a deep spiritual experience there, a radical breakthrough of consciousness. He experienced an inner explosion that shattered the crystalised structure of his mind, bringing in its wake a surge of dynamic, other-dimensional energy and an



intuitive intelligence of another order. He was cleansed of all the stored up toxins of the past and a deep peace and joy pervaded his being.



The hut on Mt. Sajjangad: a stay in solitude for 7 months

He spent 19 more years in near solitude, widening and deepening his vision through meditation. Thereafter, an incredible series of events impelled him to take his message of attentive awareness to the world. He went on several lecture tours, including 14 trips to U.S.A. & Canada, sharing his insights with lay people as well as scientists, psychologists, researchers and artists. He also conducted meditation camps and urged seekers to walk alone, heeding their own inner promptings. Indeed, he looked upon himself as a facilitator rather than as a 'Guru' and did not form any sect. However, he wanted to spare seekers the hardships that he had to face during his sadhana.

Hence, even at the age of ninety, he decided to create a small meditation centre with basic amenities, for earnest seekers to live in solitude and carry out their sadhana. He chose for this purpose, a spot in the spiritually vibrant area of Sajjangad where he had attained self-realisation. This scenic spot, blessed with pure mountain air, clean water, vast open spaces and quietude, is 7 kms from Sajjangad, a little ahead of Borne Village. After much pondering, Dadaji came up with a



detailed proposal of Tapovan Ashram, got Shri. Kanjibhai Nirmal to draw the complete plan and gave his approval to the design that was prepared.

Accordingly, first, a tiny cottage was built for Dadaji to live in. On 9<sup>th</sup> May 2010, Dadaji bid farewell to seekers in a poignant function at Thane. He shifted to Tapovan Ashram for good in the month of Oct. 2010.

He remained there for over a year, till the very end. He left his body at the ripe age of 95, on 29<sup>th</sup> January 2012, after nearly 57 years of tireless and dedicated work, giving personal guidance to genuine seekers.

After Dadaji's demise, the rest of the construction work of Tapovan Ashram was completed by March 2013. The Ashram was formally inaugurated by Honorable Shri. Ganeshji Naik (Guardian Minister, Thane) on 23<sup>rd</sup> April 2013.



Dadaji's Cottage

Dadaji's personal belongings have been preserved in his cottage at Tapovan Ashram. The 'Samadhi', a Meditation Hall, a library and a cottage for seekers are a part of this complex.





An aerial view of the entire Aashram



Night View of the Ashram with  
the lit flame over the samadhi





The Meditation Hall



Inside the Meditation Hall



The Library





Dadaji's Samadhi



Cottage for Seekers

Tapovan Ashram is surrounded by magnificent mountains, with deep valleys and lakes all around. Starry nights, magical skies at sunrise and sunset, running streams, rising mists and torrential rains offer the bounties of Nature and the ideal setting for embarking on one's inner journey. May many avail of this rare blessing !





## Why Self-Enquiry?

Our fast-paced, competitive and stressful life today is ridden by anxiety, fear and aggression. There is very little peace and joy as we get caught up in outward activities. We hardly find time to sit quietly and attune ourselves to Nature and to our own innermost self.

Some of us go to religious places and Gurus, but in the process, we often get caught up in outward rituals and seek security as members of a particular sect. We need to realise that peace and bliss can be found only by delving deep into ourselves. We cannot change the external circumstances of our complex lives but we can certainly become aware of and work on our own faulty attitudes and habit patterns.

Attempts to forcibly change our set patterns do not bring long-lasting results. It is only through a deep and total understanding of our mind-pattern that the possibility of a radical change can open up.

## Basic Guidelines:

To understand any phenomenon, we need to stand back and observe it carefully. Hence Dadaji repeatedly emphasizes the importance of aloofly observing our mind-movements through intense attentive awareness. The observation of the thought-mind must not be just a superficial enquiry. Rather, it should be carried out with one's entire being. One must be vigilant enough to catch every thought as it arises and follow its entire trajectory, i.e. from where and how it comes up, moves and ends. One will find that a stray thought arises and then another, then yet another, taking the mind away from the task of observing. But one must persist, bringing oneself back to the important activity of observing.



As one's watching intensifies, one begins to realise how domineering the mind is, pushing oneself into a chain of endless actions and reactions, through its ceaseless chatter. Past memories, often painful, begin to come up, bringing in their wake, a flood of emotions.

To handle such states on the path of self-enquiry, seekers may benefit from Dadaji's basic guidelines:-

- Carry out self-enquiry lovingly, courageously, with a cheerful disposition, undeterred by challenges and setbacks, if any.
- As far as possible, proceed in a spirit of humility and gratitude.
- Accept whatever 'is' i.e. both outer circumstances and inner reactions, without any resistance, remaining calm and intensely watchful.
- At the physical level, avoid heavy food, excessive physical activity, too much sleep and needless outward and inward chatter. Moderation is the best policy.
- Avoid wasting resources. Simplicity, austerity and cleanliness serve as aids on this path.
- While yogasans, pranayam, kriyas etc do help, self-enquiry and returning to the source are of prime importance.
- Avoid getting caught up in books, rituals, chanting, mechanical techniques etc as these are clever escape routes of the mind to take one away from self-observation. Nevertheless, if stuck, one may briefly refer to books, audio-visual materials etc.
- While observing one's thoughts, guard against concentrating or narrowing one's focus. Rather expand or broaden the awareness, avoiding any focal point.
- Observe without analyzing or judging, without any intention or expectation.
- Continue to observe routine activities aloofly, even when not sitting down formally in meditation.



- Avoid measuring one's progress, comparing with fellow-seekers etc.
- Become aware of the gap between two thoughts as this can slow down mental activity and serve as an opening to enter the region of silence.

## Common Hurdles:

The mind abhors self-enquiry and tries its level best to derail one's attempts at self observation through cunning strategies such as

- Strong identification with the body-mind complex. This strikes at the very roots, preventing distancing which is the basic prerequisite of self-enquiry.

One may begin by reminding oneself of this identification from time to time, until this intellectual exercise/auto-suggestion translates into actual awareness.

- Jumping of the mind from one thought to another in a ceaseless chain.

Whenever possible become aware of this phenomenon. This itself may slow down the flow of thoughts, creating a slight gap between two thoughts.

- Rising of fears ( real and imaginary), confusion, boredom, drowsiness, loneliness, depression, frustration, turbulent emotions etc

Once again, become aware of these phenomena and try to feel them intensely without analyzing.

- Getting demoralised through so-called logical arguments, justifications and self-deceptions.

Try to observe this mind-pattern keenly, thereby weakening the hold of complete identification with that pattern.

- Physical discomfort and even illness.

Again keenly observe these instead of being carried away with them completely.

- Avoid all analysis, not only of outer events but even of the

inner process of meditation itself (ie. avoid constant cross-checking of meditation theories with one's practice).

Rather remain open, receptive, humble, anonymous, in a state of not-knowing.

- Strong reactions such as anger, guilt, self-pity, self-reproach etc.

If these arise, try to watch them quietly without identifying with these age-old, hardened habit patterns that often take long to dissolve. Try again and again, undeterred by initial failure.

## Defining Meditation :

Meditation is a tranquil, total and blissful state, a play of the entire life energy in the present without any intruding thoughts of the past or the future.

When does the inner journey begin?

## According to Dadaji :

You start when you begin to see within yourself the constant pursuits of various desires, fears and hopes.

You start when you become conscious of these subtle desires working all the time without stopping.

You start when you recognize that you are never reaching a point where you remain fulfilled.

You start when you discover that you do not really know what you want in life beyond food, shelter and a few necessities.

You start when you see that the mind is not interested in peace but only in its own pursuits.

You start when you perceive and recognize that the mind is nothing but the burden of bygone memories.

You make a real clean start when you begin to watch every incoming thought and understand how the past is trying to continue at the cost of the present, calling itself 'I'.



## What is Meditation ?

Meditation, meditation,  
It is not the focusing of attention,  
Nor is it the narrowing of consciousness,  
It is not thought in its exclusion.

Meditation, meditation,  
Is it a glorified expectation?  
Or the pursuit of a grand vision?  
Is it then a dreamer's dream?

What is true meditation?  
It's a perception of mind's entire movement,  
An aloof attention in the present,  
Witnessing without a witness,  
A total experience of the moment!

Meditation, meditation,  
A transparent flow of internal energy,  
Without a hindrance, without deception,  
With tranquility and clarity.

Meditation, meditation,  
An experience of the enormous,  
A moment of total fulfillment,  
A creative timeless existence.

That is true meditation,  
That is true meditation!

Sustained aloof observation gradually slows the mind down, creating an opening. One begins to experience a profound silence, transcending thought-mind. Silence is the gate to go beyond. It is the means to elevate life energy to a timeless dimension. As the silence deepens, it becomes eloquent and active, intelligent and positive, spontaneous and

truthful. Thus, quietude and silence are not the negation of life but its regeneration.

## Dadaji's Unique Contribution :

Dadaji shares his first-hand experience of a radical transformation in rare detail, describing the inner processes that culminated in a breakthrough to another dimension.

He minutely describes his months of solitude, the cauldron of inner watching without letup and the eventual dissolving of thoughts (i.e. locked-up energy pockets) thereby releasing the hitherto trapped energy within the body frame. This released energy builds up pressure within, finally resulting in a powerful inner explosion that shatters the crystallized psychological structure of mind and brings contact with an energy and intelligence of a different and unseen dimension.

Dadaji's understanding of the structure of the human mind is astoundingly thorough. Listed below are some typical features of the human mind as pointed out by him :-

- Petty and self-centered • Defensive and aggressive
- Judgemental and biased • Conditioned and obsessive
- Mechanical and repetitive • Self-deceptive and illusory
- Clever and manipulative • Rigid and opinionated
- Dominating and dictatorial • Afraid of the unknown • Moves from known to known • Ever in search of security and certainty
- Unwilling to change • Abhors silence and the quiet state of no-thought • Is hyper-active, leaping from one thought to another.

Basically, Dadaji saw clearly that the human mind is a highly fragmented mechanism and not a unified homogeneous entity. The mind creates the fictitious 'I' thought which binds all the fragments of thoughts together and gives them continuity. The seemingly solid structure of the ego-mind is made up of many divisions and layers; the mind works only through these channels, one at a time. It divides life energy into different forms and gives them different names such as emotional energy, intellectual energy, sexual energy etc.



In actuality, life is one whole energy, and there is no such thing as different energies. However 'divide and rule' is the cunning technique of the mind, for it works with one fragment, one idea at a time, in quick succession and in an endless chain. In this subtle way, it never allows one to see its own working in its entirety and in one sweep.

A great deal of energy is locked-up in strong emotions such as fear, anger, jealousy etc. Through intense aloof watchfulness such pockets of energy get released. Such newly released energy is then available and can be harnessed for even more intent watchfulness.

Initially, there is no clean watchfulness. It is just one thought or one part of the mind watching another. Dadaji offers a very unique and useful tip here. He urges seekers to watch both these thoughts - the thought that is moving and the one that is watching. In his own words:

"Bring that second thought, the watchfulness, into your awareness, into your attention. Begin to watch everything that happens. Then , you will see that thought is not able to attend at 2 places at a time. You will begin to break the back of thought. Give it the challenge to watch itself in two places, and in two directions. With that challenge, your awareness becomes much deeper , much more subtle, and much broader...As your alert watchfulness expands, your insight becomes poly-angular, total and intense. Such in-depth, all-around watchfulness uses much of the life energy for its attention and perception. Thus, that amount of energy is denied to the mind for the outward push of thought. Intense aloof watchfulness works as a brake to the projection of thoughts. Then, thought loses its capacity to make one act in its own exclusive way. In fact, one then manages to step out of the mind-field and watch with pure awareness."

Initially, the whole process of watching aloofly seems very difficult. However, it is the mind itself that keeps harping on the



impossibility of such sustained self-reflexivity and self-enquiry, as it does not want its own dissolution through intense aloof watchfulness.

Hence, Dadaji urges us to stop dodging the real work of watchfulness, begin in full earnest and persevere without ever giving up, because , as he puts it:-

Oh possible, it is possible  
To capture the boundless is possible.  
Beyond the thought, in my heart,  
To capture the boundless is possible.

A flight in space,  
Beyond the crystalized mountainous mind,  
Yonder and yonder into inner space,  
Deep down the center of my consciousness.

It is possible, it is possible  
To capture the boundless is possible.

In the core of my innerness,  
I feel the stillness.

A creative tranquil state,  
A fountain of intuitive grace.

There, it is possible, it is possible  
To capture the boundless is possible.

### Hasten your steps

According to Dadaji, taking a U-turn and watching oneself is not meant for just a chosen few. It is available to all sincere seekers of Truth and Spiritual understanding. As Dadaji puts it in his poem entitled "Poem for Binky":

Accept oneself, whatever one is  
Remaining in stillness, wherever one is.  
You may be thinking you are very far  
But close you are like head and heart.



Wisdom proclaims, 'There is nowhere to reach',  
Where are you Binky then trying to reach?  
Nowhere will you find a destination  
Nor for the spirit is there a station.

Can you accept whatever you are?  
And remain in stillness wherever you are.  
You are so near, close to the Source  
Beyond the thought-mind, right into the soul.

Be in the silence of internal stillness  
Deep down in the core of your beingness.  
Silence is the gate, anonymity is the way,  
Be a pilgrim full of patience and faith.

Remain in stillness within your innerness  
Passionately alive with all-round awareness.

When objective internal watchfulness becomes a passion,  
there is sure to be an opening. Initially the mind will be  
scattered in many directions, but in Dadaji's words:

Let thoughts be wandering, as they do,  
But remain watchful and quiet in you.  
Let outer be moving and agitated too,  
But inner be calm and quiet.

Let thought-mind remain busy and scattered,  
But consciousness remain quiet.  
Like the solar system whirling around,  
Yet the sun at the center is quiet.

Let senses pursue their cravings,  
But energy remain quiet.  
Let mind do its wandering,  
But the observation be quiet.

Like waves breaking on the surface,  
Yet the ocean below is quiet.  
The clouds do wander everywhere,  
But the sky remains serene and quiet.

Let the circumference of your life be active.  
But the center remain vigilant and quiet.  
Let the chattering of mind go on and on.  
Only keep perception aloof and calm.  
The more intensely you begin to watch,  
The more humble and quiet you begin to become.

You are the vastness of the sky  
And not fragmented wandering clouds.

You are the sensitive, attentive witness  
Nor transient memories nor thoughts.  
You are the deep and profound ocean,  
Not shallow and tiny waves.

You are the supreme steadfast sun,  
Not circling satellite thoughts.  
You - you are the stable eternal inner,  
Not the fluctuating perishable outer.

You are the vastness, you are the changeless,  
You are the eternal ancient one.

You are that!

Let that eternal within you be yours.  
Let that immutable experience of Timelessness  
Within you, be yours.

Awake, arise!  
This hour is precious, this moment is yours.  
Ponder, meditate and realise  
Your eternal, divine nature.

### COSMIC COMMANDMENT

In the kingdom of cosmic reality  
There is no favoritism nor partiality  
He who pays the price of transparent life  
And carries the CROSS on his shoulders  
Shall win the greatest prize of life:  
Becoming one with  
THE TIMELESS DIVINE !



Dadaji's teachings are available in the form of the following books, audio CDs and DVDs:

• Beyond The Mind	इंग्रजी	Rs. 190/-
• Towards The Unknown	"	Rs. 150/-
• Intuitive Intelligence	"	Rs. 595/-
• Intelligence Beyond Thought	"	Rs. 295/-
• A Pilgrimage Unto Oneself	"	Rs. 225/-
• चाहूल अज्ञाताची	मराठी	रु. १५०/-
• चैतन्याचा विलास	"	रु. ५९५/-
• मनाच्या पलीकडे	"	रु. १५०/-
• उदय वैश्विक प्रज्ञेचा	"	रु. ३५०/-
• मुक्त जीवन की ओर	हिन्दी	रु. १००/-
• अज्ञात की ओर	"	रु. १९०/-
• मननी पेले पार	गुजराती	रु. १२५/-
• अतीत मानसम्	तेलुगू	रु. १००/-
• परिंगिता प्रज्ञा	"	रु. १००/-
• विश्व प्रज्ञा उदय	कन्नड	रु. १००/-

#### CDs & DVDs

- Song of Life (Talk 1977)
- The Hidden Secret (Talk 1987)
- Returning to One's Source (Talk 1998)
- The Flame Within
- The Seeker & the Path (Talk 1981)
- The Challenge of Freedom (Talk 1997)
- Ecstasy of Living (Talk 2000)
- Awareness is the Key (Interview)
- Dawn of Divinity (Dadaji's Poems)

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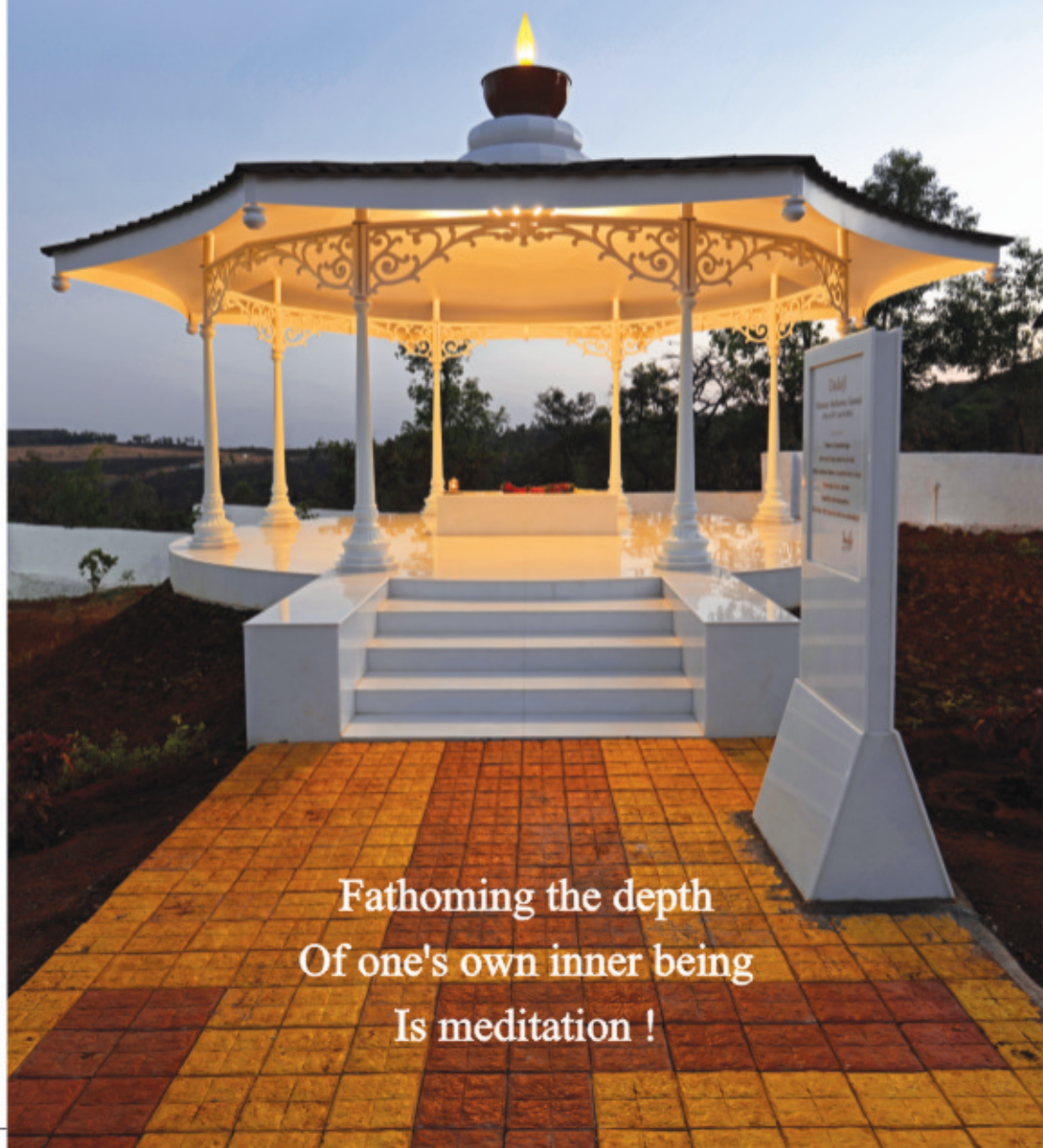


Proposed

The mortal body hides an immortal flame within.

May that immortal flame blaze forth

And may its divine light bless one and all !



Fathoming the depth  
Of one's own inner being  
Is meditation !