



**A Short Explanation
about the Prostration to
The Holy Feet
(Pada Namaskar)**

Sri Satguru Thuli Baba



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Speak the truth.
Share the words of divinity.
Control the tongue.
Be compassionate.

**Dharma (Righteousness) will be established if you
speak the truth!**

Refuge at the Holy Feet of Sri Satguru!

Those who believe Him will not be forsaken!

The Lord will appear in human form!

Yat Bhava Tat Bhavathi (Whatever you contemplate
(Bhava) as your form, you will become the form itself.
If you have the conviction (Bhava) that you are the Self,
this Bhava will make you as the Self)

Sri Ram Jayaram jayajayaram Om!!

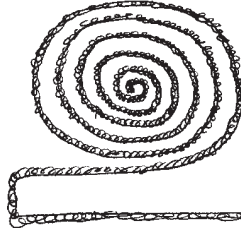
We are Brahman; world is Brahman; all is We!!!

There is no existence of other worlds, deities, and
individuals (Other than Brahman)!!!!

**A short explanation about the prostration to the feet
(Pada Namaskar)**

- 1) True devotees must do prostration (Pada Namaskar)
to each other.
- 2) While doing prostration, the person who does Pada
Namaskar is a giver.

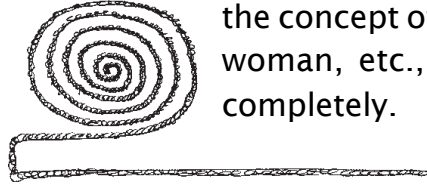
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It is the experience of great beings that by performing Pada Namaskar, one's honour, dishonor, shame, shyness, touching sensation, ticklishness,

- 3) The person who accepts Pada Namaskar is a receiver.
- 4) The person who does Namaskar and the person who receives Namaskar must say "Gurudeva" or "Gurunatha" at the same time.
- 5) By saying so, the person who does Pada Namaskar and the person who receives Pada Namaskar do not exist with names and forms. This is true.
- 6) Both of them become Gurudeva himself. (Your Gurudeva will change you all).
- 7) The person who does Pada Namaskar and the person who receives Pada Namaskar will lose their names and forms.
- 8) By performing Pada Namaskar, the differences like caste, creed, religion, language, country and everything will be destroyed fully. Hence, Advaitic concept, (Non-duality), all is one, will be established and biased vision, fault-finding tendency and likes and dislikes will be eradicated.
- 9) Here, Gurudev himself exist as all and doing this activity. This is true.

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the concept of I am a man, I am a woman, etc., will be destroyed completely.

10) By performing Pada Namaskar, the fear due to duality is removed and hence Advaita is being established. **We** came to know this fact through the words of Mahatma-s (great beings).

All is one! We are That! That We are!

(Thuli Baba)

You are everything!



Abode of Love
You Are Everything!