

Worship:

Means: To be in company with God in some or other way.

We are the prince of God!

Who is God: Collection of best qualities; e.g. Love, mercy, compassion, truthfulness, honesty, generosity etc. e.g. Ram, Krishna, Buddha, Gandhiji, Swami Vivekananda, Param Poojya Gurudev, Mataji, Dr.Saheb etc.

Who is Demon: Who does not have any divine qualities and is collection of bad qualities like selfishness, ego, anger, meanness, cruel etc. e.g. Rawan, Kans, Hiranyakashyapoo, Bali etc.

What do you want to be? Like God or like a demon? Answer: Like God. The Purpose of life is also to remove our bad qualities and move towards divinity.

How can you be like God?

By developing divine qualities like God. Usually we have both good and bad qualities. For example, some time, we know that we are wrong but we do not like to be looked "Bad", so to hide our mistake, we lie. Our divine qualities tell us not to lie, but our demonic quality forces us to lie.

So if we do not control our demonic qualities, we become demons and if we are careful in making choices, we move towards DIVINITY. Our mind is like water. If you want to pour water down, you do not need any energy but if you want to push water up, you need to put a pump. To be able to discipline our mind we need pump of "Upasana".

What is Upasana? Sitting near God. You develop qualities of the person who you keep company with. If you seat near fire, you will be hot and if you seat near ice, you will be cold. Same way, God is collection of Divinity, if we seat near God, we will develop divinity like HIM, e.g. Arjun became divine because he chose company of Lord Krishna whereas Karna became bad in company of Duryodhan.

What are the ways we can do Upasana?

Sandhya pooja, Mantra Jap (Mala), Mantra lekhan, Meditation, Prayers, Stuties.

Sandhya pooja: Worship that is done twice a day during sandhya time.

Mantra Jap (Mala):

Repetition of a mantra or Lord's name. Usually people use Mala to keep count. SHOW THEM MALA and teach them how to hold it etc. e.g.

Through mantra Jap of Ram, Valio became Valmiki.

Our Gurudev did 24 Mahapoorascharan of Gayatri Mantra Jap.

Prahlad got protected always because of his jap of "Om Namoh Bhagavate Vasudevay".