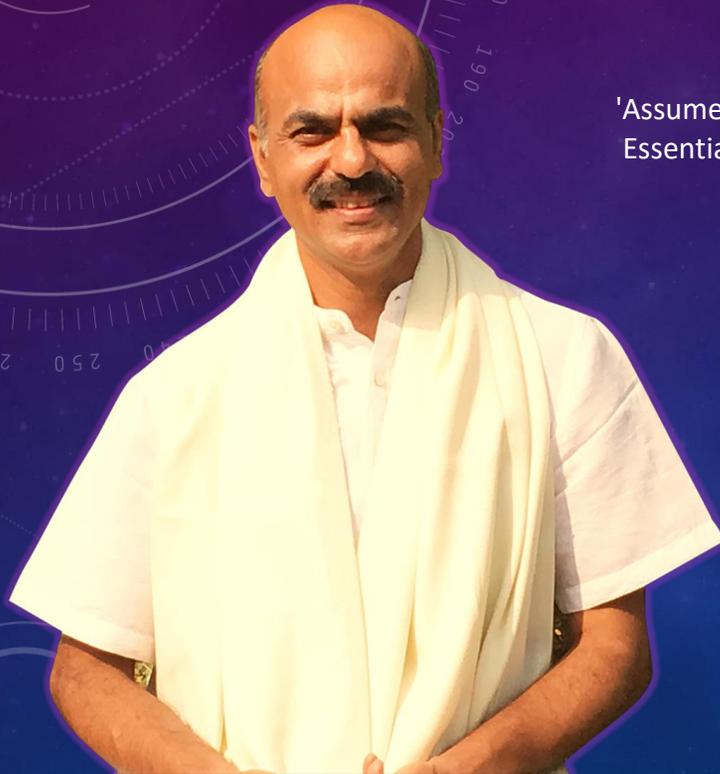




# Sahaj Smriti Yog

'Assume' other divine 'know' thyself as one.  
Essentially we all are One or None.

*Guraji Nandkishore Tiwari*



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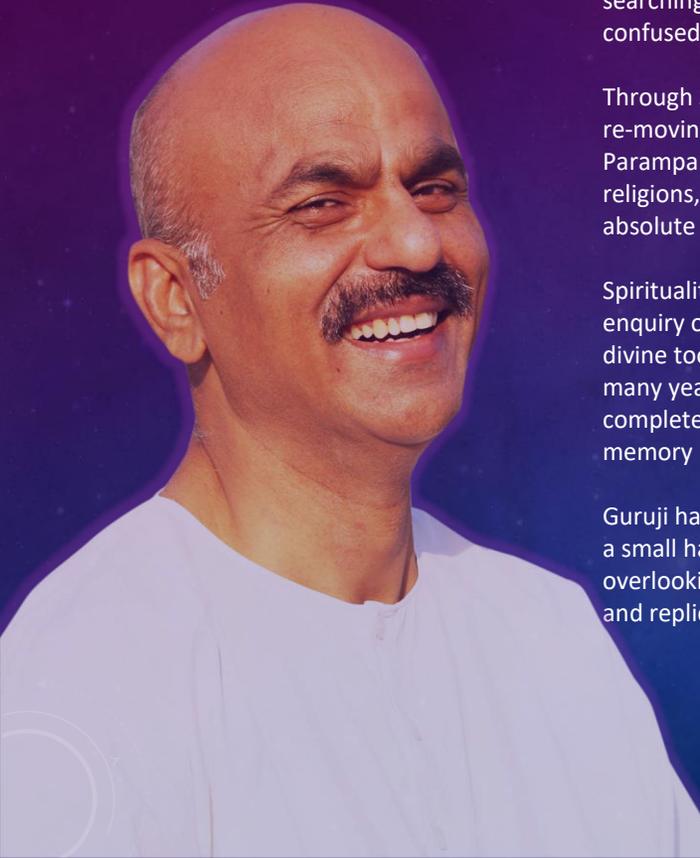
# Sahaj Smriti Yog

In the present times, Sahaj Smriti Yog is the simple and spontaneous way of knowing and remembering our ultimate divine identity which most of us have unfortunately forgotten under the constant influence of worries, undue attachment, doubt and illusion. In this forgotten, disillusioned state, we are unable to transcend beyond the influence of habitual nature, karma and time and attain union with the ultimate. The separation from our essential nature started from the beginning of time.



The play of time and our tendencies across our innumerable births has been creating our impressions accumulated as false identity at various points of our 'being'. To attain the transformation we seek in ourselves, in our nature, in our daily life, a timeline of 24 hours should be understood, accepted and acted upon, as this is universal consensus, otherwise also. With determination and remembrance of our respective Guru, we must follow this path until our consciousness becomes one with that eternal moment. When this happens, you become peace or peace follows you.

# Guruji



Guruji Nandkishore Tiwari is an extraordinarily simple person and this veil of ordinariness hides his yogic and mystic persona. But for true seekers, the ones coming only for Satsang, it doesn't take much time to discover the miraculous reality beyond this veil. Those who come searching for spirituality in logics, magics and miracles, they go confused with his simplicity.

Through Sahaj Smriti Yog and as a family person (Gruhasth), Guruji is re-moving the veil of time that hides the continuity of eternal Guru Parampara in its simplest incarnation. All other divisive identities of religions, genders, nations ethnicities dissolve in the purity of this absolute relation.

Spirituality opened itself up as the solution to Guruji's existential enquiry or curiosity. In this birth, the first mysterious visions of the divine took place when Guruji was about two and a half years old and many years later, Guruji met his Guru and at that very moment, completeness happened. Pure, timeless, eternal and spontaneous memory became completely clear to him.

Guruji has established DARPAN Sahaj Smriti Yoga Ashram at Urigam, a small hamlet nestled in the lap of the picturesque forest valley overlooking Noorundumalai hills. A place styled to make amenable and replicable to all willing human beings residing on earth.

For Guruji's spiritual contribution, he received the Acharya Chanakya Award - 2018. Bangalore based NIMHANS appointed Guruji as a philosopher and guide for the inclusion of spiritual perspective in the treatment of patients mostly suffering from addictions and mental diseases.



Mirroring Life

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