

HIS PHONE

By admin Jun 1, 2017

His Phone

Ages & Epoch belong to time, Only the fleeting moment is Eternal

Learning 3 step rhythmic breathing technique (3SRB) every 3 days a week was a regular routine past four years. Every Tuesday, Thursday & Saturday evening my yoga teacher would play on his typical INTEX 10,000 rupees simple android mobile phone, music related to these breathing exercises & I use to do sincerely those 9 exercises to evolve in every way possible. His phone was like his data store, talks of Sarvapriyananda from Vivekananda Center, Meditation & Yoganindra steps of Swami Raam, Eckhart Tolle lectures, Prayers & what not. Many times when he faced problems in downloading his favorite lectures from internet, or missing some good video series from what's up, we, his few close students use to push him to change his INTEX mobile so that he can enjoy his teaching & learning with a much better tool. But he was so much attached to his INTEX phone, he always use to say, I am comfortable with this phone, not the touch screen things... I like this button-kind simple tool for my spiritual records & exercise music.

Suddenly one fine day he got paralysis attack & soon we lost him. My life's important support system was gone in no time!! O Lord, His demise was a great vacuum.... Amidst the pain & shock, I went to his house to wish my last goodbye & prayers. Reaching there, I went close to his garlanded picture to pay my homage & offered flowers. There, I saw on a nearby table along with speakers was his phone, that same black INTEX phone. I was speechless & stunt for few moments. It was difficult to digest that his favorite phone was now playing bhajans & prayers on his own death!! This phone had almost become an identity of my teacher for all these years. But today, the time was revealing something different.

The INTEX became a messenger for the harsh naked truth of life that *NOTHING IS PERMENANT*. Live in this moment, live in NOW, only that moment is yours, nothing else. Impermanence is the law of Universe said Carlene Hatcher Polite. *The only permanent thing in this impermanent world is the imprint of pure love. Like his teachings these years, his death also became a great lesson of life, the lesson of IMPERMENANCE.*

**(THIS BLOG IS DEDICATED TO MY YOGA TEACHER CUM CLOSE FRIEND DILIP BHAVSAR SIR,
WHO NOT ONLY TAUGHT YOGA BUT ALSO MANY SPIRITUAL LESSONS & MADE ME A BETTER
PERSON)**