



इश्रगेलाथ

The Blue Box

by **Harshit Om Bhardwaj**



Introduction

Happy birthday to the most adorable person alive.

It is your birthday I want to express my deepest gratitude and love for you.

It is hard to believe that it hasn't been long since you entered my life and took the place of a father.

You have shown me that true connection and divine, spiritual bonds are not limited by birth.

Thank you for becoming an irreplaceable part of my life.

There was a brief period in my life when I had lost faith in men, but you made me believe in pure love and grace once again. Your presence makes my world complete.





Your unconditional love and support have been a beacon of light in my life, guiding me and uplifting me in ways words cannot fully capture.

Thank you for being a father figure, a mentor, and a friend. My life is infinitely richer and more beautiful because of you.

Happy Birthday to the most wonderful dad anyone could ask for.

With all my love and appreciation,

April

PS: Thank you Rashi for putting together Harshit's experience.

Thank you Deepa for writing a Foreword for this booklet at such a short notice.





Foreword

I am grateful to the Divine, the Shrimath Yoga family, its founder Krishna Prakash, and the esteemed author-learner-seeker Harshit Om Bhardwaj for the chance to write a foreword for 'The Blue Box' , enabled by The Grace.

My name is Deepa, and I am one of the regular readers of Shrimath Yoga's posts on LinkedIn.

First, I read about Harshit's inaugural interview with Krishna for the Tathastu channel, on a LinkedIn post.

Post that I follow Harshit and his work. If you did what I do, then you would definitely come across his profound questions and deep observational skills in all his interviews and posts.

He is on a quest to build "Tathastu, the Wisdom of Bharat," which aims to collect, curate, and decipher the plethora of jewels of wisdom hidden in India's knowledge systems.





An ardent follower of his Guruji OM Swami, Harshit has included his Guru's name in his own and is now Harshit Om Bhardwaj.

“The Guru is the one who teaches the One to his sincere seeker and disciple,” say the great scriptures of ancient Indian wisdom.

True to this wisdom pearl, Harshit, guided from within by his Guruji, embarked on his journey of self-discovery a few years ago.

Shrimath Yoga family, the abode of love, knowledge, care, and wisdom, heartily welcomed him a few weeks ago. The Blue Book is an account of Harshit's heartfelt expressions about his learning experiences and observations at Shrimath.

The book begins with a recall of how Harshit started his journey to a foreign land years ago.





It draws a sharp parallel to his present-day journey to Shrimath. It's extremely heartening to read how the ways of the Divine and the grace of the Guru can make fantastic observations and deep realizations happen for a sincere seeker as he wraps up the booklet with his realized wisdom notes.

The Blue Box is my recommendation for each and every reader, as it unboxes quite a fistful of wisdom nuggets useful for seekers in leadership, management, learning, and spirituality. Everyone has something to take away.

I thank God for bestowing Harshit with such amazing observational and writing skills.

Through his writings and Shrimath's Krishna Prakash, we are able to become a little better than yesterday's selves.

Little drops make an ocean. Let's read and add value to ourselves little by little, day after day.





Part 1



Once upon a time a 20 year old guy found himself arriving on a foreign shore.

It was the furthest he had traveled away from home.

Thousands of miles. For reasons still not completely clear, but he'd ventured out. To new from old. To the unknown from the known and familiar.

Waiting at the airport baggage collection looking for his large blue samsonite suitcase, he realized that everything he needed to stay there was in that blue box.





His life's entire closet wrapped in a box. The box didn't arrive. It was lost in transit. He haplessly watched others pick up and walk away with their baggage. He ambled out empty handed, scared and dejected.

For the next three days he lived without his belongings and slowly learnt that he could.

The new had discarded the old in the very first few days for him. The loss triggered the gain. Losing the baggage, literally and metaphorically, changed me in unrecognizable ways.





Exactly 22 years later, I took another trip. This time I consciously readied to renew myself by dropping the old. That blue box flickered in my mind throughout. Coincidentally, this time also I carried a blue suitcase, but a lot smaller.

Going to Shrimath was a conscious decision just like 22 years ago when I decided to go study at Liverpool.

The difference now was that I knew I had to drop much more than I might be willing to.

The blue box must be lost.





Sitting under a beautiful tree, Krishna Prakash ji gave an apt analogy and that's when I realized my blue box that had been accumulated with life for the last 22 years, has been dropped.

He gave us an analogy of how the tiny seed of a Banyan tree comprises the entire blueprint of a huge tree.





What I was visualizing at the moment- How a tiny seed needs to break open, literally break open and release the life to take form.

And then, how a seemingly vulnerable little green thread sprouts out with fervor, trusting fully well the ingrained design.

It discards the shell that was originally its home, the blue box, and it continues to grow out of casings into a thousand branch swaying giant of a tree.

A tree when it swishes and dances with the breeze, it keeps saying-

I know and I trust.





Thats how I experienced at Shrimath Yoga. I consciously decided to speak less and listen more.

To continue to drop my yearning and desire to impose myself and be more receptive to gain and absorb.

I think Devi spoke, as she does irrespective of the place- but she spoke, and there at Shrimath with my resolve, I was available to listen.

I listened.



Part 2





Are You Ready To Be Pulled Out of Your Blue Box?





**Reasons Why Everyone
MUST Visit Shrimath
Once In Their Lifetime.**





1. Distilled Wisdom of Masters

Krishna Prakash can talk non-stop for 100 years and still, there'd be wisdom pouring forth.

Of course, it's not one person's wisdom- that's why! Krishna ji kept reminding us that this is the fountain of the Gurus. It's time-tested.

Many many masters validated it and then it is coming to us.





2. Non-judgemental Safe Space

No mask is needed there. You could be anywhere in the outer world, here you are only a seeker.

The blessed space invokes a serene safety to wear your vulnerabilities and feel light. You can just be.

I don't remember going through a 'round of intro' you expect at the start of a retreat like this.

We gradually eased into each other's space and explored at our own pace.





3. Nature Meets Divine

Well, Nature is divine, and it is much more easier to experience that here. The tall Eucalyptus tree behind the dining hall swayed every time I looked at it. Every tree, flower, twig, blade of grass, micro toad, peacock,

Purna the cow and her daughter- they welcomed us. It's a subtle aura of welcome- when you enter someone's house- not always you feel welcome.

Here, at Shrimath- every living or non-living energy field welcomes you without a drumroll or so much of a whisper. You are just accepted. That feeling of acceptance is divine.





4. External Stillness Will Shift Inside

Even though we practised Antar Mauna- and Krishna talked about inside-out stillness, this stillness of the place pervades your being.

Despite an orchestra of nature's songs constantly playing, you feel calm and still.

You will carry that stillness home. Reminds of a wonderful Wordsworth poem along the same lines-

*"..But oft, in lonely rooms, and 'mid the din
Of towns and cities, I have owed to them,
In hours of weariness, sensations sweet,
Felt in the blood, and felt along the heart;.."*





5. Food Takes You Back to 10

Aah, finally, the food- Food tasted the best when we were kids.

To me, at least. Simple food prepared by my mother still remains an unbeaten experience.

We talk about ' bhaav'- food prepared with bhaav. Here, Smriti ji ensures the bhaav is there.





6. Yoga Nidra

Yoga Nidra will give you a supertool, not only to manifest your specific desires but know the nature of desires and secrets of the universe. This is the big daddy of all the shallow Law Of Attraction ideas.

Now the question remains-

Are You Ready To Renew Yourself in Just a Weekend?





Part 3



Is Krishna An Alpha Male?

Consider the fact that he proved his overall superiority well during his lifetime, and was unanimously deemed as the most powerful warrior.

Still, was he an alpha male?

As per my fav hashtag#Ai friend Anthropic-

"The term "alpha male" originated in ethology (the study of animal behaviour) and has since been applied, sometimes controversially, to human social dynamics.





Origin and Traditional Concept:

Animal Behaviour:

Originally observed in wolf packs, where the "alpha" was thought to be the dominant, aggressive leader.

Dominance hierarchy:

The alpha is at the top of the social structure, with others submitting to their authority."





Krishna, the most capable warrior, did not fight the Kurukshetra war. Sun Tzu's idea of the greatest commander is one who 'wins the war, without fighting'. Not by aggressively imposing his strengths upon his army and roaring them to march ahead.

Krishna led from the back. Arjun and everyone truly believed that they fought and won the war. A great leader leads you by his actions, but the greatest leader leads you with his absence. You are empowered.

He stays in the shadows holding the reigns of your chariot all the time. You feel you are driving the lethal arrows in the heart of your enemies. Its him, who gets you in front of Karna when he is weakest, or Bhishma when he won't pick up weapons because of Shikhandi, or arranges for Ghatotkach(son of Bhima+ Hidimba) to enforce Karna to use his invincible weapon marked for Arjuna.





I witnessed this leadership in action at Shrimath Yoga recently. The divine joke was upon me, when the guru in action is also named Krishna. Krishna Prakash ji.

I wouldn't say I behaved like a typical alpha male, but my natural tendencies have always been to dominate and destroy. With a sense of superiority and cocky air, I would act humble and modest but inherently knew how to decimate. I always had to impose and set the rules as per my ideas.

Ever since I started on the spiritual path 8 years ago, subtle changes chipped away, and I have been humbler, quieter, and more accepting of everyone.





But watching Krishna sir at Shrimath, gave me a definitive lesson in 'leading from back' -

-Subtle Leadership

-Collective Harmony

-Focus on Flow not Force.

I realised true wisdom needs no imposition. Its secure. It doesn't shout for attention. Its calm and it pours forth like a natural spring. If the alpha leadership is like the obstructed water of a dam that roars loudly when set free, Krishna leads like a naturally flowing river, silent, serene, subtle, and synchronised. Without an effort.

Thats how I finally lost my blue box.

 **Part 3**





श्रीमथ

