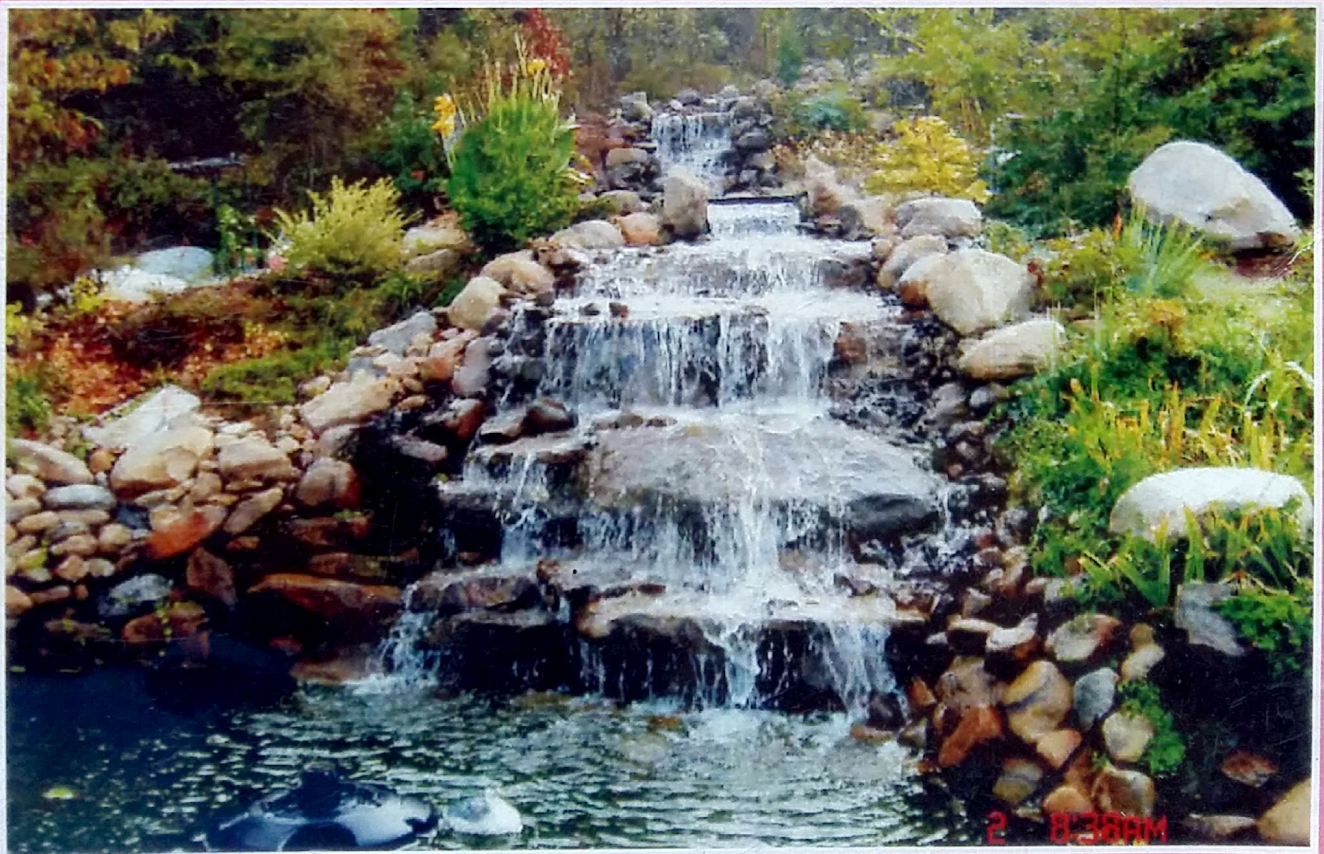




*Spiritual Thoughts
of
Dada Bhagwan*



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Gurpreet Singh
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WHO AM I

ॐ सत्गुरुवे नमः
वन्दे कृष्णम् जगत् गुरुं !

Everyone wants happiness, bliss and harmony in life, as our real nature is SAT CHIT ANAND i.e. truth, knowledge and bliss. When knowledge shines, darkness is eradicated and truth illumines. We cannot take the darkness away but in the presence of light, there is no darkness. Similarly anger, jealousy, hatred, anxiety, worry and all other negative emotions disappear in the light of real knowledge.

Everyone is trying to seek permanent happiness in the materialistic world—by earning money, name, fame, cars and palatial houses etc. But nothing in this world can give permanent bliss because everything is subject to change. Money, health, relationships, name, fame, positions everything changes. Today, one may have money but tomorrow, business may fail. Health deteriorates with age and illness, nobody has name, fame, position forever, as everything in this

world follows a graph, what goes up has to come down. No one can remain at the top forever.

A spiritual teacher (Guru) is the one who eliminates the darkness and brings the disciple (sadhak) into the light of knowledge. He motivates, inspires and transforms the lives of people who are true seekers of knowledge. When a disciple goes to a guru and says, 'I want liberation from the miseries and all the unhappiness of this world which is so full of dualities,' viz. birth and death, joy and sorrow, health and disease, youth and old age, richness and poverty and so on. He says I want permanent happiness, joy and bliss. Guru tells him mind (mann) is the source of all happiness and unhappiness. It is the cause of all miseries, birth and death. One who can control his mind and stops identifying with the mind can get true joy. This mind is very unstable, unstopable, uncontrollable and unsatiable.

Arjun tells Shri Krishna in Bhagvatgita; one can control the wind but it is very difficult to control the mind as it runs even faster than the wind. The velocity of the wind is not so fast that it can reach a distant place like America in minutes but the mind can think or reach there in a fraction of a second. Shri Krishna answers in Bhagvatgita that with the love and knowledge of the supreme and renunciation and detachment from me and mine and other worldly affairs, the mind can be controlled easily.

The spiritual teacher further explains, that the best way to control the mind is by questioning, "WHO AM I?" There are two things –one changeable and the other unchangeable.

Changeable – This physical body, mind, intellect and the whole world is changing. Let's examine the physical body from the time this body was born till today. It has changed tremendously childhood, teenage, adulthood and old age; the body is subject to all. But if some one asks, "Have you changed?" The disciple replies, "No, I am the same, the body has changed," that means, the body keeps changing but I do not change. Which shows that I am separate from the body. If the microchip in our brain opens and we can recall all our previous births, we will say in one birth I was a teacher, in one I was a poor farmer, beggar, doctor and so on... This example shows the bodies kept changing but I am that consciousness, that awareness, that spirit, that energy which is omnipresent, omnipotent and all pervading.

Unchangeable – The power, the being, the consciousness, due to which, the very existence of this whole universe is possible is unchangeable. And my real self is unchangeable. This point can be better understood by the following example: -

The appliances can be any as fan, bulb, tube light, mixer etc. and they are subject to change. But the electricity is constant. In the same way, the body keeps changing but the one due to whose

powers, the existence of the body is possible is unchangeable.

Another example is of a pitcher and mud. The mud is universal as it is present in the atmosphere, making many types of utensils, everywhere, but the pitcher is only the pitcher. It is subject to being worn out, it can be broken into pieces, it can be big, small and beautiful but the basic element MUD remains the same and is not subject to change. So when the pitcher realizes that I am this mud and pitcher is only temporary, but mud is omnipresent, then the joys and sorrows and wearing out of the pitcher's state do not affect it. Same way when we realize that body is only temporary but the consciousness is omnipresent. The body is subject to youth, old age, illness and death but I am that ATMA, which is unchangeable and is observer of all the states of body.

In the language of gyan (knowledge) we say, the body has grown old, it is sick, but in me, there is no sin no sickness no death. I am that ATMA. When the body has to undergo an operation or there is a suffering, we say that the body is suffering but I am the witness.

For further understanding, we can take this illustration that we never say. I am this hand or I am this stomach but we say—my hands and my legs. So anything, which is mine, is different from me. It cannot be me. As we say my shirt, my skirt and as shirt and skirt are separate from me, same way hands, legs, head are mine not me. So all this

shows that I am not this physical body but the observer.

To make the theory more clear, the observer is always different from the scene like we see a book, a watch, a mike; anything but we are not these objects. We are the one who is looking at it. Similarly, we can see the body, the body is the scene and I am the observer. I can see the body changing, working, sleeping, eating but I am the observer and the body is observed. So when we direct our consciousness away from the body and concentrate it on the self, we can clearly feel that the body is walking, talking but I am different from this body. In Bhagvatgita Shri Krishna says as a man discards old clothes and wears new clothes, same way with time, we discard the body and change into new one. So death is just the change of dress and address.

So, to be in the state of constant bliss, do not identify with the body as the body is subject to continuous change so if we identify with the changeable, our bliss and happiness will also keep on changing. When by the grace of true Guru, we realize that we are omnipresent, omnipotent and all pervading consciousness (soul, atam tatva) then we say, I am one with the whole universe. The illustration – when wave knows I am water from the point of view of element, then it realizes – I am one with the whole ocean. It then becomes vast, unending and limitless, as water is everywhere. Similarly, when we realize we are that energy and

that life producing power is the same in all, we become one with all. This realization gives immense happiness. When we come into the awareness that all human beings, animals, trees etc. are one with me because the life giving power is one in all, then only we feel oneness and sameness with all. And this realization of oneness and sameness lets love flow.

Love is that divine attribute which transforms our very being and gives us immense happiness. Being in the state of love and seeing all as your true self is real love. Loving one person or just letting love be limited to our family is not true love. Family is the centre of love but it should not become the circumference of love. When love is limited and conditional, expectations rise high and they cause disappointments and heart burn but when love becomes unconditional and we feel one with all, then there are no expectations and limits in love because loving one person focuses all our attention on that very person. As we know that mood of every person is changeable so our happiness also depends on his moods.

When, we have love for all, and are in continuous state of awareness, we are in the state of love always and nothing disturbs our peace of mind then only we can remain unaffected by the changing situations and moods of people around. Love is not an action. It is a state of mind. So always be in the state of love and let love flow. Being in the state of love gives immeasurable

happiness and love and happiness show that we are in our real self.

Non-identification with the mind:

The cause of misery, birth, death all is due to identification with the mind. What is mind? The continuous flow of thoughts is the mind. In one second, an average person has at least 2-3 thoughts so that makes 120-180 thoughts per minute. There is a continuous thought parade. No sooner a thought arises, we identify with it and become happy or sad. Now, to be in the continuous state of bliss, peace, happiness, and serenity we should know I am not this mind because I can see and feel the mind. The thoughts keep changing continuously and as we observe the mind, we can feel that the mind is different from me and what is seen is different from the one who is seeing. I am the observer of these thoughts, I remain the same. I do not change that means I am not the mind.

Mind is a tool, an instrument:-

Mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. It is not so much you use your mind wrongly—you usually do not use it at all it uses you. This is a disease. You believe that you are mind this is delusion. The instrument has taken over you. We use the boat to cross the river but when the river is crossed, we do not carry the boat. Carrying the boat would be a burden. Similarly

especially the negative thoughts, the more miserable we are. To make it more clear, take the example of a ball. If we are standing on a staircase and the ball falls from our hands. If we catch it immediately, we remain in-charge of the ball but if it starts slipping down the stairs, it is impossible to catch it. Similarly, as soon as the negative thought comes, ask yourself the question. Who am I? I am not this mind the moment we detach from the mind, the flow of thoughts is either stopped or we ignore them. When Guru asks the disciple, "the mind changes, but do you change?" He answers, "Mind changes but I remain the same. I am the observer of the mind and I am not the thinking mind (mann)."

2. Budhi or the Intellect:

Intellect is that part of the brain which takes decision. The intellect also keeps changing. As a child we say, I want to become a doctor but as years pass by, we say I'll be a businessman or an engineer. Sometimes I say, I'll do this, sometimes I'll do that. The decisions of the intellect keep changing. When Guru asks, "Have you changed?" The disciple answers, "No, the intellect, the decisions have changed but I am the observer of this intellect. I do not change." There are two types of intellect—a) Fickle minded and b) Determined. When our goal, values and priorities are very clear, we are determined. And in spirituality, our goal is being in continuous

remembrance of the self. And then we find it easy to detach from the intellect.

3. Chith or the Store house of memories:-

This part of the brain stores all good, bad experiences of many births. All biases, prejudices, likes and dislikes all are stored here. Any experience to which we react emotionally is stored here. It is also known as the subconscious mind.

Subconscious mind:-

It does not have the power of discrimination. It collects all it sees, hears and experiences. In contrast to that, conscious mind is that part of brain which acts with all the five senses, thinks, discriminates and tries to do the right action. Actions of the conscious mind are always coloured by the experiences of the sub-conscious mind. The more dirt, i.e. hatred, jealousy, negative thinking is stored in the subconscious mind; it'll be difficult to think rationally and correctly. If the subconscious mind can be purged of all the negative feelings of hate, fear, jealousy, likes, dislikes, doubt; then the conscious mind becomes calm otherwise it keeps on agitating. An example to illustrate how the subconscious mind colours the conscious mind is:-

A worker in house tells a lie. We have caught him telling a lie but with time he changes and stops telling lie. And the moment he speaks again, our subconscious mind will say, he is telling a lie do not trust him.

Another example to clarify this point is: -

If a person tries for a job and fails in one or two interviews, every time he'll go for an interview, the subconscious mind will say you'll not get selected. This is how it influences the present action. Guru tells us we are not the subconscious mind or chith. Any likes, dislikes, past experiences the sub-conscious mind brings, just observe them and leave them. Do not mix with them when we stop listening to the subconscious mind, it starts becoming clean and calm. All negative emotions come to the surface. We should observe them and leave them but for this, one has to be very alert, awake and conscious. When we are awake, we realize these are all past memories, they can not disturb me.

Ex:- When we go to a railway station, the microphone announces the arrival and departure of various trains. We listen to the timings of the train in which we have to travel, and we ignore whatever else the microphone says. Similarly, when we know, we are not the subconscious mind, it may say anything, but we will just ignore it. If we do not mix with the sub-conscious mind, it becomes purged of all the impurities and stops disturbing the conscious mind.

Suppression, reaction and projection:-

Suppression:-

Whenever an emotion comes to the mind like anger, hatred, jealousy, we try to suppress

them. And when we suppress the negative emotions, the positive also gets suppressed. Suppression is like holding an inflated beach ball on the sea with the pressure of your palm. The waves will continuously try to dislodge the ball from your grip. How much pressure and energy one has to apply to keep the ball in place. The moment, a strong wave comes, the ball will spring from your grip causing a great splash. Exactly the same way, when we suppress our feelings of resentment, anger, worry, jealousy, we can withhold them for some time, but any big cause will again bring them back with a greater force. People, who suppress their anger, end up getting more angry. So do not suppress your feelings as it causes many diseases like depression, anxiety, heart problem, and nervous disorders.

Reaction:-

It is basically reacting to the feelings that come to our mind. Reaction occurs when any negative emotion overpowers us and we are not able to control our anger, hatred and resentment towards a particular person, situation or thing. When we react i.e. give vent to our anger, we feel relaxed temporarily. But very soon, an uneasiness empowers us, because we have become the slave of our emotions that moment. We are not in control of them, they have empowered us. Reacting is like becoming a push button machine. Anyone can make us angry, sad, happy or jealous. Any adverse or undesirable situation can provoke

us. I am the master of my mind. Nothing can disturb my peace of mind. No emotion can overpower me.

Be an initiator not a reactor : Whenever we are a reactor, there is often a chain reaction. For example, Boss scolds his subordinate. Subordinate, when goes home gets angry with his wife. Wife in turn slaps the children and the children start fighting and break the toys. Everyone is a reactor no one is the initiator i.e. no one tries not to react and change the situation. Another small story to illustrate the same point is:-

A father and a daughter go to a restaurant and the waiter is very unresponsive and grumpy. The daughter reacts and complains to her father that how dull the waiter is. The father says do not let him spoil your mood. See how'll I change his mood. The father calls the waiter and gives him a hundred-rupee note and asks to get the change. And also said, "you'll get a good tip if you serve 'enthusiastically.'" The waiter immediately becomes interested and starts serving interestedly. Father smiles and says we do not have to be a reactor but we can be an initiator. Daughter is the reactor but father is an initiator. So learn to be an initiator and not to react to become a slave of your emotions.

Projection: It is blaming someone else for our problems and unhappiness. When we blame others for our life and situations, we lose the power to change ourselves; because we consider someone

else responsible for our miseries. No one is responsible for anything in our life we are 100% responsible for everything in our life. So stop blaming. It is no solution.

Solution:- We have neither to react, suppress nor project our emotions. Emotion—is energy—in — motion. Whenever any emotion, especially negative comes, just observe and leave them. As the waves of the ocean is neither good nor bad; similarly, any type of feelings can come in mind. They are neither good nor bad. Just observe them and leave them. And act upon the positive emotion like happiness, joy etc. You are not the mind so learn to detach and do not mix with the feelings. Detachment with the mind gives us power over it. We can immediately stop the flow of negative thoughts. How to remain detached from the mind is further illustrated by an example. As your house is on a high way many vehicles pass everyday. We just see and leave them. Same way, let the thoughts come and go, do not mix with them. When the vehicles keep moving, there is no disturbance but when there is a traffic jam, it becomes very chaotic and crowded. So when our thoughts stop and we identify with the mind, there is overcrowding of thoughts. But as we stop mixing with the mind, thoughts become lesser and the gap between two thoughts increases. When this happens, we find peace, serenity, bliss which is our real nature. Non-identification with the mind is the key to bliss. We are all a fountainhead of joy. We

can experience that joy when our mind is not thinking this or that. Mind is like a tool; when required use it. When it is not needed, just detach from it and leave it.

Live in the present: If we observe the mind, most of the time it has thoughts of either past or future. Past is like rotten fruit. It is like eating from the dustbin. It is like a cancelled cheque. Neither we eat a rotten fruit nor we eat from the dustbin, the same way a cancelled cheque is useless.

Thinking of the past is also useless. It just makes our mind sick and disturbed. Concentration and detachment should be practiced simultaneously. Detach from the unpleasant past and concentrate on the present. We never say that 'God was' or 'God will be'. We always say 'God is' so when we are in the present, we are with God in our real self.

Thinking of the future is like a raw fruit, like a promissory note. Yesterday is a cancelled cheque, tomorrow is a promissory note and today is the cash money, which we can spend very wisely. Yesterday is history, tomorrow is a mystery, today is present, a gift from God. Live one day at a time. Live each day.

Example -- Guruji goes to a Premi's office, Premi says, I am very disturbed. There is so much work, that it really puzzles me. Guru looks around in the office and sees the planner (calendar) of whole year in his room. Seeing the whole year's work was overburdening for him. So Guru changes the

planner and puts a one-day calendar. Now the disciple sees what is to be done today and so there is no tension, but attention. Obsession with the future and regrets of yesterday disturbs the mind. Make a point to live in the moment. The moment a thought of past or future comes, just delete it. Today is the best day. When we are in the present, we are in our real self.

Be busy in constructive work: An empty mind is devil's workshop. Idle mind plays havoc. So keep yourself busy in the service of others, selfless work, work without expectations and desires keep the body busy and mind thoughtless. Let the hands be busy in service and let the mind be concentrated in your real self. Swami Vivekananda says, success means being still in an ocean of motion. In nature, we observe that the wheel of the cart moves but the axis remains constant. The blades of the fan move but the axis or the centre portion remain constant. The nature teaches us to be still in an ocean of motion. Obsession of the result and too many expectations agitate the mind. The mind is like a serene lake and expectations are like pebbles in the serene lake. The pebble causes ripples and the serenity is disturbed. So do your best and leave the rest. Give your 100% and leave the result to God. Expectations reduce joy in life. Wants make us beggars. $\text{Man} + \text{desire} = \text{dog}$ and $\text{Man} - \text{desire} = \text{God}$.

Desires take you away from your real self. In Bhagvatgita, Shri Krishna says. As the fire is

covered with smoke, mirror is covered with dust and foetus in the mother's womb is covered with a membrane, so the knowledge of our real self is covered with desires. Shri Krishna says, beyond the senses is the mind, beyond the mind is the intellect and beyond the intellect is our real self (atma, consciousness). Realizing your true self gives farewell to desires because desire is like a sand particle in your eye. As the eye becomes restless with the sand particle, same way even one desire is enough to disturb you. Just deserve but do not desire.

Selfless work, unselfishness (Nishkam seva) keeps you thoughtless and gives you true peace of mind. In Bhagvatgita, Shri Krishna says for the knowledge of your real self, selfless work and being totally unselfish is essential.

4. Ego or Ahankar --

What is Ego? Identification with the mind and body gives rise to ego. There are two I's. The small i has a dot of ego but the capital I is independent. The small i signifies 'me' and 'mine'. The person identifying with the small i says I am happy, sad, old, glad, suffering. This house, children, property, car, relatives all are mine. 'Me' and 'mine' are the root cause of all troubles. With ego also comes 'doership' i.e. I am the doer but the powers behind the body is of the real self i.e. atma. Doership makes us very heavy with the burden of the thoughts, and boosts our ego.

There were two donkeys. One was laden with salt and other with cotton. They both went into the water. When they came out of water, the one with salt became totally weightless as the salt dissolved in water and the one laden with cotton became very heavy as the cotton soaked all the water. Just like that the person with ego and doership goes into the world, comes back heavy and the one devoid of ego remains light. Guru says,

'Ego gone, gone all the troubles.'

How to overcome ego:-

When we come in contact of satguru, he makes us understand, as stated earlier that we are not this body and mind, and our real self is atma (consciousness). Our real self is denoted by the capital I and the one who identifies with I, says I am love, I am birthless, deathless, egoless, desireless, and doubtless and I am one with the whole universe. My consciousness is present in the stars, moon, sun, trees, flowers, and chirping birds. I am one with the whole being. As stated earlier, the pitcher has problems but the mud has no problems. The mud is liberated (mukt swaroop) as it is omnipresent but pitcher is limited. The wave rises and falls from and into the ocean so it has birth and death. It has pleasure and pain but when it realizes I am one with the ocean, there is only joy and bliss. So knowledge of our real self

obliterates the ego and makes us one with the universe.

CONCLUSION:

By the grace of Satguru one realizes—that there is only consciousness (ATAM TATVA) that has taken the form of the whole world. Bible says there is nothing but God. One became many. So the name and form that appear in the world are unreal. Reality is only consciousness, (Atam Tatva). Hence the seeker of Truth always keeps his mind concentrated on his REAL SELF. What is required is continuous remembrance of the SELF. Now the question arises what about our worldly duties? For this Guru says—“This world is like a big play where we all are playing our role. We are all playing the role of mother, father, daughter, son, husband, wife, businessman, doctor, but in reality they are only roles. As Amitabh Bachan while playing his role in the picture does not become, happy or sad with whatever happens in the role. Although, he plays the role, he remains un-affected, by whatever happens in the role as he knows his real self Amitabh Bachan. Similarly the play of the world will go on, but realizing our true self, we will be unaffected by the happenings in the role. Just be concentrated in your real self and let the play go on. Continuous remembrance of the self gives permanent bliss and everlasting happiness.

EGO

Today one sees so much sorrow, grief, dissatisfaction all around, although there is so much material progress —Computers, mobile phones, a huge pay packet. Yet it has failed to give true happiness. If we observe life closely, we realize that the root cause of misery is ego. This world is a manifestation and extension of ego. Ego has made all humanity dance a deadly dance. It has made life miserable, depressed, hollow. We look at the lives of successful people film stars, writers they are hollowed by divorces, loneliness, drinks, extra marital relationships, links with underworld dons. Big businessmen, socialites doctors, professionals have all material possessions but again stress, anxiety, heart problems, blood pressure makes their life a burden. It is the ego that wants name, money, power, fame. The ego is never satisfied by these. Much wants more is a disease and the pot of ego is always empty. Material things do not give complete fulfillment. The moment we acquire one thing, the race for another starts.

An egoless loving heart does not desire these things. His love and service to humanity draws everything to him. Since he is desireless and egoless, there is no stress and anxiety. His life is a celebration.

In Hindi, the word 'अहंकार' can be denoted as अहम् कार i.e. I am the car. How can one be the car, one is the driver. Ego is due to ignorance, considering ourselves as the body and identifying with the mind, although we are the consciousness (atma) by which the body, mind are functioning. Hence identifying with what we are not, is ego. We are the all pervading, unlimited consciousness, we limit ourselves to the body and mind, this is ego. Without knowing our real self, every act a person performs, is to satisfy his ego. All desires, greed, jealousy, anger, attachment are all by-products of ego. They all have their origin in it.

Loss of contact with our true self gives rise to ego. Knowing yourself as the finite, limited changeable body and mind is ego. It is the ego that polarizes the mind and creates the world of good and evil, pleasure and pain. The harvest of egoistic living is fatigue, failure, anxiety and frustration. The more the ego creates 'me' and 'mine', the more one gets choked up and pushed into isolation. The more we cling to the "I" and want things to happen our way, the more miserable and disturbed we become.

UNDERSTAND YOUR EGO:

All misery, possessiveness, mood off, comparison are the result of ego.

Possessiveness:

You are mine, you should only love me, why do you talk to that person, why you ignore

me, why do you come so late, you have no time for me, why do you shout at me in front of all family members, why do you insult me, all this is ego. We mistake all this for love, we mistake possessiveness for love but possessiveness is only ego because you are just thinking about what makes you happy.

Blaming and complaining:

Blaming others for our unhappiness, complaining and pointing the finger towards the other are all the result of being centered around the "I". An egoist person always blames and complains. The more one blames, the more miserable one becomes, as we cannot change anyone, we can only change ourselves. Ego only blames, love sees its own faults and tries to improve. One blames husband, wife, parents, children, boss and everyone around for his unhappiness, but never sees where am I wrong? How am I responsible for this misery? Ego is very easily hurt. The more a person cries, feels wronged, is hurt, the more egoistic he is. No one likes to be around negative and complaining people. Thus an egoist is deserted by everyone and becomes lonely.

Expectations and boundations:

Expectations from husband, wife, children, parents are all the result of ego. We drive our loved ones away from us due to expectations. Parents today, want their children to get 90% marks, to do well in life, to get a good job, to excel

everywhere. They make their children the extension of their unfulfilled ambitions and desires. They want them to become what they could not. This pressurizes the children so much that during board exams, so many children commit suicide, main reason is parental expectations. There are two things one is roots and the other is wings. Roots – are the values, the education we give our loved ones. Wings- is freedom. We do not want to give freedom. We don't let the children grow and become independent. We don't let the children choose the subject of their choice. We are always on their head, do this, don't do this, eat this, do not watch t.v. The home is no better than a prison, where the parents give no freedom.

Similarly, marriage is known as the 'death of love.' In love marriages, the couple enters through the door and love flies through the window. During courtship, we show our best but when staying together, the negative aspects of our personality also start coming out. Both the partners start expecting too much from each other and start giving boundations. They both complain—You have changed, now you don't love me, you have no time for me, you do not express your love. The moment you make someone your own, he will start bounding you. अहंकार हमेशा बंधन देता है परन्तु प्रेम-स्वतन्त्रता। Boundation is always fear based. When you have given so much love, make the loved one free, he can not leave or desert you. Have faith in your love. Ego always give

boundations: don't sing, don't dance, don't cry, don't laugh, don't talk too much on the phone, etc. etc.

Eg. Once, there were two children. Visitors asked them, what is your name? They replied, 'मत कर।' (Don't do this) visitors said we've never heard such a name. Names are Seeta, Geeta, Ramesh, Naresh but your name sounds very different. The children replied, our parents never call us by our names. They are always saying 'मत कर।' (Don't do this). So we think, this is our name. This example shows what is the state of affairs in our homes. We have made our life and the life of our loved ones miserable.

Do not give boundation. Learn to give freedom. Then only we'll be happy. All misery is self created. Ego makes one lonely, sad, miserable, frustrated and then ego sings,

इस भरी दुनिया में कोई हमारा ना हुआ,
गैर तो गैर अपनों का सहारा ना हुआ ।

This song shows its not that nobody loves me but I drove away my loved ones by too much expectations and boundations. I could not forgo my ego and my ego isolated me. Love always gives freedom and never expects and says—you do your best, work hard, and we are happy with what you achieve.

ANGER:

Whenever there is mood off, anger, the origin is ego. If after getting angry, you repent, then the cause of anger is ego but if you feel that

these words were necessary for discipline at this moment and there is no repentance and no mood off and you are normal then this is not anger. One is happy and feels loved till the ego is met. The moment our ego is hurt, we feel unloved and angry. When desires are not met, expectations are unfulfilled, it results in angry outbursts. An egoist person loses his temper on trivial matters. Anger is the by-product of ego. To know more about anger, refer to the chapter ANGER.

Jealousy, Comparison, shyness, Hesitation:

These are all, part and parcel of ego. Not able to say what you want, inferiority, superiority are all ego. They are ego because body consciousness is there. The feeling if I don't speak correctly, what would people say, they might laugh; what, if I am wrong? This brings hesitation and shyness and stops us from speaking up. When there is total surrender, love and no body consciousness, ego vanishes.

Actions out of love are automatically done and there is no shyness or hesitation. For e.g. Shabri first tasted each berry and gave the sweet ones to Shri Ram and threw away the sour ones. Even Shri Ram accepted them with love. And same in the case of Vidur's wife, she threw the banana and gave the banana skin to Shri Krishna. She was totally oblivious of body consciousness and was in the state of love.

Jealousy and comparison are also ego. Because when one is full of love, satisfied and

happy, he will not compare or be jealous. He knows that 'I' am one with the whole universe in my real self, and 'other' is hell. He performs his best and is always in the state of love.

Doership:

Doership is also ego. My real self atma is only witness (observer). It is not the doer when we identify with the body, we feel as the doer. Doership creates a lot of pain and suffering. The whole world is suffering with the ego. I did so much for all, what did I get? A man was once ready to commit suicide. When asked the reason, he said, "I did so much for the world, what did I get? This world is selfish and thankless." I don't want to live here.

प्रकृते क्रियमाणानि गुणे, कर्मणि सर्वशः
अहंकारविमूढात्मा कर्ताहमिति मन्यते ।

i.e. all works are done by nature, but an egoist says I am doing it. All nature, sun, moon, air, river work in silence. Can we imagine life without air (O₂) without sunshine or water. They are essential for living yet they are all serving in silence. The whole nature is working relentlessly without any ego. Similarly, this body is also made up of 5 elements and is a part of nature. Let it function in silence without ego.

Man is 98% mental and 2% physical. Without spiritual knowledge, man is only mind, (मन, ego). The thoughts of desire, greed, jealousy, attachment, anxiety, tension originate in the mind and are the by-products of ego. Mixing with these

thoughts and not knowing our real self, we are just a puppet and governed totally by the mind. Non-identification with the mind is liberation (जीवन मुक्ति). Our saints said, living in a state of mental silence, a thoughtless state (मनोनाश) is life of liberation (जीवन मुक्ति).

HOW TO OVERCOME EGO:

To overcome this demon ego, is difficult but possible. To overcome ego, one needs knowledge from an enlightened soul. (सत्गुरु). Love, meditation and service to mankind, all these help to detach from mind and body. Detachment from mind and body leads to GOD-ultimate truth. Now, to overcome ego and to get knowledge, one needs an enlightened person known as Satguru.

SATGURU:

SATGURU is one in a million. Satguru is the divine teacher, he is beyond mind and ego. He is an embodiment of love. He is always in awareness, sakshi bhav. Satguru is the spiritual teacher, who gives knowledge of self and helps the disciple to make self enquiry who am I? He is the divine master who helps us to understand our ego because ego is the main hurdle in spirituality. Without an enlightened teacher, it is very difficult to understand your ego and go beyond that.

Satguru is ocean of love. His love is totally selfless and only for our betterment. To give us knowledge, he sacrifices all his comforts, money and only thinks about the disciple's betterment. So

that, the disciple can be in continuous remembrance of the self. Guru is totally egoless and unselfish. It is only Satguru who sees the disciple a his own self. (जो तू है सो मैं हूँ). He takes the disciple to the same heights where he is. His love and pain is so intense that he wants the disciple to be in his real self and live for the service of humanity.

True guru never gives boundations. He gives knowledge and makes one free. One bounds the disciple when there is selfishness. Love is freedom. An egoist and selfless person can never become a satguru. A satguru is a charismatic person whose love, concern and charisma is so intense that people flock around him. He is never boring. Something interesting is happening around him all the time. He never bounds anyone. People themselves want his company. In his presence, they experience peace of mind, gain knowledge and his love melts their ego.

Satguru is a miracle. One touch, one glance of true guru is enough to show God, provided you are pure. It is guru only who attracts and inspires us to make the journey to our inner self. Mind is like a donkey, always running after sensory pleasures. Mind gets stuck in money, children, husband, house etc. It is guru's love and his charisma which draws us inwards to our real self and guru motivates us to serve the whole humanity.

SATGURU, who is our real well wisher, knows when to be strict and when to give love. One, who is in discipline, is the true disciple. With love only and no strictness, the disciple might get carried away with the mind i.e. ego. When we are in awe of satguru, i.e. we have great love and respect for him and we are afraid not to offend him, then we concentrate all our senses and energy to what he is saying. And even in guru's scolding and strictness, it's his great love, as he wants us to be in our real self.

Satguru wants us to be detached off all the affairs related to the mind and body. They drill in the thought I am not this body, I am that atma and nothing can touch me. Just like a pot maker, who gives the pot a supporting hand from inside and pats the pot heavily and softly as required to give it a proper shape from outside. Similarly, divine satguru has an inner hand of extreme love and outside he scolds; checks and disciplines us to make us capable of the inner journey.

Without the help of Satguru, the inner journey would not be possible.

KNOWLEDGE (GYAN)

Knowledge (gyan) is essential to understand our ego. When we go to a spiritual teacher, he first tells us to do self-enquiry – who am I? He tells us you are not body, mind and senses. You are that

awareness. Body, mind are tools for your use. You are separate from them.

There are 3 basic desires, that motivate all human beings:-

- 1) The desire of immortality
- 2) The desire for unlimited love
- 3) The desire for unbounded joy.

Through our toil and tears, pleasure and pain, hope and despair, life and death, we are trying to fulfill these desires. Only the knowledge of our true self can accomplish this goal. There is no rest, no peace until the self is known. By knowing the self, which is all pervading like the sky, we realize our immortal nature. For e.g., the earthen pot (ghara) is mortal. When the sky looks outside, it thinks that I am the pot. But when the sky sees inwards (antarmukhi), he realizes that I am not the pot but I am the sky. The sky is unlimited and immortal.

What a pitiful condition, the unlimited sky is calling himself a pot which is subject to decay and death. Similarly, we are not the finite body which is subject to death and decay. We are that immortal soul which is imperishable. This knowledge helps us to transcend the fear of death and makes us immortal.

When we know that I am one with the whole universe, then we become an ocean of love. Expecting love always keeps you unfulfilled. When you realize that love is my true self then the desire for unlimited love becomes fulfilled.

Detachment from the mind and seeing all as your own self gives unbounded joy.

For all this, we need knowledge and to make the knowledge permanent, meditation is essential.

MEDITATION

To detach from the mind and body and to be in the real self, meditation is essential. Meditation means living in the moment. It also means quieting the mind and making it one pointed. It is also the process of being thoughtless.

Krishnamurti described it as 'choice less awareness'. Meditation can also be explained as 'Silent prayerful waiting' i.e. a spiritual seeker waits patiently and silently while meditating to go beyond the mind and ego and be in the real self.

Meditation is a technique for gaining mastery over the mind. Mind which is controlled is our best friend and uncontrolled mind is our enemy.

The human mind is known for its restlessness. The Bhagvat gita describes the mind as restless, turbulent, powerful and obstinate. An ancient proverb depicts the restless mind addicted to the pleasure of the senses as a mad elephant.

Swami Vivekanand has compared the restless mind to a monkey who not only is drunk with the wine of desire but is also stung by the scorpion of jealousy and taken over by the demon of pride.

The restless mind is like a monster that can make life a nightmare—but that same mind when subdued and controlled becomes our true friend giving peace and happiness.

What is the way to overcome the restlessness of the mind?

- A) When we pamper whatever desire arises in the mind, the mind becomes more restless. Much wants more. So fulfilling the desire is not the way to quiet the mind.
- B) Punishing the mind through denial and torture. Only represses the desire driving them underground. The moment any adverse situation arises, the desire come up with greater force. E.g. when we do not react to the comments and remarks of others for a period of time, we feel inside a suppression of thoughts wanting to jump out. And then on a short provocation, all our suppressed ego, anger and negativity burst out like a soda water bottle.
- C) Some people find it easy to escape that condition but wherever you go, your mind follows you and never lets you be at peace.

So, the only alternative according to the Bhagvat Gita is to detach from the mind and that can be done only through meditation. In meditation, we don't mix with the thoughts, slowly the thoughts become less compulsive and they come with a lesser force and the mind starts

becoming quiet and it is easy to detach from a peaceful mind.

The Process of Meditation:

A restless mind is like a lake constantly agitated by pebbles of desires, anger, ego, attachment etc. Because of this constant agitation, our true self at the bottom of the lake can not be perceived. Now, to counter all these thought waves, satguru finds a way to concentrate the mind i.e. by listening to the sound. The easiest way to make the mind thoughtless and to detach from it, is to listen to any continuous and rhythmic sound in nature. E.g., the sound of a fan, air conditioner, humming of insect, sound of flowing river.

Ist Stage of Meditating on Sound:

In the 1st stage, we start concentrating on the sound. Sometimes, the mind becomes oblivious to the sound and tends to mix with the thoughts. Constant reminder by the spiritual guru and detachment from the world (वैराग्य) and quest for everlasting peace helps us not to be carried away with the thoughts (ego, mind), but we have to concentrate on the sound. Detachment (वैराग्य) is an essential pre-requisite for concentrating on the sound. If there is no vairagya, you will be carried away with the mind. In the Bhagvat gita, Chapter 6, 'dhyān yog', Shri Krishna says, a spiritual seeker who has a deep desire to meditate, should be desireless (इच्छा रहित), possessionless (संग्रह रहित),

not storing things in the mind (परिग्रह रहित) and egoless (आग्रह रहित). He has a balanced state of mind in all dualities of life i.e. happiness and sorrow; wealth and poverty, insult and praise. He should be in oneness and sameness in dealing with friends, enemies, people with neutral attitude, relatives and corrupt people. Such a seeker is called detached (वैराग्यवान्). Without detachment one cannot concentrate on sound.

IInd Stage of Meditation:

In the 2nd stage, a spiritual seeker, who has a great love for being in the real self, awareness, constantly listens to the sound and is not carried away by the mind. His single aim is to be aware of the sound. His practice is so intense that while walking, talking, eating doing all his work, he is aware of the sound. The flow of awareness is on both the sides, (चैतन्य का प्रवाह दोनों तरफ है), one on the sound and the other on the work.

By this practice, we don't have to sit and meditate but while doing all our work, we are in awareness.

Concentrating on the sound helps to purge the mind of all the impurities i.e. ego, attachment, aversion, desire etc.

‘ध्यानं निर्विषयं चित्तम् ।’

IIIrd Stage of Meditation:

In the 3rd stage, when the mind has become quiet, one becomes aware of the sound of being.

(अनहद नाद). He constantly hears the sound of being and this sound takes him beyond mind, ego and body consciousness. The sound is so melodious and engaging that it draws all his attention and he doesn't like to let the sound slip even for a minute. This sound helps him to be in awareness.

Shri Krishna in Bhagvat Gita says concentrating on the self is the biggest gain in life and after achieving this goal, one is not affected by the biggest sorrows and upheavals in life. Such an enlightened person is always in the state of bliss, love and his very presence radiates positive energy, peace, happiness and bliss.

Other Methods of Meditation:

Apart from concentrating on the sound, there are many other methods of meditation also:-

1. Concentrating on the Breath:

The oxygen we inhale and CO₂ we exhale is universal. We are all breathing from the same atmosphere. We are oblivious to the coming and going of the breath but when we concentrate on our breath, we become connected to the whole universe. Guru says, when you get up in the morning; before sleeping and many times in the day, concentrate on your breath without any thought. It relaxes and rejuvenates you. We all know how to engage in activity but find it difficult to withdraw. Withdrawal is necessary for rejuvenation and stopping the mind to be carried away by negative thoughts. We should be able to

stop the negative thought before it becomes a mental monster. Meditation teaches us to withdraw.

2. Watching the Mind: (साक्षी भाव) This is an old technique of vedant, spiritual teachers tell us, 'you are not the mind and body but just the observer'. So learn to observe the thoughts and don't mix with them. So, be alert awake and don't be swayed away by negative worrying unhealthy thoughts.

Whenever there is anger, fear or any other negative emotion, there is release of unhealthy chemicals in mind (brain) which create toxins, which give rise to various diseases. Just watching the mind in a detached manner, the reaction subsides and we become peaceful. If we look at life in silence, the world becomes a Divine university. Just by observing, one can learn so much. The lotus, for instance was considered to be one of the guru's of Sage Dattatreya. The lotus grows from muddy water and yet it gives out fragrance. Despite the bad things happening around us, we should strive to be as fragrant as the Lotus. Dattatreya observed a hen which was furtively looking for grain in the garbage. Similarly, in the garbage of worldly differentiation, let us look for good things. Let's not get lost in worrying. A noisy, compulsive mind invalidates the miracle of life.

A man worriedly sat up all night in front of a river. Frustrated and angry, he picked up little

stones lying next to him and started throwing them into the river. At sunrise, he got up to go home. He noticed along the way that all the stones he threw in anger, were in fact diamonds and not pebbles as he had thought. Similarly, we lose all our precious breaths and energy in worrying, reacting and being hurt. And, when we have no energy left and death comes, then we realize that we have wasted all our precious energy which can not be retrieved now. Meditation is watching the mind and world in inner and outer silence.

3. Live in the Present Moment:

Make it a practice of living in the moment. It is a master key to be in awareness. Most of the time, we are brooding over the past and eating from the dustbin or worried about the future. Make it a habit of living in Now; the present moment. Time is like a river, you cannot step on the same water twice, because the flow that has passed will never pass you again. So cherish every moment of your life –live in the present.

4. Concentrating on some Idol, Picture, Mantra or Om – Some people practice meditation by concentrating on the picture of idol or Shri Krishna, Jesus, Guru or any picture which they worship. Some also concentrate on Om or some mantra. Silence is created by chanting Om or a powerful mantra. Om or any other mantra in which

we have faith quiets the mind and facilitates the awakening of hidden energies.

We can choose any method of meditation which suits our psyche and personality we should only be careful that the method adopted should be practiced with sincerity and there should be a commitment to growth.

LOVE

The outcome of knowledge and meditation is infinite boundless love. Pure and divine love is simply joy and bliss, because it is devoid of expectations, boundations, jealousy, attachment and aversion. It is simply love for love's sake. It is selfless love. The true follower, disciple feels he is the ocean of love and love becomes his nature. प्रेम मेरा स्वरूप है ।

As the flower is unconscious of giving its fragrance, so the divine lover is always in the state of love irrespective of the conditions around. In love, there is no action but it is a state of mind. Love becomes his nature.

Now, in worldly love, ego is always there and the moment we start loving a person, we start giving boundations. We become possessive. We start blaming, complaining. Is this love? This is all ego.

Some points on love:

1. Love only gives it never desires.

प्रेम दान है, मांग नहीं ।

Love never gives boundations it always gives freedom. Love helps the other person to grow. It never binds. Do this, don't do this. The more we bind the one we love, he runs away from us. Love means freedom. It is very difficult to love because it is the opposite of ego. Love means the death of ego and ego doesn't want to forgo its rule. It is very difficult to bend the ego.

जो प्रेम कर गए वो लोग और थे,
दिल में उतर गए वो लोग और थे ।

Ego only makes life miserable so understand your ego and let love win and prevail.

2. Love never complains and Blames: In love there is always acceptance. "Your happiness is my happiness."

3. Love is unconditional.

4. Love is freedom, joy and peace. If love gives sorrow it is ego not love. Love always gives happiness. When we love with ego, it gives happiness to some and unhappiness to some. So just be in yourself and state of love and all will be happy.

5. Love always forgives. It never keeps account of the wrongs. A person who is unable to forgive, is very insecure and egoistic.

6. The genesis of love is faith. Love never doubts. Doubting is the work of ego. In love, there is complete faith and lover's faith protects the other person from going astray.

7. The pulse of love is concern and generosity. A loving heart is always caring and ready to give. An egoistic heart is selfish and only thinks about himself.

8. The test of love is adversity. When everything goes dead wrong, ego wants to run away but love remains unshakable and never deserts.

9. The miracle of love is fulfillment. It is only love which gives complete satisfaction. Money, name, fame can never satisfy. When we get Satguru's love and through knowledge and meditation, we become ocean of love and then love starts flowing and this flow of love gives fulfillment.

10. If people around us are unhappy, then it is the fault of my ego. I could not love enough. If there is any sorrow in my life, the fault is mine. Love always sees its own fault and ego blames others.

कर ना सके हम प्यार का सौदा कीमत ही कुछ ऐसी थी ।
जीती बाजी हार गए हम, किस्मत ही कुछ ऐसी थी ।

Alas! I could not forgo my ego. People sacrifice their love for ego. Ego only gives sorrow. It hurts both; us as well as the person we love. If you give sorrow, the result is you'll get sorrow and if you want to be happy and get love, you have to learn to love. The more you are in the state of love, the more you receive love but the condition to love is to transcend your ego.

11. No one loves me, this is ego. But a loving heart sees that in spite of the ego, people could love me so much. People opened their heart but I could not enter due to ego.

12. Love always bends and accepts but ego never bends. It will face any problems, it will cry, it will suffocate but will never bend. It will realize its mistake but will not be ready to say sorry. A knowledgeable and loving person understands the problems of an egoist and gives him time. When a spiritual seeker comes to guru, he should not let ego come. When there is no ego, we get guru's love in abundance.

13. Two egoistic people can not love:

Example of Selfless Love- Once there was this very pretty and talented Nagarvadhu in Gautam Budha's kingdom. She liked one of Gautam Budha's disciple very much but he never used to respond to her intentions and told her that when she will need him, then he will be there for her. Time passed and that nagarvadhu got caught in the deadly leprosy disease, fatal in those times. Her people threw her out of the house and as there was no cure, even the doctors couldn't help her and she was left to the cruel hands of destiny to die that painful death.

The disciple heard about her and he then went to her to help her. She was very old, had lost all her beauty and hopes and had given up on herself and the world. He woke her up. She was desperate for a drop of water. He quenched her thirst and then she opened her eyes. She was surprised to see him and then asked him why have you come now? I have nothing to give you, neither my love nor my beauty.

The disciple told her, it is his selfless love, nishkam prem which has forced him to come to her. He took great care of her and helped her regain her health and her hopes to live. He then took her to Budha's Sangh and she became his disciple. This is real love where there is no expectation but total giving. Only Budha or an enlightened person is capable of giving such love. People only give us love when they know that they will get something in return. But when we are unable to return, they just throw us in trash. But Satguru believes in us even when we have lost our own faith in ourselves. Like that nagarvadhu had lost faith in herself but Budha still believed in her, revived her and gave her a new spiritual life.

Love is our nature. Love is a divine attribute and is not limited to a single person or family but love is universal. Love with one person is वासना but universal love is true love, (विराट प्रेम). Love is God.

ACCEPTANCE AND SAMARPAN

Through knowledge love and meditation, comes surrender and through surrender, comes acceptance. Surrender means not worrying or being tensed in adverse situations but believing that whatever will happen, is for my best. Surrender comes through complete faith and faith comes when there is no thought process. For e.g. somebody is suffering from an incurable disease or has to undergo a heart operation, a surrendered

person will have no anxiety because he believes whatever will happen, it will happen for the best. Surrender is the result of extreme love and devotion. In surrender, there is no ego. The devotee feels God's hand and his presence in every work. So he is totally relaxed and comfortable. In Bhagvad Gita, Shri Krishna says, I will give you the most secret knowledge which will free you from all worry, fear, you just surrender completely to 'Me'.

One night a man had a dream. He dreamed he was walking along the beach with the LORD. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonging to him, and the other to the LORD.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of foot-prints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the LORD about it. "LORD, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of foot-prints. I don't understand why when I needed you most you would leave me."

The LORD replied, "My precious, precious child, I love you and I would never leave you.

During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you." In difficult times we feel God has deserted me; but he never leaves us. Sorrow and trials bring us closer to God. In such trying times when we are completely surrendered, our devotion is true. Adversity is the test of our devotion. Complete surrender is true knowledge.

Acceptance comes through extreme love. We accept ourselves, the people around and any situation when there is love and surrender. Acceptance is also learning to let go. This means when things are not happening my way, I let go my attachment to how things should be and accept as things are. In acceptance, we don't try to change the other person's nature and his personality. Ego wants to change but love accepts. In adjustment, the ego remains that I am adjusting but in acceptance, one accepts everything as it is.

CONCLUSION:

This life is a celebration. Ego has made it miserable. Satguru, love and meditation helps us to go beyond mind and ego and this makes complete surrender and acceptance possible. All this makes life simply worth living and enjoyable.

Unless, there is a commitment to growth, no growth can happen. The commitment to be in awareness and for the service of humanity makes the journey to inner self-complete and makes life a celebration.

ANGER

ANGER is just one letter short of Danger. What is anger? It is that strong feeling that comes when one is wronged or insulted. But, we all, having the burning desire of keeping with the fast pace of today's modern world, lose our temper very easily on small petty matters. An angry person is always at loss himself. He not only irritates himself but also disturbs the peace of mind of others. The root cause of many diseases like hypertension, heart problems, nervous breakdown, depression etc. is basically this 5 lettered word – Anger.

Depression stems up from suppressing your thoughts of rejection, dissatisfaction and anger and due to a feeling that I am not good enough. And a high percentage of high blood pressure, tensions, cardiac arrest are due to hyper reaction or anger expressions towards a particular condition or person.

A short-tempered person can be made to do just about anything, even a crime by merely provoking his anger. It is that dangerous.

But, when we come in contact with true GURU He drills in the thought that you are a

symbol of love. You are not this body, not this mind, not your thoughts but you are that divine ATMA. And in Atmabhav, there is no Anger, no birth, no death. When we are in 'deh bhav', then we mix with the thoughts of anger, jealousy, sorrow etc. But when we believe what GURU explains that you are one with God, You are that 'BRAHM', then we feel one with the whole universe, and love then starts flowing. Guru says love is not an action; it is a state of mind, a state of well-being. An angry person when expresses anger once, loses his 'Taap' 'तप' i.e. the collection of good deeds and thoughts, of one month. So imagine if we, get angry 12 times a year, we lose our 'Taap' 'तप' of that whole year. What a big big loss!

We are 98% mental and 2% physical. As we think, so we experience. It is not the condition, which is irritating; it is the continuous thinking process, the thought parade which provokes anger. Do not try to change the conditions as they will not change but try not to mix with those particular thoughts and you will be at ease. A comment from someone might not provoke anger at first but it is the repetition of that thought in our own mind which arouses anger. Anger is our greatest enemy, which can make or break us. What is most needed is a loving heart, which is a gift of God to all of us but we restrict that feeling of love only for me and mine. Let us see what are the reasons for our anger or unhappiness:-

1. Expectations, wants:-

Expectations reduce joy in life. When we want something desperately and are unable to get it, we feel angry and irritated. Expectations are like an acid which can burn hearts. As in Bhagvadgita, Lord Krishna says,

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते ।

सङ्गः तसंजायते कामः कामात्क्रोधोऽभिजायते ॥

अर्थात्, विषयों का चिन्तन करने वाले पुरुष की उन विषयों में आसक्ति हो जाती है, आसक्ति से उन विषयों की कामना उत्पन्न होती है और कामना में विघ्न पड़ने से क्रोध उत्पन्न होता है ।

As Guru explains, the more we are inclined towards the '5 vishayas' i.e. 'Shabd, Sparsh, roop, ras and gandh', the more we want them to be fulfilled and even if anyone of it is not fulfilled it generates a feeling of anger.

People who give in to our wants, are loved by us and the people who do not fulfill our demands make us angry. People who obey us are liked by us and people who disobey, who always do what they want to do agitate us. The stronger the demand, the disastrous the anger on its unfulfilment.

But then guru brings us into the light of divine knowledge that desires are endless, how many will you fulfill? One desire is enough to give you sleepless nights and ruin your peaceful frame

of mind. We feel happy when a demand is met why? It is because for that short period of time, we have no desire. For instance, we had a great desire of buying a luxury car for months. Now we have got it and we feel very happy. A little later, one look at the car and we feel there should be a stereo system in it. So guru explains that when one desire is met, another instantly stems up. So to be in a state of constant bliss and joy, have control on your demands and wants.

2. Do not be a push button machine:-

We have given the control of our own joys and happiness in the hands of other people. As they want, they make us do. They can agitate us or make us happy. As the buttons of the fan and light of a particular room are in that room itself so the buttons of your happiness and anger are inside you only. Its up to us which one do we push. If we do not want to be sad and unhappy, nobody in this world has power to disturb our happiness. Its our inner thoughts that account for our state of being. One can be unhappy in a party and very happy sitting alone at home. Happiness entirely depends on our frame of mind.

When we want people to behave in a certain manner, we feel dependant on them for our own joy, and then we become victims of their emotions. They can make us dance and they can make us cry.

3. False EGO:-

Identification with the body and mind gives rise to ego. We mix with the thoughts that I am this body, I am the doer. I am intelligent, beautiful, I sing and dance well, I am a perfectionist etc. And then, even a small pebble of rejection from this world is enough to hurt our ego. But when, by the grace of God, we come in contact with true Guru, they make us believe that we are merely a doll in God's hands. Everything is being done by the power of God and we are nothing without that divine power. So when God almighty is doing everything, why do we take it in ourselves and get hurt.

Guru explains that you are not this body; you are that divine energy Atma. This body is working, as God wants it to work. He never says be grateful to me, I have given you sun, moon, earth, water, sky, air, nature, atmosphere and most importantly- life! He never reminds us again and again that I digest your food, I blink your eyes, and I pump your heart but He only gives and gives and gives openhandedly asking for nothing in return. But when we do something, we feel I am the doer so then the good and bad experiences of this doership sometimes make us happy or sad, or joyous or angry.

★ If something is not happening according to your wish, do not get angry, do not get disappointed just think, whose wish is it any way? God's. So adjust your will with the will of God.

Doership makes you heavy. Just as two donkeys, one laden with salt and the other with cotton go into a river, the one laden with salt comes out light and the other one laden with cotton comes out heavy. Just like that when we move in the world with a feeling of I am the doer. I.e: laden with ego, we come back heavy with the thought parade and find ourselves upset and not at ease. Leave ego, get happiness.

‘Ego gone, gone all the troubles.’

4. Not feeling one and same with others:-

When we feel different and separate from others on account of name, looks, position, temperament, we develop anger due to people's different behaviour at different point of time. Guru says this means you are identifying with i (small i) Which revolves around me and mine. For instance when someone close to you say some nasty remarks, you forgive and forget thinking that they are my own. They didn't mean it but if an outsider says something, you feel very hurt, because we look at them as others. Other is hell. Guru further explains it with an example:-

A king was sitting in his parliament discussing about the financial status of his country suddenly, a ball struck him right on his head. He got furious and started shouting, “who the hell is this, I'm gonna kill you for this.” A few seconds later, the king got to know that it was his own grandson who

was responsible for that big blow on his head. In a fraction of seconds, the king's tone of voice and the inner feeling changed instantly. His voice mellowed down saying, "Oh! Its my grandson, wow! What a great kick he made."

When we find some one else responsible for our suffering and miseries, we get angry and furious and blame them instantly and repeatedly but when the same mistake is done by a dear one or by our own self, we don't punish or scold ourselves or that dear one. We forget it easily, try to mend or repair quickly or refuse to talk about it.

When you do something wrong or mistakenly break something, say a vase, how many times do you scold yourself? But when the same mistake is done by a maid, we get furious and remind them of the incident again and again.

When you comb your hair, you tend to break so many of them but if some one else pulls your hair, you might not forget that for years.

Guru explains as the same current is flowing in all the appliances, be it a fan or a tube light, so are we the appliances of God run by his own force, the divine current of ATMA. Guru says come in I (capital I) i.e. Its me everywhere. 'Sarvatra apna aap dekho,' 'Tum hi to ho'. When we are in this feeling, anger is bound to disappear. To see God is to be God.

5. Finding the world real and the dualities true:-

We feel angry due to conditions and situations when we find dualities like acceptance and rejection, success and failure, joy and sorrow true. We connect with the situation and then sometimes feel happy and sometimes miserable. We switch on and off our mood according to the condition outside but a true knowledge seeker believes the golden words of guru that, 'this too shall pass,' 'Everything is changeable,' 'The only constant thing around is change which is constantly happening,' 'Nothing new under the sun.'

Guru explains that the world is like a stage and we are all actors in the hands of God, each performing their own roles in their own way. But the problem arises when we stick to our roles. It gives rise to both joy and sorrow. Believe that it is just a passing show. Look at it like a passing show and let it pass. No matter how dark the night is, the sun is bound to shine in the morning. No matter how worse the conditions are, something better is in store for us. Why fear when God is near. And this attitude develops with a strong belief in God and constant motivation from true Guru.

6. Comparisons:-

When we compare ourselves with others, we develop a feeling of irritation, anger and not being good enough. Guru says, 'Be contented with What you have but not with what you are.' We must try to improve ourselves by acquiring new

Guru says, get detach from these emotions. Just see and let them go. If any one criticizes or condemns you, say to yourself 'welcome to the achiever's club,' I am worth a talk'. Be humble. Most humble is the tree, which is loaded with fruits, but this is the tree, which will get the maximum number of stones on it. Do not mix with the thoughts. Observe and leave them. Mind has a habit of multiplying the thought so why not give it a positive thought.

When ever, you feel angry, here are some tips for easy overcome of anger:-

- a) Take deep breaths because when you are angry, you breathe faster so to calm down, do the reverse.
- b) Visualize a relaxing experience either by imagination or from your memory; like a sunrise, a sunset, green grass or a soothing waterfall.
- c) Indulge in vigorous activities.
- d) Dance, brisk walk, Jog.
- e) Write down your unrestrained thoughts and then tear off the paper.
- f) Drink a glass of water.
- g) Talk to a neutral friend who can give you the right guidance.
- h) Take a stroll in the park, garden.
- i) Knead dough.
- j) Listen to your favourite music to chill out and relax.
- k) Pound the pillows or use a punching bag.

9. Be Focussed:-

Success is focusing all your energies on one single aim and when we do something wholeheartedly, and give our 100%, then we have no regrets so no disappointment, no irritation and so, no anger. And then we are bound to succeed, enriching ourselves with a lot more self-confidence and a feeling of achievement.

On the other hand, when our energies are scattered towards many unfinished tasks, we cannot give our 100% to one single thing, increasing the work pressure, tension and anger. And when we do anything angrily, half of the energy is lost either in suppressing or expressing anger. So Guru says, 'Plan and prioritizē' your work accordingly and do one thing at a time to avoid stress, anxiety and anger.

10. Impatience:-

Impatience is a big cause of anger. But Guru says, be patient. This is just a passing phase. With endurance and patience comes inner strength. People are getting really impatient these days. You cannot even ask them twice about what is the time. Kids get agitated and irritated when asked about something more than once.

No matter what the condition is, do not let it disturb your peace of mind. Guru further explains that if a stone patiently lets the sculpturist do his work on itself, the sculpturist transforms the rock into a beautiful idol, which is worshipped all over.

We must be patient with people and conditions. As Guru says, opposite conditions are like examinations by which you can check your progress. Am I in control of my emotions or my emotions are in my control? Swami Ram Tirth had appointed a servant for Rs.500/- who would always do the opposite of what he would say just to check his own inner strength and patience. We request God to change the conditions, reacting to that particular one. Tell yourself; the adverse condition is to check your inner strength and progress? Are you calm and stable in adverse conditions?

An angry gentleman wrote a 3-paged letter to Gandhiji in which only abusive words were used. Gandhiji took out the al-pin by which 3 pages were joined together, threw the pages in the dustbin and said this pin was the only useful thing here. He did not lose his temper. Can we be so calm and steady?

Guru further gives the example of Gautam Budha.

Once, Buddha was sitting under a tree with his disciples, on the bank of a river. A man came and spat at him. Enraged, Buddha's disciples sought his permission to punish the audacious intruder. Gently wiping his face, Buddha thanked the man for giving him opportunity to test if anger can overpower him. Buddha requested him to come whenever he had an urge to spit. Buddha's response shook the offender. He had acted

deliberately to outrage the Buddha and had failed. The enlightened one's calm face and compassionate eyes haunted him. Unable to forgive himself, early next morning, the man fell at Buddha's feet and cried for forgiveness. Pointing to the flowing water, Buddha asked him to forget it as it was past.

We can derive great inspiration from this story to try and overcome anger.

Three Gate Test:-

The saints of ancient time would only speak if the words they were about to utter passed three gates. At the first gate, they asked themselves, Are these words truthful? If so, the words could then pass on to the second gate. At the second stage, the sages asked, Are these words necessary? If so, they would then pass on to the third gate when they would ask, Are these words kind? If so, then only would they leave their lips and be sent out into the world. Hurtful words, unleashed in a single moment of anger, have led to many a broken relationship. Words are like arrows once released, they are impossible to retrieve. So choose yours words with care.

CONCLUSION:-

As we see, most of us experience anger in one form or another almost everyday. Anger is a negative emotion. It can ruin relationship, it can cause violence, it can lead to serious illness and is

① wise, experienced, judicious
② remain calm. - L. 59

known to kill. Yet, few make an effort to try and overcome this emotion.

We, as children we are taught to control anger by keeping quiet. So anger is suppressed. When we are angry and we try to appear we are not, we are in turn masking the emotion. Children throw tantrums,-- an expression of anger and get rid of the discomfort. Grown up on the other hand end up bottling it within, so negativity gets buried deeper and deeper into the unconscious. Expression and suppression of anger in the final analysis are both injurious to health.

Angry outbursts lead to chain reactions, which perpetuate violence. It is important to admit that we do lose our temper now and then especially when under stress. This is the first step to help us overcome the emotion. After an angry outburst, we either regret it or try and justify it.

Recently, metros have witnessed the horrors of road rage, where stress and vexation have led to violence and even killings.

Control your emotions. Do not get affected by the rotten thoughts of past and future. But live in the present. Think before you speak because we are the masters of unspoken words but spoken words are our master. To maintain discipline sometimes anger has to be used but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way is essential said Aristotle.

Count your blessings. Fill your mind with positive thoughts. Be in a state of love always and you are sure to achieve success in whatever field you chose to work upon without feeling stressed out or angry.

HOW TO BE HAPPY?

What is Happiness?

We have many emotions within, some are negative and some are positive. Happiness is one of the positive emotions that we all possess. Opposite of happiness is sadness, which is a negative emotion. Sometimes we feel happy and at times we feel sad. These are the ups and downs of life, which are self created.

There are 3 things to remember about Happiness:

1. Happiness is Important.
2. Happiness is Desirable.
3. Happiness is Possible.

Happiness is possible because our Real Self is *Sat Chit Anand Swaroop*. SAT means Truth (that which is always there), CHIT means Gyan Swroop and ANAND means Blissful.

Why do we need to be Happy?

Positive emotions give energy whereas the negative ones drain away our energy. Happiness being a positive emotion fills us with immense amount of energy. When we feel energetic, we have the will to work, to help others and to move forward in life. Whereas having negative emotions such as sadness, jealousy, hatred, anger etc. drain away our energy and make us lethargic, weak with no will to do anything. Being happy is very important for our all round development. Happy

people are energetic, helpful, always smiling and have a will to work for a good cause. People like to be around happy and smiling people. Nobody likes to be around sad and moody people.

How to be Happy?

To be happy there are 3 A's:

1. Acceptance
2. Affection
3. Achievement

Acceptance:

- Of self
- Of others
- Of life situations.

Accepting ourselves as we are both physically and mentally but always with an attitude to improve ourselves. Non-acceptance will lead to unhappiness.

One may say certain negative statements to oneself, such as:

- I am not that beautiful.
- My complexion is very dark.
- I am too fat or too thin.
- I am not that intelligent.
- I tend to forget things.
- I am getting older.

These are all negative statements, which are to be deleted from our memory bank and fill it with positive ones.

being unrealistically high and to be achieved in a short time will lead to unhappiness. E.g. A person wants to become very rich in a day is unrealistically high goal. He cannot achieve this by sincerity but only by wrong means. This won't give him The Real Happiness.

What do we do to achieve our Goal???

"Dream Big but You have to Work Hard for it".

Try to put in your Best and Leave the Rest to God. Do the task with complete Sincerity, Loyalty and Hard work. This will give us Real Happiness and Satisfaction.

Achievements in life give happiness. Sense of achievement makes life purposeful, increases self-esteem and level of confidence. Knowledge helps us to reach our destination provided we know what the destination is.

We don't sit in a train without knowing where it is going? Likewise we cannot go through life happily without having ambitions. Suppose we have a football team. All players are enthusiastically ready to play the game. Then someone takes the goal post away. What would happen to the game? Enthusiasm without direction is like wild fire. It's destructive and leads to frustration. Goals in life give a sense of direction and achievements of these goals makes life worthy.

Goal setting is first step towards success. Goals must be SMART.

S - Specific. Goals must be definite and clear.

M- Measurable. Measurement is a way of monitoring the progress.

A- Achievable. Goal must be out of reach enough to be challenging but it should not be out of sight, otherwise it becomes disheartening.

R- Realistic. A beggar wants to become the richest man is an unrealistic goal.

T- Time bound. There should be a starting date and a finishing date.

Goals may be short term and long term depending on individuals' choice. Achievements are necessary to lead a purposeful life. Without achievements and progress life becomes dull. Progress is necessary to move ahead in life. Life should move on. When water becomes stagnant, it starts stinking. When it keeps flowing, it remains fresh. Similarly, achievements are necessary for a happy life.

But the purpose of life or the aim of life is same for all. It is SELF REALISATION. To know oneself as one with the whole universe. Our real self is Sat Chit Anand Swaroop.

Affection:

The third (A) which is needed to be happy is affection. Without love there is no happiness in life. We are given fruits like apple, mango, watermelon to eat. But they are dry without juice.

How would they taste. Absolutely tasteless. Likewise, life without love is tasteless. Love is the real essence and juice of life. Every body wants love.

Love is God and God is Love. Love is the strongest force of the universe. It has the power to transform everyone. Angulimal was a very violent and dangerous dacoit. Everybody hated him and was afraid of him. No one had the courage to face him. But Gautam Buddha was not afraid of him. He faced his violence and hate with love and sympathy. Neither he hated him nor he criticized his deeds. Angulimal was defeated by divine love. He was transformed by Buddha's love. Purity of Gautam Buddha cured his violent nature. In love only we transform.

Root cause of every misery is ego. Ego goes in love. If ego is there, then there is no love. If love is there, then there is no ego. We cannot even love without knowledge. Possessiveness, jealousy, ego, fear shatter the real joy of love. Mentor tells us how to love everyone truly. From him we come to know that our real self is Sat Chit Anand Swaroop. We all are one without second. We are one with the whole universe. We can truly love everyone by realizing them as our own self.

Once there were two magicians. Both were trained under the same master. But one was very successful and the other was not. They were asked the reason behind their success and What they thought when they were on stage. The one who

was not so successful said, "I think I am standing in front of a bunch of fools. I am a magician and I have to make them fool." But the one who was successful said, "I think that I am here to serve them and make them happy. I try to give them my best." This is the difference between a loving heart and a selfish heart. Love is a good investment because a loving person always wins the heart of those who come in his contact.

Guru says, whatever we want first we should start giving it to others. We all want affection, so start loving everyone as your own self. One word frees us of all weight and pain of life. The word is LOVE that which is most needed is a loving heart.

We need affection of our parents, spouse, friends and relatives to be happy. To receive affection it is necessary to give Love to all.

"To be Happy First Make Others Happy".

- Give Honest and Sincere Appreciation.
- Smile always
- Never criticize, condemn or complain.
- We get happiness when we help out others without any expectations in return.
- Call attention to people's mistakes indirectly. First praise slightest improvement, and then tell about his or her mistake. Sincere appreciation gives happiness to others and to us too.
- Good communication both at home and work place, we should know how to

communicate with others as faulty communication can lead to unhappiness and people may misunderstand us. Say: I'll try to improve and speak in a better way.

- A very important ingredient of Affection is loving ourself. If we do not love ourself then how can we love others?

The following are some points, which help us to Develop A Be Happy Attitude in Life:

- Count your blessings and you will always be happy.
- Forget what you have lost, so that you can achieve what still remains.
- Don't carry your mistakes (and others too) in your heart for too long.
- We should give out fragrance like a flower and shine like the sun. This is a LAW- what we give we get back. So to achieve happiness we must give happiness.
- The happiest people don't have everything in life; they just make the best of everything that life brings their way.
- It is difficult to find happiness within but it is impossible to find it somewhere else.
- Happiness depends on our attitude. In same situation, two people with different attitude get different result. E.g. two men looked out from the same window. One saw dust and

the other saw the stars. The one who saw the stars was happy and one who saw the dust became sad.

- Getting busy in some creative work in our free time.
- Always be in positive thoughts. The Biggest of all is - I Am Love... I am the Whole Universe.
- Selfless Service to all with a heart filled with Love gives real happiness. Difference between happy and unhappy is difference between Give and Take. Unhappy is looking for what people are doing for him and happy is looking for what he can do for others.
- Live in the Present. Treasure every moment you have. Yesterday is a history, Tomorrow is a mystery, and Today is a Gift. That's why it is called Present. Enjoy it !!!
- For every minute you are angry you lose 60 seconds of happiness. Be happy and spread happiness all around.
- 7 rules to be happy:
 - Never hate
 - Don't worry
 - Live simple
 - Expect little
 - Give a lot
 - Always smile
 - Keep in touch with your Mentor.

POSITIVE ATTITUDE I

It is our thoughts that make our attitudes. Attitude is the most important word in English language. If a man is successful it is 85% his attitude and only 15% knowledge and skills. We spend so much time and energy on the later but pay no heed to the former.

Many people were asked if they owned a company and they were given a magic wand what they would like to change, almost everyone said attitude of its employees. One may have several resources but if given to negative people they will make no use of the resources. Hence to be successful one most important thing is a positive attitude and motivation.

It is our thoughts that form our attitude and thoughts are the most vital living dynamic power the most vital subtle and terrible force that exists in nature. It is our thoughts that make us happy or unhappy and we give no importance for the training of these thoughts.

A positive thought is - 'With the help of God I can do everything'. 'I have good health, I am happy, everybody loves me. All is well and fine in my life.'

Negative thoughts are - 'I cannot do anything. I am not good enough, no one loves me. I do not have confidence, some or the other problem is always coming in my life.'

① Mysterious, hard to grasp.

If you are unhappy, unsuccessful it is your thoughts that are to be blamed. Thoughts lead to actions, actions lead to habits and habits form character, character leads to destiny. So it's through our thoughts that we make our destiny. The GIGO principle: -

Garbage in Garbage out
Negativity in Negativity out
Positivity in Positivity out
Good in Good out.

What ever we think—the same type of circumstances will come in front of us. If we think every body is a thief they are out to cheat me, we will meet all thieves and exploiters. If we think everybody is God's image. The whole world is filled with Lord every one is loving, helping. We will meet similar people.

To build a positive attitude follow the following steps:-

Change focus Look for the Positive:-

In all situations, circumstances, persons, things we should look for the positive e.g. we get up in the morning and it raining we exclaim "what a lousy day" instead we can say it's a rainy, romantic day. Suppose we slip and sprain our leg we can say, 'oh God', what trouble, 'or we can thank God, I did not fracture my foot.' In every person, situation we should try and find what is

① Very bad, disgusting.

positive. Suppose mother in law is very talkative and in the habit of checking but she is very efficient in her work so we ignore her habit of checking and appreciate her work efficiency, this is looking at the positive side of people. Always praise and appreciate what is positive and ignore the negative aspect. If we keep harping on the negative it's the negative that will become stronger.

Negative people always criticize:-

Guru says it is the cheapest stupidity to find faults with others, even a fool can criticize a prime minister, but he is not capable of doing anything substantial. It is the negative people who are always finding faults and criticizing but the positive people always see the qualities and good points of that person. Even if you criticize a person to any extent he will not improve but if you give him love, praise and appreciation he will change. As much our body needs food our minds needs appreciation. So be genuine and lavish in your praise and accept the weak points of the person.

Once a wife asked her husband, 'tell five habits of mine which you find irritating, the husband thought to himself, 'what five, I can tell fifty but she will be unhappy and our relations will be strained', so he said 'I like you very much as you are, you are perfect,' (this is a positive attitude). We alienate and make enemies by

① unfamiliar, unacceptable

(2) tense, ^{mutually} distrustful, artificial

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criticizing people. Once Ibrahim Linchon President of America criticized and made fun of a minister and published it in the newspaper, the minister was so furious that he was ready to kill Ibrahim but some people intervened. So he learnt never to criticize people in his life. As a dotting mother never finds faults in her children, we should look at the world with the eyes of mother.

Develop an attitude of gratitude:

Always be thankful to God for what he has given you, count your blessings and you will always be happy. A man was always complaining I do not have an air conditioner, I do not have a new model car. Guru asked him to make a list of what you have and what you don't have; there were innumerable things he had and a very few things, just one or two he didn't have. Once a man had a very big loss in his business, he came to Guruji and said, 'I have lost everything, I am bankrupt'. Guru said let's count what you have. Do you have a good wife? He said yes a very loving and faithful wife. Do you have children, he said, 'very sweet and talented children I have,' then he had a house, car, good health, and many other things. He started looking at what he had, he was not so disturbed at the loss in business and could think positively, soon he recovered his loss. If negative thing happens we cancel all the positive things in life.

① be excessively fond of.

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If there are confusions, depressions and other negative emotions in the mind they are telegraphically transmitted through all the cells of the body consequently these cells are panic stricken and they become weak. If we are happy our kidney, heart, liver all are happy, the happiness message is transferred to all the cells.

The mental energy which is dissipated and misdirected in various worthless thoughts should be well directed in proper positive and spiritual channels.

Man has the inherent quality of creating a world of good and evil pleasure and pain out of his own imagination. Good, evil, pleasure and pain do not proceed from objects but belong to the attitude of the mind.

How to get whatever you want inspite of all obstacles:

The power of intensely believing is the basis of all religions and you will find the one thing they all have in common is the need for and the power of intensely believing. All that we are is the result of what we have intensely believed.

Psychologist have proven that whatever the mind of the man conceives and BELIEVES, man can achieve! Thomas Edison conceived the idea of the bulb and believed that he will give light to the world one day. In spite of 10,000 failures in the

① losing - खो रहे हैं. consuming

and he succeeded in lighting the world through his electric bulb.

William James philosopher and Psychologist of Harward University constantly taught that "BELIEF CREATES THE ACTUAL FACT" In any project the important factor is your belief. Without belief there can be no success or failure. Dhirubhai Ambani was a mere attendant on a petrol pump but he DREAMT and believed he would make an oil refinery. The result he became one of the richest man in the world and the owner of Asia's biggest oil refinery at Jamnagar. Same is the story of Bill Gates owner of Microsoft, one of the biggest Computer Company in the world. Success or failure is more by mental attitude than mental capacities. Your success is the result of your intense belief. That you will succeed and is not dependent on superior brainpower. You are or you become what you intensely believe. Guru tells us you are all potentially divine and to achieve that divinity is our aim. You are Son of God. You are as holy as humble as pure as your father in heaven. ^{v.v.} 24

A farmer once exhibited a pumpkin grown in the exact shape of a jug. When the pumpkin was no bigger than a thumb, he stuck it in a jug and just let it grow. When it filled the jug it quit growing. ^{v.v.} 24 What the walls of jug did to the pumpkin our Beliefs do to us.

Our intense beliefs shape and limit our lives just as the jug shaped the pumpkin and limited its

size. We can never be bigger than we intensely believe.

The principal of believing is like dialing a telephone. You get what you dial. If you dial the wrong number (fear, sickness or failure) that's what you will get. If you dial happiness, success, health love, and riches you will get just that. Remember if you are not accomplishing what you should, it is because you do not really think in your heart you can do it.

The most powerful forces of nature are the invisible ones-heat, sound, electricity and gravity - just as the most powerful forces of man are also invisible - love, thought, desire belief, attitude. You see and feel only their power.

Be right and all right will come, always think positive and you will get the best in the world. There is great power in positive thinking i.e. सकारात्मक विचार . Nobody can do bad to you without God's will. So why fear when God is near.

The conscious and subconscious Mind:

Remember our conscious mind has the ability to think. It can accept or reject. But the subconscious only accepts, it makes no distinction regarding input. If we feed our minds with thoughts of fear, doubt, and hate, the autosuggestions will activate and translate those things into reality. The subconscious is the data bank of the two, the subconscious is more

powerful. The subconscious is like the automobile while the conscious is like the driver. The power is in the automobile but the control is with the driver.

The subconscious mind can work for or against us. It is not rational. When we are unhappy or unsuccessful we need to reprogram the subconscious.

The subconscious mind is like a garden; it doesn't care what you plant. It is neutral, it has no preferences. But if you plant good seeds you will have a good garden; otherwise you will have a wild growth of weeds. I'd go a step further to say even when you plant good seeds, weeds still grow and the weeding process must continue constantly. (निरन्तर अभ्यास).

Remember human mind is no different. If you feed the mind with positive thoughts it is programmed positively, if you feed it with negative thoughts it is programmed negatively. Hence if our programming sub-consciously is negative, and we give a positive thought the sub-conscious will reject it. Hence we should be very careful not to fill our sub-conscious mind with negative thoughts. If a person is sick and recovering from an illness a cassette is played which continuously says "I am getting better" so the mind registers - 'I am getting better,' If we repeat to ourselves continuously, "I am ATMA not this body, I am sat chit Anand Swarup, I am desireless, birthless, deathless, egoless, thoughtless, possessionless, all pervading, omnipresent, one

Without second, there is no unhappiness in my real nature, I am born to be free and happy, Anand is my real nature." When we feed our minds with Atmic thoughts our mind gets programmed to these thoughts.

Once a lady came to a doctor that I have some problem with my gall bladder. When the doctor operated her he found that her stomach was full of cancerous growth so the doctor did not further operate upon her and told her that he had removed her gall bladder and now she was perfectly fine. Now whenever she had any problem she told herself (or gave herself the auto-suggestion I am fine). After some time the doctor examined her and found there was no cancerous growth so we can see what a powerful effect our thinking has on us:

Even if you want to be successful, never tell yourself I can't do it. Have a dream that excites you, fills you with enthusiasm. Go to bed thinking about your dream. Always have a positive picture about your dream. Never be afraid of failure realize failure is a routine event which happens to everyone who tries. Failures are the pillars of success so never be afraid. Always tell yourself I will succeed. 'Yes.'

POSITIVE ATTITUDE II

As alphabets are the basis of a language, so are THOUGHTS, the foundation of our thinking. Thinking makes our personality. When these thoughts are positive the thinker is called a positive person and when these thoughts are negative he is called a negative person. Positivity is essential to be succesful in life. Where as negativity produces stress, anxiety, tension and leads to an unsuccessful life.

Thinking is the result of our environment and experiences. It is greatly influenced by our parents, teachers & friends. But, one has the power to change his thinking pattern. Continuous feeding of positive thoughts leads to a store house of positivity and produces positive thinking.

Example: A man had two sons one with positive attitude and the other with negative attitude. The later was always cribbing and complaining you do not love me. Father said my love for both is same and I will illustrate it on an appropriate occasion. On diwali day father gave sweets, cards, flowers to the son with negative attitude and he threw horse dung in the house of son with positive attitude. The negative thinker said that after eating sweets my stomach gets upset, I am allergic to the smell of flowers, and what is the need to waste money on cards. On the other hand the positive thinker said-

since horse dung is there in my house it means there must be a horse some where around. A positive thinker always looks at the brighter side of things.

Life's battles don't always go to the stronger or faster man, but sooner or later the man who wins is the one who thinks he can!

You become what you intensely believe. You can never be bigger or better or more successful than you believe you can.

Ultimately we have the power to decide what we believe about ourselves. Don't allow people to impose limitation on what you can do or whom you become, take for instance, the bumble bee.

Biologists have determined that, acro dynamically speaking, the bumblebee cannot fly; it has too large a body mass to be supported by such puny wings. The bumblebee fortunately does not listen to such criticism.

Remember:- People rise no higher than their expectation level. Expect little, receive little, expect to fly high and who knows where your next Flight might be.

If you are not accomplishing what you should, it is because you do not usually think in your heart you can do it. You do not intensely believe you can do it.

Man is 98% mental and only 2% physical. Our brain conveys our thoughts and beliefs to our

body. If you think you can succeed, your brain tells your body to get ready and expect success. If you think I will fail the brain tells the body do not ever try there is no chance of success.

If you keep telling yourself- I am tired, I can't do it, you will not be able to do it.

Example:- A girl came back home after appearing in her science practical examination and asked her mother please don't disturb me because I am feeling very tired today and she went into her room dropped exhausted on the bed. A few minutes later, a phone call of her friend came and she was invited for a birthday party. She became very happy and enthusiastic and immediately dressed up for the party. Her mother asked her "Few minutes before you were feeling dead tired, how can you go now", she replied "I am feeling fresh now and she went away. This shows how we think and feel, similarly our body reacts. If we feel and think we are tired, our body feels so, if we feel fresh and enthusiastic then energy flows, we feel energetic.

Guru ji says 'As we think so we experience.'

Example: Once a teacher in a class asked the students to imagine they were being served a delicious white rasogulla. They are popping the rasogulla in their mouth and enjoying its delicious taste. The teacher then enquired how many children's mouth was watering. Most of the children raised their hands. Teacher explained there was no rasogulla, but mere imagination of the rasogulla had a mouth-watering effect. This

shows imagination creates the actual effect. Hence as we imagine so we feel. If we tell ourselves I am intelligent, I am the best, I feel great. We feel that way. Negative feelings I cannot do it, I am dull, I am bored produce the same effect.

The power is within your thinking. Every cell has intelligence. In cloning with one single cell they are making an identical person.

People with a positive attitude are caring, confident, have patience, are humble, easy to please, friendly and anticipate positive outcomes.

Steps to build a positive attitude:

1. Change the focus, look for the positive:-

We have to become good finder; we need to focus on the positive in life. Let's start looking for what is right in a person or situation, instead of looking for what is wrong. Because of our conditioning we are always finding faults and looking for what is wrong, and we forget to see the positive picture.

Example:- Once an artist made an extremely beautiful and perfect painting and kept it in an exhibition for display. The painting was so perfect that the artist wrote underneath it if you find any fault put a cross on it. He thought the painting to be so flawless that it would be difficult for anyone to put a cross. In the evening when he came to check the painting he was extremely dismayed and

depressed to see that the whole painting was covered with crosses. He said, what! Is the painting so full of faults? He went to his friend and asked is my painting so awful and full of faults. He said no your painting is simply great! But what you have written underneath is wrong. Now you make a similar painting and write whatever you find extremely beautiful in this painting put a sign of right on it. He did exactly what his friend told him, and at the end of the day he found that the whole painting was covered with rights. He went to his friend and asked puzzled what is this? When I wrote find flaws people covered the whole painting with crosses, when I wrote put a sign of right on what you find beautiful the same painting was covered with rights.

Guru explains the philosophy of this. He says our life is the same. It may be the most beautiful life, but when we tell ourselves look for negatives and what is wrong we find faults and negatives everywhere. But when we tell ourselves look for the positive we find all is well in my life, everything is positive, my life is simply beautiful and great. Even a stopped clock is right twice a day.

Some people always look for the negative:

With negative feeling we cannot move forward:

Example:- Robert Fulton invented the steamboat. When he wanted to demonstrate the Functioning of his boat, negative people around him said, "The

Procrastination leads to a negative attitude, procrastination fatigues you more than the efforts it takes to do a thing.

A completed task is fulfilling and energizing, and an incomplete task draws away energy like a leak in a tank. If you want to build and maintain a positive attitude, get into habit of living in the present and doing it now.

When I become a big boy store:

Some people procrastinate behind big words "I am analyzing and six months later he is still analyzing. He is suffering from paralysis of analysis and exquisites. Let us make the best of now and utilize the present to the fullest. Today is the best day, yesterday is cancelled cheque. Today is a present (gift) given to us by God.

4) Develop an attitude of gratitude:

Count your blessings not your troubles. When we start harping on the negative it becomes a big negative force, so always look for your blessings. A man once came to Guru very dissatisfied and frustrated. He was continuously complaining. Guru asked him to make a list whatever he had and a list of what he did not have. After contemplating and writing the list he realized he had all the essential items for a comfortable living. There were only a few luxury item like car computer etc. which he did not have. He became a

ashamed and realized I have so many thing and I'm still complaining. He was filled with gratitude.

Guru further told him your human body is priceless, we are all uncomparable to material worth still we are complaining, why? So let us learn to be grateful. When ever the mind tends to be negative and complaining start counting your blessings and your attitude will immediately change.

I AM THE HAPPIEST AND THE RICHEST PERSON ON THIS EARTH.

POSITIVE ATTITUDE- III

Our attitude towards a particular job, person, or thing is shown by the way we speak, by our expressions, by our mannerisms.

People read our minds, and we also read the minds of other people. You do not need to know any language to say "I like you" or "I despise you" or "I think you're important" or "unimportant" or "I envy you". You don't need to know words or use words to say "I like my job" or "I'm bored" or "I'm hungry". People speak without a word.

How we think shows through in how we act. Attitudes are mirror of the mind. They reflect thinking.

Attitudes do more than show through. They "sound" through too. When a secretary says, "Good Morning, I'm from HDFC Bank", his tone of voice tells, "I like you. I'm glad you're calling. I think you're important. I like my job". But another secretary saying exactly the same words tells you, "You bothered me. I wish you hadn't called. I'm bored with my job and I don't like people who bother me".

We read attitudes through expressions, voice tones and inflections. For millions of years, men communicated with other men by body and facial expressions and sounds not words. And we still communicate our attitude, our feelings towards people and things the same way.

Apart from facilities and competence, what is the single factor, which contributes to your success – can be defined in a single word – ATTITUDE. When our attitude is right, our abilities reach a maximum of effectiveness and good results inevitably follow.

Grow three attitudes. Make them your allies:

1. Grow the attitude: I'm activated.
2. Grow the attitude: You're important.
3. Grow the attitude of service first.

1. To Activate Others, You Must First Activate Yourself:

Eg. Of a professor who taught history in such a dull boring manner that the whole class used to sleep. The students had no interest what the professor was saying because he himself had no interest. He was bored with history. To activate others, to get them to be enthusiastic, you must first be enthusiastic yourself. A man who lacks enthusiasm never develops it in another. But a person who is enthusiastic soon has enthusiastic followers. Enthusiasm can make things 1100% better. To be enthusiastic:

- a. Dig Into Deeper: To get enthusiasm about anything people, places, things – dig into it deeper. Apparently everything seems boring but when we start digging deeper and taking interest, it becomes interesting. I confess that for years I had no interest in spirituality but when I met Guru and he showed what

spiritualism means, how to be happy in all circumstances, interest was developed. He told us you are not this body, mind or intellect, you are that all pervading omnipresent spirit.

- b. In Everything You Do, enliven it: Enthusiasm, or lack of it, shows through in everything you do and say. Enliven your smiles. Smile with your eyes. Nobody likes an artificial, pasted on, rubbery smile. Smile from inside. A warm smile shows an enthusiastic personality.

Enliven your handshaking. When you shake hands, shake. Make up handclasp say, "I'm glad to know you. I am glad to see you again". Life up your "thank you's." A routine automatic "thank you" is almost like saying "gleep, gleep".

People go along with the fellow who believes what he says. Say it with life. Put vitality into your speaking. Put enthusiasm behind what you say. A speech (satsang) delivered enthusiastically may be remembered for months but speech delivered without enthusiasm may be forgotten within an hour. And when you put life in your talk, you automatically put more life in you.

Just try this right now. Say out aloud with force and vigour, "I feel great today". Now don't you actually feel better than you did

before you said it. Make yourself alive allover.

Be sure everything you do and say, tells people that fellow is alive, he means it.

- c. Broadcast Good News: Good news develops enthusiasm, good news catches 100% attention from everyone present. Good news pleases people. So transmit good news to your family, friends. Tell them the good that happened today. Recall the amusing, pleasant things, you experienced and let the unpleasant things stay buried. Its pointless to pass on the bad, it makes your family, friends worried. It makes them nervous. Bring home some sunlight everyday. Make it a habit to speak favourably about the weather, regardless of what the weather actually is. Complaining about weather makes you more miserable and it spreads misery to others. Broadcast good news about how you feel. Be an "I feel great" person. Just say "I feel great" at every possible opportunity and you will feel better.

How we feel is, in large part, determined by how we think, we feel. Remember, people want to be around, alive enthusiastic people. Being around complainers and negative people is uncomfortable.

Transmit good news to people, you work with, give them encouragement, complement them at every opportunity, tell them about the positive things they are doing; listen to their problems, be helpful, encourage people and win their support. Pat them on the back for the job, they are doing, give them hope, let them know that you believe they can succeed, that you have faith in them, practice relieving worries.

Make this little test regularly to keep you on the right track. Whenever you leave a person, ask yourself, does that person honestly feel better because he has talked to me? This self-training device works. Apply this when talking to employees, associates, your family, customers, even with casual acquaintances.

II. Grow the You-Are-Important Attitude: This is a fact of paramount significance to every person whether he is ignorant/brilliant, civilized/uncivilized, young/old has this desire. He wants to feel important. Ponder on that. Everyone, yes! Everyone – your neighbour, your wife, your boss has a natural desire to feel “he is somebody”. The desire to be important is man’s strongest, most compelling, non-biological hunger.

Satisfying the craving, hunger to be important carries you to the success. It is basic equipment in your success tool chest. Make every person you meet, feel “you are very important.

“You-are-important” gets results and even though it costs nothing, few persons use it.

People do more for you when you make them feel important. And if you make a person feel that he is nobody, he is good for nothing, he will not do anything for you.

People who don’t have a deep down feeling of self-importance, they are mediocre people. Again and again this point must be driven home. You must feel important to succeed and helping others to feel important rewards you because it makes you feel more important. To make the other person feel important:

1. Practice appreciation.
2. Practice calling people by their names.
3. Share your success with the whole team and not take all the glory yourself.

III. Grow the Service First-Attitude: Make it a rule in everything you do, give people more than they expect to get. Do extra something for others, volunteer to work late, give customers extra service, advance a new idea that will increase efficiency. Spend some time each day answering this question: “How can I give more than is expected of me?” Then apply the answers. Put service first and money takes care of itself.

SELF-TALK

The human brain, the incredibly powerful personal computer that each of us has, is capable of doing anything, that you'd like it to do. But you have to know how to treat it. If you treat it right, and carefully give it the right directions, it will work for you in the right way. But if you give your mental computer the wrong directions it will act on those wrong directions. It will work on the negative programming that you and the rest of the world have been giving it without even being aware of it.

In an average positive home by the time a child is 18 years old he is told 1,48,000 times "No!" or what he cannot accomplish. Only a few hundred times what they could accomplish in life. The "Yes's" we received simply didn't balance out the no's. This negative programming that we all received has come to us unintentionally. It has come to us from our parents (who wanted to protect us), it has come from brothers, sisters and teachers, our school mates, our associates, our life partner. Psychoanalysts say 77% of everything we think is negative. We keep repeating hundreds, even thousands of times what we were told, or what we told ourselves. Repetition is a convincing argument. Eventually we believed what others told us and what we told ourselves most. We began to

live out the picture of ourselves, we have created in our minds.

Bible says "*As a man thinketh, so is he*". Every step you take, move you make, or word you say is affected by the conditioning and programming we gave ourselves and what we received from others. How successful you will be at anything is inexorably tied to the words and beliefs about yourself that you have stored in your subconscious mind. I was shocked to learn the simplicity of one simple fact. You will become what you think most. Your success or failure in anything large or small, will depend on your programming—what you accept from others, and what *You Say When You Talk to Yourself*.

Our brain is like a computer. A computer has a screen that displays, results-words, numbers, pictures that we want the computer to store for us. The Keyboard is like a typewriter *Keyboard*; it types the directions and information we give to the computer. *Floppy disk* is a small magnetic sheet, which will record information. Whatever we record or programme onto the disk stays there forever unless some one changes the information by erasing the old information or leaving it blank or by typing new information.

The brain has similar parts. The computer screen is comparable to our appearance and our actions—What we "display" to the world around us. In a human being, the computer keyboard is the same as our five senses. Anything we hear, see

taste, touch, smell - or anything we say to ourselves is "programmed" into our brain through our keyboard—our five senses. In the human brain the floppy disk is our subconscious mind. Everything we experience is recorded programmed - into our subconscious mind.

Our brain is like a control room with thousands of switches, one switch controls our moods, another health, our emotions, hopes, dreams, our memory, judgement, attitude, fears, logic. Another section is responsible for how we act, how we move, sit stand, walk, look, speak, react and respond. These switches controlled by our five senses and special mental commands, which direct and control us are called *thoughts*.

Every thought we think, every conscious or unconscious thought we say to ourselves, is translated into electrical impulses, which, in turn, direct the control centers in our brains to electrically and chemically affect and control every motion, every feeling, every action we take, every moment of every day.

Whatever "thoughts" you have programmed into yourself or have allowed others to programme into you, are affecting, directing or controlling everything about you. I still remember the time when, as a grade-school student, I wanted more than anything else to play a musical instrument and be a member of school band. I was handed an alien instrument, and asked to play in front of the instructor; I was dismissed, I knew I had not done

well. I overheard the band director telling my class teacher that not only I could not play in the band, but I had no musical ability and would never be able to play a musical instrument! What incredible programming for a twelve-year-old boy who had his heart set on learning how to play? It worked; I believed I had no musical ability. After twenty frustrating years I finally got enough courage to rent a piano and learn some notes and play it secretly when no one was around. I learned that my school instructor was wrong and I believed him. This is what happens when people say negative thing to us. This is how we get programmed.

You can reprogram. You can erase old negatives and replace it with a healthy, new, positive, productive kind of programming. And it's easy to erase and replace. All you have to do is to learn to talk to yourself.

There are dozens of examples of statements and comments which loving parents have told their children, not realizing that it will create failure instead of happiness and success. Some of those negative statements are "You're just no good at that", "Your room is always a mess", "Can't you do anything right, you just don't try", "You never listen to me," "You never study", "You are lazy", "You will never amount to anything".

We have learned that what we put into our brains is what we will get back. We have also learned that our subconscious mind is a sponge. It

will believe whatever you tell it, it even believes a lie—if you tell it often enough and strongly enough. The brain makes no moral judgements it simply accepts what you tell it—

1. Programming creates beliefs
2. Belief creates attitudes
3. Attitudes create feelings
4. Feelings determine actions
5. Actions create results.

That is how the brain works. If you want to manage yourself in a better way, and change your results, you can do so at anytime you choose. Start with the first step. Change your programming:

There are 5 levels of self-talk. Self-talk is a way to over ride our past negative programming by crasing or replacing it with conscious, positive new directions. Self-Talk is a practical way to live our lives by a active intent rather than by passive acceptance.

There are 5 levels of Self -Talk:

Level- I: In this level you say something bad or negative about yourself and accept it. Some c.g. Of Level-I are – I can't, I wish I could, but I can't, I don't have the energy I used to have, I am not good at maths, I can't learn anything new. And unfortunately, it is the most frequently used self-talk of all. This level of self-talk breaks our lives.

We are telling ourselves to hesitate, we are not good enough, we cannot do anything.

Level – II: It is characterized by such words as “I tried to” or “I ought to” or “I should be more organized.....but I am not”, “I should take care of my health, but I am not taking care”, “I ought to be more positive but I am not”. Level-II, is also negative self-talk, it creates guilt, disappointments. Is it good programming? No, it is not. Will it help us to succeed? No, it will not.

Level-III : It is characterized by “I never smoke”, “I have no problem in dealing with people”, “I never get upset in traffic”. In this you are putting you negatives behind and stating them in a positive way, e.g. “I never get upset” or “I never get angry”. You use your self-talk to tell yourself I never get angry. When you have a feeling of getting angry you tell yourself I never get angry, for a while you will still get angry. But as your sub-conscious mind gets conditioned, the moment you have a surge of anger, your sub-conscious mind will tell you- “I don't get angry”, your anger will subside.

Level – IV: It is characterized by words “I am organized”, “I am a winner”, “I like who I am”, “I am healthy, energetic, enthusiastic and I am going for it”. “I have determination, drive and self belief”. It is the positive self talk, it replaces

"Cannot" with vibrant "Yes! I can". Level IV self-talk inspires, encourages, fills us with self-belief, and moves us on the road of success.

Level- V : It is a self talk of oneness with God. It is characterized by words such as *I am One with Universe. I am Divine, I am Love*. This level is for spiritual progress and to feel the unity with God and the whole universe.

Another important thing to remember is, 'Do not say what you don't want.' Don't give negative feeding to your brain, what you think you experience. To change the negative programming, it takes 21 days. Say at least for 21 days, I don't get angry. I am happy; problem of losing your temper will be controlled. In the same way you can change any old bad habit by repeating positive statements for 21 days e.g. I have quit smoking! *All is well in my Life! I am the Best!*

Some examples of positive self-talk:-

Positive self-talk for freedom from worry.

1. I do not worry. I am in control of my own thinking and I think only those thoughts, which create and fulfill the best in me.
2. My mind is orderly and well organized. I consciously choose what I think and I always chose those thoughts, which are the most positive and beneficial for me.

3. I do only those things, which are best for me. I create the best within myself, I attract the best in others, and I find the best in the world around me.
4. I cannot afford the luxury of even one negative thought, as it disturbs my mind. So I choose to be positive and expect positive results only.
5. I focus the attention of my mind only on those things that I can do something about. If cannot change, I accept things and people as they are.
6. I keep my mind too busy thinking good, healthy, positive, constructive, and productive thoughts, to ever have any time for worry. I never worry.

Self-talk for Building Self Esteem:

1. I really am very special. I like who I am and I feel good about myself.
2. I have many beautiful qualities about me. I have talents and skills and abilities. I even have talents that I don't even know about yet. And I am discovering new talents inside myself all the time.
3. I am positive. I am confident. I radiate good things.
4. I am full of life. I like life and I am glad to be alive. I am a very special person, living at a very special time.
5. I am intelligent. My mind is quick, alert and clever. I think good thoughts and my mind makes things work right for me.
6. I have a lot of energy, enthusiasm and vitality. I am exciting and I really enjoy being me.

Self-talk for solving problems:

1. There is no problem, which I cannot conquer. I am strong in mind, body and spirit. My will, my strength and my determination are always greater than any problem I face.
2. When I meet a new problem, I do not see the problem as my enemy. I know that finding the solution to the problem will move me forward in my own personal growth.
3. I know that problems are key ingredient in my spiritual and mental education. I recognize that all problems are important to me because they are stepping-stones.
4. I do not fear problems. I face them and solve them. I do not avoid problems. I conquer them.

Self-talk for time-management:

1. I am organized and in control of my life. I am in control of myself, my thoughts, my time, my actions. I know what to do and when to do.
2. I program my mind to make the maximum use of my time. I am in control of my time and how to use it.
3. I am always on time. I have an organized and orderly mind. I think in an organized way.
4. I am in control of my feelings, my emotions, my attitudes and my needs. I control them, they do not control me. I do not waste time in emotions.

HOW TO HAVE WONDERFUL RELATIONSHIPS

INTRODUCTION:

Man being a social being always wants a healthy environment for the proper development of his mind and body and for this he needs healthy relationships with his fellow beings. It's the very human psyche that always wants to be happy and to see other people happy surrounding him. Good relationships are the very base of a man to stay alive in a community and to progress. Relationships affect man's life the most both mentally and physically, in altogether they bring out the complete personality of a man. Frances Bacon, the father of Essays has said that, "One who can stay alive in solitude can either be God or a wild beast." And man as we see can hardly survive in isolation, he always needs his companions to be with him who can share his happiness, sorrows and everything with him, which in turn brings up the relationships that develop automatically. Since the pre-historic times when the phase of human development was going on he has stayed in small groups or communities and never in isolation. Even in those times he used to have relationship with others whether good or bad. If we want better relationships with people we

will have to understand the nature of people:- Do you know five ways you want others to treat you?

RELATIONSHIPS

1) You Want Others to Encourage You:-

Think about it - most of your best friends are those who encourage you. You avoid people who put you down. You seek out those who believe in you and lift you up. You like those who appreciate you rather than criticize.

There was a young boy who was brought by his mother to meet a psychologist complaining that he was not ready to take over the growing business of his dead father, and that he wanted to do some other job. The psychologist enquired many things so the real aspect could come out, and the boy replied, "My father, in the evenings and I together played with a ball and he wanted me to catch the ball in ten straight times. I could catch eight or nine balls but my father threw the last ball in such a manner that I could never catch it. I started hating my father, because he never appreciated the 8 or 9 catches but always scolded me for the 10th missed ball. May be, that is why I want to get away from his business; I want to catch the tenth ball."

This man grew up feeling he could never measure up, never be perfect enough to please his father.

One should give every opportunity leading to success to the other person around. The happiest people are those who have invested their time in

others: The unhappiest are those who want the world to make them happy.

2) You Want Others to Appreciate You:

Even a housewife wants appreciation from children, husband and everyone else at home and in business places they want appreciation and work better if given incentives. Dale Carnegie told about a business house which was not running well. It announced to the employees that on every piece they sell they would get a percent of bonus on it and the workers under excitement turned the sales many times fold. The reason behind this was the fact of consideration and appreciation the sales representatives received from their owner.

A mill owner told that he had 360 enemies before he joined the class in his factory and afterwards he had 360 friends because previously he had only criticized others and never appreciated them for their work. But it was the other way round, he had made friends because he had appreciated them for their work.

Once a woman known to be a good or rather say perfect housekeeper came to a priest asking for divorce from her husband. The priest called up her husband telling about his wife wanting divorce and the man was completely taken aback. He started enquiring that why she wanted so, the priest asked, "Does she keep your house in a good condition?" "Does she keep your children in a proper manner?" "Is she well educated?" and the answer to all these

questions was "Yes", then priest asked the last question, "Do you appreciate her?" the man said, "No" and further said, "What is the need to appreciate, it is her job and she has to do it." Then said the priest; "This is the reason why she wants divorce because you never appreciate her for her work no matter how perfectly she does everything." Without appreciation life becomes boring and monotonous. Appreciation is a very good motivator, which encourages us to do better work, and without encouragement and appreciation work becomes boring.

Treat others, as you want them to treat you. Treat them as important people.

Most of us think wonderful things about people, but they never know it. Too many of us tend to be tight fisted with our praise. It's of no value if all you do is think it, it becomes valuable when you impart it.

3) You Want Others to Forgive You:

Almost all emotional problems and stress come from unresolved conflicts, failure towards being unable to develop right relationships with people.

A forgiving spirit is the one basic, necessary ingredient for a solid relationship. Forgiveness releases us from the trap of guilt and allows us to interact positively with other people.

Once there was a father and teenaged son named Ramu. Their relationship became strained,

eventually shattered, and the son ran away from home. The father started a long journey in search of the lost and rebellious son, finally putting an advertisement in the Times of India newspaper as a last resort. The ad simply read; "Dear Ramu, meet me in front of the Times of India newspaper office tomorrow at noon. All is forgiven, I love you." Ramu name is very common in India. The next day at noon in front of the newspaper office there were 200 Ramu's all seeking forgiveness.

There are countless Ramu's in the world who don't want more than anything else to be forgiven. The two great marks of a saint is that he is giving and forgiving.

People who can't forgive are either terribly arrogant or tremendously insecure. Though hanging onto a grudge gives some people a feeling of satisfaction, the truth is people who do not forgive are hurting themselves much more than they are hurting others. Actually, they are emotionally and physically under stress.

Too often people wait too long to forgive other people. Forgiveness should be given as quickly and as totally as possible. Do it now.

Over the years as being a spiritual seeker there have been many times when I've experienced strained relationships. But I have never knowingly let them walk out of door without telling them that I love them. I don't hold any grudges or carry any resentment against anyone. If you don't have peace, it is not someone took it from you, but you

gave it away. You cannot always control what happens to you, but you can control what happens within you.

4) You Want Others to Listen To You:

You like people who listen to you. Dale Carnegie being a motivational speaker went to a party where he met one of his friends. The person around for an hour kept on talking about himself and Dale Carnegie listened to his talks with all interest. After he had finished talking he said to Dale Carnegie that it was good having conversation with you. Though Dale Carnegie never uttered a word but being a good listener he was appreciated a lot.

Once Abraham Lincoln was very stressed out and wanted to meet one of his close friends. He spoke continuously for 6 long hours. At the end of such a long talk he said to his friend, "Thank you for the suggestions you gave and it was really a wonderful conversation." Though on the other hand his friend had never ever given a single suggestion. But his patience and love to listen to Abraham Lincoln made him different from others.

Often is the case that we think that our opinion is much more important than others suggestion and we develop a lack of patience and tend to interrupt and not let the other person speak. As people gain authority they tend to become arrogant and bad at listening to others who are under them. A deaf ear is the first indication of a

closed mind. It is said that, "Speaking is silver but remaining silent and listening is gold." In order to become a much liked person you have to be a good listener. The power of listening to others makes them feel your love and concern for them and then they seek your company so that they can talk. The need to listen increases as you go higher in any field. But then while listening we should not judge and remain unbiased without developing any prejudice and remaining in the present moment.

5) You Want Others to Understand You:

How do you feel when you are misunderstood? What kind of feelings creep up inside you? Loneliness, Frustration, Disappointment, Resentment. These are common feelings when we have been misunderstood.

Peter Drucker, often called the "Father of Management" claims that 60% of all management problems are a result of faulty communications. Most of the divorce cases are due to this.

Communication is fundamental to understanding.

Jesus said, "What you give you get back". According to this we should think that do we encourage people, do we appreciate others, do we forgive immediately, are we a good listener, do we understand people.

The least important word is "you", the most important word is we.

in life you either see people as your adversaries (an enemy) or as your assets. If you see people as assets, you will help them see their potential, and you will become allies in making the most of each other.

Life is beautiful when people around feel loved and happy. We just have to be caring and loving that is encourage, appreciate, listen, forgive and understand that is the key to good relationship.

CHARISMA

Charismatic person has a dynamic and magnetic persona. His very presence inspires people, and they get drawn and attracted to him. People feel blessed to talk to him and be in his company. His love is so pure and intense and he is so passionate about his dreams that he acquires electromagnetic power. Whoever comes into that energy field gets charged with his enthusiasm and love. People are in awe of him and rever him. They want to emulate his example. He inspires and motivates everyone to produce results. He is loving caring and sensitive to others needs and understand their problems.

Great leaders like Gandhiji, Abdul Kalam and saints like Swami Vivekanand, mother Teresa etc. had this special quality. He has the ability to inspire followers and transform their lives. He has an attractive aura, great charm and divinely conferred power or talent.

We all have the potential to develop this quality that make a difference in our personality. All of us have certain abilities that will increase the charisma of our personality.. We should enhance these abilities to become a more liked person. However we don't have to make a strained effort to become something that is not comfortable with our basic nature. However if it is our desire to

become a people's person then, we need to develop an appealing personality that causes others to respond to us.

Using the word CHARISMA if we go through each letter of the word we can define the outstanding characteristics of charismatic people:

- C – Concern
- H – Help
- A – Action
- R – Results
- I – Influence
- S – Sensitivity
- M – Motivation
- A – Affirmation

Then traits are not simply inborn; they are attainable by anyone who cares about other people and wants to develop his relation skills.

1) CONCERN:-

The word "concern" means ability to show care and affection. Charismatic persons love is so intense that people feel, he really cares for them, his concern motivates them to rise above their ego, and negativity and become a productive person.

A manager who has concern for his workers and wants them to lead a fulfilling life, His concern and inner love for them will help them to give good results. A mother who really cares for her children and wants them to be successful in life will not have to check them to study all the time, but her concern will be felt and will motivate the

children to do well. Inner concern has a magical effect on the person.

As it is said that there are always 2 types of people with 2 kinds of attitude with one saying "Here I am" and other saying "There you are". It doesn't takes long to notice that people flock to the "There you are" people.

A charismatic person is more concerned about making others feel good about themselves than making them feel good about himself. He develops the feeling of importance in others and shows confidence in them.

Don't try to sell other people on you, try to sell them on themselves.

The harvest is plentiful, but the workers are few. Jesus and Mahatma Gandhi went, saw, felt and cared. Its only when we go and expose ourselves to various situations that we will see enough to develop the concern necessary to move us to action.

True happiness lies where you help people -- see and feel their needs, spend time with them, study their situations, understand them and give them love and affection they need. Only when you go and see, will you feel and do.

2) HELP— THE ABILITY TO REACH OUT:

Charismatic people are helpers. They are out to see others profit; they have the gift of grace. God has freely bestowed upon us spiritual gift because of His grace towards us.

People have problems and they go through heartbreaking situations where they sometimes need help which is selfless and satisfying both mentally and physically. Life is not always smooth, it has ditches and pits too. A charismatic person makes people understand that bad situations do come but they don't stay forever, what is needed is firm determination and a strong will to face them and above all total surrender towards God. The best thing to say is "People have problems, they need help, and can do it - Yes."

Encourage people to solve their problems - Yes, you can do it. A person who has the "charisma" will always encourage the man in problem to solve it by saying "Yes! You can do it." He tells them that it may take time but soon it will fly away. When people are in problem, he assures them of his confidence in them creatively shows them how to deal with their problems. Offers hope to them through the process.

3) ACTION - THE ABILITY TO MAKE THINGS HAPPEN:

Something exciting always seems to be happening around a person with "CHARISMA". A "Charismatic Person" has an aversion to being boring..He may be controversial, unusual, creative or entertaining, but never boring.

Be honest with yourself and evaluate how you come across to others, how much do you understand them, how you help them in bad times,

how do you feel about them without making any kind of prejudice.

One should have a burning desire to make others happy and you will be able to do it. Until and unless you don't have that passion and desire to give love and affection to others it won't work out.

Creativity is the ability to say things in an unusual way; confidence is the ability to do things in an unusual way. Charismatic people can do both. They use humour to drive home a point but never to distract from the truth.

4) RESULTS - THE ABILITY TO PRODUCE:-

People like being around winners and want to play on the winning team and want someone to say that "the court is yours".

A boy playing chess with his grand-father says oh no! Not again! Grandpa you always win!" Grandpa says, "what do you want me to do, lose, you won't learn anything if I do that". But the boy replies, "I don't want to learn, I want to win."

Charismatic people want to win, as well as they want others to win too. That creates productivity. They don't push anyone behind but walk or march together towards success.

How does a person becomes productive? Find your strength and then find someone who needs you strength to march ahead. Charismatic people use their strengths to help other people feel

good about themselves; they are other centred inspite of being self-centered.

5) INFLUENCE—THE ABILITY TO LEAD:-

Leadership is influence. The person who has thorough knowledge, experience, good character, expertise, following, all lead to influence on others. His life is his book. He does not teach by words, but he practices what he preaches. His life, work and achievements have been true pillars of success for many human beings. They have followed them, have understood his phenomena of "simple living and high thinking" and have worked for the welfare of the society and people.

What happens to you speaks of your circumstances, what happens in you speaks of your character, and what happens through you speaks of your "CHARISMA".

6) SENSITIVITY: THE ABILITY TO FEEL AND RESPOND:

Charismatic people have the ability to be sensitive to changing situations. They are adept (expert) at taking advantage of the mood, feeling and spirit of any situation. Most of the people have the ability to feel something, but they aren't sure how to react to it or express it. Charismatic people not only feel it, but they know how to act and express it. (Gandhiji felt people wanted freedom and he knew how to achieve it.)

Charismatic people find a cause; that's discernment (good judgement or in sight, perceive clearly with the mind or the senses). They also voice a concern; that's courage. And they draw a crowd; that's automatic.

Sensitive (for others) people take a risk, they take the initiative to find a need and take action. Some people are over-sensitive and won't let their feelings hurt and they will withdraw from others and never take a risk.

But the charismatic person will risk getting out of his comfort zone in order to make others feel comfortable.

7) MOTIVATION – THE ABILITY TO GIVE HOPE:

The secret of motivating others is providing them with hope. People tend to feel more positive when they are following charismatic leaders. When hopeless a charismatic person will always try to boost up and create enthusiasm in that man. He will create an aura of hope, enthusiasm and happiness around him which will attract common man toward him without making any efforts. Because he knows that only such kind of person can pull him out from this worldly web of hopelessness and disparity.

Now, do you convey hope or despair to those around you? Learn affirmation skills; problem solving techniques; ways to verbally

encourage others? And convey belief and support in others.

Action speaks louder than words. Don't only speak, discuss and think, but act.

8) AFFIRMATION—THE ABILITY TO BUILD UP:

Charles Schwab, the successful businessman, said, "you can always get better results under an atmosphere of approval rather than under a spirit of criticism."

Everyone wants and needs to be affirmed for his accomplishments. A little boy playing with his father said, "Let's play, I'll throw and you say 'wonderful'."

That's what the charismatic person does for others.

We tend to become what the most important person in our life thinks we will become. Think the best, believe the best, and express the best in others. Your affirmation will not only make you more attractive to them, but you will help play an important part in their personal development.

How we affirm others? First we need to feel good about ourselves. Then we can verbally and actively believe in others and expect them to respond positively. Always give positive remarks and no negative statements, If we criticize we lose.

ROADBLOCKS TO CHARISMA:-

Charisma is a trait (quality) in our life that can be developed. It is not reserved for those who are extroverts and enjoy being in limelight in front of others. The potential to be charismatic lies within each of us, but first we must remove the following hindrances:-

a) Pride:-

A proud person will have a tendency to look down on other people, feeling a sense of superiority. People will not follow or identify with a snobbish personality. Who is conscious of status and position? Pride is opposite of love and humility. People never get motivated and identify with a person who is self-centered and egoist. So pride is a roadblock to charisma. Learn to be humble and be like the people you are dealing with.

b) Insecurity:-

Insecure people are not willing to take a risk. They prefer to remain comfortable and probably unexciting. The ability to take risk for the upliftment of society is essential to be charismatic. Whenever one starts something new and different people oppose in the beginning and are not ready to accept. In the beginning he is alone e.g. of mother Teresa, but once he becomes successful, whole world follows his example.

c) Moodiness:-

THIS is an immature quality which is detrimental to personal relationships, Moody people are fickle minded and cannot be depended upon. Confidence is never built on a person who is subject to sullenness and depression. Never let your mood effect your work. If you don't pay heed to your mood but concentrate on the work at hand mood becomes alright. Mood off, light off, life off. So always be cheerful. Every one likes to work with a cheerful person.

d) Perfectionism:-

Is the need to perform flawlessly. It stifles creativity and freedom and it turns people away. Perfectionists can rarely affirm themselves, therefore, it is very difficult for them to affirm others. They always feel it could have been better and a never satisfied, thus never happy.

f) Over Sensitivity:-

Over sensitive people are very easily hurt, and take offense. They are constantly licking their wound. They look inward are not aware of the needs of others. Person dealing with them is at loss and does not know what will hurt them. Naturally people don't flock around them.

g) Negativism:-

No one likes to be around negative people and complainers. They are very gloomy and unexciting to be with. By definition negativism is the opposite of charisma. A person with a constant negative attitude is depressing to be around. Their personality says 'no' to life in general. People will

avoid a person like that. This not the trait of a charismatic person.

Be a charismatic person as it makes life a celebration and people like to be around such a person. Remember do nothing from a selfish motive; or empty goal; Regard others more important than yourself. Do not merely look out for our own personal interests but also the interest of others. When you have a big dream for the service of all, dormant forces talents divinity become alive. You discover yourself to be a greater person than you even dreamed to be, you become charismatic.

RULES OF SUCCESS

★ Law of Self Awareness:

★ This law is based on the fact that we are ATMA, BRAHM, we are not this body, mind and intellect. This physical body keeps changing but if some one asks, "have you changed?" "No the body has changed from childhood to youth, old age and death, but I am the same." I am the seer of this physical body mind and intellect." Same way thoughts of the mind keep changing, decisions of the intellect keep changing, but I do not change. When some one dies, the physical body is there, but we say he is no more, that means he is the spirit in that body, and not the physical body. When we become the seer, and stop identifying with the mind, body and intellect, our real nature, which is infinite silence, perfect balance simplicity and bliss becomes evident.

When we are in the Atmic state or in the experience of our real self (Atma), our internal point is our real self. We remain in the continuous remembrance of our real self, and not the object of experience. The opposite of self-referral is object referral. In object referral we are always influenced by objects outside the self, which include, situations, circumstances, people and things. In

object referral (when we forget our real self) we constantly seek the approval of others, our thinking our behaviour is fear based, because we have taken the refuge of money, people and things. When the refuge is our real self (Antarmukhi) we become fearless. Krishna in Geeta says – Take my refuge. Krishan means our own Atma. When we experience the power of self there is absence of fear, there is no compulsion to control, and no struggle for approval or external power. Actually we are not this body. Our true self is Atma pure consciousness, spirit but we identify with the ego, which is our social mask. It is the role we are playing. Remembering our own self we have to play various roles. Role of wife, mother, sister, uncle, father, husband etc. but we are not this. When we identify with the role we become happy, sad, fearful, we want approval, seek power this all happens when we identify with the role. As for e.g. Amitabh Bachchan identifies with the role of a smuggler in the movie Deewar he will be highly stressed and anxious. He knows I am Amitabh Bachchan I am just playing a role; same say we are just actors playing our roles we are essentially pure consciousness. So any problem in the role will not disturb us.

When we are in the continuous remembrance of the self we acquire self power. Characteristics of self power are:- 1) It draws people to you, 2) It also draws things to you for the service of all. 3) It magnetizes people,

situations, and circumstances to support you This is also called support from the law of nature. It is the support of divinity, it is the support that comes from being in the state of your real self (Atma).

I will practice the law of self-awareness by following these steps:

- 1) I will try to be in the continuous remembrance of my own self, while the body plays its role. I will take out some time to be silent, to be in meditation. (Not mixing with the thoughts is meditation).
- 2) I will practice non-judgement. I will see all as my own self and not judge people; because when we judge we have likes and dislikes. Judgement is there when there is non-acceptance. When you judge, you are not able to forgive. And you shut down the flow of love. In judging others, you reflect your lack of self-acceptance. Remember every person you forgive adds to self-love. Access to your true self will also give you insight into the mirror of relationships, because all your relationship is a reflection of your relationship with yourself. For eg. If you have guilt, fear, insecurity over anything. These are reflections of basic aspects of your personality. No amount of money and success will solve these basic problems of existence; only intimacy with true self will bring about true healing

because you realize that the essence of all affluence is life energy, which is my intrinsic nature.

The Law of Giving:

Anything that is of value in life only multiplies when it is given. Whatever you have love, appreciation, blessing, pure vibration, service, money, give it with love and joy. "Give the best you have and the best shall come back to you". The more you give, the more you will receive because you keep the abundance of the universe circulating in your life. If through the act of giving you feel you have lost something, then the gift is not truly given and will not cause increase. If you give grudgingly, there is no energy behind that giving. It is the intention behind your giving and receiving that is the most important thing. The return is directly proportional to the giving when it is unconditional and from the heart. In the act of giving one should be joyful then the energy behind the giving increases many times over.

Practicing the law of giving is actually very simple; if you want joy, give joy to others, if you want love, learn to give love; if you want attention and appreciation learn to give attention and appreciation. If you want money then help others materially. In fact, the easiest way to get what you want is to help others get what they want. If you want to be blessed with all good things in life,

learn to silently bless everyone with all good things in life. If you want knowledge give knowledge to others. The gifts of caring, attention, affection, appreciation and love are some of the most precious gifts you can give, they don't cost you anything. When you meet someone, you can silently send them a blessing, wishing them happiness, joy and laughter. This kind of silent giving is very powerful.

Make a decision to give wherever you go, whom ever you see. As long as you are giving, you will be receiving. The more you give, the more confidence you will gain of the miraculous effect of this law. As you give more, your ability to give more also increases.

The Law of Karma:-

Life is very simple what we give, we get back, what we think we experience. Law of Karma says as you sow, so shall you reap. What ever is happening to us is the result of our Karma. We are hundred percent responsible for our life and situations. So many situation and circumstances come in our life, which is the result of previous Karma. Now it is in our hands how we react in that situation. Reaction to any situation means non-acceptance. For e.g.:-

If I were to insult you, you would most likely make the choice of being offended. If I were to pay you a compliment, you would most likely make the choice of being pleased or flattered, but

think about it, its still a choice. If our thoughts don't make us unhappy no one in the world has the power to make us unhappy. I could offend you, insult you, and you could make the choice of not being offended. I could pay a compliment and you could make the choice of not letting that flatter you.

Most of us, even though we are infinite choice makers—have become bundles of conditioned reflexes that are being constantly influenced by people and circumstances into predictable outcome of behaviour. These conditioned reflexes are like Pavlovian conditioning. Pavlov is famous for demonstrating that if you give a dog something to eat, everytime you ring a bell. Soon the dog starts to salivate when you just ring the bell, because it has associated the ringing of the bell with something to eat.

When you make any choice, you can ask yourself two questions—First of all, “What are the consequences of this choice, that I am making? In your heart you will immediately know what these are. Secondly – “Will this choice that I'm making now, bring happiness to me and to others. If the answer is no, if that choice brings distress either to you, or to those around you, then don't make that choice, it is as simple as that.

What about past Karma? How it is influencing you now? There are three things you can do about past Karma.

- 1) One has to pay his karmic debts, sometimes there's a lot of suffering involved in the payment of these debts. But the law of karma says no debt in the universe goes unpaid. There is a perfect accounting system in the universe.
- 2) You can transform your karma to a more desirable experience. Why is this happening? What is the message that the universe is giving to me? What can I learn from this experience? Learn from the experience and move ahead.
- 3) The third way to deal with karma is to transcend it. The way to transcend is the experience of your real self. Know who am I? I am not this body, mind and intellect, I am the seer of all these. So whatever is happening is like a scene from a play. (Sab natak ke scene hain). Hence I watch the scene as a passing show without being affected by it.

The law of least effort:

This law is based on the fact that nature functions with great ease and carefreeness. This is the principle of least effort in your action. This is the principle of harmony and love. If you observe nature at work, you will see that least effort is required. Grass just doesn't try to grow, it just grows. Fish don't try to swim, they just swim. Flowers don't try to bloom they just bloom. Birds

don't try to fly they just fly. This is their intrinsic nature. It comes naturally to them. The earth does not try to spin on its axis but it naturally and easily spins through dizzying speed. It is the nature of babies to be in bliss, it is the nature of the sun to shine. Similarly our nature is to be in the state of bliss and love. Least effort is required when our actions are motivated by love. When you seek power and control things and people; you waste energy.

Least effort is required in our actions when there is no ego; no sense of doership and no obsession with the result. Ego consumes greatest amount of energy, because an egoist always feels I am right, and insists that things should work my way. He becomes easily hurt, complains and blames everyone for hurting him. No one is hurting him, but his ego. When one feels hurt and pained, greatest amount of energy is consumed. Physical activity does not drain your energy, as much as attention to the ego.

Acceptance:-

All problems in life begin by not accepting and loving yourself and others around you. We should stand in front of the mirror and say several times a day I love and accept myself as I am. First learn to accept yourself physically, mentally emotionally as you are. Try to change *what* you can and accept, that cannot be changed. We cannot change ourselves physically. We have to accept

our height, colour as it is. But the way we dress up, we carry ourselves can be changed. Mentally and emotionally everything can be changed. Man is 98% mental and only 2% physical. If we have a positive attitude and emotionally we are balanced we will be very happy.

As we learn to accept love and appreciate ourselves. We have to learn to accept all situations circumstances as they are. Total acceptance and complete surrender of how things should be frees you from mind and ego. The moment we accept and completely surrender, and there is no resistance, we are at peace. Why he/she is behaving in this manner, why illness has come to me? Why God has taken my child? Why me? Without offering any resistance the moment we surrender ourselves completely we become relaxed and at peace. To offer no resistance to life is to be in a state of grace, ease, and lightness. This state is then not dependent upon things being in a certain way, good or bad.

When there is complete acceptance of all life situations and people we become totally desireless, because we have accepted everything as it is and there is no desire how things should be. Everything is there the way it is, like some person is suffering from cancer, when he accepts the situation, it frees him from mental anxiety and tension. Then do whatever (seva) service you can do. But there will be no complain and blame.

This life is like a wheel. What moves up has to come down also. When there is the downward trend if we accept it, the wheel goes up again. Now this life is like a moving picture, it is not a still picture. In this moving picture change is inevitable. Success turns into failure, health into illness, richness into poverty. Good relations into strained relations. Now when there is downward trend there is lot of negativity and resistance. Negativity ranges from irritation or impatience to fierce anger, sometimes-deep grief or depression. The ego believes that through negativity it can manipulate reality and get what it wants. It believes that by being unhappy it can attract a desirable condition or dissolve an undesirable one. But we should know negativity never works. Instead of dissolving the negative situation it keeps it in place. Stops us from rising above the negative situation. All it does is strengthens the ego. Now what is required is acceptance of the negative downward trend. Non-acceptance may create illness, extreme depression and despair. So we should accept the situation and realize it has come to awaken me in my real self. This situation has come to awaken me from my unconscious state to consciousness. By the grace of satguru the moment we realize all unhappiness is due to identification with the mind and not accepting the situation. We rise above the mind and ego and there is no negativity in my real self Atma.

Detachment:

It is a very powerful spiritual law. The more we are attached to a thing or a person the more we suffer. Attachment makes us weak, a doctor will not perform operation of his son or close relative, his attachment makes him weak. A teacher can teach a whole class, but where his children are concerned he cannot teach. So spirituality says work in a detached manner.

Live in the world but not of the world. World is beautiful, but when it comes in our mind, it makes us happy or sad. As a boat sails in water, but when the water gets inside the boat, it sinks the boat. Same way, this world when it is outside it serves us. When it comes in our heart and mind and we want things to happen our way, we suffer. We feel this is mine, we get attached. Be like a mirror it welcomes all but does not store anything. Don't be like camera which stores all good and bad experiences and thus have likes and dislikes.

Main detachment is with the mind and ego, Guru tells us you are that Atam tatva, consciousness, spirit. You are not the mind and body. So don't attach with the mind and ego. All the world, joy, pain, sorrow dwells in the mind. If we can disidentify from the mind we become detached from everything. Identification with the mind is greatest obstacle in spirituality. We should learn to focus all our energies and concentration on one single aim that is continuous remembrance of our real self. Guru tells us:

देखो भालो तको मत,
खाओ पिओ चखो मत,
बोलो चालो बको मत,
न हटो न सटो, लो दो और चलो ।

That is do everything but in a detached manner. As a bank Manager handles all the cash but he knows it is not mine. As a governess works in a house, looks after the children, loves them but she knows, they are not mine. The moment the employer says you have to leave the job, she willingly leaves them although she served them and loved them. Same way we have to love and serve in this world, but the moment we have to leave this world we should be able to do it willingly. This life is a preparation for going back to God. So live, serve all but don't get attached from inside.

No action disturbs us, but our attachment to the results, trouble us. We should be alert and careful and do our work with 100% effort, but there should be no attachment to the result. Attachment to the result causes anxiety, fear and we cannot focus on the work at hand. So do your best and leave the rest to God. Be detached with the result. Detachment does not mean being careless, it means, not being obsessed with the result.

Anything you want can be acquired through detachment, because detachment is based on the unquestioning belief in the power of your true self.

Attachment on the other hand is based on fear and insecurity. Security is based on knowing our true self. Today I will commit myself to detachment. I will allow myself and those around me the freedom to be as they are. I will not rigidly hold to my idea of how things should be.

Conclusion:

Life is full of dualities; with joy there is sorrow, with richness, poverty. In youth there is fear of old age. In health fear of sickness, everything is changeable, so to be in bliss always which is our nature, know your real self ATMA, BRAHM pure consciousness, which is unchangeable, unaffected and complete bliss. This world is a stage where the play is going on, the play is written by our own karma. Be in your real self (Antarmukhi) and let the play go on. In the play practice the law of giving, have immense and profound love, because everything is your own self. Let all your actions be motivated by love. Let there be total acceptance of everything and everyone. With love and acceptance, there is automatic detachment also. When you are in continuous remembrance of your self there is perfect balance, silence, love and bliss.

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Guru says, something or other will always keep happening and complete peace can only be attained in the graveyard. What is destined to happen, will always happen no matter we are happy or stressed about it. Then why crib and cry and let negativity prevail to spoil your mental and physical health. Instead, reduce stress, be happy and stay healthy.

2. Environmental Stressors:

This is caused due to the changing conditions of the environment like excessive cold, heat, noise, humidity, pollution (smoke, dust, harmful chemicals) in the air and water, improper lighting, overcrowding etc. All these things make us stressed. Different people get affected in different degrees under the same conditions due to their body resistance or 'pran-shakti'. Pranayam increases our resistance to various external and internal stimuli.

3. Physical Stressors:

A) Faulty diet: Certain types of foods increase our stress levels like excessive intake of sugar, salt, coffee, tea, alcohol, drugs, colas, meat, cigarette etc. They hamper our complete metabolism, digestive, nervous and respiratory system causing stress.

B) Faulty breathing: If our habitual breathing is shallow (i.e. limited to chest), rapid, jerky, noisy and is not rhythmical, then we are under stress. Breathing should be by stomach like babies do. When we inhale, our lungs and stomach should

expand and while we exhale, the lungs and stomach should contract just like a balloon. That's the right way to breathe and incorporate maximum pran-vayu in the body. Always breathe slowly and deeply.

C) Faulty Postures: How we sit, stand and walk tells a lot about personality. To relieve stress; sit, stand and walk with a straight spine. Some people seem low and gloomy due to their negative body language. Body action is the result of mind action. Average people have average walk but confident people walk faster. Throw your shoulders back, lift up your head, move faster and feel confident.

Always maintain eye contact to feel strong and energetic from inside.

D) Diseases: If we have chronic health problems, it will also contribute to stress. Body and mind are one. If one is not well, then the other will also be so. If there is blockade in the energy flow (pran), it will create anxiety; anger, irritation and again the negative emotions will lead to stress. Sinus, asthma, high b.p., heart problems, diabetes any acute or complex problem can cause stress in the body.

E) Excessive Speaking/talking: There is a lot of energy expenditure of nervous and muscular energy when we speak. One hour of continuous speaking equals five hours of physical labour. So excessive talking may also lead to stress. That is why, so much weightage is laid on silence for mental peace. Silence – Inner and Outer, relaxes

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and calms down our neuro-muscular system thus in turn reduces stress. A negative inner thought process for a prolonged period causes lot of stress and is mirrored in our personality. Be silent for mental peace.

F) Over Exertion: When our body is constantly working without any rest and is exhausted, it causes stress. And when we are forced to do something which we don't like, we feel stressed out. Guru says, like everything you do. Do it enthusiastically with positive energy. Always be cheerful and never take work as a burden.

* The Harmful ill Effects of Stress: Stress induces the following symptoms and diseases in our body:

- a) Headache
- b) Cardiovascular problems (high b.p. and heart problems)
- c) Digestive ailments – gas, constipation, acidity, diarrhoea
- d) Skin problems – Rash, itching, pimples and blemishes etc. due to tension.
- e) Endocrine and metabolic problems- High Cholesterol and diabetes etc. are known to be caused by stressful life style.
- f) Insomnia – Lack of sleep.

* What measures to take or what to do to reduce stress:

- 1) Always plan, prioritize and concentrate on one thing at a time to avoid clutter and a messed up

mind. Be more relaxed and accommodating of people and situations.

2) Compete with your own self rather than with others to improve your performance and achievements. Get inspired and keep moving.

3) Discuss difference and conflicts that are important to you in an assertive and rational manner. Be fearless but always polite. We must learn the art to speak up our mind without hurting the other person's point of view and feelings.

4) Take proper time- to sleep, eat meals comfortably, to exercise and to relax.

5) Apply the mantra of Non-judgement and Acceptance- when we see how difficult it is to change ourselves, then we feel what little chance we have to change others. Guru says change yourself and the world is changed. No one will change for us, we have to accept them as they are. When we say we have adjusted, we feel heavy, Guru says acceptance makes us relaxed, light and destressed.

Do not judge others. In life, God doesn't give you people you want. Instead he gives you people you need; only to teach you, to hurt you and to love you and make you exactly the way he wants you to be. Guru says,

‘कोई बुरा नहीं है भले मन के वास्ते ।’

Let your inner self be least affected by outer circumstances to stay away from stress.

6) Start each day afresh – Guru says always live in the present. We are always burdened by the trash

Selfless work and love gives a great sense of achievement and creative satisfaction. It is a positive output of our hidden energy and talents.

16) PRAYER – God always listens to those who talk to him. Have firm faith in God and feel his presence everywhere. It is very relaxing to know that someone is always around to take care and guide us in every field of life.

17) Good health and balanced nutrition – What we eat, makes our mind. (a) Eat simple, light meals at the same time every day.

(b) Eat your food in a relaxed state of mind.

(c) Do not drink water with meals as it interferes with the digestion. Don't drink water till $\frac{1}{2}$ an hour after and before meals.

(d) Include fruits with skin, raw vegetables and fibre in your diet to get rid of constipation. Many diseases stem up when our stomach is constipated.

(e) Drink 8-10 glasses of water throughout the day to flush out all the toxins that induce stress hormones.

18) Cultivate a hobby. Have a busy and active life style- Indulging in something creative helps to release emotions. Some people paint, some listen to music or dance to calm their senses. It relaxes both the body and mind. The more busy we are, the lesser time we have for useless thoughts and insecurities. Be busy, stay happy. It also gives a feeling of achievement and satisfaction to the inner self.

mixed with the mind. Observe your emotions and leave them. Watch the mind. We want things to happen our way, which is a great cause of stress. When we try to suppress the thoughts of stress, it uses lots of our energy but still pops up when the condition arises again. When we react and we are stressed out, we give rise to anger and then feel guilty about it later. So the middle path Guru says is LOVE and acceptance. Be in the state of love always.

20) Insomnia or lack of sleep: Lack of sleep can be due to various reasons but all its roads lead to one problem – Stress.

- a) Anxiety – We are always tensed and restless.
- b) Acidity – One of the major reasons of restlessness and disturbed sleep.
- c) Lack of exercise – We are giving more rest to the body throughout the day so no sleep at night.
- d) Stimulants like tea, coffee at night.

Try to relax your body and mind. Exercise helps to relax the body and regulates the blood supply from head to toe, which in turn releases stress.

Relax your mind by happy thoughts, prayer and meditation (Apply no-mind therapy i.e. 'निर्विकल्पता').

Eat a light meal at least 2-3 hrs. prior to sleep and have a glass of hot milk + honey + a pinch

of jaifal (to induce sleep) before going to bed. Avoid stimulants such as tea, coffee. Avoid cigarette, alcohol and drugs etc.

Keep your room airy with subdued lighting and your bed comfortable. Keep your room clean and clutter free to feel comfortable and at peace.

OM chanting at night or concentration at some sound gives peace of mind inducing sleep.

Maintain a regular time of sleeping and getting up so the body automatically falls asleep at that time.

Relaxation techniques:

Meditation – It involves concentration of the whole body, mind and senses to one single sound. When we concentrate, the thought process stops thus relieving the mind of all the stressful past and future thoughts.

Stretching and aerobic exercises– Regulate the blood flow from head to toe and tones up all the joints. When we exercise, endomorphins – the happy hormones, are released so we feel light and stressfree.

Massage – Again, this also reduces pain in the body and tones up all the body parts. We feel light, energetic and healthy.

Accupressure – This involves giving pressure on particular body parts to relieve pain, discomfort and stress.

your worries away and feel relaxed.

Music – Music that is soothing to ears relieves stress. According to a theory diabetes, as caused by stress was cured by constant light instrumental music.

Holiday – take 3-4 days off your busy routine. Pack your bags and go to some hill station with your family to feel close to nature and come back rejuvenated but leave your baggage of tensions and worries at home.

Yog-nidra – Yog nidra involves concentrating on each and every part of body starting from head and then going sideways, then going down towards the lower portions of the body to hands toes through every joint. Then coming right back to the head again concentrating on every body part. While concentrating our senses are fixed at one point which eradicates all the worried thoughts and we feel fresh after getting up. This helps in great sleep and relieves stress.

Practice Bhakti, be in satsang – Both teaches us to surrender unto God and affirm in yourself this faith that God is there to take care and help us.

Pranayam – This is the concentration on the pran – shakti i.e. the breath. We practice concentrating on the breath we inhale and exhale deeply thus it helps to reduce stress to a great extent and cure a miraculous number of diseases.

There are 5 types of pranayam:-

inhaling and exhaling at a good speed. Inhaling from one nostril and exhaling from other then inhaling from the same with which we exhaled and exhaling from the other fastly. But is forbidden for high b.p. and heart problem patients. It is known to 'bhasam' i.e. eradicate all the stress in the body and mind.

2. Kapal bhati – This involves inhaling one deep breath and then exhaling it out in small sections, with jerks. It is known to relieve tensed thoughts. During this process, the air rubs with diaphragm and the O₂ supply goes actively to the mind. Also it opens the nasal and ear blockage and throws out all the tensed thoughts out of our system and cleans and clears mind. Improves concentration and memory.

3. Anulom-vilom – This is inhaling with one nostril and exhaling from the other, same as in bhasrika but at a very very slow speed. And, there is no nasal sound. It is very very helpful to relieve the body of all the stress. It is also called 'Nadi-shodhan' which means purifying the blood vessels. A wonderful stress reliever indeed.

4. Bhramri – this is a technique of producing a sound same as that of a bee i.e. a buzzing sound. This involves producing that sound loudly and then slowly, and listening to it carefully. It echoes in the brain and we feel detached with the whole world. This technique is greatly used for the cure

of depression and other psychological problems as it being a peace stimulant and stress reliever.

5. Udgeet – This is a very melodious way of concentrating on sound. In this, Om chanting is done repetitively to activate the brain cells. Guru says a large part of our brain is left unused so this technique helps to activate millions of the brain cells. The brain in turn works better and we feel fresh and light. Om Chanting, a very ancient, method is wonderful for calming one's senses.

Conclusion:

Guru says, stress is everywhere, inside and outside both. It is in our hands to take it as a driving force and move ahead or to let it drain us and make us ill. So many methods have been discussed about stress. We should identify our case of stress and try to eliminate it, and inculcate those destressors, which suit our personality.

Do not mix with mind or you might get carried away with your negative emotions giving you, sleepless nights. Take each day as it comes and accept everything as a blessing because everything is God sent. Instead of brooding over our past, let us take it as a spring board which helps us to jump higher and learn from our mistakes rather than taking it as a hammock always pouncing upon our brain. Always be positive and let positivity fills in your inner space. Be in the attitude of gratitude. Laugh and be happy.

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Leave the feeling of doership behind. When we feel we are the doer then we are most affected with the result of that deed but if we do things with complete surrender unto God, we feel he is the doer and then whatever the result he gives. We are least bothered and stressed about it. Guru says, those who joyfully leave everything in God's hands, eventually see God's hand in everything.

Exercise, pray and meditate daily on a regular basis to avoid stress.

And, then Guru says, when in a problem, never say, Hey God, I have a big problem; instead say, Hey problem, I have a big God to help me and all the stress and tension will vanish instantly.