



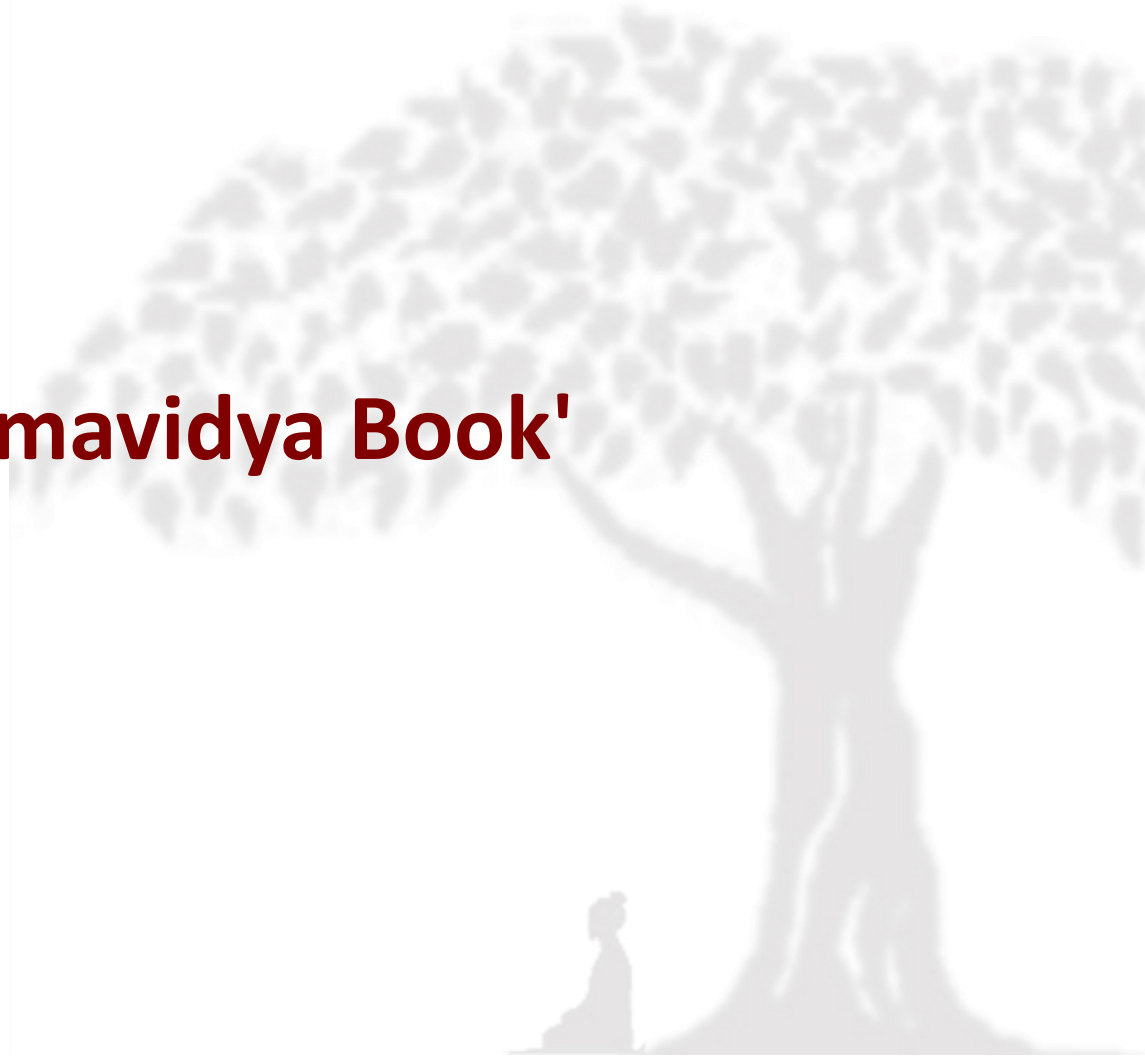
Brahma Vidya





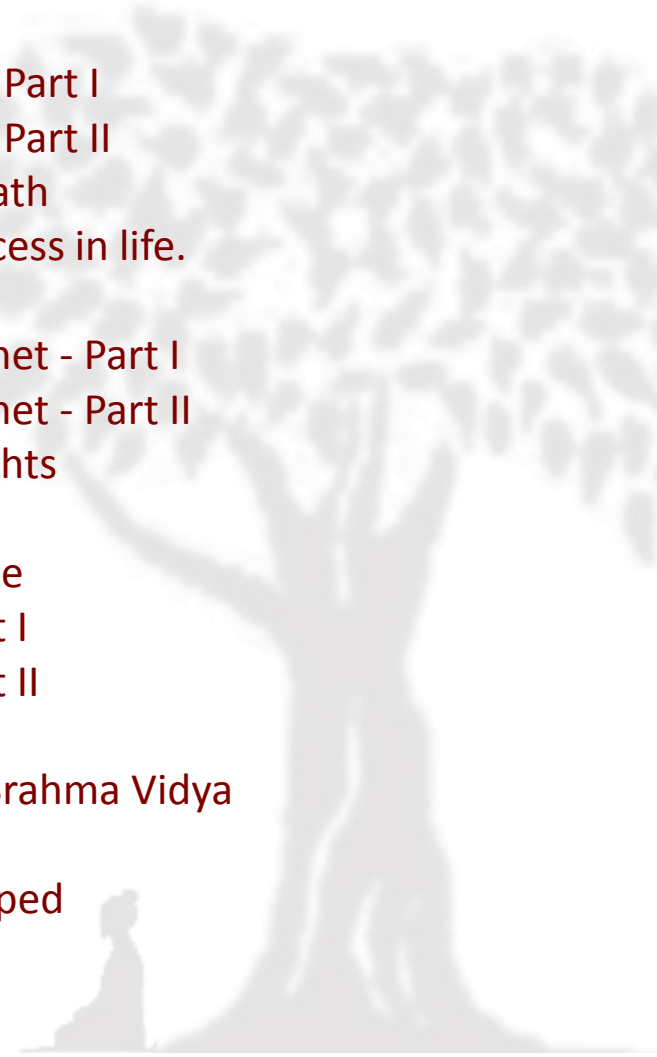
Brahma Vidya

'Brahmavidya Book'



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Introduction

I, welcome you to the Brahma Vidya Course. This course is unique. Here, you are not only taught basic teachings as per Brahma Vidya Science but some breathing techniques also. Both teachings and breathing techniques are very important. They go hand in glove. If you follow the teachings and practice the exercises with sincerity, I assure you, they will benefit you immensely. There is no gimmick. It is a science, developed 5000 years back by our Rishis. Those who followed this practice have experienced tremendous changes in their personality. I am sure, within three to four months time you yourself will experience the change.

The regular and sincere practice of Brahma Vidya will bring to you -

- Improved physical health
- Increased level of vitality
- Positive shift in your attitude
- Behaviour in present tense
- Harmony within and experience silence
- No confused mind, straight thinking and ability to see the things as they are.
- Understand the divine purpose of life and your relationship with universe.

The sum total, net result is, your life becomes graceful, purposeful, blissful and divine. This course is not restricted, confined to the persons practicing particular Faith or Religion. You may be a Hindu, a Muslim, a Christian, or a Sikh, and it does not matters . Brahma Vidya surely makes you a better Hindu, a better Muslim, a better Christian or a better Sikh infact above all a better person, a spiritual person and surely not a blind follower of particular Religion or rituals. Sex is no bar. Age is no bar. There is a misconception that spiritual science, Brahma Vidya is meant for old, retired persons. It is not time pass vocation. Remember, Brahma Vidya is a way of living your life. At an early age, at a young age if one inculcates the teachings and practice breathing exercises, pranayama, these young people can shape their lives, in a most desired, disciplined way. Here, I place before you most important doctrine, the 'magna-carta', constitution of Brahma Vidya - " I have the power and ability to live as long as I desire to, achieve whatever I desire to do. I am master of my own life, the law of creation is the law of life."

Let us now understand how this Brahma Vidya originated. What inspired Rishis, wise men to develop this science 5000 years back? The reason is very simple. They observed that every person has a desire, an aspiration. He wants to do something, become something.

Introduction

There is a proverb – As long as there is life there is hope and there is a desire. Every person wants to fulfill his goals, aspirations and reach the destination. All his efforts are in this direction. Nothing wrong in this, but something else also happens. The fulfillment of desire, aspiration brings happiness, and the very next moment new desire, thought, aspiration comes along on the screen of the mind. The happiness which when, one has derived by fulfilling the aspiration in the past, has already skipped away from him. Even people at the helm of affairs, running the statecraft, or coming from affluent class, experience that total satisfaction, total happiness is miles away from them. So, in search of this total satisfaction, total happiness, the wise men, the Rishis started experimenting. They moved little away from the city. They thought, they might find an answer to this question by remaining away from the day-to-day life, mundane life. In this process, they returned to the nature. They established their Ashrams, research centre by the riverbanks, or on mountaintops and from here they started experimenting on themselves. The experience they got from deep within formed the whole Brahma Vidya Science. This Brahma Vidya Science is a vast ocean.

In today's lecture, we will discuss simple observations that they made. First Observation they made was: - Tendency of the mind to exteriorize. Whatever one does, is the result of exteriorization of the mind. They called it 'Kshipt–Manovritti'. We live in the world of objects, things, men and environment. We have 'Panch nynendriya and Panch Karmendriya. With this, we interact in mundane life, our day-to-day life. The mechanism of exteriorization of the mind is simple. If one sees, his friend has purchased a new house, a new car; the mind suddenly goes into comparison, A thought comes to him that he should get the same. He thinks certain outside things and objects shall bring him happiness and satisfaction. This is half-truth. This is partial truth. The following observations, seers made

- i) Exteriorization of mind will never lead to total satisfaction. The reason is very simple - in process of possessing the things, to grab the things, if desire overrules him, he uses whatever means, even unfair means and the result is guilt and disturbance in the mind. By the time one desire is fulfilled the second is already in the queue. The process is continuous.
- ii) The real happiness called 'Ananda' cannot be experienced by running after objects or by possessing certain things. You may get some pleasurable sensation. There must be a shift in awareness, raise above concept of duality when one can experience contentment, bliss, Ananda.
- iii) They made – thoughts are inversely proportionate to total satisfaction. If there are more number of thoughts, there is crowding. Rush of thoughts in your mind, you drift way from bliss; you become disturbed, confused, and unsteady. The turbulent forces of thoughts create in mind more disharmony, disturbance. iv) The rishis concluded that if one can quieted one's mind numbers of thoughts are automatically less. You move faster towards contentment, happiness.

Introduction

The Rishis while in the company of nature started observing it. At a starry night if we look at the sky we become overwhelmed with the vastness and infinity. At the same time our consciousness expands, we loose body consciousness and become part of whole infinite universe.

Question comes to our mind –

- Who am I?
- What is my relationship with this universe?
- What is the force behind all creation, manifested world?”

But we do not pursue the matter further. We say, God has created this world and leave the subject. But Rishis continued their observation. As per their observations if you understand what is the force behind the universe and you are nothing but part of that creative force, creative energy you are at different level of understanding. You are at different dimension. That dimension is beyond time and space. You are realized and enlightened person.

So in the affirmation before meditation we say –

- I am now entering upon the greatest teachings accessible to man, for I am learning the secret of existence.
- The riddle of universe is about me and I am now solving it.

If you understand the unified principle behind all manifested world, totality and behave as a part of totality you would be in the state of Ananda, bliss, peace, and tranquility. This is not as simple as it appears. What is the process? The process is, one has to go within oneself. It is journey within. In this journey, you have not to carry any burden, weight. When you go beyond body, mind and intellect, you can shed the burden of past and future. You go to the source within. They call it 'Particha Pravas'- the process of going within.

Now coming back to the observations made by Rishis, let us understand with example from day-to-day life –There was a young boy preparing for his examination, a brilliant student with good academic record. Once while studying he felt bogged down. Somewhere a thought came to his mind – his study is not up to the mark. What will happen, if he does not get good marks? Father is now retired. His mother has sold valuables to finance his studies. His sister is yet to get married.

Introduction

If he fails what will happen? His family has invested in his career. He became disturbed. There were number of thoughts, question marks, one after another like a movie, came on his mind screen. Naturally he could not concentrate. His mind became disturbed.

Nothing was going inside. He stopped reading, preferred to go for a stroll; for a walk. There he saw a beautiful, smart, smiling girl. The moment he saw her, all his thinking, thoughts about examination, relegated, shifted to the back of his mind. Now only one thought, thought about the girl, her beauty occupied his mind. He became happy. Now understand few things, which are very important. The concept of beauty is very subjective. It differs from person to person. Whatever may be beautiful to me may not be beautiful to you or to someone else. When the boy went out he saw a beautiful girl, he became happy. Here what has happened, his mind exteriorize- became 'Kshipt' and he still became happy. At the time when he was studying, his mind was also exteriorized. Turbulent forces of thoughts about his performances in the examination and future created disturbance in his mind. As soon as he saw the beautiful girl, his mind relied on single thought – beautiful girl. This in 'Patanjali Yoga Sutra' describes 'Chitt Ekagrah - Chitt Aalamb' – disturbing thoughts are relegated and reduced, the mind shifts within. This boy gets good marks, gets a good job and he marries the same beautiful girl. He purchased new house and car. He was happy. On his return from office his wife used to welcome him with same good, charming smile. But it so happens after few months, this boy commits error in his office. His boss blamed him for loss of money and reputation. His boss gave him one-month salary and asked him to quit the job. His mind is fully disturbed. Now what? How to get suitable job? How to arrange for repayment of loan? What will happen to my image in the society? With burden of all these thoughts, he returns home. His beautiful wife welcomes him with the same charming smile.

But he is not happy. His mind is now off the track, disturbed. When number of thoughts are more, mind is away from quietness, happiness, bliss. Happiness is inversely proportionate to number of thoughts. Exteriorization of mind need not bring happiness, total satisfaction, Ananda. So you have now understood that exteriorization of mind need not bring happiness. If mind is quieted, the number of thoughts are less, mind becomes silenced.

It is with itself, inner self that alone can bring total satisfaction, Ananda. Rishis continued their research work in the company of nature by observing the outside world, by contemplating on their findings and going within, they contributed their work. Their findings came out in the form of Brahma Vidya.

Introduction

This is the basis of our course. The conclusions of Rishis (Brahma Vidyakar) is simple as under:

- I. Universe is infinite- Vishwa is Anadee Anant. Universe is infinite, limitless, boundless, and endless. There is no beginning and no end. Today's science also says and supports this conclusion. There are 32 million planets like Earth in our galaxy. There are 4 billion sun in our own galaxy. There are millions and millions of galaxies. The distance between the million galaxies is billions of light years. Light travels at speed of 1,84000 miles per second. One light year covers distance 6 trillion miles. Galaxies are expanding. Galaxies are not within the range of our biggest telescopes. The further you go into the space with telescopes, bigger the galaxies become. This vastness of universe, beyond astrophysical calculations support the A conclusion made by Rishis- Universe is Anadee Anant.
- II. Everything happening in the nature around us has some order. Simple, It looks like Sun rising at particular place sets at particular time. The seasons, all governed, controlled by natural laws. Men do not yet know some laws. Further they conclude that there exist, unchangeable, changeless, immutable laws of nature. The purpose of these laws are to establish harmony, symphony. This harmony has to be from within to without.
- III. Nature has created everything for a purpose. Everything existing in this nature is controlled by natural laws and rules which are governed by Totality's computer. But the case of human being is different. Human being enjoy something else. They call it as consciousness, awareness. Man knows, what he knows and tries to know what he does not. That is how entire evolution and progress man made is based on consciousness. Thus consciousness can change, modify environment and shape his future. That made Rishis to conclude –'Man is master of his own life'.
- IV. Everything is for purpose. The stars, sun, moon. Their existence has a purpose. Your own existence has a purpose. The purpose of life is to understand the same and be in harmony with the purpose for which you are created.
- V. Entire creation, animate or inanimate things are out of creative force, out of creative energy. This force is present everywhere. This creative force knows to create. They called it 'Brahman'. They did not discuss concept of God.

Introduction

Importance of Breathing

Wherever there is life there is breath. So Rishis thought there must be something in breathing, which can take them to the origin of life. Therefore, Rishis started getting lost in breath. They started observing breath coming in, touching inside and going out. They started losing themselves in the awareness of breathing. Practicing it they lost body consciousness and ultimately they saw – whatever this, he, she, it, this chair, this fan, everything, whether solid, liquid or gaseous it is not this real nature. Everything is Brahman. Brahman alone is reality. So they concluded, 'Brahma Satyam, Jagan Mithya'.

Till late there was nothing in science to support what they stated. In 1970, science also got involved in subatomic research and advance magnetic theory followed. Just try to understand what this theory has to say – “That from here to Sun and beyond, to the stars, there is nothing solid there is only field within field”. Rishis called it as Brahman.

The course in Brahma Vidya is divided in to three parts. These are in form of –

- Teachings
- Exercises and Affirmations
- Meditation

These are locked in to each other in a very beautiful way. In the teachings you are made to understand many more things, such as – How the universe is manifested? What are the basic elements? When entire creation manifested/universe has taken place? As per Brahma Vidyakar-Rishis, they called it 'Panch Tatwa, Panch Mahabhuta corresponding to this we have within us 'Panchnyanendriya, Panchkarmendriya' and how to establish rapport/connection with the Totality's computer?

There after we will move towards discussion of God. Many of us talk about God without understanding God. Everyone has developed his or her own concept of God. This concept is based on race mind thinking, conditioning of our mind. Some time out of insecurity of life. God is not concept. God is not projection of mind. God is reality. God is absolute. God can be understood, when you go beyond your conditioned mind, time and space.

Introduction

Here we will discuss and understand that God cannot be conceptualized and is beyond conception of our five sense organs. God is omniscient, omnipresent, omnipotent. Here I will just refer certain wrong notions, false concepts many people think. To reach God, to be spiritual, to get enlightenment one should not eat 'Kanda'- Onion, 'Lasan'- Garlic, Chili, Salt. They feel Onion, Garlic, Chili, salt prevent them from reaching God, and also from enlightenment. How wrong they are. If you don't like it, or if it gives you trouble do not eat it, simple. But, we create false notion.

You will understand to be spiritual the real problem is –

- Not the Onion, but our greed
- Not the Chilies, but our anger
- Not the salt, but our possessiveness
- Not the Garlic, but our preconceived notion, conditioned mind.

Another simple example - We know very little about our mind. Here you will be informed how our mind functions. Subconscious and conscious minds are functional aspects of our mind.

How to use mind power? We hardly use the unlimited potential within. What is memory, Power of thought? Every thought has the tendency to objectify.

Then course introduces you to Pranayama and eight breathing exercises; these are scientific breathing exercises. Our breath influences emotion and pattern of mind. There after certain affirmations are given. Thus (body) physical exercise as well as mental exercise, to improve your energy level. These are to be done in, the specific order in which you will be taught. This will result in enhanced creative potential; increase level of calmness, higher energy levels. With this enhanced level of peace and calm, you can achieve anything and everything you want. You want to achieve ambitious goals, you can. You want to understand reality, you can. You want to enlighten, you can. Such are the powerful effects. You achieve mystery of your life across all dimensions.

Gradually you will be introduced to daily practice of meditation. Meditation is a state of being. With right understanding, with positive attitude, steadiness of mind, relaxation of body, mind and intellect, you move into meditation. Ultimately you move toward silence. The topic is vast like ocean. We will together move step by step. I assure you. You will enjoy each and every moment of life.

Pranayam

This lesson is on Pranayam. To understand Pranayam, you have to first know what Prana is:- Prana is everywhere. It is in the air but it is not a part of air. Oxygen is Pranvayu but it is not Prana. Without Prana, no life is possible, no thinking is possible, no action is possible. You cannot see it by carrying out tests in a laboratory, though it was identified by yogis 6000 years ago. Prana is universal energy. All creation in the world, all life, from amoeba, flora and fauna, right up to human beings is because of Prana. Even inanimate substances like stone have Prana. In Brahma Vidya, it is very important that we understand not only from the physical point of view but also from the mental point of view. You are going to develop Awareness from day to day. With the development of Awareness, you will get metamorphasised; you were a caterpillar, you will metamorphasise and will become a butterfly. But you will have to practise regularly. Regular practice will change your thought process; your thinking process and your intellectual process. Your experience will be from within and you will get a bouncing reaction from within.

You will become a different person. Your conditioning has to be de-conditioned (amanas yog). This is how you will develop yourself. Since Pranic energy is everywhere, how is it that everyone does not get it equally? Attitude of mind is very important. With the right attitude, your whole body becomes “Vibrant”. For instance when you go for walk in the early morning, be conscious that you are part of Totality and nature. Notice the beauty of the sunrise, the trees; realize the miracle of photosynthesis. Thank God for the free gift of oxygen, which rejuvenates your body? So, when you go for your morning walk, don’t waste energy talking to your friends about share market, politics, corruption and other such negative /mundane topics. Walk in silence, stretch your mind outside yourself towards Pranic energy. Also when you eat or drink anything, be conscious that you are making it a part of your body. This will ensure your good health, improve your metabolism and add Pranic energy.

Pranic energy is a force that increases magnetism in the body. It will make you glow and you will develop a charismatic personality. Certain recent scientific experiments have proved that Prana has a special power that can enable a person to do extraordinary things. In June 1947, a certain Mr. Uri Geller claimed that he could bend metal forks and knives by focusing his gaze on them. A demonstration was held in London. Many scientists were present; cameras were placed at different angles to get a clear picture of the event.

Sure enough, as Uri Geller concentrated his gaze on the forks and knives, they started bending. The scientists could not give any explanation but they did say that it appeared that the atom may not be independent of Consciousness. They also agreed that, distant healing could be done byway of sending Pranic energy to people who were far away. Certain sciences in psychology like, extra sensory perceptions, thought communication, transference of thought and psychometric recognition have also been developed by using Pranic energy. Thought dynamics where you can trigger a thought from where you are, to a person not present, can also be implemented with Pranic energy. These thoughts could be good or evil.

Pranayam

You can also direct Pranic energy to different parts of your body to heal yourself. Let us now learn how to do the exercise, which will help us to increase and retain Pranic energy in our bodies. This special exercise is called Pranayama.

This is how it is done -

1. The first step is to sit correctly in the squatting position. The spine must be absolutely erect-you can take the support of the wall and sit against it. Those who cannot squat on the floor may sit on a chair taking care that the spine is erect.
2. Those who are sitting on the floor have to place the legs in the correct position. The heel of the left leg should be tucked close under the buttocks. Then place the right foot on the heel of the left leg. Immediately you will feel the equilibrium going straight through the spine. Your hands should be placed on your knees. You are now seated in the squatting position, with your spine as straight as possible, with no strain, pain or tension anywhere.
3. Now close-your right nostril with the right thumb; breathe steadily through the left or negative nostril, counting up to four during the inhalation. Hold the breath without any strain anywhere and while doing so count to sixteen. Then release the thumb from the right nostril and exhale slowly while you count to eight. Now close the left nostril with two fingers of your right hand, breathe in steadily through the right or positive nostril and exhale through the left or negative nostril, keeping the same ratio of 4-16-8. Do this exercise 4 times, twice through each nostril alternatively. After a few days you can increase the count ratio to 6-24-12. Remember that the counting has to be done silently. This exercise can be done up to four times a day- upon rising in the morning, at noon, at dusk and then before sleeping.

Two important points to be noted while doing Pranayama –

1. Breathing has to be done through the nose.
2. The inhalation and exhalation of breath has to be channeled through the throat keeping the nasal passages free without any strain, so that during the process, you will distinctly hear the even smooth sound of breathing. When you do Pranayama, you have to imagine that when you inhale through the left nostril a negative electric current is going down the Chandra nadi (moon nadi or Ida), which is parallel to your spine on the left side. This is lunar energy, which is negative and has a cooling effect. The mind becomes calm and quiet. Similarly, when you inhale through your right nostril, a positive electric current goes down the Surya nadi (sun nadi or Pingla), which is parallel to the spine on the right side. This is solar energy, which is positive, and has a heating effect. You become more energetic physically and mentally. The right side of the body is under positive influence and corresponds to the nervous system. The left side of the body is under negative influence and corresponds to the circulation of the blood.

Pranayam

Why should you do Pranayama? It is to improve your physical health and increase your mental energy. Pranayama involves the use of our lungs to their fullest power and capacity. With increased oxygen the blood gets purified, the heart becomes healthy and stronger and its pumping movement becomes more rhythmic. The result is you feel exhilarated, your body gets energized and your metabolism improves. More importantly, we increase the vital electric and spiritual elements, which make up Prana. We cannot see them but we can feel their power. They vitalize our nervous system and creative faculties. We can attain perfect minds in perfect bodies.



Memory Development

Today we are discussing the first breath exercise in Brahma Vidya is called 'The Memory Development Breath' or Memory Development Exercise.

The name, Memory Development indicates that it has something to do with

- i. The Nervous System
- ii. The Memory.

Thus exercise has two aspects. One, Physical aspect - how it is to be done and the other is Mental aspect - affirmations or recitations of the exercise. With the physical exercise, certain glands in the neck region get activated and the affirmations / recitations after the exercise is such that it will produce peculiar effect on that part of your brain where the vital organ of memory is situated.

This exercise produces following results

- a. Increases upsurge of Pranic energy
- b. Revitalizes your nervous system.
- c. Develops right type of awareness.

This exercise 'Memory Development' shall bring to you sound mental health.

Memory Development Exercise – Instructions (Physical Aspect)

This is the only exercise, out of other seven to be done in sitting posture. Sit on a chair or stool; care should be taken not to touch back of the chair. By doing this, body weight is shifted to the back of the chair. You have to keep your spine erect. When your neck, back, head are in straight line your spine is erect it has a purpose. Hands on the thighs, palms downward. Heels must be together with toes slightly apart. Shoulders relaxed with no tension anywhere. If your legs are not touching the ground you may try pillow, to bridge the gap. Before commencing this exercise adjust your body weight evenly. Begin to get the rhythmic action, pulling the head backward without strain, without moving rest of your body, then downward. Do it like a pendulum, 3-4 times. When head is downward chin should touch the centre of your upper chest bone. Swing the head back. Start, take deep Breath, deep, forceful Breath through the nostril evenly and smoothly. When inhalation is complete lungs should be full. There is no holding, retention of breath - Kumbhak. Start exhaling vigorously, through teeth. Exhalation and head swinging forward and down must be in rhythmic. See your tongue touches upper part of mouth inside. While exhalation is complete, your lungs should be empty. There is hissing sound when you exhale completely.

Memory Development

Again with empty chest, start, repeat the process. You have to do it 7, 14, 14, 14 four rounds totaling 49 times. Please do not do it on first day itself. Your progress should be gradual. Do it 7 times for first 3-4 days. Then, increase to 7+14 times for next 3-4 days. Then increase to 7+14+14 times. Within 10-15 days you can do 49 times, i.e., 7+14+14+14 times.

After seven, fourteen you have to take little pause just for few seconds. Do this rhythmically. You should enjoy the exercise no stress anywhere. This is wonderful exercise; you yourself will experience the beauty of this exercise. After the exercise is over you have to say the Affirmation given to you.

There is no change in the posture. Now change the position of palm. It should face upward. You should say the recitation/ affirmation loudly and hear the same in your own voice. You should learn by heart the recitation/affirmation. Do not say I cannot learn. Students of Brahma Vidya should say, "I can".

Second best option is tape record your own voice and hear. But do not do it. The first one is the best; you should do the best and not second best. Whatsoever, you utter, creates sound waves your positive utterance goes to Akash Tatva. From there, corresponding to Akash Tatva sound travels through ears one of the Pancha dnyanendriya associated with sound Naad. Repeatedly you hear, your own statement, which goes to your Chitta- subconscious mind. Create positive conditioning. With instructions, let us now understand the recitation.

The First Para:

Now I imagine a great light on top of my head. The top of my head is heavy and relaxed. The forehead is relaxed. The muscles of the face are withdrawn. There is no pressure on the teeth. The Jaw gently drops; the arms and hands are heavy and relaxed. But Oh! How happy I feel, I feel happy all over, particularly in my beautiful face. My face is bathed in smiles. My whole body seems bathed in the blushes of my smiles. I feel a gentle pressure from within outwards taking away all the little lines of care, worry, trouble and fear. I feel happy allover. Now, the light comes down. The chest is relaxed, the abdomen drops as the light goes down to the tips of my toes.

Firstly - you imagine that there is a great light on top of your head. Para ends when light goes down to tip of your toes. The light, which you have imagined on the top of your head, travels to the tips of your toes.

Memory Development

Second important thing- you are now not imagining but you are now Feeling. Feeling here is more important. You feel your head is heavy and relaxed. This is the condition you experience at night when you retire and go to sleep. Your forehead is relaxed. Not heavy. If it is heavy, means you are in tense mood.

Your muscles of the face are withdrawn. When you are under some tension inwardly, there is some tightness on your face, reflected as anxiety. There is no pressure on the teeth. As you all know, when under fear or under perceived threat there is pressure on the teeth. Now you are relaxed so there is no pressure on the teeth. When your face is relaxed, smiling you feel happy. Really speaking you are experiencing relaxation, 'Anand' - ecstasy. You are moving towards progressive relaxation. In hypnotic regression techniques and in Yoganidra similar relaxation techniques are used. These are directly from Brahma Vidya. Five to Six thousand years back our seers had no instrumentation, but they related light, on top of head i.e. where our brain is situated and relaxation. In the advanced technology of today, with the biofeedback instruments in diagnosing certain altered state of brain function like EEG it is found that the brain emits light. EEG is the records of cerebrum or brain electrical activities or impulse. When you are in Alfa stage you emit light. The brain waves drop to 8 to 13 cycles per second. When you are active in day-to-day life you emit beta waves. Here, one reference point of light, you imagine is you are moving towards relaxation stage, Alfa stage.

Now coming to Second Para

You are relaxed in that relaxation stage. Now, I imagine that great light at the back of my neck. I am looking down over my beautiful spine. It seems that I am looking at a great waterfall, with sunshine playing on it. I see a countless number of tiny specks of iridescent light...light...and I know my whole body is light. If thine, eye be single, the eternal eye, the third eye, the spiritual eye, the eye that I am now using – if thine eye were single, the whole body will be full of light. And, I know that every cell in that countless, countless number of cells in my body is a light, a lamp, a torch, bringing to me the light of the Divine wisdom within me. The light is in perfect correspondence with the Fire- the Fire of divine love that is in the centre of centres of my inmost being. And, now, feeling happy, giving thanks- really, without letting myself know of it, I take a little breath and a long, deep, sweeping sign...

When you say, I am now looking at my beautiful neck, I am looking at my spine, in Sanskrit they call it 'Merudand'. I am not only looking at my spine, but my beautiful spine and suddenly you find spine disappears and in that place there is a waterfall and sunshine playing, flowing on it. Morning time if you are standing near the waterfall, what you see! Water is flowing down, the tender rays of sun are falling on it. Then what happens, light reflects, waterfall is shining and you see countless number of iridescent light throughout our whole body- countless, countless number of cells in the body reflects light but can we see? No, we cannot see because that light is divine light. My entire being is full of light.

Memory Development

Understand, my friends, when you are in a relaxed state; you are at different level of understanding. You are in a position to see, beyond your preconceived notion, beyond your opinion. Mind is relaxed, intellect, which is the higher mind is also relaxed, your body is relaxed and at that stage you are at a different frequency. You can experience certain things beyond the scope of 'Pancha dnyanendriya'. Your eyes can see in the spectrum of sunlight such as red, orange, yellow, green, blue, indigo and violet where as you cannot see gamma rays, X rays, ultraviolet rays, infrared rays. So also to understand beyond perception of five senses this can be understood in relaxation. Deep relaxation, seers called it third eye experience. Modern parapsychology calls it extra sensory perception (ESP).

So, by understanding- feeling, allowing the meaning of exercise to percolate deep into your psyche, what happens?

- You understand- you are not in physical existence- body.
- You are beyond body.
- Your true nature is light.
- When you experience your self a light, light you are at state of Being, 'Anand'.

Understand, the dimension of light. As per our knowledge, information, light is understood as light of sun or a light of lamp, tube light, torch light. In Brahma Vidya – when we talk about light, this light you cannot compare with any other light. Virtually on the basis of this light the whole universe is running, such is the dimension of light. Now- a- days, with 'Kirlian photography', photograph of body can be taken. As per this branch of science our body emits different colours of light and by observing the nature of light, person who has studied this can tell you about nature of your health, impending sickness etc. So, what I want to impress upon you is that our body emits light. Entire Kirlian Photography science is based on this. If the light is perfect, your mind is perfect, body is perfect, and your intellect is perfect.

Now, coming back to the spiritual aspect, Brahma Vidya point of view, when we make affirmation, my whole body is light; it is not a false statement. Brain emits light, that light is different. Body emits light, that light is different. And third, divine light, fire of divine wisdom, is the light of creative wisdom. This subject is subtle. You will understand if you pay full attention.

Memory Development

Light of 'Antahkaran' :

Entire manifested world came out of 'pancha tatva' .We will discuss this tatvas in detail in few lectures ahead. These pancha tatvas are in gross form and subtle form. The world is divided into three gunas. This Antahkaran is made of very subtle satva guna of this pancha tatva.

Antahkaran consists of - Your Atman, Your mind, Your intellect, and Your ego. This antahkaran is also termed as soul. Soul is not atman. Atman is creative intelligence – 'Kararya Cheitanya'. But when this creative intelligence is with all the above- mind, intellect, ego, it becomes soul and at the time of death this soul passes on. Again this is different subject.

So, try to understand, antahkaran is made of, out of concentrated satva guna of all panch tatvas, panch mahabhutas. This light, light of antahkaran, light of creative intelligence, light of soul, will never disturb you. Since antahkaran is made of pure subtle satva guna. It is in pure form. The nature of antahkaran is subtle and pure. When you see a real Saints, see their faces, see Saint Gnyaneshwar, Saint Buddha. There was no photography to take photograph. But are we in a position to see light of their antahkaran. Each one of us is made of permutation/combination of panch tatvas. Still we don't emit light, light of antahkaran. Because antahkaran contains, mind, intellect, ego. Ego means ahankar and it has a tendency to create body conscious thinking, which emanates thought twenty four hours a day. Our mind has a tendency twenty four hours, even when we are in sleep, This pattern of mind is called chitt manovritti. Since birth till the moment of death, mind is going after thought. That is why Sage Patanjali called it yuthan avastha. Yuthan means your mind has left the position where it should be. You should start taking tapping the creative light within. But that is not happening. You are in rat race of mundane life. You are always worrying. There is always tension. Tension may be physical, mental, and emotional. You drift away from the Kararya Cheitanya light and real light of the antahkaran. Cheitanya you are missing. You are miles away from this light because of body consciousness, tension, negative thinking.

So, in this Memory Development exercise you learn the art, process of relaxing. In state of relaxation at body, mind and intellect, you allow creative intelligence to work freely. When you continuously, daily, say to you the affirmation given to you, what happens, it goes deep into your chitt. That is storehouse of all your impressions, experiences, information and knowledge you acquired while in this body interacting in this world.

Memory Development

By doing this exercise or the entire course, you will activate the third eye. It is called the Divine eye, the spiritual eye and

- You will look around the world with clear understanding of purpose for which you are created.
- When you are deeply relaxed. You lose body consciousness and the mind is at peace i.e., tranquil.
- At that stage the mind is free, empty, not in yuthan avastha. And you can perceive see the world as it is, without preconceived notion, prejudices, see the things as they are. You are at a different dimension.

In this process you start shifting your awareness from outside world. When you see outside object, you see apparently not as a person or lady, old, young, rich, poor. But you see creative intelligence everywhere. That really is the state of meditation. Whatever you see, you see as a creative intelligence in every object. You yourself is light, light of creative intelligence, creative wisdom. And that creative intelligence is center of my utmost being. My being is creative intelligence, creative wisdom. Coming back to what modern science has to say, with reference to what is included in affirmations of Brahma Vidya and its effects –When you are in Alfa stage – in relaxation stage, there is established harmony within. When You connect to your higher self, your awareness and dimension changes. You can perceive the things as they are.

- When we say, my face, whole body is bathed in blushes of my smile, what happens is - certain desirable neuro-transmitters such as Serotonin increase as it also happens during pleasurable creative activities. These changes are associated with restful, happy stage.
- Memory development - yes, your memory is developed. You can, with relaxed mind, can retain whatever is stored in your memory.
- With positive affirmation, autosuggestion – suggestion given by you to your subconscious mind, process of de-conditioning of your mind, they are removing of all sorts of wrong, negative things has began. With third eye opening, with renewed dimension you see the world what impression goes into chitt. This correction is subtler and that is the real memory development. You can make correction in chitt.

This Memory development exercise is more of a relaxation exercise and understanding that you are not a body. But each and every cell in your body is creative intelligence, i.e., light. Do this exercise and affirmation with meaning and feeling, see the difference when you get its effect, so doing is important.

Panch Mahabhuta

Tattwa and Tanmatra are the subjects of abstract nature. Whatever you see in the universe, as a physical aspect, from stone to vegetables to animals to the power contained in it, everything is the by-product of tattwa, and that's why tattwa is a very important topic. As per Upanishad, firstly everything in this world is the product of tattwa and secondly the human being is given that power, which he can develop through tattwa to reach the God. Everything in this mundane life is the product of tattwa. Questions about reaching God, your relation with him and your own identity are related to tattwa. Therefore, one who knows and understands these tattwa perfectly can do or undo anything in this universe. There is no limit to his power. Hence this topic is important.

These tattwa are positives and negatives. Whatever our thought, speech or action is also product of this tattwa, and more important is, when you speak, think, act, you set vibrations - 'tarang' in the surroundings, which affects tattwa around you. Therefore Rishis did a lot of research in this field. Whatever we are doing in this world to lead a graceful life, purposeful life, meaningful life, successful life, such quality of life, can be achieved through tattwa. As discussed earlier, there is a basic distinction between human beings and the other species. Other species have an instinctive mind, i.e., they are thoroughly programmed by Totality's computer. A lion for example on sensing danger kills that particular animal posing danger, for he is made to do that by immutable or unchangeable laws of Nature.

However there is a distinction with human beings, from evolutionary point of view. If you go back up to 35 million years, in human beings also initially most of his mind was instinctive, but there was one difference in human life, it was - that God / Nature has also given him 'Asmita' meaning Awareness- awareness of what you are doing. This awareness is by pancha dnyanendriya, i.e., you see something in the outside world by exteriorization of the mind and whatever you see you recapture it in your memory. Next time when you see similar thing you don't see it as earlier, but you see it with the backdrop of the past memory and you feel you have looked it, heard it, felt it. That becomes your personal knowledge and you say that 'I have done it'. Thus slowly and steadily this asmita that was given by God initially as your own identity starts developing into ego. A kind of Self-conceit, self-importance or a self-praise, "I knew it all" attitude develops.

Human beings live in a society, because without it one cannot exist in this hostile universe. God has not given human beings any weapons of offence and defense as other animals have. It is due to awareness of this inadequacy that the only way to survive in this universe was by coming together in a group Man started forming groups for survival. The basis of faith, that group should survive. Thus society was formed and to ensure that the society exists and man start thinking first about the group and then about himself. In order to exist as himself he had to live as a part of Totality. That means he became selfless person. In the case of human beings at that time, living for others was the change of pattern and that's why Rishis says that the evolution of the human being has commenced then and henceforth will lead to the development of his spiritual mind.

Panch Mahabhuta

God or nature created Universe for some purpose. The whole evolutionary process which is going on from unicellular to multicellular organisms, stops ultimately by realisation dawning on man as to who he is. And that realisation is 'I am God'. When you completely forget your body, your conditional mind, your conditional intellect, then you are in a blissful condition. You are in an 'Anand' condition, you become a part of the universe, because that is the ultimate step in the evolution and that can only be achieved by human beings, because all other species are only governed by the Totality forces.

When you stay in a group further development is possible. Firstly, when you live your life as per some norms, (certain codes of conduct common to all) law get enforced. Secondly it is important you have to communicate with one another, initially by signs, but then your vocal cord developed in such a way that you started communication by speech, talk. Anthropologists says that genetic value of chimpanzee is 99.5% same as human being, but the remaining 0.5% has made an ocean of difference, since the chimpanzee has no power of speech. Thus power of speech is of paramount importance in the evolutionary process of human being and should be used properly in our life, as it can make or mar a person. With this power of speech, some person with valour stood out amongst other people and became the leader. Then a special treatment was given to him in a society and status is fixed that added to his social ego. This led to jealousy among people. Therefore sage Patanjali says "that really speaking this asmita, which developed into this ego is one of the panch kleshas", which gives you 'dukh'. In such rat race, Jealousy and negative thinking starts automatically which is called 'avidhya' in spiritual parlance because your mind becomes so 'kshipt', that you completely throttle the connection with the Totality's computer and this ego leads to commencement of a chain of decay, disease, old age, senility in human beings.

Second thing about the human being is that God out of His own will has created everything only for His enjoyment; He desired to be in multitude only to enjoy His 'leela', so in human being He wanted to make this interaction and ultimately make us realize that we are God. From body angle you can never be God, from conditional mind again you can never be God, from conditional intelligence you can never be God you are lopsided, but when this conditions are not followed and mind gets totally reconditioned, you become part of the universe, you are governed by the universal force, i.e., the tattwas which are also known as pancha mahabhutas. The human mind is occupied by certain cause and effect phenomenon. The attachments in life are so deep that you don't go up in an evolutionary ladder. Ultimately after your death, (when the body is finally abandoned at that time) because of those cause and effect in your mind when you take next birth in the Process of evolution, those conditions also come along with you and that is called- 'prarbdh'. 'Prarbdh karma' is the past birth's cause and effect and whatever effect comes in your mind from your present birth till today is called 'sanchit karma'.

Panch Mahabhuta

These two karmas – prarbdh karma and sanchit karma governs 80% your life. Whatever you do in mundane life you go on adding to it or subtracting from it. This particular mind that is occupying the cause and effect inside the human being is stored in causal body or 'kaaran sharir' and it just unfolds when you face the circumstances.

Whatever way in which you think, speak and act, you set in motion certain vibrations. These vibrations go in surrounding tattwas and they also act as a cause and effect towards you. It means if someone hates you, you start hating him also. If you don't withdraw yourself and keep it constantly like that your whole mind will be full of hatred against everybody, you become a radio station of receiver of hatred. On the contrary, if you love, with the feeling to do the best you can do to anybody who comes in contact with you at body, mind and intellect level, immediately it starts affecting also the tattwas, vibration set are lively and therefore wherever such persons go they are respected. You see the face of the person in the spiritual life that speaks for itself. He may not have money but that face will radiate confidence and love; eyes will also reflect the 'tattwik' effect. So whether you become a demon or whether you become a deific God is up to you. No outside agency comes to create, you yourself create it. When you become a demon and by ill will do something evil or wrong and even if nobody know about it or catches you, remember that you know it that you have done it and these type of guilty mind vibrations cannot be wiped out unless and until you pay for it.

So you undergo certain calamity or distress to wipe out the wrong. You feel that you have got more money than your brother by swindling him, you are successful also but whatever you have done your guilty conscious knows it and you will get something of that type through your brother, through your mother, through your wife somewhere through your friend, by which you are paid in your own crime. These tattwas play an important role, such is the marvelous effect of brahma vidya. Therefore as per brahma vidya you are the master of your own destiny and the author of your own death.

There are basic five elements - panch tattwas and God has given us five panch nyanendriyas to establish rapport with these basic five tattwas. Tattwa is the substance out of which the universe was formed and the power which sustains it, the true elements, the essence of everything.

Panch Mahabhuta

Panch Mahabhuta: Panch Tattwa Tanmatra Karmendriya Nyanendriya

1. Aakash – Ether/Space Shabda/Sound Ear Sense of Hearing
2. Vayu – Air Sparsh Skin “ Touch”
3. Tejas – Fire Agni/light Eyes “ Sight”
4. Aap – Water Rasa Tongue “ Taste”
5. Prithvi – Earth Scent Nose “ Smell”

In the Upanishads, Tattvas are referred to as the “five vital airs” or five – fold elements composing the physical body. Each Tattwa has its positive and negative phases. If the human being were perfect, then motion would be in absolute precision and balance in the microcosm as well as in the macrocosm; within his own body as in the “whole body”, the wide Universe. Every thought and act, every effort of the will affects the Tattvic law of harmony. Every thought excites a Tattvic vibration, and its force is measured by its intensity of concentration. A realization of Tattvic law means that the human being, made in the “Image”, has solved the mystery of the omniscience, the omnipresence and omnipotence of the Creator. These five Tattvas may be differentiated thus –

- 1. AAKASHA:** The all – pervading ‘Tattwa’, the most refined and tenuous of the (Ether/Space) elements; directs the sense of hearing. Tanmatra is ‘shabda’ that facilitates our listening through karmendriyas. We see the open skies – ‘aakash’ – it is white. You may feel that as per science it is not in existence but whatever we see above; we call that ‘aakash’ which is the subtlest of the panch mahabhutas. In human beings it is ‘karmendriya’, power of hearing that corresponds to that ‘aakash tattwa’. You are aware that radios, television, send the sound waves above in the stratosphere, and from there they are reflected back in vibrations and you receive them. From the spiritual aspect, this ‘aakash tattwa’ is a universal tape recorder and this tape is such that whatever you do, in this birth or next birth, your ratified effect and cause will come out of it. For aakash ‘tanmatra’ is shabda (Sound), in order to establish rapport with aakash tattwa by you. In our religion, all the ‘mantra shashtra’ has developed out of this ‘tanmatra shabda’ that tries to create vibrations in such a way affecting particular tattvas. Tanmatras created out of pronouncing some words creates some effects and they found more concentrated effects are created and at certain words creates some effects and they found more concentrated effects are created and at certain places things get objectified, for one illustration is – During Mahabharata, after 18 days battle, Pandavas won that battle. But unfortunately nobody could rejoice because there was death in every body’s family.

Panch Mahabhuta

- 1. AAKASHA:** At that time Rishi Ved Vyas appeared to console them and told them that death is actually no death but merely throwing your body as you throw your shirt when it is worn off. Something inside never dies, but no one believed, so he told them to gather on the river bank, near Hastinapur at 12'O Clock. He said, "I will do 'aakash jagruti' and invite all these dead persons down, you can see them you can talk with them. Just before 12'O Clock Rishi Ved Vyas appeared he took water in his hand, made it holy by changing mantras and then the moment he just threw it in the sky, dead people started appearing. Duryodhan, Dushasan everybody started coming, and although Duryodhan was hating Pandavas all his life, but when he came down he embraced Pandavas and all Kauravas went to embrace Pandavas. There was no jealousy, no hatred, because that hatred in body conscious stage was left here, and they came here by the other mind with only purity and they were there for 2-3 hours and before early morning they went back. On more illustration from science about aakash is – Space Vortex Theory in Physics which states that this void – aakash – is impregnated with dynamic fluid out of which all matter, all gases, all liquids and all energy comes out in the whole universe. You know atom that you cannot see even under the electronic microscope and electron is the minutest in that, unless you go to subatomic particle, they are different again, but in the electron they found such minutest particles are beyond our reach. A void that is moving with thousands of miles per second and it sucks all these things and creates and sends it outside. So this aakash tattwa, as per science is expanding beyond our comprehension, that's why aakash tattwa is the highest.
- 2. VAYU:** The element of air, directs the sense of touch. The Tanmatra is sparsh (Touch). Vayu tattwa is also subtle, next to aakash Tattwa. You can feel vayu by sparsh. You feel cool as the evaporation of Sweat because the heat is taken out of our body when fan is on. So they found that the Vayu tattwa is really speaking sparshendriya. The tanmatra for that is 'sparsh' - touch. Vayu tattwa gets affected by your talk, it is also important for reaching God by subtle ways while you do pranayam and all Brahma Vidya exercises and meditation. Inside our throat where the breath is touching, if you try to get yourself lost in that touch, your body consciousness comes down, the mind which is running after all mundane starts getting arrested so you're thinking levels comes down. You become calm and quiet and from beta rays you come to alpha rays and then you go into delta rays by ultimately going into deep absolutely deep meditation. Entire Raj Yog is based on this science of breath, so through this also they reached God.



Panch Mahabhuta

- 3. TEJAS :** This element of fire - 'Agni' directs the sense of sight. Agni tatwa is gross as you see 'agni' - fire in a lighter, fuel, etc. coming within the grasp of pancha nyanendriyas. One subtle Agni is "jathar Agni" - metabolism which is going on ceaselessly in the stomach and further subtle Agni is "bhoota Agni". Therefore a yogi tries to eat less and every jathar Agni they try to convert into bhoota Agni, this is one of the procedures of reaching God by going inside. "Tratak" - so many persons look at the candle flame, 'niranjan jyot' and meditate. This also starts giving them certain information from Totality's computer. Now first three tattwas are very important to reach God, they by themselves can take you near God.
- 4. AAP:** The element of water - Jal, directs the sense of taste. The fourth tattwa is "aap" / "jal". Jal is very gross. It is grosser than all the other three elements described earlier. Through jal you not only reach God immediately, but it has a conducive effect to God. In every religion you will find that water is being used eg. Hindus as tirth, in Muslim as Jaljala. You see many people take water in a cup or in a glass and chant mantra there. The water is energized or medicated and if drunk will have positive results. Corresponding panch nyanendriya is tongue and the taste is rasa, rasa is the tanmatra of aap. If the following mantras are chanted "Om Chaitanyakar Purukshnathay Namaha" and you look into the water and chant mantra three times, just blow it little bit and drink it, if there is a minor headache it gets cured immediately, it is believed. "Om Chaitanya Gowrakshanathay Namaha". (Gowrakshnath was one of the Rishi of nath panth, great danapati, and great person).
- 5. PRITHVI:** The element of earth; directs the sense of smell. Purthvi for which nyanendriya is the nose (ghranendriya) that is experiencing the gandh - scent. Tanmatra is scent. In the month of June when the earth is hot and suddenly it rains, a beautiful aroma that shows subtle form of God accompanies it. You will not realize God but it has a conducive effect. Burning essence - Udhbati practically in every religion creates the holy atmosphere. All these things create positive vibrations around you and you feel better.

These panch mahabutas can be recapitulated by the panch nyanendriyas of yours. As these are all gross, gross bodies are formed – any animate, inanimate bodies' even human beings even flora and fauna. Likewise there are also subtle bodies – 'sukshma'. Sukshma (subtle) are actually governing this universe, which is taking you too absolute then you will be a realized soul.

Thus these **TATTVAS** are manifested in gross and subtle forms in the universe. Your body is a gross manifestation of Tattvas and through the energy, motion and life within your body the subtle Tattvas play every instant that you live and breathe. Tattvas govern the body in all its phases, physiologically, mentally, psychically and spiritually. The Tattva having control of it governs every nerve current.

Panch Mahabhuta

In Mundane life, any physical embodiment is a body prepared out of Tattwas. The way in which you think, speak and act sends these vibrations. They surround persons creating a charismatic effect. You are attracted towards them your work is done faster. If they emit bad vibrations, you will dislike them. You look at some persons and you hate them or you don't feel they are compatible with you. These are all the result of tattvic laws. You are aware of the effects of 'prarabdh' and 'sanchit karm'. Even when you take birth in this life with some karma for which you have to pay in this life by doing something, it has an effect on body to wipe out. Suppose you had nurtured lot of hatred, you bring it now as 'prarabdh'. But in this life you start loving everyone, you see that the effect is modulated and comes down. So it is not an easy subject, it is a very esoteric and difficult subject, but in Brahma Vidya you must understand the background of this subject in its correct perspective.

ANALYSIS OF BREATH IN TATTWAS -

Physical body is vibration of Divine spirit, ever flowing, within harmony or disturbed harmony (discord). It is precisely in accordance with our knowledge and control of the Tattvic law that we express in the substance of the body those forces of life that we bring to ourselves through the law of our breath in a word, 'PRANA'.

As already explained, PRANA is the vital force in every being and the finest and highest action of PRANA is THOUGHT. No one can describe thought. Similarly, you may come to a perfect understanding of it in you own life. PRANA has been rightly said to be the terrestrial manifestation of solar energy and its perpetual cycling motion from within outward and back again "supplies the lever that controls the automatic contractions and expansions of the lungs". It is, moreover, "the vehicle and stimulator of that thinking principle within us that superintends all the automatic functions of internal organs".

Proper breathing, proper thinking, the aim and end life in human beings is to live in the balance of the Tattvic law of the Universe. With correct breathing we bring in with the breath that rhythmic universal force that corresponds to the elements composing the body which are renewed with every breath and being elemental divisions of Prana, furnish and control the activities of the whole human entity. By correct breathing we bring into ourselves pure force, which is not recognized in the realms of Physics, but which is all in the realm of Spirit. But breathing has to be learned. Your body can not, will not, function properly unless you breathe correctly. The gross bulk of the air that inflates the lungs does not penetrate through muscles, nerves and bones. But there is a subtle force within the air that goes everywhere which becomes known to you as an electric, vital fluid. THIS IS PRANA.

Panch Mahabhuta

The more even and more rhythmic the breathing, the more you feel PRANA as a force. All the forces of the body are brought into one direction, so to speak all the molecules in the body yielding to the hidden current and moving in one flow of harmony, which vastly increases electrical power just as in the light of the electric bulb, all the molecules are magnetized to flow in one direction and so we get the light.

What happens to the air and the energy (PRANA) that we draw from space (Aakasha)? The organs of respiration consists of the lungs and the air passages leading to the thorax, one on each side of the median line, being separated from each other by the heart the greater blood vessels and the larger air tubes. Each lung is free in all directions, except at root, which consists chiefly of the bronchi, arteries and veins connecting the lungs with the trachea and heart. The lungs are spongy and porous, and their tissues are very elastic. They are covered with a delicately constructed but strong sac, known as the pleural sac, one wall of which closely adheres to the lung, which allows the inner surfaces of the walls to glide easily upon each other in the act of breathing.

The air passage consists of the interior of the nose, pharynx, larynx, windpipe or trachea and the bronchial tubes. Now breathing is through the nostrils, two nostrils from within become small, very narrow ultimately narrowest so that air becomes warm inside, as outside air may not be conducive to your body metabolism. The hairs inside the nostrils try to obviously purify the air. Then the inhaled air goes inside through windpipe to the lungs. When we breathe we draw in the air through the nose, where it is warmed by contact with the mucous membrane, which is richly supplied with blood and after it has passed through the pharynx and larynx, it passes into the trachea or windpipe which subdivides into numerous tubes called the bronchial tubes (bronchii) which in turn subdivide into and terminate in minute subdivisions in all the small air spaces in the lungs.

The lungs contain millions of air cells or sacs which receive the inflowing air charged with oxygen (as we inhale) and when the lungs are filled according to individual capacity. During the period of retention of air (Kumbhak) the oxygen in the air gets through the sacs by osmosis and carbon dioxide is taken out. Blood becomes red that was little bluish earlier. The purified red blood goes to the heart through the arteries. The blood goes to the auricle and from there blood starts going down in a pumping action and ultimately to reach each and every part of the body. Oxygen is given so body becomes fresh and carbon dioxide contaminated blood will come again and it goes to that part of heart which is called the ventricle. The question is how the contaminated blood reach the ventricle from the extremities Remember your legs, the muscles of your legs-calves is a second heart that's why doctors ask you to walk. The muscles here they do action like pumping and the blood reaches the ventricle. From here it starts going up to lungs where it gets purified again. This process goes on continuously whether we are awake or a sleep.

Panch Mahabhuta

The more we inhale air surcharged with oxygen which goes to the lungs, the more PRANIK ENERGY comes into our system through the Ida naddi and Pingala naddi thus increasing the nerve forces as well as general health of the body. Thus you will see that the PRANAYAM breathing exercise helps to make the blood richer brings in more energy to revitalize the blood and washes out impurities and surges through our body and helps in restoring damaged tissues. You gradually acquire greater energy of body, power of thought, alertness, enthusiasm, drive and more strength of character.

Never underestimate the importance of your body. The person who attempts to improve himself with mind power alone, neglecting his body is like the carpenter who leaves his tools and lumber at his house. Mind power, of course, can do almost anything, but it must be given the perfect instrument and the material with which to work. Thought alone cannot prevent a sick man from getting weak and thin, nor can it fulfill the body needs. The power within must be given the substance by building a capable body and brain.

As per Brahma Vidya,

1. What you affirm or give autosuggestion,
2. Feeling and
3. visualization takes you out of the grip of time and space.

You become rhythmic to the whole world, you become a different person you become a part of 'anand', i.e., beyond sukh and dukh. Slowly, slowly it may happen this birth or it may happen next birth. Awareness is changing and what is the effect of respiration and by applying this tattwik forces you can just gather the rhythm out of it. As Brahma Vidya student knows that it is not only oxygen or carbon dioxide, we are taking PRANIK ENERGY that is really the zest of the life. We are becoming younger and it is rejuvenating, it is recuperating, energizing everything inside. This type of attitude helps creating conducive effect on metabolism. Metabolism is made in such a way that it is always in harmony. But we set in the various side effects due to our fear, hatred and negative thinking. We put spoke in the smooth running of the wheel of the metabolism. So to avoid that, in Brahma Vidya all these exercises are there to make your breathing rhythmic. It boosts your confidence and it impresses everything. In day-to-day life, how you look, how you talk, how you walk and how you act, is the basis on which you will see the success or failure in the life. If you have no confidence in yourself how can you be successful? This brings out the need for Brahma Vidya. Increase your zeal and be sincere to yourselves regarding the practice of Brahma Vidya breathing exercises.

Meditation

Ego is a person's identity. It is primarily based on physical factors such as place of birth, name and surname, social and financial status, ancestral pedigree, property etc. What is developed further on the basis of these factors over a person's lifetime is AHANKAR.

Human beings communicate with the external world through their five senses (panchadyanindriyas) to help them live and enjoy their daily lives. It's when they become slave of these senses and their consumption of external pleasures becomes excessive that the balance is lost. Their minds become weak and turbulent.

The main difference between us and other species is that they have 'awareness' and we have 'SELF awareness' because of our intellect. This self awareness, because of preconceived notions and various experiences in our lives develop into AHANKAR or Ego. It is our opinion as to what we think the world should think about us. This EGO CONSCIOUSNESS gets disturbed if there are adverse opinions about us. The more successful we are, the more egoistic we become. We will not tolerate suggestions or advice from anybody. We are envious or fearful of other people's success.

This leads to selfishness, ill will, spite and hatred. The mind becomes agitated. This sets off many reactions in the body. The metabolism of the body gets out of balance and negative turbulent thoughts of decay, disease, senility, old age, disappointment, doubt, fear, failure and death set in. Peace and harmony of the mind is inversely proportionate to the number and quality of our thoughts. "Shunya Avastha" is the state that is most desirable.

Our seers developed a science, which would help us get our thoughts down from the turbulent level, (which is the result of excessive ego consciousness and physical abuse of our bodies) to a state of calmness and stillness. This is called the science of MEDITATION.

We have to start with our bodies. When the body is relaxed, the thoughts will start "coming down." We have to embark on an inward journey. When we do that, we start freeing ourselves from "panchadyanindriyas – karamendriyas," the five senses and actions thereof; out of which our thoughts emerge. We start touching the Consciousness of the Universe, which starts sending us signals. These signals from Totality change the perspective of our vision, our thoughts go in right direction, our actions become positive.

Meditation

The disturbance in the mind starts reducing, we become calm and quiet. Our efficiency in work becomes maximum, our intuition and spontaneity increases. We rise head and shoulders above everybody else in our performance. A lot of information and inspiration starts coming from within.

God has created us in his image and there is no limit to what we can achieve. We have to start de-conditioning our minds. Then we will get vision from Totality; we will become part of it. Our lives will become meaningful, successful and graceful.

God is creative intelligence, omniscient, omnipresent and omnipotent. When we touch God, the self-awareness of our conditioned minds starts shifting. Our body consciousness, which is the conscious developed out of our egos during our lives helps us to make progress in our material lives. This is necessary for our day to day living and interaction with others but we have to learn to become contented and graceful. Then when we become part of Totality we can achieve the state of Anandam, which is continuous bliss. In this state we lose our body consciousness and start thinking and acting honestly, positively and truthfully.

How can we achieve this state of Ananda, contentment, grace, peace and harmony? Through MEDITATION. Our seers believed that the process of our thoughts “coming down” was in nexus with our bodies and most importantly with our breathing.

Let us now address the subject of Scientific Meditation. We have first of all to learn to be STILL. This helps us to go inwards into the silence of our being.

As far as possible sit in the same place, at the same time of day or night; in the same position. Your nostrils should be clear and you should wear comfortable clothes. Be reverent in your mind.

Now follow these steps -

Sit on the floor in a squatting position, with a cushion under your buttocks so that your legs are slightly at a lower level. See that the spine is absolutely straight.

Meditation

1. Take three or four long breaths through the nostrils. As you exhale, flex the body so that it becomes quite limp. The tenseness of the muscles is withdrawn. Place your hands on your knees palms facing upward. Still, breathing gently without effort. Try to lose all sense of the body.
2. Now do with the mind what you have done with the body. Just let go. Don't try to think. At this point all kinds of thoughts will surge up in your mind. Don't resist them. Sit quietly and watch them. After a while without stirring, recite in a low, firm, slow voice:- "Peace...be still...I am still...I am at peace...peace...peace." Do not think of time. You are about to lift your consciousness to a realm where time does not exist.
3. Now chant the following affirmation, which should be memorized:
 - I am now entering upon the greatest teaching accessible to man, for I am learning the secret of existence.
 - The riddle of the universe is about me; I am now solving it.
 - I learn why men die, why they are born, and why they live.
 - I learn why men succeed and why they fail, why they are happy and why they are discontented, I have the power and ability to live as long as I desire, to achieve whatever I wish and the doors of my mind are now open so that I may learn how this is done.
 - I now learn that I am the master of my destiny, and the author of my death, I realize that death is a mental concept and not a law of life.
 - I now realize that all negation is a mental concept and not a law of life.
 - I learn that there is only one law of creation, the law of life.
 - I am now developing the power and the ability to realize in my own life the one Divine Principle in which all success, happiness and peace reside. And I thank the infinite spirit within me for the knowledge of this wondrous truth now revealed to my consciousness.

Denial – Death is not a law of life – man is not subject to decay, sickness or old age – there is no decay – there is no death – there is no death. I am not subject to decay and old age – now I am free – free – free for evermore.

Affirmation – The law of creation is life; I am life – glorious, wondrous, vibrant life. I am youth. I am beauty, strength, power. I am free. Free life. Life I am life – eternal, boundless, limitless, everlasting, never ending, wonderful life free..... free! Try to read and recite the above frequently during the day so that the thought may penetrate to your subconscious mind, get absorbed and established.

Meditation

4. After chanting the affirmation, allow the ideas to sink deep, into your subconscious mind. Then, as soon as you are still again, recite the denial given below in a firm low voice. Say the words clearly, repeat them a few times. Then stop, be quiet, very peaceful, and let the denial sink in. Do not hurry.
5. Now recite the affirmation given below in the same manner. Let your tone be decisive, positive yet reverent. Then remain still, very peaceful and still and let the affirmation sink in.
6. Always sit in the same place. If you are fortunate enough after the denials and the affirmations, in the matter of a few weeks you will hear the Voice speaking to you in the silence. That is the voice of your spiritual self, speaking to your physical self. Assume a graceful mood and be thankful. You are learning that the Infinite wisdom of which you are a part, knows all there is to be known. So when you are in touch with consciously, there is nothing that you cannot know. Your connection with it now is unconscious, instinctive.

Denial – Death is not a law of life. Man is not subject to decay, sickness or old age. There is no old age, there is no decay, there is no death. I am not subject to decay and old age. Now I am free, free, free for evermore.

Affirmation – The law of creation is Life. I am life, glorious, wondrous, vibrant life. I am youth, I am beauty, strength and power. I am free, free, life, life. There are many stages to Meditative Experience. Firstly, there is automatic thinking – a constant flow of negative, dualistic thoughts, which are stored in the unconscious. Then there is directed thinking- by using affirmations to emphasize the positive, non-dualistic patterns of thought. Then there is impressionistic thought patterns of background thought rendered as subtle images.

Meditators should observe their meditative experiences constantly. Most meditators have dominance negative over positive thinking. Affirmative thinking and use of affirmations would help obtain balance.

Meditative progression goes from detachment to watchfulness to witness consciousness, multi-dimensional awareness, and expansion and ultimately can lead to enlightening states of experience.

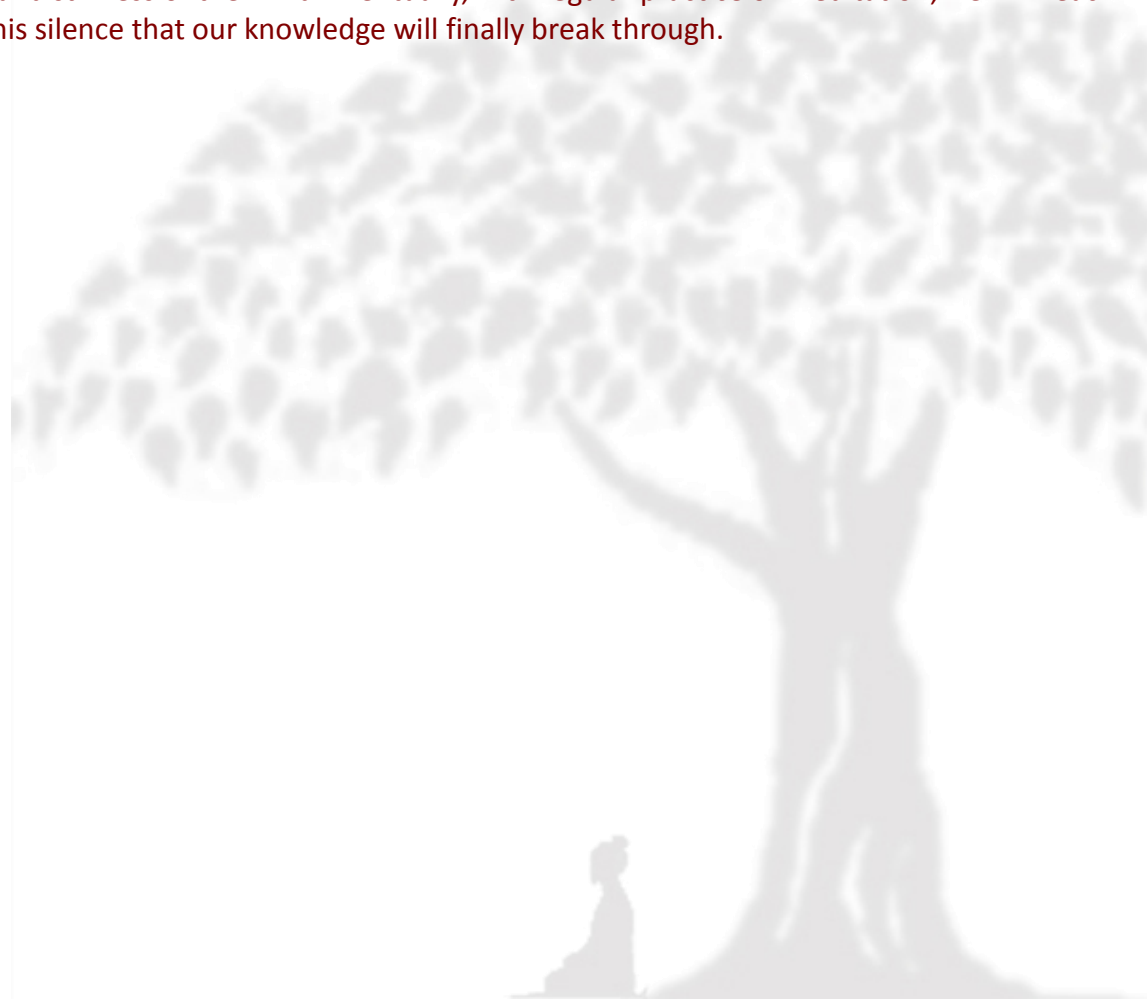
There is a misconception that the mind must be entirely still during meditation. This can lead to frustration as the meditator struggles to empty the mind and be totally tranquil.



Brahma Vidya

Meditation

One should become a detached observer of these thoughts and allow them to come and go rather than make an effort to avoid them. This is termed as 'witness action'. Which can help attain balance and stillness of the mind. Eventually, with regular practice of Meditation, we will reach the place where energy resides i.e. silence and it is from this silence that our knowledge will finally break through.



Brahma Vidya in Practice

This topic will help you in improving your health, for starting anything new and for achieving it in your daily life. There is a scientific basis for the affirmation of Brahma Vidya. I call it the Magnacarta of Brahma Vidya –**“I have got power and ability to live as much as I desire to live and to do anything as I wish to do, the doors of my mind have been kept open so that it can be done”.**

Since human being live and die, it is very difficult for an ordinary person to accept the above affirmation as right. Human beings also face failures in their life but are unable to know the causes of these failures.

Brahma Vidya says if you are a Brahma Vidya aspirant, practising Brahma Vidya, will enable you to live up to desired time and you can do and accomplish anything that you want to do in the life.

I am talking about now mundane day-to-day life. This is not a declaration for the sake of declaration, without meaning. They are made so that you achieve the success yourself in whatever you want to do. Generally when you want to do anything, you think. This is as simple if you try to understand certain principles on the basis of which you get the success yet you are completely oblivious to it. Brahma Vidya wants you to know how you can achieve it. I have thought and then I have done it. But this is not that simple as it seems. If you want see that whatever you think shall get objectified in the life, you must understand that when you think in the mind of doing a particular act it must pass through the feeling. Underline the word ‘feeling’ –‘Bhavna’. General dictionary meaning is what you feel about whatever you are thinking. But I want you to understand the word feeling from the point of view of Brahma Vidya. As per Brahma Vidya to understand feeling you have to understand ‘Antahkaran’. For Antahkaran there is no parallel word in English that is why I have to use this word ‘Antahkaran’.

As per Brahma Vidya, ‘Antahkaran’ has developed out of ‘Satva’, in a subtle form of the Panchmahabhuta. Satva is in the form of light and ‘Antahkaran’ along with that light contains i) mind, ii) ‘Buddhi’ – ‘Vivek’, and iii) ‘Ahankar’. So Satva, light, mind, Buddhi - Vivek and Ahankar is the total constitution of this Antahkaran. This is completely concentrated form of those Panchmahabhutas. Satva is there right within you. When you have a thought in the mind you think whether it is right or wrong (pros and cons). ‘Sarasar Vivek’ gives rise to ‘Tarang’. Tarang means vibrations. Subtle vibrations of that light of creativity inside you go on circulating to fulfilling the objectivity of what you are, thinking, so that act should come out of Antahkaran.. One should feel the Tarang, and then the act will come through the feeling.

Brahma Vidya in Practice

Many a times when we start doing work, we think whether and feel “It will happen or will not happen”. It will happen if it is coming from the Antahkaran and not only from left cortical region. So Brahma Vidyakar, expert yogis, say, whatever you want to do should involve thinking followed by feeling about the objective. You have to understand the rationale for it. You should think clearly and how can you see clearly? Generally the day-to-day rituals do not need much thinking. ‘Antahkaran’ and its process need to be understood, to derive maximum advantage of the creativity-‘Sat’ or ‘Atmic’ light Brahma Vidya says that one should think clearly. That means when you want to start anything, where you are going to start, what you are going to start, what is the way in it can be started, what is required you have to understand all the pros and cons.

For example, suppose if you want to start a biscuit factory unless and until you know what is a biscuit and can answer the following questions, you will not be successful. How they are prepared? Where does wheat come from? What is required? How is the machinery required? How much is the cost of machinery? Which is the less expensive? All these questions must be answered you so that have complete knowledge, so that with a steady mind you can have a clearest approach to the situation as it comes along. Accept the obstacle as and when it comes. But always keep ‘Atmah Vishvas’ (self confidence), will power strong that I am going to get out of this obstacle. This is a must. Any negative thinking will mar your chances. You must know that these things are required in this particular way, I can, I am approaching this, some of the things are accessible, others are not and this is how to behave. So once you have the knowledge next feeling has to come. For that you must know how to feel. Many a times we see an object without registering it – i.e. seeing for the sake of seeing and likewise thinking too. 70-80% of our thought has no cause or objective. You only think many a times but do not act to achieve it.

I usually quote the illustration of Sheikh Mohammad. Sheikh Mohammad was a poor person. A Good Samaritan gave him 10 litres of milk. He took the milk in a jar on his head. He was very poor and was in lot of trouble. Everybody was just treating him as dirt. He got 10 litres of milk, so he said to himself that – I will sell this milk and I will get Rs.150, after I get Rs.150 I will purchase hens, they will give eggs, then I will get more money. This train of thought led him to be a millionaire in next five minutes. The moment he became millionaire, then he must have a beautiful wife, so he also married with a beautiful wife. Whole life everybody is ordering him and abusing him. Best way is now he got a better place to abuse his wife, he thought, so I will ask her to do something and she will not do and then I will kick her and he kicks her actually, in his thought. But while kicking, in reality - the milk toppled and spilled on the ground.

Brahma Vidya in Practice

Many a times, we decide to do so many things but it remains only thinking. Remember one thing, if you want to do something then think about it with that objectivity, God has given you. If you want to achieve something, a capacity to think with objectivity in that way and moment you think in that way there is a potentiality inside you, which will objectify what you think. In Clear thinking, knowledge develops your feeling and your thing is done. This feeling should go in the realm of visualization. Today in the modern science visualization is given a very much importance. Even great books are written on this of visualization. According to the science of today, by mere thinking things may happen or may not happen, but once thinking comes to visualization that has a tendency to objectify. Brahma Vidyakar, expert yogis, have found this thing 5000-6000 years ago. So next important thing is we must understand what is this visualization? Visualization is Kalpana, it is really a creative activity of yours and also this is the part of creative activity of the Totality, of the whole universe, wherein each and every embodiment creates something. You take each and every embodiment through the chemical process. It is creating something. That creation with various other creations creates a beautiful symphony, harmony on the basis of which the whole universe is running. It is the part of that Creativity, means if you just go to that Creativity and you become part of the Creative, forgetting your body-consciousness, you are separate only because of your body-consciousness thinking and body-consciousness. When you become a part of that Creation, then you become part of the whole Creation of the Totality. Therefore you are not different from any other embodiment.

You have become part of that whole and such is the rapport established. Secondly, this visualization is so important that it helps you to bring each and every thing, because it is not in time and space. Very important, try to understand, thinking is in time and space because of your body conscious senses and senses are in time and space. Thinking is generated out of time and space because it is coming out of the body consciousness. Your consciousness given by God within you, has been kept by you in environs of the conditioned mind “ I am Hindu, I am Muslim” and other such conditions & prejudices. These racial or social prejudices imprison you, you are “frog in the well”. Every person is like that. It is only when these conditions starts loosening up, then you, that the mind of yours, which is now conditioned, becomes a part of Totality’s mind - ‘Hirnyagarbha’, that is the consciousness of the Totality. This consciousness minus conditions becomes Totality’s consciousness is the equation derived by our ‘Rishis’- expert yogis. So what they have stated is the visualization – Kalpana is not in time and space. You can have Kalpana of anything you create and moment you create that Kalpana it is not in time and space. You must be convinced what have been told in the Brahma Vidya are not conjectural surmises, but it has a definite bearing on the objectivity of achieving, as long as you have objective and as long as you want to live and do any thing you wish to do.

Brahma Vidya in Practice

Visualization is that creativity which is not in time and space; it connects all the necessary agents that are required to fructify this at a subtle stage. Suppose I want something from you I will write you a letter, I will telephone and you will send it. This is physical, but if I project it, then somehow you automatically come to me to say –“you want to take it or not”. Have you understood? It comes from within you and not only from outside mundane life. This is appealing within, you are part, you form the master mind and that master mind creates it such way, that the individual persons get connected with the master mind automatically and come forward to fructify that objective. Two more things you must understand about this visualization before we want to use it in practice. Those two things are –

1. Generally we don't use this Kalpana (visualization) since nobody has taught us how to direct it. Brahma Vidya says if you don't direct your Kalpana then Kalpana is directed by the surrounding circumstances in society like different type of traditions and customs in the society, blind faith in the society. Since Kalpana - cannot be stopped, it goes on creating something and it will create negative forces around you. You will go in negative direction, which is prevalent in the society. You can see during the last 4000 - 5000 years, there was a collective mind and that collective mind did something, so many injustices. Generally in the society, 99.9% people are flock in the sheep, the first sheep goes down the hill in side the valley, other sheep follow and falls down the hill. Today science has come to the conclusion that sheep's got collective mind; they have no individual mind like ours. In this world generally people follow what others do. The day Mussoloni died everybody came out collectively to hit his dead body with shoes. You also do the same thing. If you want to come out of the rut of the life, never do anything blind folded. First understand it and then do it. The difficulty is we try to follow what everybody is doing and not directing the 'Kalpana Shakti'- visualization power. So the first important thing is to be aware of the 'Kalpana Shakti', (God's gift) which when directed objectifies your visualisation.
2. Directing Kalpana Shakti is not enough, no negative thought must be brought in it otherwise the whole system crumples. If the doubt comes 'whether it will happen or not', "Sanshay Atma Vinashyati" Sanskrit has stated. Due to past experiences doubt comes in mind but the moment this happens things will fail due to negative directions given. Therefore in this process never think negative i.e. suspicion - whether it will happen or not? No, it shall happen, shall happen.

Let us take the actual illustration - you want to start some factory. Now the moment you think this, it should not be like Sheikh Mohammad's story, it must have a practical aspect, practical meaning to your thinking process. So you must think thoroughly about all practical aspects, including location, its suitability, building, machinery, raw materials, infrastructure, production, marketing, etc. You should go and see those factories. What are they doing? How old is the plant ? Where the goods are being sold? Where you get the raw material cheaper? Where the factory should be started?

Brahma Vidya in Practice

I will start it in backward area because I get 5 years tax holiday excise duty relief. Like this you have to think every thing. First it should be a clear thinking and I call it thinking. I don't want thinking for the sake of thinking. Every thought must take you nearing to your object to achieve. Clear thinking means clarity will come in your mind. Now the mind is a part of Antahkaran, and moment thought comes in the mind, vibrations 'Tarang' starts. These waves become actually subtle when 'vivek' – intelligence endorses it. These waves come from "Karyarat Chaitanya'-creativity's light inside you. Therefore, your thinking as well as surrounding circumstances starts changing. To achieve that objectivity, you have to visualize it because you have come up to Antahkaran feelings. The moment you start thinking at the stage of visualization it becomes ineffective. Visualisation is the creative force which is inside you and which is also outside. It is this inside force in conditioned mind, which doesn't allow you to do anything on your own unless you get some help. When the condition goes from the mind, the visualization can go anywhere and get the things done appropriately. Therefore don't think when you visualize. You must feel as if you are already working, machinery converting raw material into finished product, which is being sold, and you have earned profit. You should feel the customer's satisfaction. Such type of visualization is to be done.

While doing this, the object is you are thinking in Unison with all God, everybody coming under it is benefited, even the customer who is getting the goods at better price, So you have to think in that particular way. Once you create that image before you, you should get lost in that. Your body-consciousness should go. Then your mind starts relaxing, flowering, and unfolding. Then the actual work starts getting accelerated. More important thing is since you are taking help from God, the creativity inside you, if you keep any objective of cheating somebody, this will not materialize. Slowly-slowly you will find things are coming in such a way that your objectivity is achieved in doing that. You have never to bring any negativity within you. In Brahma Vidya if you go deeper and deeper and you will be able to see that light, (not the electric light), gives you confidence because that is the light of 'Nav Nirmiti' creative intelligence that creates whatever there is in the creation , that light is creating all the time.

The vegetable kingdom manufactures oxygen and carbohydrates that is the creativity, which maintains the human beings and all the other life. So all these things are happening automatically. You have to do your job well. The other things are automatic. Once visualization is done, you do whatever you are expected to do. Keeping your mind undisturbed, because the moment there is a disturbed mind, it is a devil's workshop. When you are undisturbed then only you are in contact with the inside will the moment you are disturbed you become part of the obstacle. The moment you are tranquill, calm and quiet - in 'Samadhan', you become part of that inside will.

Brahma Vidya in Practice

Now Brahma Vidya says that God is beyond 'Sukh Dukkh' - happiness and misery. God is only in 'Anand'- blissful condition. Now this blissful condition is also within us. In life the difficulty does come but you have to accept it, only think how I have to get over it. Otherwise "this difficulty - why it has come to me and not to others" the moment you start thinking like this, you become part of difficulty. Our thinking is so negative. God has created such a 'Purushartha' - potentials within you, machinery in you, that you will definitely come out of any difficulty which is coming to you. Remember one thing, difficulty should only be looked down at and not as if it were on your head, as if how to solve it Always see the difficulty and face it. Meditate over it getting your-self lost in it. Then you will get all the answers to overcome it. You will find that the Totality and Creativity starts acting immediately.

You as well as other people's efforts at a subtle state of course, not at physical state, create the envisaged factory. For the physical state, however you will have to make all the required efforts, i.e., meeting people, going to various places. You will find that there are certain persons like Henry Ford, who have developed natural mastermind science. What he started became useful. In the Second World War when America decided to jump in the war the first thing they did was to hand over plane manufacture to Henry Ford. While the British, German were manufacturing fewer plane (say one plane a month) Ford was able to manufacture about three hundred planes, albeit after an initial study period of six months. This was possible due to mastermind and by sheer force. America won the war. I am just giving you the illustration from the science. If you form a mastermind with your relatives like wife, father, mother and brother, sister or within your office, you will derive immense benefit because you don't think of yourself alone but also of the happiness of others.

In Brahma Vidya, all the problems are regarded as fleeting things. They come and go. You have to accept them as having educative values. Generally one does not want to face any problem because you are in escapist mentality. But in reality life itself is an education process. You can learn it anywhere- (not in school or college only) with your positive attitude, which allows you to unfold yourself. Your conscious mind is unfolded at a body conscious level. In day-to-day life evolution is going on, unfolding at a certain level. If you restrict conditioning of the mind and start hand in glove with this enfoldment you will find that decay, disease, old age, senility, will be less. These occur due to stagnant thinking when the life is going ahead. At the age of fifty you don't want to listen to anybody else you say 'I know everything' and you don't want to understand anything leading to, the stagnancy. The moment the stagnancy comes into effect your interest in the life comes down and you come down with disease, decay etc. When you have made the declaration that I want to live as much as I desire to live, you should think first to live a proper life, a healthy life.

Brahma Vidya in Practice

For this you must eat well. You should primarily eat what is required for the body and not only to your taste. Secondly you must not have any vices. You must avoid smoking, chewing tobacco and drinking liquor. You must use discretion in eating, drinking so as to avoid disturbance to the body. For this you should meditate. According to modern science, in meditation serotonin hormone is produced which keeps you in a very calm and quiet disposition. When you are in calm and quiet disposition the stress level comes down. The moment stress level comes down all psychosomatic level starts coming down. That's why when you do the 'pranayam' breathing exercise, slowly you will find your health is improve after 2-3 months. Regular systematic breathing, rhythmic expansion of the lung and exhalation has a tendency to produce serotonin and bring you to the 'samadhan'- tranquillity level, satisfaction level. Breathing, meditation all are must. You must take regular aerobic exercise because otherwise if you don't use any organ, atrophy starts. Atrophy is death. Virtually degeneration starts if you don't use any organ. Age has nothing to do with it. The following illustration will bear out the importance of exercise.

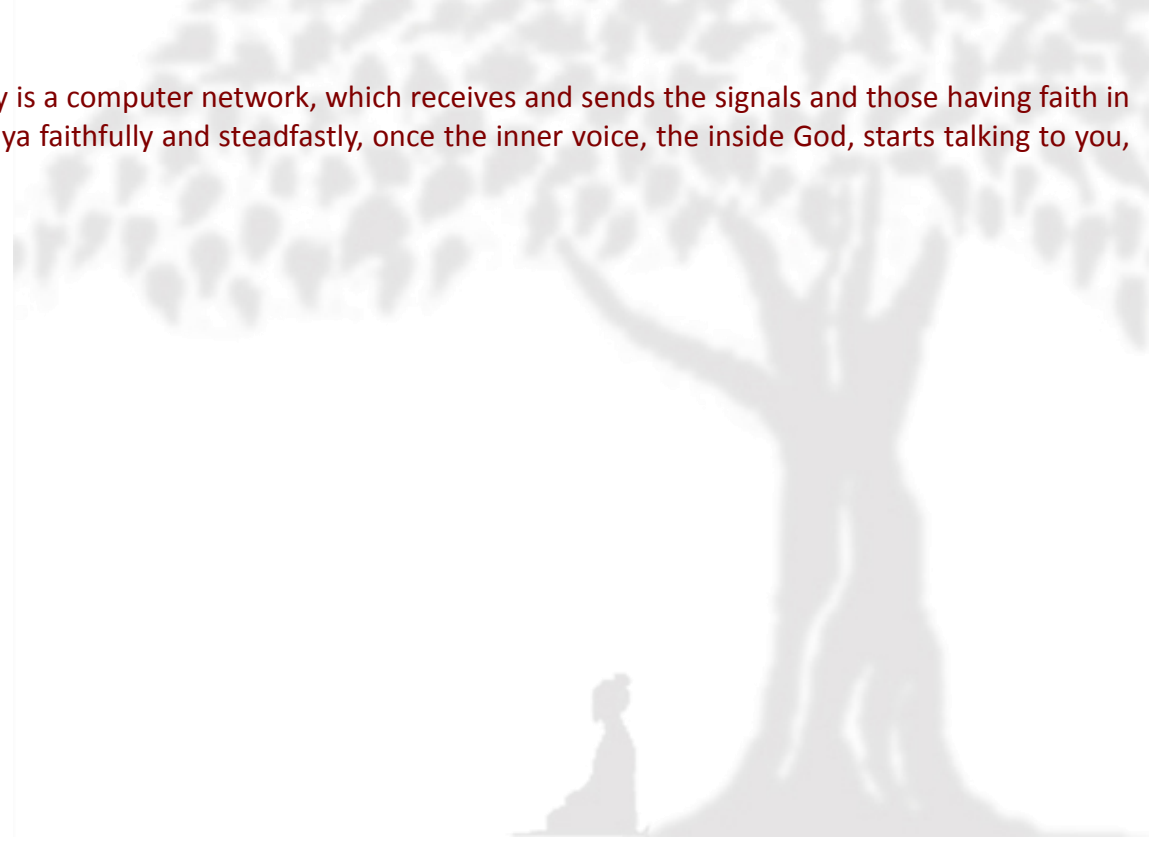
In America research was done on several persons 85 to 95 old. In the gym they were given the exercise as per their strength and after sixth month they were surprised to see the results. The results showed that the improvement in their muscles was proportionately the same in the muscles of those who were taking part in athletics for the Olympics.

Generally it was said that human beings live up to about hundred years. Recent research goes to the extent that really speaking human being can live up to 160 years. Old age is not that stagnancy. Although age is reckoned by chronology, really speaking it is the attitude towards life that makes you young even if you are 90 years and full of youthfulness and taking interest in life. Likewise even if you are 18 years of age but have dampened attitude towards life then you are old. We think that as the age advances there is deterioration. Our mind has accepted it and the reaction process set accordingly. However, now the God, the 'Karyarat Chaitanya', the Creative Intelligence inside, 'Antahkaran' makes you to go beyond mind limitation and enables you to objectify whatever has been visualised, say long life, health, business, marriage or anything you wish to achieve. Brahma Vidya helps you to become an ideal in whatever pursuit you are in. Thus it does by means of fully exploiting your potentiality - 'Purushartha' to manifest. Otherwise you remain in ego, which is a limitation. Ego does not allow the Purushartha – potentials to manifest. That is why when you practise Brahma Vidya your behaviour gradually comes from Asmita- awareness and not out of Ahankar - ego. You are the part of Totality.

Brahma Vidya in Practice

Do not think that 'Adhyatm' - spirituality is to be studied only after retirement. You can be successful, if you practise whatever I said earlier. If done correctly and continuously your willpower will increase. There will be overall improvement in your work speed, confidence in dealing with other persons, the faith of others in you. Even if there is a failure you will take it gracefully deeming it as a part of life. God has created human machinery in such a way that man can achieve whatever he wants to achieve through thought visualisation/thinking process. One must understand that God has given it for a purpose and once you know that purpose, then you will try to align with that purpose, you become Godly, otherwise you can also become a devil, just as a knife, for example, can be used in the kitchen or surgical operation both beneficial to man or for s killing a person, for the wrong use.

Hence we should strive to be a part of the Totality. Totality is a computer network, which receives and sends the signals and those having faith in it start getting the signals. Therefore, practise Brahma Vidya faithfully and steadfastly, once the inner voice, the inside God, starts talking to you, then go by whatever He tells you.



The Revitalizing Breath & 9 Positives

Today we discuss a very important topic “Nine Positives” together with an exercise called “Revitalizing Breath”. This exercise when carried out even when one is tired, say in the evening, revitalizes oneself. Hence the name is “Revitalizing Breath”.

First we discuss the exercise, which I will show later. From this exercise onwards all the seven exercises are done standing. Here while standing you take a breath; withhold it for 30 seconds (counts) and with hissing sound “Shhhhhhhhhhh” you have to exhale it. Do the breathing exercises seven times. Then you have to recite, play a very important role in Brahma Vidya. Our mind reflects a split personality with many divisions and is in a very disturbed condition. At the conscious level, you may read, hear the lecture and you may try to change. But this will be of no effect to you unless the changes are produced in a sub-conscious mind. These recitations help you to do that. You will find improvement in the quality of your thinking after 2-3 months.

The relaxation exercise says, “Now I am relaxed, relaxed entirely”. First line “I am whole, I am whole. Nothing is lacking in it. Nothing can be added to it. I am whole. I am whole”. But to understand the meaning of the word “Whole” one has to understand first - the function of the mind. The great barrier between God -omniscience, omnipotence, omnipresence - and us is the mind. And what is it that creates that barrier is the question? So Brahma Vidyakar says, mind of a human being in day-to-day life, howsoever intelligent he may be, is in yuthan awastha. Yuthan awastha –means a mind which has displaced from its original place. According to them, mind to function as a mind should be in the state of ‘Being’. And the state of ‘Being’ is for the purpose for which you are created. It should function at that level but in day-to-day life. Howsoever best you are, my mind is in yuthan awastha. The yuthan awastha is described again beautifully. At any point of time, whatever you are doing the mind starts thinking of the past or the future. It hardly remains in the present tense. You start getting identified with your past or you want to achieve something in your life for future. And that’s why this mind has a tendency, either to go in the past or in future. This oscillating state is yuthan awastha.

Second aspect of the mind is our Brahma Vidyakar states, is mind is ‘kshipt’ that is exteriorized. Mind always has a tendency to go out to achieve any wizards, to achieve samadhan-satisfaction, to achieve sukh - happiness; mind always tries to go out. You try to see whatever you want to do. The thinking is with reference to doing something in the outside world. Now continuously thinking and going out, mind has also created a barrier between Creative Intelligence, which is inside, given by God within and yourself. And therefore mind is hardly in total satisfaction.

The Revitalizing Breath & 9 Positives

Now thirdly what is important is that the mind has a tendency to follow the senses to that extent that virtually every person tries to become slave of senses in one-way or another. The fourth-important aspect is, because of these qualities of moving after the senses what immediately happens is that your thinking which is the result of preconceived notions of pancha nyanedriya and panch karmendriya, the mind develops the body consciousness, which is egocentric. It goes to that extent that ultimately you feel your body is 'I'. The moment you feel your body is 'I' and you feel –he is different, she is different and others are different, this is table, this is thing. Once these feeling starts happening then you are not in a position to grasp every thing as a whole and that is the reason it becomes very difficult to understand the words like samashti – Totality.

Therefore we fail to understand why it happens and how it happens. There is a difference between other species, plants and animals and human beings. Even today's science says that while all other species in the universe excluding human being they have got only awareness human being has got self- awareness. There is no development of conscious mind. The instinctive mind has been developed and Totality's Computer programs them. You see the bird, nobody teaches them – how to fly, how to sing. All are instinctive. The way in which they function slowly, slowly, itself, there is no training. So, the whole world is at instinctive level. After taking into consideration functional aspects of each and every species it appears that the plan of the God - omniscience, omnipotence, and omnipresent, is to create beautiful symphony harmony 'anand'- bliss out of this world. But in human being he is not only aware but he is self-aware.

Now you must understand what is this 'self-awareness' means. All other species, trees etc. are totally guided by nature. In case of a human being, for example, I see something. So what I see it is recorded inside. Next time I see similar things at that time I don't only see that, but I try to compare it with by previous experience of what I have seen. And slowly and slowly in the mind we develop several preconceived notions, on the basis of which we start taking the judgment of things around. This is self-awareness. Therefore if I see a particular thing and if other person sees and he says now this is like this and I say this is not like this it is like this because my experience says so because; you have some experience of your own. Anthropologist says, it is because of this faculty you have developed so far and the other species have not made any conscious enfoldment. The conscious mind is that gift only given to the human being. Because of that human being think -I have seen this; I have done this. With this 'I' the self-awareness within you slowly and slowly becomes more and more body-conscious and it ultimately results in 'ahankar' - Ego. Ahankar – Ego is frowned upon but really there is nothing to frown upon; everything is in evolutionary process .It has its own gain - ahankar, our Ego has become our identity. But when it goes beyond a particular limit it has a repercussion on our body, mind and intellect level, at psychological level, at physiological level and at physical level. The moment that starts happening our thinking is disturbed. Our body metabolism is disturbed. The physiological as well as functioning aspects start becoming imbalanced. The Brahma Vidyakar - yogis started thinking about this.

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Pondering over as to why is this ahankar, the body consciousness thinking is making this difference. The yogis have then understood that, all the five senses given to us have definitely some allurements, some pleasure given by God. Infact senses are given for that purpose. So we should use the instincts. For example if there would not have any hunger you would not have eaten and if you would not have eaten, you would not have survived. Similarly, everywhere these five windows (senses) to the outside world give you knowledge for your existence. In order to see that you use this, there is a happiness given to the sense. You see the food, you eat the food, you are satisfied, you are happy. Like wise with good smell you are happy. You see a beautiful thing you are happy. Since you become happy because of that allurements given by a nature and happiness is coming through the senses, which are attached to body. The thinking you have developed that happiness comes through the body. I get that happiness through the body, so the body is 'I'. I am body because body is getting this happiness. All right, nothing bad, but moment you start thinking continuously like this, your approach of thinking and doing act correspondingly is to get that happiness. The moment the person start getting happiness he start eating for the sake of eating, sex for the sake of sex, and drink for the sake of drinking, because he feels that I am getting that happiness.

When you do that you go beyond the 'lakshman rekha' -prescribed limit and the difficulty starts. Secondly, because you are under the spell of allurements of the senses. You get subjugated to that and you get impulsive feelings you are virtually slave of one these senses or all these senses. Once you become subjugated to that mind and discerning feature, which is called 'vivek' or 'intellect' is not applicable and you start getting perverse thinking. Unnecessarily you start fighting with some body or you get anger and you eat for the sake of eating, you do so many things. From these are born ill will, spite, hatred. You seem to have lost the balance as to what you are and what you are supposed to achieve in life. The moment that thing happens; it not only hampers your thinking but also body composition. Thinking with ill - will, spite, hatred changes different type of hormones in the body and decay, diseases, old age, senility, disappointment, doubt and everything starts in the body.

Secondly, when you start becoming victim of any of this, the net result is you create disharmony among near and dear persons. While talking you don't feel that I should talk to create happiness around others. You only want to satisfy your self, your lust, your anger and you go on talking for the sake of talking. Therefore, you create disharmony around. This type of behaviour starts out of impulsiveness developed because you become slave to these habits, slave to these senses. Therefore, especially, after thousands of birth till today you are one way or the other slave to these habits and these habits condition your mind.

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Try to understand, since you are a part of Totality- the whole universe- there is a link in between everything, which you may not know but there is a link. You can't survive in the universe alone as an individual or as a human race. You live in this universe along with all other species i.e. all other consciousness which are helping you to live and you are helping them to live. This is the pith and substance of that matter which create the harmony. If you ignore them, then in that case you do not understand the purpose of your life. Once you forget the purpose of your life, the necessary result is you become pervert in the life. The moment you become pervert in the life so many other things starts till you have got power you may do something bad. But the moment you start becoming weak so many other things start setting against you. If you commit ten murders, remember soon some young person comes along and he also will kill you .This is the cause and effect doctrine. Coming back to our topic, this type of tendency of the mind is such that mind is in yuthan avastha. In yuthan avastha there is no clear-cut thinking. First important thing is clear cut thinking - what ever you want to achieve try to do that, deliberate upon to do that. Whatever is to be done, see that, that is achieved as early and as efficiently as possible, that is the clear thinking? Do not digress here and there because the clarity goes. The moment the clarity goes, your head becomes a muddled and you are a confused person. Really there is nothing in this universe by which we should become confused. Thinking should be straight, what I want to achieve, this I want to achieve and this I will achieve and that's all but that never happens. Secondly the fear develops because your confidence goes and the moment your confidence goes then in that case you are not in a position to behave properly. You try to create some hypocrisy and create some artificial things as if it is there. You cannot convince the other person on false things because ultimately the truth has a tendency to expose itself and you are exposed, naked.

Therefore, the first thing that happens in day-to-day life is that a human being becomes a compulsive thinker. He is slave, he only thinks and that thinking is such it is not with reference to what ever is happening just now, but with reference to past and future. Further, coupled with the fear and other negative things, ill will, spite, hatred - all these things becomes a turbulent force by which the mind is completely clouded.

Second aspect is your thinking becomes body conscious. The persons thinking is biased even though he may be an intellectual or he may not, he is frog in the well. The conditioned mind is such that with reference to those conditions you say this is right and this is wrong. What you say right may not be actually right, taking into consideration full perspective and Totality reasons. You may feel that this is right, this may be not right but you will always try to justify you are right, though it is wrong from the Totality's point of view. Rightly has Gautum Budha stated 'samyak drushti'. Samyak drushti – means you have to take complete perspective vision and then to come to a conclusion.

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In this background, I want to discuss this word 'I am whole'. When you say I am whole, what does it mean? Your life is always to see that you are in 'samadhan', you are in happiness and everybody in samadhan. You can only be in happiness if your happiness is not dependent up on the others. Try to understand this, your happiness is within, and therefore the wording 'I am whole nothing is lacking in it'. I don't want anything to be whole it is whole already, I am in samadhan nothing is to be added. You suppose 'I am whole', nothing is lacking in it; there is nothing lacking and nothing to be added. Suppose, the bucket is full of water even if you pour two drops of water in it, it will spill out because, it is, nothing is lacking in it and nothing can be added to it. This is with reference to your unfoldment of a conditioned mind try to understand.

The universe is governed by Totality's mind including the functions of all the species that are living and inanimate objects are interacting by It. They are interacting, you may know it, you may not know it, that's a different thing but they are interacting of which you are a part. If you first understand this, if you then think over it and, if you then meditate, becoming a part of it, then believe me that moment you forget your body consciousness and you become universe, you become God. That is the way in the search of 'Who am I? Who am I? Who am I? – 'koham? Koham Koham?' Then 'I am not That, I am not That, I am not that' – 'neti, neti, neti' and Saints came to the conclusion that 'I am God, I am God, I am God'. But very few saints have realized that I am God. But that is not by mere saying it that is the way in which you may have the experience. In Spiritual life saying, reading has no meaning. You may read Bhagwat Geeta ten times a day, it's of no use. I do two hours meditation that is of no use. What is useful is your state of being; it should be part of your life at body, mind and intellect level. Whatever we speak correspondingly we must act even in absence of someone.

Nobody is looking at me I cannot do wrong; it is not that somebody is looking at me that is why I am honest. No, even if nobody is looking, I have to be honest; I can't take something from other person because it doesn't belong to me. I can't look at the property of the other person; it is not mine that is a wrong thing. This will happen only when you understand this that you are whole. All the time you feel I have to do this, then only I will be happy. You see in the life from the age of understanding say thirteen, fourteen, fifteen years, how many things you have done to see that you should be happy? But your happiness, you get it, temporarily when you achieve it and again you feel that something is lacking in me and in the life. This conspicuous lacking in the life is a part of mundane life, is a part of 'yuthan avastha' of the mind, because it is not at a place of a state of being for which it is created. Therefore, you are made to say that 'I am whole' and once you say that 'I am whole', 'I am whole', 'I am whole', understand the meaning, what happens is, really speaking, slowly and slowly you start becoming part of Totality. Suppose your family members are there, they are part of yours, will you use bad language, will you get angry only for the sake of self centeredness?

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If your neighbors are there, will you create nuisance for them? Can you do black market? No. Because ultimately you are the part of the society and you can't do anything which is unjust to others. Will you like somebody doing injustice to you? No. Then how can you do injustice to others? When this thinking starts then only slowly, slowly you start becoming part of Totality to such an extent that ultimately when they get their deep experience, wherever they look they see the God there. Wherever you look, it's not only you see God within yourself and everywhere, but also if a person is foolish; there is the God in him. He may not follow the directions of the God but of demon or foolishness. But, that doesn't mean that the God is not in him. In each one even in a donkey there is a God. Therefore, saints when they look everywhere they see only God. Even if the people are bad, saints will only look to his God within. Unless you have a duty to teach him, otherwise, don't try to say any person is good or bad. Who are you to decide that? If you are going to put yourself in inconvenience, then only way is to go away from it. So becoming part of a whole, once you understand this, then what happens is that after sometime you're thought pattern changes and this goes on continuously. Because of this what happens? When moment the thought comes you say my mind is thinking too much. It means really thoughts when they come and you provide energy for it start moving fast, energy is yours because you start running after it, and you are slave of that. But first thing, it is told in Brahma Vidya is, when you sit calm and quiet only look at your thoughts, only observe your thoughts. Moment you observe your thoughts, thoughts become different, you become different, and you observe it.

As a Greek Philosopher stated, "I am thinking that's why I am different and thoughts are different". He has stated it that time. If, I am thinking, thoughts are different, I am different and moment you are observing this continuously, you will immediately find in two three months time, unnecessary thoughts get weeded out, get expiated and only thoughts which are required for the present, remain in your mind. Moment that happens, you think and only concentrate on the present work in this mundane life. Firstly, present work becomes nice. Secondly, after doing that present work you relax. The moment you relax that Alfa stage comes and then God radio station starts. I have just last time described; the Totality starts giving you signals from the God radio station. Totality signals come and those signals are giving you the exact position and time and space because your thinking is conditional. That's why in conditional thinking you have a problem. I am not getting this, I am not getting that. But if, you do Brahma Vidya well and if you only observed those thoughts, do these things. Firstly, suddenly you get some frequency by which you get the answer, you do this then this will be done.

And secondly, you will find several other persons on their own start coming forward to accomplish your job and that is the meaning of whole. That means, if this 'whole' starts occupying you, you should never feel that you are in a pitiable condition. You should always feel that I am representative of God, I am whole, where is the question of pity? Even if, the money is not there today, it is going to come to me. It is a temporary Phase. The way, in which you look at the life, it makes a difference.

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'I am whole' is so important as that. Keep this in mind, so in the exercise you have to say that, **I am whole, nothing is lacking in it, nothing can be added to it, I am whole.**

Second, I am perfect. The meaning of the word perfect is when you say this perfect, in a life what ever you do, you should be perfect always. Remember if you look minutely there are some persons who do their job spick and span - no mistake. Even servants are there, they will clean the house very well; they will clean the utensils till they shine. And there are some persons who will do haphazardly, half udhar chhod diya, half eedhar chhod diya. We are Brahma Vidya students and we are representatives of that perfect God. And therefore, what ever you do, your love, your honesty it should be perfect, it should not be half. I am perfect that is 'pari poorn', I am whole - poorn, I am pari poorn means perfect. I am strong now, if you are whole, if you are perfect, then immediately what happens is God has given you inside strengths - purshartha. That purshartha is given in such a way and to such an extent that you can do and undo anything, what ever you want. Further, that purshartha, that strength you start feeling from within and your will power starts increasing. You must have seen a person who is a successful person if, you look at him, he has tremendous will power, tremendous strength, he is never defeated, even if so many obstacle some, he will try to overcome it. For that, the strength is required and strength comes with that wholeness and perfect ness. So, third positive is I am strong.

Fourth Positive, I am powerful. Strength is the ultimate result. Power is Power generates inside you to give you strength eg. A. Railway engine through coal or through steam generates power and when the power is put on the wheel, the wheel starts moving with that strength. So, what has been said, "I am powerful," but how it is powerful? Each and every cell of my body is a power plant working for me.

There are seventy trillion cells in your body. You are the mastermind of that; you are the general of that seventy trillion. One trillion is hundred billion. So, such is the power within you. You may say that the cell is microscopic, how can you call that such strength. You imagine that in your house you have got thousands of books. So, I have got knowledge of hundred and thousand books I have read which are displayed in a big room.

In your body, there are seventy trillions cells. Take one cell, microscopic, you can't see with eyes. Science says, the cell is one upon a thousandth inch. That is the diameter of the cell, such a small, one upon thousandth inch. Scientists found the knowledge contained in the DNA of that cell and when they calculated that, they found the knowledge is so great that you will require one thousand printed books of six hundred pages each. Printed one thousand books of six hundred pages each in every DNA of the cell.

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Such a small, such is the knowledge inside your body and I also told you, every cell, there trillions reaction in one second. Science is saying this, how much power is there? You already know, now if you try to give a kick, you will develop fifteen – twenty poundal force. But in good karate black belt the power in that kick is fifteen-hundred poundal forces. Why? Because, they are in a position to channelize that power at one time. So, that power is there, is an admitted fact. It is there, that gives the strength that gives the perfect ness that gives the wholeness. All these things you must keep in the mind that the God has created for you such a beautiful things and how far you are using, how far you are utilizing it.

Next, suppose you are whole, you are perfect, you are strong; you are Powerful, that by itself is not sufficient in life. “I am love”, if all these things are there and if the love is not there, life is useless. I will not like to live, if the love is not there in the life. Love, to understand, generally we start understanding love because in our house we see mother’s love. After wards, we see filmy love in films. These love are little adjustment, even husband and wife love is not a real love. So far wife listens to him, and he will say yes, but moment she does something against his wishes he will not like it. Many times he will say get out of the house that is not a love. Love is for the sake of love when you forget yourself for the other that is a love. A person who loves doesn’t expect that I love, that’s why, you should love me, its not. I like you, that’s why I am loving you, loving for the sake of love. Each and every one of you I love in the morning, I send my sankalp that they should be happy, nothing more than that. If you are happy I will be happy. Love is that, any expectation comes and then the love is no love. That is an adjustment, you just see even a God has created every thing, all these things are created is out of yadnya and that yadnya is also now a days is not understood clearly. Yadnya for peace, they don’t understand what it is. Yadnya is that fulfilling your duty for which you are created. Mango tree gives mango. One person cut its branches and the other person manures it, gives it water. In the month of May, mango tree bears the fruit. Both the persons cut the fruit. It is not that a person who cut the tree gets bad quality mango quality is the same, try to understand, because yadnya of the mango tree is that it should give the fruit to the human being. And human being after eating it throws away the seeds by which again procreations starts. It is a rhythm of the nature in which you give, and for that purpose you were created that is love. Therefore, love is, when you love anybody your tendency is to forget, not that what the other person is giving to me, that is selfishness.

Real love is to that extent, in this world, if you want to see the God, it is only through that real love you can see it. And that’s why I always tell you, if two persons may be husband and wife, brother and sister or friends, only they love for the sake of love without expectation, love for the sake of love. You will see in that relationship, presence of God is always felt. That is the quality of the love, which is required. Moment there is a love, love is such a tremendous force it can do anything, it can clear all the barriers in the life. But, love is, you have to forget for that, you cannot do it for your ill will, spite, hatred, and all these things, not even your selfishness. So, that love- I am love, love means I am representing God, I am loving.

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So, after that love I am harmonious that means if you are whole, if you are perfect, you are strong, you are powerful, if you are loving then necessary incident of that will be you will create harmony where ever you will go. You go to a place there will be harmony, even a disputed place you go and there will be harmony, there will be beautiful symphony. A person comes and he creates harmony in the house and everybody is happy. And another person comes; he only creates discord fighting and shouting. You should see that wherever the first person goes the healing will start 'are tumara theek ho jayega' it would start becoming all right. I am harmony I am harmonious? I am harmony with all the external, internal, eternal, immutable, unchangeable laws of nature. Nature has created these laws not only for rich persons, but for poor persons God has created the laws for everybody. If you follow the dictum of the law you are bound to go in harmony, you become sensitive to that law you are in harmony, you are in anand, I am harmonious.

After harmony you are made to say I am rich. You will say in spiritual life where is the question of richness. Try to understand, now a days everybody just criticises the richness I don't know what is wrong in richness and what is good in poverty. No body should be poor, really speaking, but richness criticized as bad. Really speaking, everybody should be rich, if you are in a position to earn ten crores a day, you should earn ten crores a day. What is wrong about it? What ever you require to take it and for the balance you become the trustee of God. Bill Gates is doing that, two hundred million dollars he is giving away in charity. What is it? He is a great saint, really speaking. This richness is not to increase your bank account, but you are the custodian. Rich means if any person comes to you who is needy and you are in position to take care of his need it, that "richness" is meant for him. I have given you money, is your ego speaking. but if have got something and other person requires it, giving for the sake of giving because he requires it I am the part of society that is the richness. So, I am rich.

Next, I am young, and youthfulness is beautifully described. "I am young, and that liquid, that liquid feeling in me with innumerable streaks of shining light takes its course down in the body". When you say I am young, young means two things are important your face is juicy, and second, there is a radiant light on your face. Young man, a young boy of one year, he has no teeth but see his face it is juicy, there is light on the face. On the other hand an eighty year old person who has no teeth at all, but his checks are withdrawn, caved in every thing goes inside his skin is dry and there is no light on his face infact when he dies the light has gone, the light has passed, we say. So, youthfulness the charm will come when there is liquid and there is light. What is being said? "That liquid –liquid feeling in me relaxing entirely". During Diwali Festival when the fire cracker bursts, anar it gives out a fountain of light. You can reverse it, so, all the sharp fires going from here to each and every cell of your body you have to make a projection like that so liquid feeling me with innumerable streaks of shining light take it to downwards in my body. That is the way you have to visualize that I am youth.

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Youthfulness is an attitude towards life. It is not chronological age which we give importance, really, it is the attitude means person at the age of eighty also will be young and person at eighteen also will not be young. This topic of youthfulness I will specially deal with when we go to the rejuvenating breath that is the seventh breath of the Brahma Vidya.

The last Positive I am happy. If you are whole, if you are perfect, if you are strong, if you are powerful, if you are loving, if you are harmonious, if you are rich, if you are young, the direct result is you will be happy. You will be happy all over your body. In fact the exact word in Sanskrit is 'Anand' because with happiness there is unhappiness, they are in duality, ananda is a blissful condition. It is beyond happiness and unhappiness that is God; God is only ananda that is why He is called sthitananda, God.

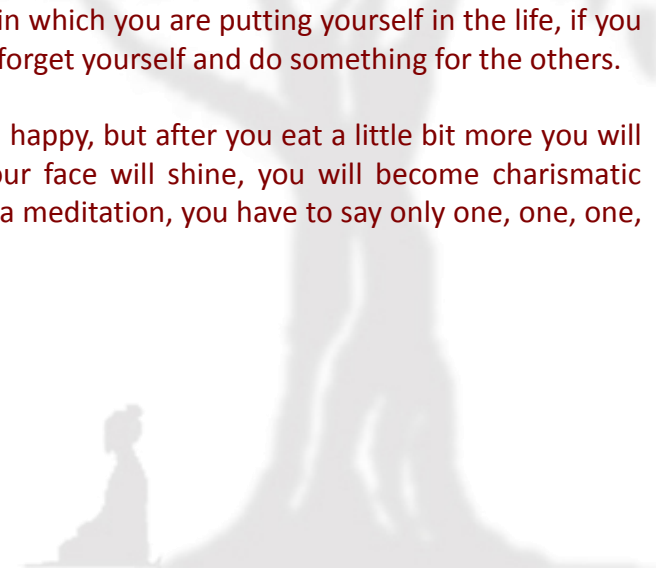
So you are meant to say that, by standing. You have to make, make all these things, in the beginning you will require few days for remembering them, after you remember you must understand the meaning, after understanding the meaning, you have to visualize yourself and you will get the results. But one thing I am telling you by doing this exercise you will find that lot of vitality is coming in you that's why revitalization breath. This breath is also to be added to your meditation, after magnacarta last two lines which I have added that 'I am developing within me creative wisdom, I am, the creative wisdom, I am the medium of creative wisdom and the creative wisdom is the light of my mind and I am free from all negation.

The nine positives must be said with feeling, with visualization. According to me the best way to understand the wholeness and perfectness is bring some circle before your mind's eye. A circle is whole, so complete. You get the symbol, so, I am whole, so, create that whole and be in that – whole. "Perfect" the same way. "I am strong", when you say you are strong, symbolise strength may be an elephant or somebody will have Lord Hanuman, whatever it is. Now imagine that you have that strength. "I am powerful", power means, visualize power being generated from a water fall. The whole fall is there with in my body and I can create a lot of electricity. You can create anything. I am just giving you suggestions, you may have any symbol. I am loving, the best way to create a picture of love is, you become the flute of Lord Krishna. Lord is playing it, you are empty, and that's why beautiful symphony is going out. You must keep yourself empty, nothingness- you have to become vacant to allow the transmission of God within. You have to become God radio station, then it happens. So, I am loving, now, next is, I am harmonious, now, see the harmony, bring any beautiful scene of the nature before you. Nature is the beautiful harmony, when you are tired you look at the beautiful nature, you start forgetting yourself. Beauty has a tendency, what is a beauty by looking at it, one forgets oneself. The moment you start forgetting yourself, you start appreciating that beauty.

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So, create any beautiful thing you have seen the nature may be Kashmir, anywhere any part and of which you are a part, so, I am harmonious. I am rich, when you say I am rich make this, really speaking, what ever, whom so ever comes to me since, I am representative of God, God will see that through me, his need is satisfied. If his need is satisfied, he has obliged me, I have not obliged him by giving money because by giving him money I have become the agent of the God, this is the meaning behind it. 'Dus rupaye diye' - I have given him ten rupees, I have done this thing you brag a lot of things, really speaking, if some body is in need and if you give that money and his work is done, you should be happy that, really speaking that, God has given you the opportunity to make him happy because ultimately money has also come for the purpose not only for your spending but part of it you spend for him. And since, it is spent like that you have become agent of God for that otherwise you are only agent for yourself alone. Look the way in, which you are saying, so, I am rich. I am young, now, when you say young, youthfulness is as if you are so graceful, the whole life you are taking interest in others and not just yourself. Generally, you must remember one thing, when you start closing yourself you start becoming old, start talking interest in the life where ever you are take interest. In America what they have found was those persons who are retired start ageing more and they die because there is no interest in the life. You don't feel like living ultimately nobody talks to you, nobody speaks with you. It is not necessary that you should do something for earning money all the time. I don't earn but that's all right, what does it matter, but I don't say that I am, I don't do anything, I do all things, I am very happy, I have got full interest in living as much as when I was earning more than that, I was very happy. That is happiness. This youthfulness is the way in which you are putting yourself in the life, if you idle you become slag, lazy then youthfulness goes. Next I am happy, the happiness is when you forget yourself and do something for the others.

Thus, living for the others is the greatest happiness in the life. You may feel that by eating, I am happy, but after you eat a little bit more you will find you are in trouble. But, you live for the others and see the happiness, around you, your face will shine, you will become charismatic personality. Live for the others, live for the others that is happiness. These are nine positives in a meditation, you have to say only one, one, one, and for doing that exercise you say all together.



The Inspirational Breath

Brahma Vidya wants you to be successful in the mundane life also. The next important subject is Inspirational Breath or by which your intuition increases. This Inspirational Breath will allow you to increase your inspirational energy and your spontaneity. Even if you work hard, if you get intuition you progress by leaps and bounds and you are head and shoulders above the others. Howsoever intelligent you are, the computer of the Pancha dnyanendriya and Pancha Karmendriya - five senses and the actions of the five sensory organ's guide you, and which are in body-conscious. Realm. Once that inspiration starts, every moment you are thinking, you get the signal from the Totality's computer and you get the best perspective vision in time and space at that moment - the state of total Pradnya Jagruti.

After doing this breath for seven times then you have to say the recitations. Firstly you have to be relaxed. While relaxing you go from the beta rays to alpha rays which are very important in quietening yourself and which are very important in your spiritual progress.

“I am thankful to the Lord for my body, I am thankful to the laws-Eternal, Immutable, Unchangeable, Changeless Law of my being for my body”

These two lines of recitations though simple, are very - very important. In India most of the persons believe in God. But you remember God only when there is trouble, pain, difficulty, forgetting for a while that God has given you such a beautiful body, which you are using every moment and you don't express thanks to Him. It is only when you are in difficulty, when something gets stuck up, that you say, “Oh! God”. Brahma Vidya says that if you want to enter the spiritual life, the first important thing is to adopt the act of gratitude and the first act of gratitude is to accept that God has created you with such beautiful body with all the intelligence and attributes described earlier. Last time I told you that the cost of the elements of this body is hardly Rs.19/-, but the cost to create this body, as per science, is about more than Rs.12 crores . God builds such an efficient machine, for your use which you are using it, many a times misusing it, but at no time you say, “Oh! God I am thankful to you for giving me this body”. So you start the day with this exercise by expressing your gratitude towards God.

God has created this but how has he created this? At the beginning of creation of universe, God projected a thought - “I shall be in multitude” and He created the whole universe and all embodiments in the universe. Through universal mind – ‘Hiranya Garbha’, God created immutable, unchangeable, changeless laws of the nature. That means that those laws which are unchangeable, changeless, through which all these embodiments are created and through which all the interaction is going on. So though God has created it; He has also used the machinery of immutable, unchangeable, changeless laws of the nature and therefore you are also supposed to express gratitude towards these immutable laws, because after making these laws God is just a witness, God is just an observer, God doesn't interfere in these laws.

The Inspirational Breath

That being the sacrosanct laws, you should be thankful to these laws, which are governing you, which are immutable, unchangeable and changeless. One more thing that you have to understand about these laws is, if you start getting aware of these laws, you become sensitive to these laws. Then at body, mind, and intellect level whenever you are thinking wherever you are speaking, whenever you are doing the action, you tune yourself to those sensitive laws, by which your life and body goes on in harmony and symphony. Keeping these two aspects, thanks are given also to the machinery provided by God which is governed by the immutable, unchangeable laws of the nature.

The next two lines of recitations are also very important –**“My body is transcendentally beautiful, infinitely intricate and gloriously accurate instrument in this world”**.

You are made to say this so that subsequently what you are going to vouch, you will see that perfectly, whatever oath you are taking you will follow it. God has given you this body, transcendentally beautiful means this body not only understands and interacts within the limitations of the body, but it also transcendent i.e. you can see what happens in London from here. When you start unfolding and when your consciousness starts unfolding these things rallies happen. Such is the body, which can do and undo so many things, provided you try to use it in a particular way - transcendentally beautiful, infinitely intricate. If you see the whole body, body's function is such as per the need of the hour. Whatever is required is produced immediately at that moment and after the work is over the production stops. Ductless glands, i.e., endocrine glands do this function. The moment you start munching the food, acid starts forming in the stomach automatically and the things are so intricate that everywhere they are arranged in such a way that with the precision, whenever it is required as per the need of the hour, body produces thousand and one enzymes, 1001 chemicals to maintain your body. This is the intricate and gloriously accurate instrument in this world. Accuracy in your body is such that there is virtually no mistake unless one puts the spoke of negative thinking in the wheel; you want to disturb it. I will only give you the illustrations –

You have got heart, of the size of the fist. Now this heart has two functions. It collects the blood from the various parts through the veins impure blood containing carbon dioxide. Then send it to the lungs and get it purified there by 'osmosis', through the alveoli of lungs. Blood then comes to the auricle region of the heart. It is then sent to various parts of body. It is said that in the functioning, if any mistake is committed (a tenth of a drop) from auricle to ventricle, the same mistake can burst the heart by explosion. Nature does not make any mistake; such is the precision and accuracy. Keeping this in the mind it is our bounden duty to maintain it properly and not hamper it in anyway when you start saying the above recitations for 2-3 months you will not ignore your body, The next few lines of recitations says.

The Inspirational Breath

“This body, is the temple of living God, where the God is living in it and alive in it”.

Doctors are operating the body but nobody has seen God inside the body and Brahma Vidya says it is the temple of living God, living is important. Ours is a fixed notion that God is in the temple, masjid or church. The declaration is that this body is the temple of living God, where the God is living in it, alive in it. If the God is living in it and alive in it then in that case to whom does this body belong? God, of course! A few illustrations from science would clear this point.

Our brain contains billions of neurons which are nerve cells having axon on one side and dendrite on the other. There are hundred billion neurons and as per the science, capacity of each neuron can make 25000 contacts. So the total power of contacts by the brain is simply countless, more than the total number of atoms in the universe. You are not aware of this power. Likewise there are 70 trillion cells in a body (one trillion is thousand billions). Each cell can carry out 6 trillion reactions, in second, again beyond your comprehension.

Each cell that is microscopic in size (one hundredth of an inch in diameter) contains knowledge within its DNA equivalent to 1000 books of 600 pages each. So colossal is the capacity beyond our imagination. Liver produces some 500 known chemicals that would otherwise require several chemical plants spread over a few acres. You are not even aware of such a production on a gigantic scale in a very small space inside your body. These are only a few examples of Creative Intelligence residing within you of which either you are not fully aware or do not appreciate. This is the Creative Intelligence or God living in your body, functioning accurately through your body, mind and intellect to create harmony, symphony on the whole universe. Unfortunately you do not see Him as God in your body because of your mistaken idea of god – to see Him only in time and space – in temple, mosque or church. Really speaking you ought to view your body as a temple of Living God and you should take care of your body as trustee and not as an owner. Any injury to it either knowingly or unknowingly should be viewed seriously as a criminal breach of trust. For this purpose you have to take a vow, that

“I shall not say anything, do anything, think anything, which shall injure my body (Kaya, Vacha, Maan), the temple of God”.

Hence you must avoid anger and consequent bad words, actions as well as its use. You must take healthy balanced diet and do exercise regularly. Your thinking should be so high and elated that all the time you remain in the blissful condition called ‘anand’. So you are part of that ‘anand’ and to reach that you become part of the Totality’s computer - God and you become part of that God.

The Inspirational Breath

When you do seven Inspirational Breath exercise and you say the recitation mentioned above, you will always find after 2-3 months that this will make you aware of the God inside and you observe changes in your thinking, action and speech. Then you start in the witness action, remain in the present tense. Therefore the brain that is sending beta waves in a mundane life comes to alpha and slowly and slowly you start becoming the part of the totality. That is you become sensitive to the vibration of the Totality's immutable unchangeable laws of the nature, you become part of it. The moment you become part of it, you start going in a harmony for which God has created this world.

I will now discuss the important topic of God. Almost all religions do not try to understand God in the proper and true perspective thus causing unnecessary mistrust and hatred among each other. This has led to a lot of misunderstanding, injustice, atrocities and even wanton killing in the name of God or religion. There are many instances where the religious zealots have persecuted noble saints. If we accept the fact that God is residing within you, me and all others (temple of living God) then surely we cannot even imagine of injuring, harming or cheating others, leave alone killing.

Brahma Vidya does not believe in blind following. It tries to understand God through nature. God that is infinity is difficult to define because it is beyond time and space. It defies comprehension by our five senses (pancha dyanendriyas), i.e., when we use our left cortical region of the brain. There is no prescribed course that can be learnt in the school, college or university where you can understand God easily or reach god. Therefore, Brahma Vidya exhorts us to go to the nature, forget ourselves and thus become a part of the nature. It is the real and the only way to understand God. Thousands of years ago Brahma Vidyakar (Rishis) themselves had followed this way and thus were able to decode the signals from the nature – (Totality) thereby enabling them to develop the science of Brahma Vidya. The limitation in comprehension-understanding of the overt (seen or manifested) and the covert (unseen or un-manifested) by our five senses (pancha dyanendriyas) is best illustrated when we see the seed and the oyster, representatives of the plant and animal kingdoms. Outer appearance of the seed tells us that it is a hard thing. But we also know that the seed when put under optimum conditions, would grow into a plant or tree up to a particular size, give flower, fruit and again seed too. The seed, therefore, contained the necessary information to do so which was unknown to us before its growth. In every part of the plant or tree there is such information and system of production in the unseen, covert or un-manifested form (Avyakt) which later becomes seen or overt or manifested in specific forms (Vyakt), e.g., leaf photosynthesis, flower- attraction, fruit-sweet edible form, seed-material with information for future generation. Likewise an oyster, a soft form of animal, resides within a hard and strong shell that is usually closed. Oyster produces the pearl, a feat that only oyster can do. These examples show that within the object under study resides a mechanism that has the know-how to create a particular thing in a pre-decided way. This mechanism is known as 'Creative Intelligence'.

The Inspirational Breath

Our Rishis observed that everywhere there is Creative Intelligence that is inexpressible, unexpressed and invisible (avyakt) to our pancha dnyanendriyas. When the same becomes manifested, expressed, seen or felt (vyakt) it becomes embodiment. This Creative Intelligence is present everywhere - omnipresent (Sarvavyapi). It has a total knowledge (dnyan) to create what it wants - omniscience (Sarvadnyani'). It has all the potential capacity, ability to produce, create what it is expected to do - omnipotent (Sarvashaktiman).

Our seers have stated that at first there was Absolute called as Brahman. Then the thought came in the mind of Brahman that "I shall be in multitude". This thought created a mind that is universal mind (hiranya garbha) out of which the whole evolution has started leading to various embodiments. He wanted to be in multitude because He wanted to enjoy it – "leela". Leela is the divine sport, not like a game of cricket or football match.

With the advent of the embodiments came sun, moon, stars, anything and everything in the world. This has come out of 'avyakt' – Salient or inexpressive. Inexpressive thing is in the form of consciousness out of which embodiment is created. Inside the embodiment also that consciousness is required; but since the embodiments are created in such a way that they are different from each other so that there is an interaction and the whole process of evolution starts. The properties are different. Therefore when this consciousness is put in the embodiment - avyakt becomes vyakt, it comes in a limitation, in a condition. Means mango tree can only produce mango, apple tree can only produce apple, human being can only produce human being, because different things are to be produced in order to create the whole world, wherein there is the interaction, symphony and harmony. Ultimately everything is in harmony, nature is in harmony. We disturb the harmony because we develop body-consciousness. The Universal Consciousness is God. When it is within you it is also God but it is conditioned by the limitation. These limitations are of your conscious mind. If you remove these limitations by enfoldment it becomes part of totality - avyakt; it becomes God. Such is the derivation of Brahma Vidyakar. Collectively taken as a whole it is omniscience, omnipotence, omnipresence but if you take individually it is not omniscience, omnipotence, omnipresence because it is conditioned. The Universal Creative Intelligence which is omniscience, omnipotence, omnipresence is present everywhere. We have seen that the God cannot be defined but only understand the God is, He must be Omniscience, Omnipotence, Omnipresence (Sarvashaktiman, Sarvsakshi, Sarvvyapi). If that is the case then only He can be God otherwise He cannot. Therefore, God is that Totality's Consciousness, which is omniscience, Creative Intelligence, creating immutable, unchangeable laws of the nature and creating different embodiments. When the embodiments are formed, each embodiment is in a limitation, but embodiment as whole, as a world is continuum of that creative intelligence, which is God's - Totality's Consciousness.

The Inspirational Breath

The Rishis have stated that the creator and the created are in continuum that means man is in the God and God is in the Man. Today's science has declared that human mind reflects the universe and universe reflects the human mind.

Although universe contains many parts, it functions as one. If universe has many parts, if some part is taken out, it cannot be universe; because universe is total - minus something it is not universe. For universe to be universe as such, each and everyone must be there otherwise it is not universe and universe is God, so God to remain God, universe to remain universe your presence - every person's presence is important.

This has an important bearing on the presence of religions, Hindus, Muslims, Christians, etc. We must realize and think at all levels. Thus we can reach God. I want to place before you the following two lines that are very important in our relation with the God.

“I stand to the universe, as a centre stands to a circle”

“I am at the centre of the universe, circumference is everywhere”.

These two lines of affirmations are your relations with the God you as a centre and with the circumference everywhere. There cannot be any circumference. Without you, the universe cannot be complete. You are an integral part of the universe. You should deliberate on these two sentences and try to understand them. The moment you understand it, you think over it all the time, your whole life will change, your whole thinking will change. You will find that you are not lacking in anything and ultimately you can be the part of the Totality, part of the God.

God – I

What or who is God? What is our relationship with God? How can we establish a relationship with God? Brahma Vidya has the answers to these questions.

Most people who believe in God go to temples, church, masjids, or other places of worship. They believe in God but they do not understand the concept of God. Hence many atrocities are committed in the name of God.

God cannot be materialized. We cannot manifest Him by the use of our senses. But we can establish a relationship with Him by having total implicit Shradha- faith in His existence. By doing so we reach Him and our lives can blossom and fructify.

Evidence of God's existence is everywhere in the Universe. If you are sitting in a beautiful garden and you are observant and sensitive you will notice that there is constant activity and creativity going on. There is proof of a hidden blueprint of creativity in every plant and tree by which it will produce exclusive flowers, fruits and vegetables, given the proper environment and climatic conditions. Every species reproduces its own kind perfectly including the human beings and in the animal kingdom. So you see that each and every aspect in the universe has the Creative wisdom, Consciousness and potentiality to reproduce.

The Consciousness of the Universe creates what is required in the need of the hour to maintain the balance in Totality. Two examples of this are chlorophyll in the case of plant life and mitochondrion in the human circulatory system. Here we see how natural substances work in symbiosis with other organisms in close physical association to the advantage of both elements. Without chlorophyll, photosynthesis would not be possible and without mitochondrion, respiration and energy production could not occur.

Let us now take a closer look at this Creative Intelligence. Firstly it is Omniscient- it has all the Knowledge there is. The knowledge is unlimited. This knowledge, this creativity, this creative wisdom is such that it produces particular embodiments in such a way that they are in perfect symphony and harmony with Totality. That is why it is called Omniscient.

Secondly, it is Omnipotent. It has all the power there is. It has all power required to produce any embodiment and its requirements to be functional.

God – I

Thirdly, it is Omnipresent. It has all the Presence there is. There is no place in the universe where this Creative Wisdom is not. Therefore, omnipresence means, it is universal, wherever there is embodiment it is there. However, it does not come in time and space as we understand it. It is beyond time and space.

So, now we can see that the whole universe has come out of the trinity of Omniscience, Omnipotence and Omnipresence. There is nothing in the universe that is not produced by it, that is not controlled by it. So, God is equal to Creative wisdom which is equal to the Universe and is displayed everywhere.

Further, we must understand that whatever we see, in subtle form is Creative Wisdom. Objectification comes in a gross form like human beings, animals, plants, vegetables and inanimate objects.

Now, whatever the Creator creates. He is in that – each and every embodiment from human being to inanimate objects. God is in the man, man is in God but MAN IS NOT GOD; only the Creative Principle in him is God.

Now, let us examine the concept of Universe. The Universe consists of all the parts in Totality. Hence, it is called Universe. Everything is included in it; it is all that there is. So, if any part of it is excluded, something as minute as an ant it will no longer be Universe. It will have to be termed Multiverse.

The universe is everything, the universe is God and since human beings are a part of the Universe, they are also a part of God. So, universally you can logically say that even if one human being is taken out of the Universe, it will not remain Universe and God will not remain God.

It is very important to understand this concept, especially when we consider the attitude of religious zealots against all other religions. If you accept the fact that you are a part of the Universe, Totality and God, how can you exclude even a single human being and still remain a part of that?

The moment you discriminate, your consciousness gets splintered, you cannot get vibrations from God, you have to understand and remember that you are in Him and He is in you. He is not in a temple, in a church, or in a masjid. He is everywhere and in everything. Otherwise your thinking will become claustrophobic, you will never reach God.

God – I

Another aspect of understanding our relationship with God is that, it is like the relationship of a circle with its centre. Each one of it is at the centre of the Universe with the circumference everywhere. Mathematicians may argue that how can everybody be at a centre but you have to understand that the Universe is not in time and space that human beings relate to. It is boundless, limitless, everlasting and EXPANDING. So, if it is limitless, everybody can be the centre because there is no boundary to its circumference.

Because we are embodiments we are restricted in time and space and due to our body consciousness, our minds cannot grow. But new dimensions are added by knowledge and experience. Many millenniums ago, if anyone was asked to describe the sun, he would say it is like a disc, which moves across the sky from morning to night. Now we all know and accept the fact that it is fixed and part of a constellation.

In the same way if we encourage our minds to unfold Consciousness we will expand and forces of Totality will move in. we will get into a closer relationship with God, we will get God and we will become God.

What hinders this is our body consciousness, our ego, ahankar, which develops over our lifetime right from childhood. This harbours selfishness, pride, fear, ill will and hatred. But by understanding that we are a part of Totality, that each one of us is the centre of the Universe, we can all reach the state of asmita. We will stop being sentimental and we will become sensitive.

We will blossom and fructify, we will receive direct message from Creativity and we will be one with God.

God – II

Last time we have started discussing the subject “God”. Now I will complete the discussion on the subject ‘God’ and then the next two lectures will be as to how to establish contact with God.

We have seen that Creative Intelligence which is everywhere which is omniscience, omnipotent and omnipresence, it is a God. There is Creative Intelligence in each and every embodiment in this universe in the nature of omnipresence, omnipotence, and omnipresence. Individual embodiment, it cannot be God. Totality in embodiments that is universe then that is God and such a form in ‘sukshma avastha’ in ‘avyakta’ in any embodiment is God and it is omniscience, omnipotent, omnipresent. If anyone of us is excluded then God does not remain God, universe does not remain universe and therefore our presence is required to see that God is God. Each and every one of us our relationship with God is we are at the centre of the universe with the circumference everywhere.

This topic is subtle. You cannot conceive of anything, which is beyond God. Every form existing in universe, it is within God and it cannot be beyond God. So we can say the sum total of whatever is existent in universe is God. If we make this statement with open eyes and then if we just keep into our view the last statement which we have made-each and everyone of us is the centre of the universe with circumference everywhere. Add these two sentences together and try to understand these in the right perspective that is God is all that there is and apply your mind. Applying your mind you can safely say that “I am God in human form”. In a form it is expressed that is your body, only body cannot be God but Creative Intelligence in it is the God within. We have discussed earlier that Creative Intelligence is God and it is not in time and space, it is omniscience omnipotent, omnipresent, phenomena. Therefore I am God in human form. We have convinced now we are God in human form. If we go by an exteriorization of mind, ‘Kshipta’ manovruti, you are body-conscious then you are temple of living God, you are not God . But moment your awareness which is grouped to the body-conscious mind starts shifting and goes to the awareness of God within, of atman within, to the creativity within immediately you become God. The whole search as to “Who am I” with the reference to Totality, Universe, research was done earlier by our rishis. First they tried to see in each form, whether Sun is God, Moon is God, and so on. In the search of “Who am I” that is “Kohum Kohum?” and everywhere they look in universe and they said no, Sun is not God; Moon is not God and so on. Then that is neti neti-(not that) and everything is neti-(not that). Then ultimately in going slowly within in a breath they themselves had lost their body-consciousness and they realized that I am God. This is the research done by them.

You are also convinced in these two lectures that you are God in human form. In day-to-day life, if you are body-conscious you can only be temple of living God but by some chance if you are in a position to get the signals from the God within then you can become representative of that God. How to do that? That you are going to see in the next two lectures.

God – II

Keeping this in the mind we'll carry our discussion about God further because in life we have to deal with several things. Some are students, householders, businessman, government servants and we have to see that whether what we have discussed so far is compatible with God then you can be successful in whatever you are and still you are with God. Try to understand that our quality of thinking plays a very great and important role. It means whatever you are today it is because of what you have thought earlier or yesterday. That being the position unless and until you update your thinking, you'll activate your thinking, you'll not be in position to conceptualize or understand God because you have just seen as the circumference grows by the knowledge, and your understanding with God becomes different. Last time I gave the illustration of the Sun ten thousands year back as today with reference to that knowledge has increased, You have far better understanding of the Sun than ten thousand years back, Knowledge makes the difference. Further, you have just seen this God which we have just now discussed and that we have come to know that whole universe is God, everything within is God. If everything is God, I am God in human form is also accepted and if the form is lost, if body-consciousness is lost, I become God. So that 'Kohum' becomes 'Sohum', that is "Who am I" becomes "I am that God".

Now you have to understand thought, thinking process in mind. Thought dynamics is developed by our sages. There is no parallel to human today. How the thought is to be formed, how it is to be projected? how it can be objectified, materialized. Everything is discussed in such a beautiful way - clearing your doubts about your relationship with the God. You look around the nature anywhere the Creative Intelligence is everywhere. Now try to see it from the different dimension. If you see within you, around you, you will find each every embodiment which is in existence in the universe, some sort of chemical activity is going on inside any embodiment. Any body form which you see in the universe whether it is Sun or it is atom or our body, it's full of chemical activity. The way in which the liver, pancreas, everything functioning, the chemical activities going on and balance is maintained. Our sages found that this chemical activity is found in inanimate objects, in vegetables and in animals. This itself is a mind and a product out of which is a thought that means we only allow thinking in human being, it is not like that. As per our shashtra, thinking is there also in animals and also in the plants and also in all inanimate objects as stone but the expression is very subtle and to a lesser degree.

To make you understand I take the illustration of lime which we use for white washing. Now-a-days we use distemper, earlier we used lime to whitewash walls. Now take lime and put it in the water. Lime, solid it's not that hot, water is cool. The moment you put lime in the water, water starts boiling. That means property of lime is just opposite or in conjunction with water, once it comes together the communication level of these two substances it is evolved and the water becomes white colour and which we use. Now we call language that I speak and you hear is a language but this internal reaction with each other, give and take of each other to and from something else is a communication level also in inanimate object.

God – II

I am giving another illustration. Now if you just see you take food, moment you start munching the food, saliva start secreting. It goes inside, everywhere the communication is going on, on the basis of which the whole chemical reaction inside is going on and reflex action. The first experiment done by Boyle Watch in Russia in 1904 on reflex action. He carried out experiments on gastric juice. The difficulty about the gastric juice is that the gastric juice can be only prepared while you are eating, otherwise it does not come out in stomach. It comes at the right time only. If you eat, gastric juice doesn't remain as it is because it gets mixed Therefore he experimented on a dog. Every day at 12 o'clock in the afternoon he use to ring the bell and immediately he used to serve the food to dog. This went on for few months. Then one day he rang the bell, gave anesthesia to dog, opened his stomach and he got gastric juice. This is called conditional reaction the dog in his mind connected bell with the food and this impression was there in such a way that when the bell sound is there, automatically the juice is produced in dog's stomach. So this is the communication level.

Everywhere there is a communication level. For example now we breathe air, we leave carbon dioxide. We don't know we are giving out carbon dioxide . This carbon dioxide is taken by trees, leaves, photosynthesis takes place. We don't know that, but in photosynthesis trees releases oxygen we again take in that oxygen, this is going on ceaselessly. Then the trees create food out of carbon dioxide, we don't know but they prepare synthesis. We again eat the trusts and vegetables prepared by plants. Our excreta, becomes food to the trees. This is communication level at a certain level, which is sukshma avastha, subtle which you don't understand. Therefore thought is everywhere, mind is everywhere and therefore our Shashtra says Totality is mind. They call it Hiranyagarbh or Universal Mind, Hiranyagarbh and immutable laws, creativity just carry out the entire flora, fauna with the objectivity of anand, bliss that is our proposition.

We have got thoughts but as a human being you know that there is a thought and thought comes out of the mind but nobody has seen the thought, or the mind. But we act upon it. The basic principle of this is that nothing is created out of nothing. So if the thought is created in our mind, then mind must have some substance which they call it mind substance that is very subtle. You cannot see it like body but it is there out of which the thought comes. It is very subtle substance on the basis of which we are just inter-communicating with each other and doing so many things. Keep this in the mind, which is a very important aspect. Now after understanding this, that mind is the substance that creates thoughts and these thoughts we use for inter-communication on the basis of which the society is formed, civilization has come up, all the scientific advances have been done. From this point of view, human being is to be understood properly in three different phases. Firstly human being has a body. I am talking, body is a physical body and that body he uses as that Creative Intelligence that atman, God, for doing physical activity. This is one phase.

God – II

Human acts in a different phase and that is you require energy, from the point of view of universal energy or Kundalini energy, whatever the energy it uses, that energy is also in the body and that energy is used by the soul, atman, in order to see that activity takes place through the body. Otherwise body will remain like that only. Thirdly he has mind and this mind substance atman use it for thinking and thoughts are the creation out of it.

Now the propositions of the Rishis is wherever there is a substance, creative activity is inside, which is mind, it may be an inanimate object, it may be animate object or it may be vegetable or animal. But moment there is a substance there is an embodiment there is creative activity in the form of mind and thought. So keeping this in the view let us say that now we are all sitting here. Each and everyone of us have mind and we are separate from each other but we have got the mind and that mind substance is common. According to our rishis these mind substances of inanimate, vegetable, animal kingdom in a certain form because of the form coming in the body and because of the body consciousness we feel that we are different from vegetables & plant mind substances. Really speaking, though we are distinguished because of the different body, each and everybody touches inside the same body mind substance is there and ultimately these mind substances touch the Universal Mind “Hiranyagarbh”, Totality’s mind. Rishis further say that the Totality’s mind is the ocean it is far bigger than ocean. So rishis say each and everyone of us is in a the grand vibratory level of thoughts, thinking process of which you are a part, means in an atom also there is a mind, in Sun also there is that mind. We are really speaking wonderful thinking thing with full of vibrations.

Now why am I taking these discussions ? What is the reason for it? Try to understand. By our physical science we are not a position to understand this. But five to six thousands years back when our sages started doing exercises on their own through breathing because at that time they felt that in the whole universe wherever they looked there was a life there was a breathing and if they go through the breathing they will be in the position to understand the origin of life. Therefore rishis started doing experiments and they found that when the mind in day to day life exercise a shift from out side world and slowly comes inside, they observed that they started coming to alpha state, then went on to theta and further to delta. In that delta state they lost the body consciousness. The moment they lost the body consciousness, they felt that there is no distinguishing between he, she, it and all other things, and everything is a Brahman. Now this was a very difficult proposition for science to understand but I will just place before you what the magnetic theory in science says. “Each and everything in this universe there is no he, she, it. There is no distinction. Everything is field within field within field”. What does That mean ? Apparently you feel this body, but in a subtle level it is really only vibratory level. So from the subtleness if you point out you only see vibrations. If you come to the gross level, it expresses as your body. Five to six thousand years back research being done by our sages on this on what they have seen and felt was after understanding this

God – II

First they have felt was if you understand this proposition as to “Who am I” because I am God in human form. If the form goes and I keep only my awareness to the God within I become God. If this proposition you accept and start meditating on that, forgetting yourself on that, suddenly your psyche start changing. It doesn’t happen immediately. That you have become God, psyche starts changing and first thing what happens is you feel that God is there and are acquainted a little with him. This acquaintance the rishis call it Sarupata. Merely God in temple is not sarupata, that God in a communication form is there only little bit you don’t have much but you start getting transmission from that sight, sensitivity, samvedanashilta starts. Samvedanashilta is you feel that there is God. In that when you start going inside deep, deep, deep and awareness starts shifting slowly, slowly the next change takes place and you feel God is very, very near you. Near is again don’t go in time and space but that nearness and rishis call it Samipata. So now you go to samipata so God is near you. Vibrations are more powerful and now you are getting better and a pragnajagruti starts that is sensitivity starts sending you intuition. In that state you remain and you go further in deep meditation, tapascharya. Tapascharya on this point for a long time. Further slowly slowly, slowly, changes starts wherein you feel as if that God is within you, you are that God, that God is within you. So that particular stage rishis call it Swarootpa, you feel that God is within you.

One illustration of this Swarootpa is Ramkrishna Paramhansa, the great sage in Calcutta in end of the 19th century. He virtually did and followed each and every aspect to reach the God. In one aspect he just decided to follow bhakti, devotion with Hanumanji. After sometime it so happened he started getting small tail.

Further you start going at such a stage that feel that I am universal, vishwatmak. “Hey vishwachi majhe ghar aise mati jayachi sira”. You start feeling Vishwatmak and you go further into unfoldment virtually you become universe, means even Sun is not away from you, all the stars are not away from you, anything and everything is within you and you are growing and growing and there is nothing, you are growing universal and that is they call it sayujyamukti. Sayujyamukti means, at all three levels (body, mind and intellect) all your sanskaras are burned and you are there only in existence, in that universal consciousness, Hiranyagarbha. There is nothing which is unknown to you, everything is a part of it that is a stage. Again you come in mundane life . I have just made you understand as to how rishis have got this experience and understanding.

The changes that takes place in your psyche I want you to understand this and therefore when you start first, you think yourself lost in that from ahankar, body- consciousness, ego you go to asmita, awareness. So when you are in body- consciousness your communication level is there, you talk, you speak, you write. Now this communication level is a body conscious. Body conscious means I talk English language if you don’t understand English you will not understand what my thoughts are.

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Suppose I am Spanish and I talk in Spanish, you will not understand, because unless what I talk in the language you understand (remember, language is a body conscious vehicle) then only you will understand what I am saying. This type of language our rishis call Vaikhari language. Vaikhari means it is body- conscious language. If you know the language, if the other person knows the language then only you are in a position to inter – communicate otherwise not. If I start speaking in Kanadi and if you don't know a word of Kanadi even two hours I will talk you will not understand anything, Vaikhari language. So here, the limitation is you can communicate but since it is body- conscious it is in a limitation, within that limitation if you know that limitation, other person can communicate with you otherwise not.

When you start going ahead in a process from asmita you start going ahead slowly, slowly, you start feeling that you are going to Madhyama language. What is Madhyama? Madhyama is a language of mind. It doesn't require body. It will start from Vaikhari slowly, slowly it will enter but when it will be fully unfolded, when your mind is fully flowered you communicate with the whole humanity. You can read a great saint's life. How can it happen? Suppose you are in Bombay, you are in Maharashtra, I come from African jungle, I talk something you don't understand. I want to tell you that horse has gone for drinking water or horse is drinking water you don't understand because I am talking in the African language. Suppose I can't make any gesture that you can understand. But suppose the picture in my mind of horse drinking water if I transcript in your mind it is called transmigration of idea. If you see that horse drinking without knowing my language you will be in position to grasp what I say. So this type of idea – transference start taking place when your awareness start shifting and you start going beyond body – conscious limitation. Body-conscious limitation is on the mind, so mind starts unfolding, in that unfolding slowly, slowly, you feel that at a very bhavanatmak level, at a feeling level is transferred and ultimately you can communicate in any languages. It can happen to that extent. Rishis say, is really speaking, on right-hand side of the heart of everybody, there is an angushtaman principle. Once it is activated it is called a universal translator in yoga. That universal translation loosens all the barriers of body- conscious language and you are in a position to transmit at mind level. It starts happening. You must have seen in dog if you have dog in your house. It doesn't talk your language. The moment you try to establish a code, he understands the code, he understands what is in your mind and dogs are very sensitive like that, this starts happening. So you have come to Vaikhari, you have come to Madhyama. But you may understand human being language. But the crow is making sound, lizard is making sound, tiger is making sound, lion roars all these different animals including vegetables are communicating. Now-a-days different research has been done and in that research you will find that vegetable kingdom has a feeling and it is positively proved by the instrumentation only you are not sensitive to it.

Six thousand years back our rishis have stated that. So your body-conscious level gone over half the hurdle. Now the difficulty is with other flora and fauna, exclude the human being how can you communicate? Not possible. When rishis went deep their awareness start shifting further and further that any living being look at them and the communication is done.

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Only one illustration I will give you. In India the yogi used to stay in jungles they had no firearms, they had nothing. But yogis even if the lion comes, tiger comes, there is not a single instance in the history of India, that a yogi been killed by lion. They had nothing in their hand. The reason is if the lion comes; if any animal comes there is a fear in your mind. Moment there is a fear that fear also transmits in that animal and the basic principle of survival of the fittest he feels the best way is to first jump and kill him off. Yogi if they look at the lion, they don't get disturbed, they are calm and quiet. Look at Lion and think "you are Brahman and I am Brahman" and what happens is that lion doesn't remain lion it start walking away. This is the basic principle when your thinking changes, your awareness change to such an extent that communication level has gone further ahead, and barrier of different species is also not there. By certain kriya you can activate even the trees and I will give you one illustration which happened several years ago in my life. One gentleman Mr. Mastan Jayshankar comes to my house. He sits with you for the meditation. He has good knowledge about vanaspatis, vegetables. He comes every year in Diwali. He brings one small part of the tree. "Saheb aap ke liye laya hai. Kya karna hai? So then he takes a white paper. Writes something. He is illiterate virtually. Then he just put in turmeric and kumkum powder and then fold the paper in small pouch. Then he keeps it near the table where I am sitting. He asked me to keep my hand on it and ask me to say "Are you coming for my protection?" Believe me at least five times he has done with me, all the five times that paper pouche of small part of tree jumps from there and comes in my hand. Try to understand what I am saying. The trees the vanaspatis, vegetable kingdom, they have got communication level also . If we want something we just pluck the leaf of the tree, the rishis will never do that, they will take the permission. May I take? I require for this purpose and by taking the permission at a particular time they take it and make use of this on mantra or any activity for that purpose. Now I have just told my personal experience and that's why what I want to tell you is that communication can also be with trees, with plants and science has found it also.

One experience I will tell you that the plant was kept in room. One person was asked to injure it while all the instruments were kept ready. The moment the person started cutting the leaves, all the instruments started giving the signals. There after he was taken out. Then what had happened was other person were brought inside, instrument was showing nothing. Again when the person who injured the plant he was brought in after 15 minutes, the plants showed the resentment with the instrument.

One other illustration is one lady was looking after her plant very well and they select this lady because she had phobia of a plane. The Moment she was on the ladder of the plane she used to feel so frightened that something is going to happen and she was going to die. This lady in America was taken to the aerodrome with the plant. When she was on the ladder she had fright, moment she had a fright this was transmitted on the plant and plant had showed that fright.

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There are so many experiments. What I want to tell you is there is a communication level, if you are sensitive and able to catch it. On the other hand, if you are not sensitive, if you don't bother, it will not. Everywhere you keep yourself open for the communication. Suppose 4 or 5 years back I would have met you, you would not have talk with me no communication but once you know me like this, then 'how are you ' or like this because in your psyche, once you accept, then the communication starts. Like that you must accept that God is everywhere and communication is everywhere and then by that so many siddhis start coming, it is because of that. When this starts happening then you go to 'Pashyanti'. 'Vaikhari' is body-conscious. Language i.e. you can only understand and speak the language if the other person understands the same body conscious language. In case of 'Madhyama' you can communicate with the other species like animals also. You go little further, and then 'Pashyanti'. Communication with the trees . Then you go to further level where there is no bar, no barrier of living, non-living you can talk with the stone and other inanimate things. Once this stage reaches it is called Para. Now this can happen because of your Awareness shifting, certain times accidentally it happens because you are born with that.

You know the famous experiment on 23 June, 1973 there all the famous professors of England University were present and several television cameras were kept. This person was known; whenever you kept forks and spoons before him he would start looking at them. Soon the spoons and forks used to start bending. So it is true experiment. It started, the television cameras were there and spoons and forks started bending. Now it is not only the spoons kept before him that started bending but those persons who were taking dinner on their dinner table watching the Television show experienced that their spoons and forks started bending. And one of the person in whose house that happened when I was telling the story in Mahabaleshwar 7-8 years back he said I am architect from London, in my case this has happened I have kept that spoon like that. After experiencing this the scientist have stated that the structure of atom may not be independent of Consciousness. Consciousness is communication as per science. So your awareness goes to such an extent that inanimate object also starts communicating at that level. The level is different you must be able to understand and once it starts happening it is called Para. Language Para is universal. Really speaking now you must keep implicit faith and shraddha in this discussion. So understand with this body-consciousness, your manovriti kshipta, you only understand body conscious objects, which you'll see which you'll hear. But the moment you start becoming sensitive and start going further your sensitiveness starts unfolding and this called flowering or unfolding. These thing happen incidentally. You want to understand and you want to communicate with God at least you become God's representative. The reason is evolutionary process initially started at the physical level, and then it was at a psychological level. Best example of psychology is birds. Even today aerodynamic is nothing before the birds, if you see today the wings with which they fly.

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Then it started at psychic level and in the shift in human beings is only in the psychic level and is conscious unfoldment, unfoldment with reference to what is inside in a given time and therefore human being comes on a different platform. One more thing I want to make you understand on this subject, is the theory of thermodynamics that states each and everything in this world is going from disorder; disorder, disorder and it will come to grinding halt. Don't bother about it because it may be 2-3-5 billions years ahead but this is the thermodynamic slot. That means anything, which has come in this universe, is going to deteriorate. Everything is degenerating but if you see the consciousness, living things, science itself says that everything is going from order to order to order. Try to understand things are going to disorder to disorder everywhere according to the rule of thermo the dynamics and that measure of that destruction is called antropy. Since in a living thing we go from order to order to order, that means antropy is negative in life. Wherever there is life we say there is negation of antropy or negantropy. We can coming out of it only by unfolding our consciousness. I will give the recent science to make you understand this.

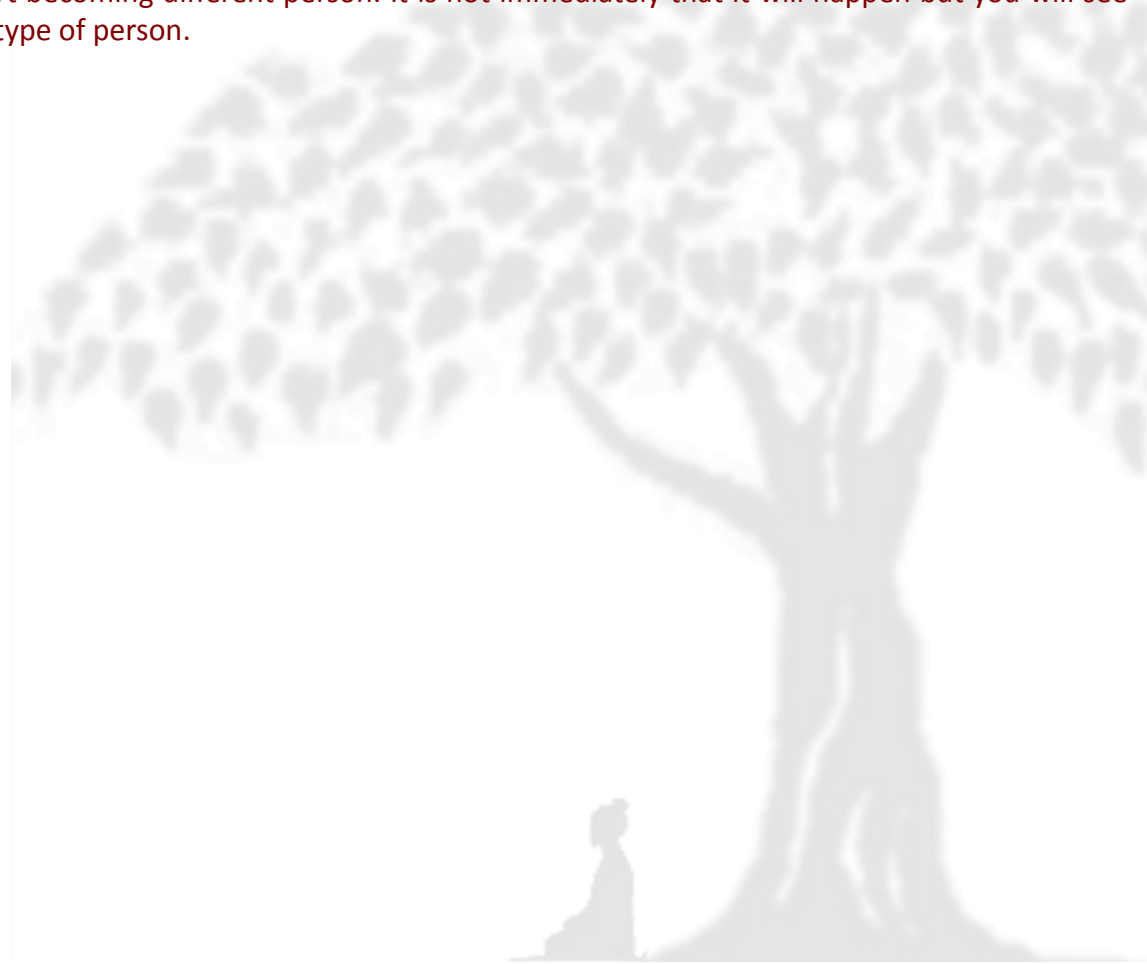
You will definitely ponder around the thought continuously and start doing all the Brahma Vidya, meditations, recitations and also the exercises so that slowly, slowly you will find that the communication level with the Totality starts, Samvedanashilta, with the Totality starts because you do not remain body conscious but start unfolding. This unfolding process, goes on for 10 years, 20 years. For reaching the ultimate it may take 10 births also. This process which is happening within, from within to without, you start growing by tuning up yourself to the God radio station. Initially you may not get the frequency, you may get disturbance but as you get more and more regular you can see the picture. Initially you start getting this sensitivity, which I am talking about. It will not come by reading, will not come by going ten times to temple but it can come only by understanding what is God as we have done that. For seeking God you need not go here and there he is everywhere. God is with you where creativity is going on; it is taking care of you. That means your body is a temple of living God where the God is living. So you are God in human form. This form is in the conscious mind. If the conscious mind is there anywhere then you have a form. We can see only form because our mind is body conscious. When you get out of the clutches of your body- conscious, then you get out of the prison, which you have created by way of your thinking, by your prejudiced thinking. You go out of it and you start taking vision of the vast sky. You are seeing the vast sky through the window. You know this is the vast sky but you have not seen the real big sky. This is billions and billions of light years ahead. You will not see that, you can see only by coming out and for coming out you have to break these walls, which you have created in the mind, and therefore in adhyatma, spirituality it is called 'amanask yog'. You have to smash your mind (you don't have to become mad) but the barriers which you have created by which you have become small, you have become kshudra by that you have to come out of it and then ultimately you have to take the anubhav because adhyatma is the experience; until you don't have experience it is zero value.



Brahma Vidya

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It is anubhuti or experience. Once you get anubhuti it is 'Brahma asmi' and then you are not at body conscious level, you are not concerned, you are functioning at a very different vibratory level. So with this I have generally touched the topic of God. Do whatever I say by keeping the implicit faith. Within one month you will be different, start becoming different person. It is not immediately that it will happen but you will see that you are more and more sensitive. You are a different type of person.



God – III – Physical Perfection Breath

Last two lectures we were discussing the God. This lecture and next lecture we have to know how to approach God keeping in the background what is God which we have already discussed.

I would like to give a little resume of all the declarations in 5-7 minutes and then we start the discussion. Before starting the meditation, you are asked to sit in a relaxed position and say 'om shanti , om shanti' or peace , peace. Now this is the start of auto suggestion by which the relaxation comes to the body and then to the mind. Then you are made to say the Constitution of Brahma Vidya – Magna Carta, I am entering upon the highest teaching accessible to man , I am learning the secret of this existence, the riddle in the universe is about me and I am trying to solve it. I know, I learn why men die, why they are born, why they are living, why they are happy, why they are discontent, why they succeed why they fail, I have got power and ability to do as much I desire to do and live as long as I wish to, the doors of my mind have been kept open so that it can be done. I am the master of my own destiny, I am the author of my own death. Death is a mental concept and not a law of life. Now I am developing within me one divine principle in which peace, happiness and success reside. These declaration which you make in the initial stage, if you go through them minutely, you will find that, whatever you want to achieve and whatever the objectives of Brahma Vidya are stated in these declarations. there is the fear of death, there is the fear of illness, disease and therefore certain negativism has to be expelled out of your thoughts. Death is not the law of life , creation is the law of life. If creation is the law of life, death is not law of life , so man is not subject to any decay, disease, oldage, senility, disappointment , failure or even death . I am not subjected to any decay , disease, old age , senility , disappointment , failure or death. There is no death, there is no death. I am free, I am free. Death is the boundary of fear . The fear started because of the death, concept of death and since we are conscious of our death also , we become conscious of about our fear of our death ,and then the negative thinking starts , therefore this is stated .

Secondly , if death is not law of life , then what is the law of life ? The law of creation is the law of life , I am life , glorious life, wonderful life, vibrant life , so beautiful life is like this. I am beauty , health, vigor , love . I am boundless , limitless, everlasting , never ending, eternal life. Your life is eternal in the sense, life continues whether body is there or not and therefore they call it 'anadi, anant'. I am now developing creative wisdom within me, I am the channel of creative wisdom , the creative wisdom is the light of my mind , this is to see and let good thought come in from all the sides , you just create here the media of creative wisdom-'kararia chaitanya' , so the universal kararia chaitanya starts coming through you , as per the need of the hour, it shall come through you. So it is very important, these two lines are very important and then there are nine positives , I am whole , I am perfect, I am strong , I am powerful , I am loving , I am harmonious, I am rich , I am young and I am happy .

God – III – Physical Perfection Breath

Then we discussed the God and in God we have just seen , that when we say God generally we say God is in the temple, masjid , durga , church, forgetting for a while this God is omni sons , omnipotence and omnipresente, not a place where he is not there and that being so , you are in the midst of God , infact you are God.

But you are not realising that you are God from within .You cannot see this God when you are in embodiment , though God is inside the embodiment because the creative spirit inside is God and therefore in the inspirational breath you are meant to say – I am temple of the living God , God is living in me ,and with reference to the wisdom pent up in the very substance of my body , that means inside subtle thing God is there that subtle thing is such that if you shift your awareness of body consciousness to that subtleness you go beyond time and space and you reach God, then we have found in last two lectures there is God in every embodiment. God is in a man but man is not a God. In man there is a God , man is not a God , means this body which we call man , when we do this thing and that thing, this body is the temple of living God you have to only maintain it like the temple of God , but the God within you can only be experienced when you shift to that awareness, the moment you start forgetting this body ,for getting this body consciousness of the mind, body consciousness of the intellect and then you see you become universal, you become God. From the embodiment point of view if you take the total of all the embodiments in the universe (universe is full of embodiments) if you take complete universe as such , then it becomes a God. But a mere single embodiment it maybe Sun, Moon, how so ever large it maybe, but it will not be a God, but God will be within that. So keep this thing in the mind and add another sentence wise - each and everyone of us are at the centre of the universe with the circumference everywhere and this circumference everywhere depends upon the knowledge which you get. I give the classic illustration – 10,000 years ago you live in the jungle , you will call the sun a disc , but now you know how big it is , what is the length from there to earth , the sun is not sleeping and is not coming to work daily as was thought years ago. I will do the exercise before you and then I will again recite those lines , but I am now discussing these lines just from the point of view of meditation. Meditation is first methodology to reach God and this methodology is to reach God within. Within you, not going outside. Within you. What is to be done for without, for going outside will see next time so try to understand this .

I will repeat the first two lines and then I will start discussing. In a relaxed state , you are already in a meditation , you have said so many things , continuing your relaxation you will say – “Creator is here, right here in the heart of me , right here in the mind of me , right here in the being of me , right here in the very substance of my body , making himself known”. Right now try to understand every word is important , now in a relaxed state you are made to say –Creator is here , I just told you the perversion starts when you see the Creator at the particular place only . You have to now come to a firm belief that Creator is here , it is not that you have to go there, it is not that you have to go to Himalayas and meet Him , it is not that you will go to MakkaMadina and you will get Him. He is here.

God – III – Physical Perfection Breath

When you believe that He is here, right here in the being of me, your interaction with Him becomes closer. When we start entering the province of meditation going towards God regularly after sometime your psyche starts changing and the first stage is called 'slokata'. You must be convinced that there is God, because once you are convinced of it, your antenna which was shipt- (going outside) starts taking the signals from within. Your antenna turns for a return journey for going inside. So understand the term 'here'. When you say here slowly, slowly, slowly in about 15 days to 1 months time, wherever you are sitting, sitting in your car, sitting in train, sitting in bus, whatever you are doing cooking, working in the office, the moment you utter 'here', you have a feeling that God is around us, God is around me and then you will tell me the moment that feeling comes at that times because of awareness at that time, your whole body starts tingling. These experiences you are bound to get. The moment we say 'God is here', it is the first stage, it is the first that is slokata, you are, the moment you start getting aware of the God you feel he is around, he is looking at you, he is seeing at you, he is looking at everything. God is already there, in every body, even a person who commits murder God is in him, but the man is not aware of Him. He is objected by only shipt manovruti, by panchaindyanindriya computer which is shipt, which may be good, which may be evil, which may be paapam- puniam, but he is not directed to God. We have to get our antenna directed to God. That's why we call this process a tuning up, starting the God radio station is the process like this. So we say the Creator is here, right here in the heart of me. You have to understand this that heart is going on and is working ceaselessly and that's why it is in the heart, no difficulty about it. But that is not the meaning which I want you to understand, you have to understand the meaning in the very, very, very larger context, generally in English we say that a particular person has a quality of head and heart, we have used this words, now at that time when you say it is intellect, heart when we say it is not this Physical heart but the nobility inside that person, the grace in that person we refer to.

Similarly in a process of going to God, intellect helps you to a certain extent but you have to go beyond intellect and that is you have to start getting nobility. The nobility starts, first by humbleness, by being humble. Every word is meaningful i.e. unless and until you bring your ego down, humility will not touch you. The more the ego the more is body consciousness. So humbleness, that humbleness is also a word used from the point of view of the outer behaviour of that person, but really speaking humbleness when you see it just spurs from within, it just comes from within. Humbleness is the state of being. I give you the illustration Generally if there is some person in trouble, some thing deep inside you want to help him. but in doing that there is a feeling in you that he is in trouble and I am somebody to help him, right, in English it is called pity, I have done pity on you, in sanskrut they call it daya. But when you want to say in the heart it is karuna. God does karuna, God doesn't pity you, never expect that God is pitying on you whatever God does is karuna. This means He is just doing for the sake of doing, for the benevolent use of everything, He is doing it because he has to be good this is from that point of view karuna.

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Therefore when you say humbleness , it is not outwardly that we are humble, thank you , thank you, that is not humbleness , humbleness is utspurna, it is spontaneous , it must come from within.

That can only come when you try to forget your body consciousness and continuously , making the feeling that God is in herein the heart of you , in the heart of you , in the heart of you. Now just try to understand when you say heart generally , we look to the Physical heart here. We know it Mr. Dhudhat what are you saying but it is not that heart , heart has an important significance in spirituality .It is as per the experience of the rishis or any spiritual person for that matter. Near your heart on the right hand side there is the spiritual heart which is the centre , it is also called universal translator. Just try to understand it is the angushtaman it is also called universal translator, and in the deep meditation when you start forgetting your body and your mind consciousness of body , mind consciousness or intellect , then you start getting a angushtaman flame on the right. Even in Jesus Christ Photograph you see on the right hand side the flame is shown , now this Consciousness shifting to that stage. When you start shifting to that stage , the first thing happens is you come at the level of karuna. Your expression is not depending on body conscious language. Last time I told you about vaikhari it is body conscious language. You understand English because it is body conscious language. But if I talk in Sinhalese language and if you are in a position to touch to that awareness you will understand it. I told you because you understand it at the ideation level. So many saints you must have seen , foreigners come and talk to them in different language and they understand , it is because of this universal translator phenomenon. This is one aspect. Secondly as I just talked about on the right hand side heart is the angushtaman. When you start in the return journey and when the awareness starts shifting and when you start coming here then the first experience of interaction with God you understand with light. In that stage God is light. You can feel the God in two ways one is light and the other is love. Love in that mundane form, you forget that selfishness and you come to selfless love then at that moment the God within you is spurting through you. Now love by itself is coming through it. If on the other hand you have got selfish love , I want this , I want that, then in that case the light does not come and then the light comes only with the blinkers or you can say it comes with the filters. Very often when you see the great saints , the moment you look at their face there is some sort of light , they have a halo. That light from within starts coming to the whole face and you become different even if you are not well and you are just getting connected there, you feel that your face becomes different , your talk becomes different , every action becomes different. That is that heart “in the heart of me”. So when we say ‘heart’ it is the spiritual heart . It is the spiritual heart on the basis of which it is taught. Once you say this heart of me , heart of me , you become humble , and humble is inner humble , you feel respecting everybody , you feel loving anybody , that time starts and the ultimate result of that is karuna , that is complete outburst of God , complete outburst of that Creativity at a very high level , very high level . We say nobility , isn’t it , its far more than nobility. It is really the divine grace. When you go to the divine grace then your whole world is different and what you talk is different everything coming out of your mouth at that time it becomes divine , I hope you have understood .

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So “creator is here, in the heart of me , in the mind of me”. In the mind of me , just try to understand how in the mind of me and how you should understand the meaning of it . Now in order to see that in the mind there is the God , what should happen , so we have to see what mind is as it is. Scientifically we say conscious mind, subconscious mind or some psychologist say conscious and unconscious mind. We are trying to understand and analyse the mind from the functional aspect of it , right. Now spiritually when you say mind I told you once upon a time that as per our science this mind has come out of antahkarna , I use that word antahkarna ,out of which mind emanates and germinates. What is this antahkarn? Antahkarna is your mind plus intellect plus ego. Initially the ego is not formed in a child in the mothers womb. He has no ego only prarabdh karma in seed form brought along with him from past life. You start forming the ego with the help of that seed from prarabdh karma along with experience. When the child comes out of the womb he has ego only to the extent of eating or to the extent of what he wants , or nothing more than that. Slowly, slowly the ego develops. The development of the ego subsequently becomes body consciousness , because first you give him the name then he says aa, ooo, then he starts becoming body conscious , and with that body consciousness also starts the first signs of fear and all the ill effect of the fear viz- ill will, spite , hatred (slowly, slowly everything starts).

Child is very possessive though he is small , something is taken away from him and he doesn't like it, he starts crying. He is just trying to adjust to outside world One of the gene is not activated in a baby, it is activated only after three and a half years. Once the control gene is activated ego develops. The development of this ego , the mind and the intellect except Jeevatma. I don't want to take atman in that . Now this faculty is anthakarn out of which present mind develops is the body conscious mind. This present mind becomes body conscious and out of this self centredness and selfishness. You try to guard yourself , with the dawn of the spiritual mind. In antahkaran one thing is important i.e. when you do something against your conscience , you feel guilty. Whenever acts of guilty conscience are done, bands are fumed in your mind (Rinband) these are also the catches of negativism inside your mind. Now your psyche is full of good points and the bad ones.

When we pray God is here in my body ,in my mind , we ask Him to free us from these bands or catches of negativism. We want to see that in this mind, coming from antahakarna. we have to see the light of creative spirit , angushtaman inside , where the spirit dwells. Because of so many catches of negativism inside the mind , your mind is full of avidya and therefore it is most unsteady it goes in past and in future. It is in uthanavastha. Uthanavastha means it has left the avastha where it belongs. Avastha of the mind is really in the state of being. The mind has left that avastha and is moving outside. This type of mind can only come under the control not by thinking because thinking is always selfish , not by intellect also , because intellect also you want to use for selfish purpose only , but the light inside. When the light of that grace starts coming, you feel the awareness of God inside, the presence of God inside your mind .

God – III – Physical Perfection Breath

Then the same thoughts of yours which were ugly starts becoming graceful in appearance and the grace starts pervading all over your mind. When your conscious mind is fully blown with that spiritual mind then you are something really different from the ordinary persons , you will never think from the point of view of selfishness . You will talk, you will eat you will walk you will do everything , but everytime the most uppermost thing is what best I can do for the others .

So living for the others, is the Motts. When you start living for the others , it means first I will start living for my family they are near me , living for the employer who is near me or living for the office in which I am working , living for the company in which I am working. Slowly , Slowly the living for me area starts expanding. In meditation when you experience of state of being you reach the ultimate you become universal , vishvatmak. You get the realisation that I am vishv, I am universe , I am God to that extent you extend yourself. Evolution of the mind is a slow process your mind with selfish purpose has a small circumference, which starts expanding and expanding and expanding to the extent that it becomes universal. Thus the important sentence stated last time “I am at the centre of the universe with the circumference everywhere”. Really everywhere circumference can only come by getting the grasp of that spiritual mind which is always meant for the universal purpose. Spirituality is not the individual thing really speaking, when you are the part of the Totality you are spiritual .

God – IV – Approaching God From Without to Within

We were discussing the topic of God for last three lectures. If He is there, how he can be? how to establish contact is the next question? And how to reach God?

Last time, we have just seen, God is within us and He is so within us, if by any chance you forget your body consciousness and touch to your state of being, immediately you are with the God. Doing hundreds of things for the God, going to the temple, mosque, church, so many things, you are not going inside yourself and touching it. It all becomes a peripheral thing. In a spirituality it is not doing, it is happening. It is not doing, it is happening in natural course because being is the state of happening. Doing is the state of ego. I have done this, I have done that , I have read this. I have read Bhagwat Geeta, I have done Brahma Vidya exercises. Doing, adds to your body-consciousness keep this in mind, but slowly and slowly as the things will unfold, when we will discuss ahead, you will understand this better.

Now the second important thing is that God is within and God is also all over the universe, there is not a place where He is not there. In a mundane life where we are there, we have to interact with several things. We have to see, now, the God outside, whole universal God, our relation with Him and from that relation how to establish our relations with our near and dear ones and the surrounding circumstances.

In the last time recitations, “creator is here right here”, to that now you have to add about ten-twelve lines and these are very important lines. This is from the point of view of invoking God, Totality, universe . Invoking not only from inside, but invoking God from whole universe because we have just seen as an embodiment you cannot be God. No embodiment can be God. In a temple you see the idol it cannot be God, God is in that. Try to understand. God can be in the embodiment. If all the embodiments are taken together, then at that stage you become universal, omniscience, omnipotent, omnipresence. Now, keep these things in the mind and try to understand each and every one of us is abstract principle of embodiment. Wherever there is an embodiment there is a God within and, we are abstract principle of God. The recitation starts with two lines invocation first. In these recitations each and every aspect of the God, working God is taken into consideration and that is related to one part of our body (functioning part of our body) to see that ultimately harmony is established.

Now, see how beautifully it is done. So, invocation is, “Oh Lord, Oh Lord. You are life and support of the universe. You are dearer to me than my life. Oh Lord, purify my head”. Try to understand, God is life and support of universe, everything is happening automatically. You said, ‘you are dearer to me than my life. When you say you are dearer to me than my life, meaning is, in a life any body’s life, every person’s life is important to him. Every person tries to preserve the life and that is the instinct which you have taken in the evolutionary form, where the whole universe in the evolution is ‘struggle for existence, survival of fittest’.

God – IV – Approaching God From Without to Within

So that struggle for existence is the love for the life on the basis of which we are doing all the work. If that love for life goes we will not be in effect, we will not be in a position to do anything. So dearer to, means that higher purpose for which you have to do the work. God is looking after the world and you want to see that you love your life. But you love your life for that purpose which is the decision of the God You want to get yourselves purify for the higher purpose.

For discussing the first important aspect taken, the recitation is your head. We are at the apex of evolution even from the point of view of science because of our mind and head. So the head is important, not only in the society in the family it is the way in which you think, the way in which you react from your head on the basis of which you are respected in the society, head is important thing. The quality of the God through which you want to purify your head is life and support of the universe. God is life and is support of the universe. There are several divisions; there are many mansions in your head. If you see this head, you will find there are number of thoughts one after another. These thoughts because of your natural tendency out of evolution, these thought are self centered means everybody wants to preserve himself from that point of view, even the animals do that. So that, animal instinct to preserve one self to see the self interest. But animal does not have a conscious mind, so instinctively hungry , he will kill something , he will eat and forget about it. You will not do like that. If you would have been tiger, you would have kept at least hundred deer's in a cold storage. Ate taking one by one. Yours is a different thing, you have a conscious mind. Therefore, this conscious mind has to be taken in to consideration. This conscious mind is used to preserve this body because you feel that I am this body and moment this thing starts the first thing happens is, fear comes. Fear that this body is to be maintained, if something happens, what will happen to me and the worst thing is fear of your ego. You feel that you are somebody in the society. Every one of you has an opinion about me, i.e. he is such a nice person . What are you thinking with that opinion about me in the world I create my self image that is a ego- ahankar that I am such thing. So long as you talk something which is in consistent with my image about myself, it is OK. If there is a discrepancy then I immediately get disturbed, I get frustrated, I feel what is it, I do so many things for these persons and these persons just talk like this about me. Up to this time in my mind you are keeping me at a very high esteem by which I was very happy, the same happiness is lost in a minute, in a moment something happens and this is because of, now, body preference is alright, but this is ego preference.

Ego is a false centre, but it is a centre on which basis your life is going on. Your identity is in ego. Therefore, anything happens which is inconsistent you are disturbed. In a life sometime you are happy, sometime you are unhappy, and this happens suddenly. Thought comes in your mind, immediately your face changes, these things are happening in your mind continuously. These things keep your mind visibility, you are happy, unhappy, you are happy, unhappy. You feel for no reason in the morning, you are very happy and in the afternoon you are unhappy.

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That happens because so many permutations, combinations take place and those thoughts come which are inconsistent and you are in difficulty. This is a disturbed mind.

This disturbed mind which is here with the ego should go and your life should be contented, happy, successful, and graceful. For that, your mind should be quiet, number one. It should be efficient to the objectivity, it should work. What ever the object but it must work, nothing to be taken into consideration and in doing each and everything you must get anand, you must get happiness. If you get this, then your life is happy. How can this happen when your mind is in yuthan avastha. Yuthan avastha means mind has left the original place where it is, in a state of being and is now oscillating, going in past and going into the future, past and future, and all this is exteriorization of mind. Therefore, the one way in this invocation is 'purify the mind'. 'Purify the mind', means you must have seen the whole nature is balanced, there is a harmony. Therefore, nature in a harmony is life and support of whole universe. Each and every species even inanimate objects, their reaction is maintained by the nature and the nature maintains it by immutable laws. God only is in a witness action. God has created immutable laws and unchangeable laws. God is just witnessing every thing. He is not concerned with your paap and your punya. If you do bad things or good things God is not concerned with that. God is concerned, if you try to have interaction, a dialogue with Him. Thus importance of mind. In the mind your thinking should be that in each and every aspect of the universe there is the God, that is you are God that he is your life and support of the universe. Now that, you are part of that and you have to devote this, discharge of your duty through your brain as a life and support of the surrounding to the extent it possible to you, wherever you go how far you support the life, how can you support the other persons to the extent it is possible.

Now, moment you start slowly-slowly thinking in this direction, your way of thinking with the other person starts changing. You say this several times and you will see things are changing slowly, slowly, slowly. God's job of sustaining the whole universe through immutable law by which He has created several entities, embodiments, you are one of the embodiments. So, you allow yourself at mental level and intellectual level to act as His representative in a given need of the hour. Everywhere you go, if you are in office, if you are in the house, if you are with your husband if you are with the son, you think what is the need of the hour? With all the priorities whatever is to be done, you do it and then don't worry about the consequences. Here is you have done it, but then immediately you want the results out of it because you have done something. Your husband you think will say how good you are and if he doesn't say, suppose in haste, you feel disturbed. So many things you are doing and no-body bothers about it, because the moment you come with the expectation then that is not an act of a God. God has to do for the sake of doing and He does everything create harmony, anand anywhere and wherever He goes, it is a creativity, for that if you want to behave like that then in that case your brain should synchronize to that extent that any time anywhere, wherever I go how best I can serve the other.

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How best that doesn't mean that you serve them, you do your best and leave it there, then in that case you get the satisfaction at what you are suppose to do in the need of the hour, you have done it, and whether they say good or bad you need not bother about it. Then in that case, question of going in disturbance and then subsequently in a depression doesn't arise. You will never feel lonely even if you are alone. You cannot be lonely and you cannot be alone, also because every-time God is with you, so where-ever you are He is with you, that type of thinking will start and once it starts, your confidence in yourself increases your atama shakti improves. There is no parallel; no other thing can give you that atma Shakti, if you start saying this and getting advantage out of it. Therefore, synchronization with God is purpose.

As per our yoga shastra there is kundalini at the base of our spine and that ultimately if it is brought to head which is called ascending force, it goes up then you become realized. About six thousand five hundred years back, there were certain rishis, they have found that by making abject surrender and remaining in that condition something happens, by the whole spiritual vibrations converges and enters in head it go down, they call it descending force, going down and by this way you also get realized. By going by this way the all side effects of kundilini jagruti are not there. But some how or the other, there after in next five thousand years this whole research was forgotten and people only thought of kundilini jagruti, upward force of energy in body. The sage Aurobindo in Pondicherry, he again started telling about this descending force. He experienced it and he has written good book on this Supra metal force. This conversions at the head two times had been brought in the memory development breath, you must have seen the light and now you are meant to see this and again the conversions comes from the outside world and it goes inside.

Our life is not independent. We feel that this body and our thinking is ours, but virtually from the outside world, several things are coming and you are maintained by several things coming from outside the world. Every second from the Totality about twenty, thirty thousand tit bits of information come in your brain and you are sending five thousand tit bits of information to universe. This is the interaction at the subtle level. Once you reach that subtle level then you becomes part of Totality. So when you say, 'Oh God, you are the life and support of the universe, purify my head'. Slowly-slowly after five-six months, saying this you start changing, when you start changing, which you will realize. Second recitation "Oh Lord, Thou who art free from all the pains. By coming in your contact I am free from all the troubles. Purify Thou my eyes". Your brain is important. The importance is given to the eyes because as per today's science ninety-two to ninety-five percent information comes through your eyes. You get information on the basis of your thinking. Your thinking is, conceptualization, on that basis of which you do thinking. Thinking is a secondary reaction, first is conceptualization. Now, ninety to ninety five percent of the information of the outside world comes through your eyes. If that is so, next to your brain, next to your head, eyes are important.

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What are these eyes? what we see, information comes to us. But you are wrong, human eyes give a lot of false information and on that false information we base our premises and give the judgement. We do injustice on other persons, you do injustice on yourself. These eyes do not act as a camera which give a picture as it is. Because whatever you see, you see with a background, backdrop of your pre-conceived notions in the mind, that is you have certain pre-conceived notions and those pre-conceived notion allows to filter what you see. They just distort the picture as, per your thinking process. Therefore, every person is talking about Satya, Truth, no body wants to have satya, Truth and understand satya, Truth. Every body wants to understand satya, Truth as he has conceptualized it (satya, Truth). You try to conceptualize and out of that concept ion you try to understand. Therefore, lot of injustice is done. The first thing happens in such type of cases is you look to the surrounding world with question mark, with sanshay, with suspicion. Once this suspicion starts in the life, you ruin yourself. Therefore these eyes should give you correct information.

Suppose, in the childhood, when I was five years of age, I was in the school and brought a new box of pencils. The child sitting next to me had picked up one pencil from it. I felt that he has done theft at that time. That incidence happened fifty years back. In the fort are a of Mumbai while I was sitting in the double decker bus, I saw that same person walking on the footpath, immediately I felt that thief is going. Now really speaking, that has happened long back in childhood and it is such a small incident, of less importance, but now, I am judging him by that standard all the time because I have got a suspicion about his righteousness and integrity.

I will give you best illustration for suspicion. There were two ladies, very good friends, both working as government officers. From the childhood both were friends, got married both staying near each other in Dadar, Mumbai. Their husbands are also good friends. Both family and children had close relations and were going to each others house often, attending birthday parties, going out to Kashmir tour together. Suspicion had ruin their life. Both were good officers in government. The government offices, wanted to send one lady to England, for some education and some work. Since, one person is to be sent, one lady out of the two was selected. The lady came to the offices other lady congratulated her and told her that she was very happy as she got this chance. But after fifteen-twenty minutes, the other lady friend who has not got this promotion started suspecting. She started thinking, “she has done something, in school I got better grade than her, she must have done something, back biting about me, she must have gone to the higher officer and she has snatched away my right”. That thought came in other lady friends mind. Again both of them came together from Chuchgate to Dadar in the evening. She went to the house, started cooking. While cooking, the green eyed moister suspicion occupied her mind. Then the husband who was also a good officer in the company, he came. So while eating dinner she told about her friend’s promotion. He said alright, it is a good thing, not knowing, what is happening to his wife.

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She disliked the way in which her husband has reacted. Since, she felt injustice is done to her and he must also feel injustice is done to his wife. When dinner was over, both stood in the gallery, she again said to him, “I have told you about my friend”. He said, “yes, but what can I do”.

She said, you have no love for me. You are talking very goody-goody things about her; you have love for her not for me”. Husband said, “What? What are you talking about?” That day went, that was Thursday, and next day was Friday. Then by that time, this lady’s hatred, touching the sky. She came home and again she said, “You have never thought over it what I have told you “. He said, “What can I do? Is it in my hands to send you and not send her?” then, she got so annoyed and in that range she said, “I know that you are impotent, you are unuch and you can’t do anything”. Some how or the other this has hurt the husband. Next day both ladies came to work. It was second Saturday, working Saturday in Govt. office. The husband was thinking now, of what his wife said, you must do something by which you put my friend in trouble”. He was thinking now, what should I do, because he has to satisfy the wife. (Just see how the weakness develops in mind). He was thinking, thinking, thinking all the time. In the mean time, at about 12 O’ Clock, the other lady’s small child of four or five years came saying “uncle, uncle”, as usual. This person thought, this is the time to take revenge, this is the only son of her friend, if I kill him and dispose off the body, she will be put to remorse. This person also a company officer well educated, put the child on the sofa and took the pillow and pressed the pillow for four, five minutes on his nose and the boy died by suffocation on the spot. He wanted to dispose off the body. But he had totally forgotten about the male servant, cleaning the utensils and clothes inside the house. By that time that boy of eighteen –nineteen years, from the kitchen he came out in the hall and he saw that small boy lying on sofa. Immediately, he thought now there is a witness that this servant has come and the child is lying there. Last two years back couple had been to Kashmir, both were together and had bought knives kept in a wooden frame. He took one of the knife and wanted to kill the servant. The servant ran back, he went in the gallery and he immediately jumped through the gallery from first floor. The male servant had a fracture, but this person has ultimately revealed everything. The Lower court and high court gave life imprisonment to both husband and wife for murder of small boy of her friend.

Now, I have given this illustration for one reason. In good relationship between ordinary persons, but if suspicion comes, it may be husband and wife relationship, brother-brother relationship, any relationship; you get carried away by negative emotion, hatred, jealousy. Therefore, always try to see that suspicion doesn’t over powers you. Never suspect because you loose your balance of mind. These things happen because they have got lots of prejudices, even about religions. Therefore, our eyes do not give you the correct information, so, what is to be done. You have to purify your eyes, to see, think as it is. These eyes are guided by the backdrop of prejudices will not help you and you will not know you are prejudiced.

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Every person says he is right. I have seen the worst of the criminals justifying their action, because as per their prejudices they insist that they have committed no wrong. Only way the Brahma vidyakar says, you can go over this, as you have to activate your third eye, spiritual eye, creative eye, centre which is in between eyebrows. In the meditation slowly and slowly with Brahma vidya exercises, recitations, you will feel that your third eye is taking over you. Now when you look, even though you get the information with the prejudices, it is corrected by your third eye which will never allow you to go beyond the orbit, and always try to bring you to a position of harmony. Those eyes are such, you look at and sense from the eyes of a person whether he has an evil intention or good intention, like saints you look at their eyes. Eyes are very important and therefore, when you say continuously that “purify my eyes, purify my eyes, purify my eyes”, you will find the third eye comes into picture and moment that comes pain reduces. In life, it has relevance with the pain, most pain is a mental pain once you are mentally hit and disturbed, it is the worst time even in an the air condition office, in an air condition bed, and you will not be in position to sleep. Therefore, by this it has been stated, “Oh Lord. You are free from all the pains. By coming in your contact I am free from trouble”. The trouble that insecurity, that mental anxiety, that mental disturbance, that mental illness, you are getting out of it.

Third important recitation “Oh Lord. You pervades I the universe directing and controlling it, purify my throat”. Throat, kanth is important, one of the panch nyanendriyas, five sensory organs. How important? Just see, what- ever you are today, it is because of how you speak, how you communicate. Not only that genetically the DNA value of chimpanzee and genetical human DNA values is virtually 99.5% same. But, in that point five percent, if you just see, chimpanzee and human being, 360 degrees difference. Why? The scientist found that it is because of human being has got gift of talking, because of the talking your whole evolution has taken place, that means your talk, your speech, has developed you from animal to human being and you can develop into God also. This again can bring you back to a devil also, animal instinct also. Therefore speech is very important karmenindriya. It is by your speech you create the impressions on the other persons, you become successful in the life. Your character building is on the speech. Therefore, Brahma vidyakar has immediately taken throat, kanth. The God is all pervading and He is controlling and directing the whole universe by immutable laws of the natures. This voice should be used in such a way that you become part of those immutable laws of the nature to that extent create that harmony, symphony, contemplated by God. Your speech everywhere should be such that you are a part of Totality. Totality is inconceivable as a human being. But, at least when you are in the house your wife is there, your husband is there, your brother is there, your sister is there, your servants are there, how best you can speak to make them happy, if they are wrong, you should keep check on them, only because you are correcting the wrong, but otherwise, you should be at your positive best. I have seen many times, couples speaking about their mate, they have no respect for each other and they want to show that they are better than the other.

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That is not the way, you may be better, but she may have ten things better than you have. Always try to see, how best you can do. By your speech, she should feel life is worth living or he should feel life is worth living and he or she must get that contentment. The moment your speech becomes like that, this speech becomes deific, Godly, something comes out of it, if your vacha shudhi comes and you start speaking after six months, you will always find your speech is far different than what is today. By this process, you will change your speech. Earlier when you speak, many a times you fear, out of fear, you speak, you have got apprehension and you never feel anything. Later it start coming through your mouth automatically, important thing is speech, the moment you start vacha shudhi and slowly , slowly you will understand the meaning of speech of silence because in that ultimately you activate certain parts of your brain and the consciousness is different. By such type of speech, see when you speak rough and tough you will find there are several reactions, turbidity in your mind. when you speak with shuddi like this the turbidity is not there mind is very calm and quiet, it is a very graceful mind. In such type of mind slowly and slowly you activate the silence. In Yog Vashitha a beautiful chapter is there on akshamah. Akshamah is not only shantah, it is calm and quiet. Akshamah is creativity. Your consciousness reaches that akshamah you say something and it will start happening such is the creativity of akshamah but that is very deep science. Firstly, at least take the advantage of purification of your speech the way in which, you speak in your office, in your house, with your husband, with your wife, with your children, you will change them and you will change your self, that's why purify your speech, purify your throat.

Next, “Oh Lord. You are all comprehending, purify my heart.” Now just try to understand, God is comprehensive. There is not a place where. He is not there; He is in each and every place. He is every where and , each and every thing is in Him, so, He is comprehensive, If He is comprehensive, purify my heart. Generally, we say heart means physical heart, pumping, but if you just observe minutely, when you describe a person who is very intelligent, intellectual giant. If You see a person not only he is intelligent, but he is also noble, he has a grace, then you describe him as he is a person of head and heart, that heart is the nobility, even in the ordinary sense, heart is not physical, unless we go to cardiac, this heart, we don't consider, unless there is a pain, we don't understand, we say heart in the reference to the nobility. In Brahma Vidya importance is given to the spiritual heart. In a deep meditation when rishis lost themselves in the breath and reach to the ultimate, what they saw was thumb like flame on the right hand side of the heart, angusht atman. Last time, I have described you a universal translator also. If you have this darshan, seen that there is a light of atman and, once you go to that stage then virtually every thing is comprehended. By that you are universal because there you feel I am universe, I am Vishwatman. The feeling you get that the whole vishwa, whole universe is comprehended in that spiritual heart, when you say this you get a feeling of that light which is on the right hand side, slowly and slowly and steadily the first thing you will understand, after two-three months, is your face changes that light of creative wisdom, that God's light starts coming on your face only consistently.

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Your behavior should be consistent with that because if you do anything by which you become guilty conscious then you throttle that light, by which the whole cloud comes in between that light. But moment your mind is clam and quiet like ‘manas sarovar’ and when say this, slowly and slowly you will find the grace comes on your face your personality becomes charismatic.

Mahatma Gandhi was not a beautiful person physically but he had charismatic personality, and he used to say something and whole India uses to start doing it. Why? When he went in a fast for reservation of seats and he was becoming serious, so ultimately Babasaheb Ambedkar thought that it is better to see him. Before going he was advised not to go to this old man, he will convince you don't go to him, But Ambedkar felt and he met Mahatma Gandhi. After he came out of that meeting he agreed what Gandhi said it is not selfishness because he was thinking only from the Indian point of view, India nation as a whole. I am giving you this illustration only. When you start getting this type of grace, you are very powerful, you are universal, you may be a charismatic personality but your power is far more. Even the Britishers used to first read ‘Harigen’ in morning what Gandhi wants to say, in spite of the army, police, they had under their power but they used to do that because he become a force to be reckoned with. This is the comprehensive stage.

Next, recitation, “Oh Lord, You are the cause of the universe. Purify my body”. The important thing is body; we have seen mind, eyes, throat, speech, now body. What ever you do in this world you are doing it by your body. This body which has come in the original form is different from the several embodiments around us . Your body being a human, you have considered your Consciousness as your body. This body, generally, because of the body consciousness thinking you have got allurements, little pleasure, happiness in the senses. So you try to go after that happiness, forgetting for a while, suppose hunger, hunger is given because you should survive, you should feel hungry and then you eat, so that the body can be maintained. So, eating is ultimately for the maintenance of the body, welfare of the body. But because you get the pleasure out of it, you start eating more, you start eating oily things only tasty things forgetting the purpose of eating. “What is the use”? Adverse effect on the body and moment you start doing this you create disharmony in the body. This happens with each and everything, anything beautiful, you are not understanding the meaning behind it, you start to do something by which you go beyond lakshman rekha, limits and you become disturbed person as such. Therefore, body to remain in a perfect condition what is to be done? The perfect condition is body should work and do everything as ordained by nature, for which it is created, that is the best use what nature wants you to use this body you must use it for that purpose. In the evolution you are in a society, you have to do something in the office, in the house, for the society, for the nation, for the world, for flora fauna, for your cat, for your dog, everything comes in it. Looking at a body, what you have to see is, God has created bodies why. “You are the cause of the universe” God is the cause of the universe and since He is the cause, the bodies have come. Your body is the cause by which you are coming in the contact with this universe.

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God is the cause of the universe; your body is the cause with your relationship with the universe. So, with relationship with the universe if you are in harmony, symphony, with the Totality forces, Totality embodiments then the purpose of the body is taken care of.

How that is to be done? Earlier we have recited these bodies are temple of living God, I shall not do anything, say anything, think anything, which shall injure my body, the temple of living God; That is one aspect. What is the second aspect? Second important aspect is really speaking, if God has given you particular ability, eg. earning money, you must make the most use of it. Suppose God wants you, he has given you ability to earn ten crore rupees a month, earn that money but then only you say this, my ability this is the maximum, God created this machine for this but ultimately I don't require the full amount. To the extent I want I keep it, rest I have to use it for charitable purpose i.e. those who don't earn it, who requires it because that is the need of the hour of the society. I am part of the society. This type of attitude of using your body to see that you take into consideration after to do your work perfectly and see that your body is used for bahujan hitay bahujan sukay, for the welfare of the other persons. You should feel that God is working through you and not the feeling you are doing for others. The moment you say so your ego is increased you are not going near the God you are going away from the God. You must be humble, God has given you this opportunity and you have kept this money so that through that money these person are helped by you. You are using it for that purpose. If you don't use for that purpose you will be in a breach. Here the ego doesn't come so you become the agent of the God and your 'sakshi bhav' starts becoming more and more because sakshi bhav, witness action, which is important you are aligning your thing, your everything to be used productively, ultimately again to replant from where it has come.

Another recitation, "Oh Lord, You are all sustaining the universe. Purify my feet". Your feet are sustaining you, you have come here because of your feet otherwise you couldn't have come; natural, normal meaning is this much. Spiritually your feet are your important when you go in deep meditations and certain sensitive photographs are taken, scientists have found through your fingers, tip of toes odic forces are coming out, odic forces like a particular light. You must have seen in our memory development breath exercise there also we have seen that light goes through the tip of your toes at that time also So many yogis if you go to them they will not allow to touch their feet. If you start touching their feet they will not like it because by making a particular kriya you can sap their energy. But in Brahma Vidya nothing happens. Even if you touch my feet nothing will happen because ultimately I will tell you that these yogis are also increasing power for achieving this sidhi then the thing starts. So, feet are very important, number one, they must be pure, and they must be purified. The second important aspect is, we never think about it, that our feet are the only contact with our mother earth; this mother has given us the breath and everything. Unfortunately most of the time we cover our feet with foot-wares.

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But you must have contact with the mother earth so sometimes you must walk bare foot. If you are conscious about the geometric energy which you get from contact with mother earth through your feet is also important from bringing the harmony within your body. Ultimately the harmony is within to without and all that without thing comes from the mother earth that is the second meaning. The third meaning when you say this, where-ever you want to go you go by your feet; suddenly you go on this side by your feet, on that side by your feet. Many a times because of allurements you go to a wrong place, you may go to a right place, also a slight mistake in going on a wrong side. In your life by going to slight wrong company it will finish your life. If you want to see and no-body does it deliberately, this happens knowingly. Therefore your whole endeavor should be your feet always should take you in a right direction for the purposeful, meaningful, graceful life.

Let us take an illustration. Suppose a very good person but coming in the contact with some criminal persons keep the explosive and guns with him in his house, if suppose he is proved guilty he will go for six years jail punishment because it is a wrong company, wrong decision, wrong time. Always try to see that you are in a company where your purusharth, potential should come out, your growth is there, it should not be something which is derogatory to you. In the case of most of the smokers you will find smoking starts with a company, addicts drink in a company. It starts like this addict is that person especially alcoholic they are genetic. So you don't know whether you are addict or not genetically. If suppose some body give you alcohol, you take some, sometimes and if you are addict that your balance will go immediately you will be itching for it. That's why meaning of this feet is that where-ever you go you go at a place where it is consistent with your meaningful, fruitful, successful, graceful life.

Next recitation, "Oh Lord. You are all Truth absolute. Purify my head". Head is brought second time, in recitation, first is life and support and second time Truth. Human mind will never understand the whole Truth you can not conceptualize the Truth. I can take little sip of the sea water I can not be sea. Ours is a lop sided view. It is like seven blind men and elephant, whatever we see we call it as Truth. Truth absolute is only God, whole consciousness bhraman not even par bhrama, bhraman, whole consciousness. That whole consciousness then you can call it Allah, you can call it God, and you can call it Krishna. But that is all whole as a whole, that whole is only satya, Truth and we only get glimpses to the extent of glimpses we are correct. The moment we know that a glimpse is a glimpse and is not whole we are on the right path. If by sleeping on the cot, looking through the window I see the sky and I say that is the sky. I will never get the reality of the sky, sky is vast, sky is infinity but otherwise my conception is this is sky and that's all, this is it, what is it, that is not. Therefore this Truth of a human mind which is conceptualize, it is full of prejudices, it is full of body-consciousness and with that Truth you create a picture about it of a ego. Suppose if somebody sees Mr. A walking with a girl keeping his hands on her shoulder, talking with her. You will think as what is he doing, you are right you are not wrong that your Truth but if you come know that she has a vertigo and He is helping her to cross the road, then you will not make this comment.

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So many times these things are happening in the life we never go by the Truth, we immediately just think on that basis of whatever we see and this is a very wrong way of doing the things, Ultimately God is only Truth, He satyam, He is shivam, He is only pavitra, satyam shivam Sunderam, means God is ultimate Truth, God is really beautiful, and God is really Pure. That satya you can not conceptualize, you realize when you become universal but that it may happen this birth or ten births but at least in this birth whatever Truth you know you must be consistent with that. For example If I say corruption is bad, in my office I should not take or give bribe. If I do, then I am not spiritual, I have a guilty conscience. Persons who want to be spiritual it is a very beautiful life but for that what ever you call Truth you must see that you follow it. Today you are calling a particular thing as a Truth then what happens after a lapse of time somebody come and tells something else is Truth generally the tendency is not to accept that. You never do that if new dimension opens up but you must try to understand it and then you discard your Truth or what-ever you know as Truth and accept the new one as Truth and be thankful to that person he may be your peon and you may be managing director still you just say to him. I am very thankful for giving me this Truth otherwise I was not knowing this. Such type of attitude of yours only will allow you to let Truth come from all the side, windows of your mind are open. We recite that “ I have got power and ability to live as much to desire to live and do anything as I wish to do and doors of my mind have been kept open so that it can be done”, that can only and only happen then when we share Truth and nothing else.

Somebody even your small child is telling you something that is the Truth then immediately you up date your human computer and see that this is Truth and consider it, who-so-ever gives that Truth I should be thankful to him or her. Therefore, important aspect of Truth is that, Truth is so important because being infinity at no point of time you can reach the absolute Truth. It is only process of unfoldment you start knowing more, more, more. When you leave all your physical body consciousness, and you leave all body consciousness in your mind and all body consciousness in your intellect, only then you are out of all these three bodies, then you are completely liberated, then you are absolute Truth. Because then you are in absolute consciousness which is completely governing the whole universe. As an embodiment you can not be whole Truth you only have the God given ability to grow. Therefore, you are at the centre of the universe with circumference everywhere. As you get this Truth, knowledge, you start growing, your circumference start growing. What you were ten years back, now where-ever your circumference grows, your contact grows, everything grows, and that consciousness grow along with you.

The last recitation, “Oh Lord, You are all pervading. Purify my whole organism”. This you will understand only we go at the end or at the last “your own spiritual breath” exercise. I will try to explain to you. You have just seen in the universe all the stars came into existence as per science through big bang. Thereafter the life started, oxygen, necessary things like water, everything starts coming, out of that the life started, unicellular, multi cellular, reptiles, birds, mammals, apes, human being, in an evolution are going on.

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There are fossils of so many things in universe. The important is biogenetical law. The biogenetical law is ontogeny is recapitalization of phylogeny that is ontogeny is development history of an individual in the mother's womb and phylogeny means how from unicellular to multi cellular, to human being, whole phylum has moved. When you are in the mother's womb inside as a foetus become first unicellular then multi cellular, reptile, mammal, ape means at one point of time got also hairs and tail and then the tail falls off, then a human being and baby is born. So, ontogeny is recapitalization of phylogeny. This I have told you for one reason that the God has created different phylum's means different types of animals, plants, reptiles and mammals. You belong to the mammals phylum and in that mammalians you have grown to human beings. In an evolution all are ordained by Totality forces by God for a purpose and every-thing has a purpose that is a divine purpose. So, "you are all pervades. Purify my organism". Organism means as a human being what is expected out of you with reference to universal balancing mechanism. Universal, that once it comes at that spot you become universal. Means virtually it so happens that your love vibrations sending outside reach, each and every living things even bacteria, even micro organisms or virus, so from there the love vibrations comes and meet you and in that case you get lost in it. At that time you are Totality, you are universe, and you are only in anand nothing except that bliss, universal organism. Therefore, "Oh Lord, you are all pervades. He is everywhere. Purify my organism". Organism means this organ which has taken birth for that Divine purpose this must work only for with reference to universe.

Upto this time I was talking only of your family, your office, now this is completely stretching yourself with all flora- fauna, even bacteria, even anything which comes in contact with you to that extent it goes but that is very, very deep. It is not merely a figment of imagination but the science has said that your brain can contact more than number of atoms in the total universe not earth, total universe such is the power of the brain. Rishis must be referring to that and they must be getting the experience with reference to that, that's why you are now reciting that you purify yourselves to that extent. These are the invocations. Invocation is bhakti yog, Devotion path. Bhakti yog is a very important. Bhakti yog is that you must forget yourself in the God consciousness. This is forgetting in the Consciousness not in a body because if embodiment come s God is not there unless it is Totality. Therefore the only way is to reach to, such an extent that you become part of His consciousness and then you are Him. So, "Koham?" "Who am I?" becomes "Sohum", "I am God", this is only Consciousness that is not a body. This is this process for which from here now we are invoking all the forces from the Totality to come inside your body. One way we have last time seen, from with-in to with-out now here it is from with-out to with-in. So, these are the two ways by which we can approach the God. Remember one thing though these are the two ways these are not that simple also, they are not difficult also and it all depends up on your yearning, the more yearning you have got the more you will be successful. But if you don't have yearning nothing will happen. It is that inside God within you that will continuously guide you otherwise it is just doing for the sake of doing.

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Without your yearning you will never get God you will never because you can not cheat God. Unless and until you do as per the Dictum, only then God start revealing slowly, slowly, as per your capacity and there is no obstacle there is nothing, these are all creations of that God. God is not interested if you walk on fire. He sees your sincerity. The more sincere you are, you are closer to God. If you do this Brahma Vidya exercises and recitations in all five, six months, you will feel that you are getting the communication, the help from a different ways.

My experience from 16, March, 1972 is so clear. I can give you 500 incidences in my life, impossible things even happen and this is not only with me, but you can also get this experience. You have to follow the track, without following the track this will not come. So keep these things in mind, this topic is abstract which is difficult unless and until you try to discuss with friends on this, be in contemplation. It will slip out of your mind and therefore try to be very sincere. Now add these recitations to your meditation and sit ten minutes there after. Do this everyday sincerely and in about a months or two months time your face will be different, glowing. You are slowly but surely, coming into the knowledge of your true nature. Be faithful in your practice, be happy always.

Vibro-Magnetic Breath

Now we discuss the topic of “right resolution - Nischay” in our life, which we have to make and abide by it. For that firstly we should find out what was or is wrong in our thinking. Next we should try to improve, improvise and get over it to arrive at the right resolution. So this topic is important from that point of view.

The first part of sleep is the rapid eye movement; dreaming stage, where in your eyes start moving from left to right. This is really the information, which your mental computer is processing what you have seen throughout the course of the day and put it in the proper direction and place, so that everything comes to mind when you touch the topic. Although you undergo the dream in the morning you still do not know when it has happened. The only thing you remember is that there was some dream. Though you are conversant with the dream phenomenon, you feel that, not you, but some outside agent is the cause of it. However, really it is you who is the cause of it. Similarly, there are several illusions in our life, which we don't understand and which we will have to correct. The two important illusions that we have to correct are: a) we feel separate from each other in the universe because of body consciousness and we never feel that we are the part of the 'Samashti'- TOTALITY. b) Secondly We feel separate, forgetting that we are really not the body but the creative spirit that lies in the body, I. Once you realise this, soon all changes start taking place.

This illusory effect, which is imprinted and delineated in your mind, has to be erased. Everywhere and in everything we see, there is something called creative intelligence that is at work. In fact wherever there is an embodiment in the form of life in this universe, this abstract principle of creative intelligence is at work and it is this principle we have to touch. If we reach with our awareness, this creative intelligence, all the illusionary effects would disappear. The illusory effects are primarily there because of our body consciousness and our ego 'Ahankar'. Once we try to identify ourselves with that creativity, then our body consciousness and ego, 'Ahankar' will drop to 'Asmita'.

If we think in terms of body, immediately old age, decay, disease and senility come to our mind. But if think of creative intelligence then, it is 'Anadee, Anant' – Infinite - there is no beginning, no end. It is continuous, and so your whole approach to life becomes different. Every embodiment in the universe has come out of evolutionary process and there is an in-built mechanism, sort of magnetism inside which ensures maintenance of that embodiment. Firstly the inside mechanism evokes the feeling of desire to live a happy life. Whatever is required for the embodiment, is made available through the magnetic pool provided the requirement is correct and is not thwarted or obstructed.

Vibro-Magnetic Breath

The vegetable kingdom, comprising of creepers, trees, herbs, and shrubs, grow on air, water and land,. It is a known scientific fact that without vegetable kingdom there would have been no life because there would be no oxygen, no food, hence the importance of trees. Tree is partly below the ground, roots; upward there are stems, branches and leaves, along with seasonal fruits and flowers. The tree requires lot of water for growth. Since it has no feet it cannot go to the well or to the river to drink water. But in case of some trees, its roots are spreads up to 200 feet and it is a very magnificent phenomenon by which the water which we cannot see, it sucks in by capillary action and by absorption phenomenon. In the modern days a vacuum air pressure pump is required to raise water for 30-40 feet. But look at a coconut tree in the sand. It is 60-80 feet tall and even at that height the coconut is full of water. How beautiful is the arrangement; the roots spread up to the nearest water level and draw the required water. Nature also sees that wherever there are trees, it brings rain and the showers, so that throughout the whole year the trees will be in a position to get the water from the soil. So if you cut the trees, rain becomes less, place becomes desert, such is the mechanism!! Inside each and every embodiment alive there is some power, which tries to connect it to the outside world, to Nature, to the panch mahabhutas, so as to see that the purpose for which the God has created it, is maintained.

Take a human being with height ranging from 4 to 8 feet. Brahma Vidya says, “There is no decay, disease, old age”. But we see that as we become old, hair become grey, joints become stiff. Obviously it is a difficult proposition to reconcile with. The human being is a conglomeration of about 70 trillion cells (one trillion is thousand billion). These cells, which are independent units, work in coordination and correlation with the other cells. If any such cell is taken out of the human being and preserved properly it can remain for many, many years and can subsequently be used also. But human being cannot live for more than 80-90-100 years. The cells within the body are functioning in such a way that they maintain themselves and the body. They don't die, except only by injury or accident or if they are removed and not preserved properly. If there is any injury it is cured by the body, medicine has a curative effect but the actual healing power is with the body. In the body cell division takes place by Mitosis or Meiosis, maintaining the genetic value, i.e., 21, the number of chromosomes. If the cell division were to be continuous without any control a human being would have been tall like a tower say 40 to 80 feet. But this does not happen because the mechanism controls the height as decided by the genetic pattern of the individual. If you allow the creative activity to work well then there cannot be any decay, disease, old age, senility, death, but for that you should be absolutely in the 'awareness' of the creative spirit. It is not possible all the time, sometimes you can touch it; some times you are in mundane life. At least when you are touching it, what happens is the process of old age becomes slow. Really speaking there should not be any old age as per the science, because each and every cell of our body except neuron (neuron is the brain cell and it is different) is not more than one year of age, that means total body of yours cannot be of more than one year of age yet every year you grow and you become older. Why does it happen? It happens because yours is the collective or race mind subject to events occurring which go in the subconscious mind. The subconscious mind is where the blue prints are being formed about the growth of the body

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Your computer inside your subconscious mind, accordingly tells how your body to be built. So if the new cell comes, instead of growing in a positive right way it comes like that because now it has to be shown as per the blue print inside. If the instructions of the race mind are to be followed, body conscious behavior will result.

An illustration will clear this point: I want to make a film depicting events 500 years old. Suitable sets are made from the material of recent origin. When one sees the film after completion one feels as if one is in an atmosphere 500 years old although the material is of recent origin. Similarly, the director inside our subconscious mind, which is the cumulative race mind, gives directions not to your knowledge and all the defects that you have accepted by looking at the society, go inside. If you shift your awareness only to the creative intelligence inside, then the negative effects will not be trapped that much and to that extent. When you do meditation all aging process become less. Let us understand the Creative Spirit and its functional aspect. We ought to have a right resolution but on what basis should we have that resolution? How does the Creative Spirit /the Creative Wisdom work?

As per our Shastras, Brahman, which is the ONLY ABSOLUTE, wanted to be in Multitude. Brahman is 'Anandam', but you cannot enjoy this 'Anandam' by yourself. For e.g., suppose you have bought a new house, what do you do? You invite your friends for a Satyanarayan Puja or for a house warming party because you like to share your enjoyment with others. Likewise the thought came in the mind of that Totality (Parbrahman, Atman, Brahman, Allah whatever you call it) that He shall be in multitude and enjoy the Leela. Hence the Universal mind or "hiranya garbh" had come into being. Out of that hiranya garbh initial plan and the power started and in hyranya garbh - the universal mind. One day of the Universe is 10 million days of our calendar. In the unfoldment the evolution started, objects came, first inanimate ones and very slowly the life, in the order - DNA, unicellular, multi cellular. Once the life had started everywhere there was a struggle for existence, survival of the fittest.

The moment the Totality wanted to be in multitude, the creative intelligence required firstly the body or embodiment. Secondly, to move the body there should be power, energy. Thirdly there should be knowledge, knowledge for taking steps according to the evolution. Knowledge is inside this material (intrinsic). So if we start understanding this body perfectly then we will tap the colossal energy and the intelligence which is inside then you are transformed. Gradually and very slowly in a meditation you start understanding the God within, and your mind starts unfolding going beyond mundane life. This is the basic principle. Add to your meditation affirmations "I am the centre of attraction, I am the magnet, I am beauty, youth, health I am the embodiment of the beauty". The vibro-magnetic breath is the fifth breath in this course, which will be shown to you. Proper recitations and exercise will beautify your character. It becomes something noble and different.

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If you do this breath correctly with all the emphasis discussed up till now, in about 4-5 months time you will understand and experience the “Anand Lahari” - the joyful vibrations. You may not experience it today because you are ‘exteriorised’, but constantly doing the breath and recitations will help you. After doing this exercise seven times you have to recite, relax and say “now I have seen the beautiful picture I have ever known in this world, now I am seeing a beautiful picture I have ever known in this world, picture coming in from long long ago, coming from a distant place but perfectly and clearly delineated before my memory as if I have seen it myself, just now”. It is important to bring the picture out of your memory and not some imaginary picture. If you start imagining a picture, you will not get any advantage out of this exercise because the whole exercise is meant for going in to the depths of the memory and improving there upon. From birth till up to date-what is the best and the most beautiful picture, you have ever known. It should be beautiful, because the connotation of the beauty is God – ‘Satyam Shivam Sundaram’. Do not go for an ordinary picture, but a very beautiful vista, scene, face of the lady or a person, whatever your concept of, a beautiful thing here or distant place, because when you see anything strikingly beautiful it becomes part of your memory which you don’t forget, otherwise we have seen so many persons; we forget them we don’t know whom we have seen.

Again I reiterate it is a picture, which you have seen, understood, because in a beautiful moment any beautiful thing you see, your body consciousness starts coming down and you go in the zone of the delight, you start forgetting yourself. Beauty has the power of forgetting oneself; even a beautiful sound you hear you try to forget your self. The first two lines of recitation means you are going into the vault of your memory and bringing back that picture, recapitulating from memory that beautiful picture seen many years ago. The next four lines are ‘thanks giving’, “I am thankful to the lord for my memory”. We are using this memory every now and then in our day-to-day life, but have you thanked the God? “Oh! God you have given me this memory”. How much He has helped us all. Suppose you have no memory, the life would go useless for you, so you are first thanking that Almighty who has given this beautiful memory. “I am thankful to God for my memory, thankful to the laws for my memory”. How has God given you this memory? Answer is through the law of the nature. The laws by which the human being comes into the world, grows and how the brain develops. How the conscious and everything is developed is through the laws, evolutionary forces of the law, and immutable nature of the laws. It is through these laws that your memory is also developed and therefore “I am thankful to the Lord for my memory, I am thankful to the laws for my memory, laws through which God has brought me this memory”, (because the means are also to be thanked).

Next, “I am thankful to Thee”. ‘Thee’ mean the person, the individual, yourself. I am thankful to thee, for allowing myself to bring that beautiful picture from the vault of my memory. After visualising that picture, you are bringing that picture before you and you are thanking the Lord, the laws and yourself. You have expressed your ‘Vinamrata’, humbleness, and your gratitude to the God. You are duty bound to get right resolution.

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Since I know this beautiful picture for long long time and for number of years since it has gone inside the memory and has come back, that means I must be very cautious in allowing things going inside my memory, i.e. I should allow only right and not wrong things to go inside, thus saving the valuable time which otherwise would have been wasted. “Therefore I pledge myself and vow that I shall not allow any negative idea such as decay, disease, senility, old age, disappointment, doubt, death, and failure to enter in the vault of my memory”. Whatever has happened up till now cannot be undone. Henceforth I will allow only, the good, the righteous things which are in unison with the public good - ‘Bahujan Hitay, Bahujan Sukhay’, idea which is unison in all the goods and which is the highest concept of my Truth. Remember the truth that you know is always not absolute. Absolute truth is only God, no human being however great he may be, can be absolute truth; because we are lop sided, we can’t look at the TOTAL universe. If you feel a particular thing is the truth for you, then in that case that truth shall prevail through out your life, unless it is needed to be rectified/corrected. Be consistent with your truth to that extent, otherwise you have guilty conscience and you start losing the faith in yourself, you start dampening your self.

This dampening doesn’t happen from outside but by your own thinking you attract these forces. If somebody says something don’t belittle him, because whatever you are belittling may be the truthful position and yours may be the wrong position, that’s why observe it, but till you change yourself don’t go by the race mind. If you feel that this is the truth or this is not the truth, don’t try to justify yourself because of the ego. Keep your mind open to accept anything from any source, which you feel is better than what you know. “I see the conduct of a man, I see my own conduct”. You are now Brahma Vidya students. In your intercommunication with the outside world you will see a marked difference in you and others. There is grace, the feeling that you are the part of the Totality, unison with all the Good, highest concept of my Truth. So, wherever you go, house or outside, see how best you can do good to others what best you can do to encourage the other persons, so that they feel the life is worth living. These are the ways in which you start reflecting yourself and the moment this thing starts happening then slowly and slowly you feel that you are acting as the agent of the God. You can’t be the agent of the God by living your desired mundane life only. You enjoy all the pleasures within your limitations, but in doing so always see and remember you are the part of the Totality and owe a duty to the Totality.

Looking after your needs is the job of the Totality, God. Believe me, personally I have undergone this experiences that’s why I am emboldened to say this. If you really keep your life at that high level any difficulty will be solved. But for that you have to show only patience, because patience is important. Patience doesn’t come about suddenly. It is a slow process, time consuming. Saint Sai Baba says ‘Saburi’, i.e., patience. You have to show that patience and complete faith - ‘Shraddha’ in God, which is Omniscience, Omnipotence, and Omnipresence everywhere and within you. No difficulty in the life is really a difficulty, it is a temporary thing.

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The moment you follow this you will find that you have got over the difficulty. You see the conduct of man as compared to you; you are doing as the agent of the God. Don't bother about the results of your actions. Leave it to the God to take the responsibilities of the results. Then you see your life is different, your life is graceful, meaningful, and purposeful and there is no question of weeping, mourning, etc. Accept the thing as it is and do your best to follow by which you can bring in your maximum valour, which is called bringing in 'Purusharth' from within to without. If you run helter-skelter your Purusharth will never come out. That power from within comes only when you are peaceful, 'Shaant' - undisturbed, unperturbed. Otherwise you display the splinter personality, multi psychic personality - 'Bahu chit vahan'. It will never, never reach you to the uppermost ladder. Keeping this in mind when you see the conduct of a man and then see yourself then "I see the same picture again before me which comes nearer, nearer, nearer and gets absorbed in the vault of my memory". This is similar to our taking out the valuables from the safe deposit vaults and returning them after use.

You have brought this beautiful picture outside from your memory, you can't forget it outside, so you have to put it back. Remember whatever you do, you have to do it with the awareness. Taking it out you have done it with your awareness. Now you have to put it back with the same awareness otherwise it will be lost. Whatever you have achieved will not be achieved if you don't put it back. So that henceforward you will try to see the beautiful things, positive things - shubh things, all will start going inside.

Therefore to the affirmations at meditation you just add it, "I am the centre of attraction, I am magnet, I am beauty, health, youth, I am embodiment of beauty".

The Cleansing Breath

We continue the discussion on the right resolution to improve our character and I will introduce you to 'Cleansing Breath', which tends to activate the 'Kundalini'- subtle inner spiritual energy.

Earlier we have learnt that the God is omniscience, omnipotence and omnipresent phenomenon, God is everywhere, there is no place where He is not and if you take yourself out of the universe, the universe will not be God. We have also seen that each and everyone is at the center of the universe, with the circumference everywhere and that the circumference increases by updating the knowledge at the conscious level, so that ultimately you can reach the stage 'I am Universe'. There are a lot of illusionary effects and we have to see as to what is to be done to get out of these illusionary effect.

Always we feel that we are body and separate from Totality although we are in body form, we are also a part of the Totality, continuously.

Ultimately the right resolution is that when we talk, God should talk through our mouth, when we look, God should look through our eyes, hear through our ears, the pancha dnyanendriyas should be taken over by Him and we have to get out of the illusion and illusionary effect.

It is very important to understand how our senses delude us. We say 'Chakshurvai Satyam', meaning what we see with our eyes is the truth. We will see here, how wrong this is. Through the senses we get perception, but this perception has to be corrected by human being every time.

Our eyes are like a camera, with a lens. On the retina we get a real image of an object, the real image is always inverted. When we are born, for the first few months we see everything inverted and then the mind corrects that image. Later on the decoding by the mind becomes so fast that we see only the corrected image of mind Interpretation.

Second illustration is that of Sun. Ten Thousand years ago it was thought that the sun is a flat round disc-like thing, which rises in the east and so on. Today we know that all these are illusionary effects and the Sun is like a football and the Sun does not set or rise. Thus the illusionary effects are corrected by the knowledge, which we get. We have one impression of the Sun today, but as we go on adding new knowledge our impression would go on changing.

The Cleansing Breath

The same thing goes with everything else. All the illusionary effects have to be corrected by our knowledge in the mind. You always feel that the horizon must be within walk-able distance but if you try to get there, howsoever more you walk you will not reach the horizon. This is again an illusionary effect. Eye is one of the pancha dnyanendriyas, eye is body conscious and therefore you cannot understand infinity. So our perspective vision also changes with improvement and addition of new knowledge.

With this understanding we go on to see how the senses elude and delude us further. From where you are sitting, you can see this table. You see its shape, colour, the distance at which table is away from you varies according to where you are sitting. In reality you have not seen this table outside at all, it is your mental correction by which you say that table is this colours, at this distance, etc. Whatever has happened is, the light of this tube light gets reflected from the table and according to the colour of the table, certain vibrations are reflected, they are caught by your eye lens and you get the impression on retina. From retina, message is sent to the brain and your mind tells you that the table is of this colour, made up of wood, 10 to 20 feet away from you. You have not felt or sensed by touch the table outside at all. You got an image on retina and just as you have been doing since you were child, you have interpreted the image.

Our senses delude us since, all our assumptions; presumptions of the outside world are on the basis of the impressions, which we are getting on retina.

We are living in the world of consciousness. Today science has come to a conclusion that we are living in the participatory Universe of consciousness, projection of consciousness, everything is being projected on the basis of which the whole world is going on. It is the consciousness, which is projected by our senses, i.e., ears, eyes and etc. These senses may not be giving us correct picture. Suppose one person is colour-blind, he will be able to see only one colour. Apart from defect in the eye or ear, perversion can come due to weakness of mind. We have to understand the weakness and try to get over it.

All living things go by instincts, i.e., they do not have conscious mind, the only exception being that of humans. In the evolutionary process, humans are at the stage where they not only see but also are aware that they see. When you see something, you try to recapture it later and try to understand it at the backdrop of your preconceived notion and then further add it to the knowledge and in this way we develop consciousness. Anthropologically speaking Human being knows what he knows and he also knows what he doesn't know. He tries to know what he doesn't know. On this basis the progress of human being is taking place. You have got self-awareness, out of that self-awareness slowly develops your ego, 'Ahankar' and with reference to this ahankar your projections are going in the outside world.

The Cleansing Breath

Every person is in the projection. Whatever is happening outside you try to judge with your projections. So with the awareness you become self-conscious and then the ego comes and with the ego difficulty starts. But all this is in the evolutionary pattern, including the difficulty.

The evolution was only at physical level first, then at physiological and later at psychological level, i.e., at the mind level. In case of human being it is the unfoldment by the knowledge of Consciousness. According to our Shastras 'Brahman' felt that "I want to be in multitude" and it became 'Parabrahma' and universal mind (Hiranya- Garbha) developed. And to fulfill the wish of Brahman came the Aadishakti - tremendous energy developed. Western science calls it as 'Big-Bang'. Life started with unicellular organism and evolution started. Our Rishis have stated that human being is at the top of evolutionary ladder and in his further development he will realize that he is the God. That is Self-Realization.

All animals use their senses to get happiness. You eat good food, you are happy, you hear melodious song, you are happy. Totality's computer programs all other animals. In human being's case, we are self-aware. We feel, "I have done this", "I have done that" with reference to senses and body. Because you get happiness through senses, which are connected to body, so your attitude is to get more and more pleasure through your senses. In fact all the animals get pleasure through senses, but they use it from the point of view of maintaining their species, but in case of humans because of the dawn of conscious mind and self-consciousness, human started thinking that he must get more pleasure out of senses. Therefore our approach in day-to-day life is to exteriorize our mind, kshipt-Manovrutti, go out and try to get more pleasure through the senses.

The God has given you taste to enjoy food, which is a necessity for the maintenance of the body. You feel you should get a little more tasty food and forget the real use of the food. You eat more for more happiness and create imbalance in the metabolic activity. It happens with other senses too. You start searching for happiness outside, through food, through sex, etc. This is how our mind becomes exteriorized. We have become so exteriorized that we have lost the sensitiveness and lost the faculty of connecting to Totality. Our antenna is always tuned to outside world. One day you get good food, you get pleasure and you are happy. Next day you don't get same food, you feel "I am unhappy". Really speaking happiness or unhappiness is the concept of mind. You forget this and you become impulsive. This is impulsiveness of 'indriyas' (senses). Each and every person has some weakness of indriyas by which he becomes impulsive, i.e., he just stops reasoning and wants only indriya's happiness. "I don't care about cancer, I want cigarette" this is how human being gets hypnotized under the senses. As your senses hypnotize you, you become their slave, making you in bondage. You do things irrespective of consequences. This happens more when your ego becomes a status symbol in the society. The ego is a false centre, reflecting your identity. You become so sensitive of your status that for the whole life you run after the mirage of happiness only to realize that it is unhappiness. Therefore human mind is in 'Yuthan Awastha' i.e. from the state of awareness it is in the grip of ego, means senses - pancha dnyanendriya.

The Cleansing Breath

Brahma Vidyakar thought over this and after research they found that the real position is the state of being, i.e., senses should be under the control of mind, mind should be under the control of 'Vivek', vivek should be under the control of 'Karyarat Chaitanya' (creative intelligence). So if by some means we can bring the senses under the control of mind then the perversion will not happen. You can get out of bad habits and weaknesses.

Brahma Vidyakar found that the moment you become aware, you can change yourself. The mind will start controlling the senses if you become aware that the God has given you the power to control your senses. Therefore in spirituality 'Awareness is first'. Whatever you might be doing be aware. Be aware of your thinking, your words and your actions. When you are aware, do not make mistakes, which you might have made otherwise.

Hanuman in his childhood did some mischief with a Rishi and disturbed his Tapascharya (Spiritual process, Meditation). Rishi opened his eyes and knowing fully well that who this child was and his purpose on Earth, gave him a curse. The curse was that the power of Hanuman would not come to his help and use unless someone tells him that he has such and such power. So Hanuman forgot that he had the power and when an emissary was to be sent from Rameshwar to Lanka, he was made aware that "Hanuman, you alone can do it, you have great power" and then he jumped and went to Lanka, across the sea.

That is exactly how our mind needs to be made aware. Oh mind! You are so powerful that you decide and senses will follow. If you minutely see our recitations, everywhere you are given suggestions "I am whole, I am perfect, I am strong, I am powerful, I am loving, I am harmonious, I am rich, I am young, I am happy". This 'I' here is the ultimate controller, the 'Atman'. If you understand that then even the intellect will come under its control, the intellect (Vivek) will control the mind and the mind will control the senses.

We will now discuss three weaknesses or defects. 'Kama' means attraction of the sex. Although sex is the most enjoyable thing in the world at its own level, it should be within limits permissible by the norms of the society where you live. Impulsive sex has to be controlled by thinking of the consequences of the impulsive action.

'Krodha' means anger. An impulsive reaction due to anger is the result of the mind going in the past when same thing wrong was done to you and you want to take revenge. Keeping the mind in the present forgetting the past can control this. Anger kills 'Vivek' and then you do unwarranted things, you become unreasonable, you fall to animal instinct, you become animal.

The Cleansing Breath

'Moha' means allurement. You forget right things and go for easy and illegal means to fulfill your desire. In moha you forget your rational thinking. Your thinking should be that I would get what I deserve. If I want more, I work harder. Do not succumb to moha. God will give you 'Purusharth' to get over it, because the moment you make yourself aware that your mind and 'vivek' can control this you can get over it.

Believe that your mind has that strength and that strength starts coming out of your character. You give order to your mind that I want graceful things, and that will start happening. You will get much more by doing right things than you would have got by doing them the wrong way. Keep in this mind and it will help you in matrimony, in business, anywhere in general you will improve your position in life.

Today you will be introduced to cleansing breath. As I have said before, this breath has a tendency of activating your 'Kundalini'. The recitation after this breath is "I feel tremendous heat at the base of my spine", i.e., you are feeling great heat at perineum (base of spine), "it comes up, up, up", then you say, "I see a great light that comes from the flame, that comes from the fire corresponding to the fire of divine love, striking whole surface of my body, coming up, up, up and out and going beyond".

In 'Memory Development Breath, i.e., first breath of Brahma Vidya, we have taken "light of creative wisdom coming from the light of divine love". Here it is reverse; we say "fire of divine love". There is the 'Muladhara Chakra' - subtle inner spiritual energy centre at the perineum and when the Kundalini awakens, it rises and so you are made to feel that heat coming up. Second thing you are made to say is "you see a light that comes from the flame, flame coming from the fire of divine love". This is not a polluted love of human being, divine love is that love which is possessed in the whole universe creating harmony, it is the love of the God, love of Totality, on the basis of which harmony and symphony is maintained in the universe. This fire is not going to brandish you it is fire of divine love and you see it comes out, up and out, you are made to feel that the fire leaves your body and falls downwards on all your sides and then this fire envelopes the whole earth, goes down below and meets at America. So you are imagining that you are developing that divine love and sending it to the whole earth. Normally our love is just give and take, not real love at all. Even between husband and wife it is selfish love, possessive love. Love for the sake of love is like a mango tree. Whether you cut the branch of tree or manure the tree, you get same sweet fruit. So you are sending love to whole earth. This pure love is exactly by which a human being can get the experience of God.

Next line is the recitation you say "I see a great light at the top of my head". If you send the light with full awareness, divine love from God within you, there will be light at the top of your head, i.e., 'Brahmarandhra' – subtle centre of inner spiritual energy at the top of head.

The Cleansing Breath

Then you say, “My whole body is full of light, each and every cell in my body is a light, light of divine wisdom, which is present in all the living beings”. In truth, there is light inside us and our face shows that light, by our negative thoughts we pollute our mind and the light does not shine. When we see the halo of a person, we are seeing this light. Even Science today believes that person emits lights of particular colour if he is thinking particular type of thoughts. So we have this light inside us, but we should not get proud. So we are made to see that this same light is in all the living beings. Not only in other humans but also in all the living beings. The idea here is to be aware of the God present in all the beings that you come in contact with. You can reach the God within only when you can see the God in others. You have to forget yourself and try to see God everywhere and respect others with gratitude. So you see this light in a plant, in a donkey, in a human being. Soon after ‘Hiranyagarbha’, came the ‘Aadishakti’- universal energy. The same aadishakti appears through each embodiment because every embodiment has divine purpose and to achieve that purpose you must have power/energy. So in human being this power is ‘Kundalini’.

So really speaking that universal energy is a part of yours but because of ego, this power is used only to the requirement of body consciousness. Once your mind starts believing that I am part of Totality and then the unfoldment of ‘Kundalini’ starts this is ‘Kundalini Jagruti’.

Before taking up the cleansing breath, we should consider the Visualization Exercise. Since we all are always thinking in time and space, our minds are in prison. We have to get out of it. For this we do the following Visualization Exercise

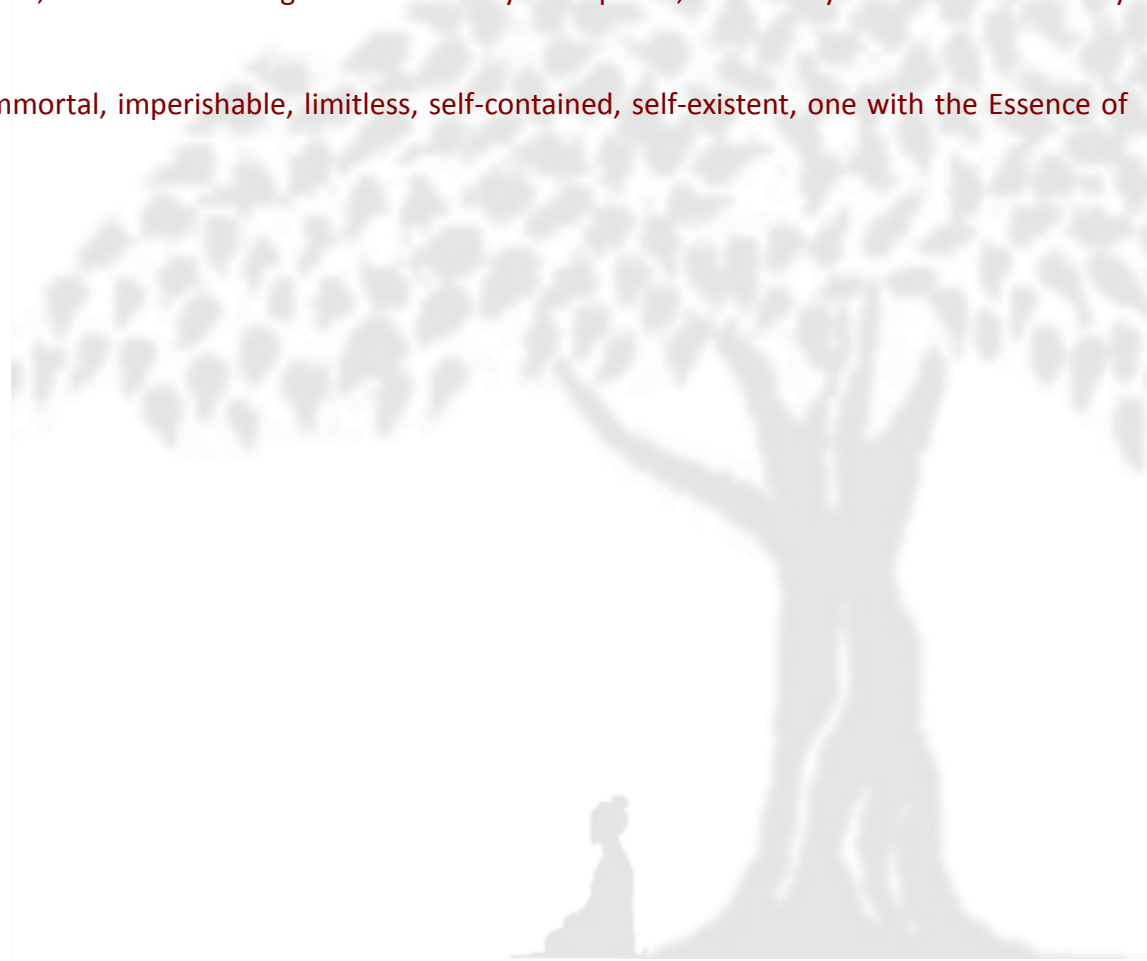
Sit on the chair and meditate on this –“I, now occupy this chair. The chair is in this room, I occupy the room”. So close your eyes and make visualization that you are occupying the whole room, then say, “The room is in the house, I am occupy this house. The house is in Mumbai (the city) – I, therefore, occupy this Mumbai (the city)”. You have to expand yourself in visualization, “I occupy this Maharashtra (the state), I occupy this India (the country), I occupy of Asia (the continent), I occupy the earth and I occupy the universe”.

This may be difficult to conceptualize but you understand this, when you are in Mumbai you say, “I stay in Dadar or Shivaji Park, etc”. When you meet another Indian in London you say, “I am from India” as if you are from whole of India, what happens is you expand your mind.

The Cleansing Breath

If you do this exercise your mind does not remain claustrophobic, the mind understands that I am part of the Totality. You will start living life for others and you will see that whatever you want, starts coming to you, you get opportunities. But for that you should do this exercise, unless you open up, the Totality can't help you. We are so self-centered, and the mind is egocentric. When you stop that, whatever you want automatically starts happening, help comes and your work is done.

By persistent meditation upon this, you see yourselves immortal, imperishable, limitless, self-contained, self-existent, one with the Essence of Life.



Kundalini

We shall now discuss the important subject of Kundalini. This term 'Kundalini' is used every now and then. So you must understand it from the scientific point of view and from the perspective view of the Brahma Vidya.

The word ahankar - ego that is used has no physical aspect, it is in a shukshma bhav - subtle and this ahankar - ego that is not in the physical form moves through the nerves, which are called nadis. The nadi means the physical nerve and for every part of our body there is corresponding ethereal part. Similarly panch mahabhutas are physical but corresponding there is ethereal part and that express part of panch nyanendriyas we require it and make use of it for our physical body but avyakta - unexpressed of panch mahabhutas where our transmission of our spiritual aspect starts. So this ego which is ethereal moves in nadis that are ethereal.

There are 72,000 nadis in our body as per our shastra. These 72000 nadis are also made use of by Chinese in acupressure and acupuncture. As per our shastra, the pran that is moving through our nadis everywhere if it is obstructed in body, the disease comes. That's why Chinese release the pran at different centres by giving pressure or inserting the needles. Through these 72000 nadis and the nine doors the pranik energy along with the ego goes out and takes the experience. Also pranik energy comes in our whole intercommunication with the outside world through these nadis by nine doors along with the pran it moves on.

The nine doors through which the communication is taking place at the base of which all these nadis either start or end. These nine doors are two eyes, two ears, two nostrils, mouth, anus and sex organ are the nine doors. Out of these 72000 nadis the main important from our point of view are three nadis. Those are Chandra nadi, Surya nadi and Sushumna nadi. Chandra nadi is on the left hand side of your spinal cord, Surya nadi is in the right hand side of the spinal cord and Sushumna nadi is through the centre of your spinal cord. When the Kundalini Jagruti is there then in that case ego also starts forcing itself from Sushumna nadi and starts going up.

We will understand these three nadis and their respective function. Brahma Vidya seers have found that left hand side of your spine is Chandra nadi, on the right hand side there is the Surya nadi and they are connected to your nose. When you breathe through your nostrils you are connected with these two nadis. So when you are breathing through the your left nostril, closing it and retain the air inside, you are activating Chandra nadi and when you breathe through the right nostril, closing it and retain air inside, you are activating Surya nadi, as we do in Pranayam. Not to your knowledge the God has created you in such a way that at no point of time, only at the transitory period, both nadis are not forceful. That means both the nostrils are not open, you will find if left nostril is open then right nostril is little closed, if right nostril is open then left nostril is little closed.

Kundalini

The observation of our seers is accepted by science. Every one and half hour we change the pattern of breathing either through one or other, more at one and half hours.

This cycle is maintained because this breathing from one nostril and breathing from other nostril has an effect on your body and your body mechanism. When the breathing is more from the left hand side, they found that it has a cooling effect on the body first, second when the left nostril you are breathing more, then your body is relaxed and thirdly your mind is relaxed. When through the right nostril you are breathing more then your action is activated, your body is activated and your body starts heating up. By observing this phenomenon was also made use of by our seers, one from the practical point of view and other for going in a silence in a spiritual life. Suppose person wants to do some active life as if he wants to go for a war, so they use to direct, close your left nostril and start breathing through your right nostril surya nadi and then sit on your rath - chariot and go for fight and when they wanted to worship, sitting calm and quiet or meditation doing tapascharya, they use to see that left nostril chandra nadi is activated, which used to give them relaxation, feeling relaxation of the mind and by which the atmosphere was conducive to the meditation. In the centre is sushumna and it is only when this two nadis, chandra and surya nadi are balanced, kundalini starts rising.

The next important aspect which you should understand is 'agni' - heating process in our body. In our body as per our shastra, there are two type of agni - fire working in our body, one is called bhoota agni, very important from the spiritual point of view and the other is called jathra agni, Jathra agni emanates out of bhoota agni. This bhoota agni is at ethereal level and the jathra agni at the physical level. The function of jathra agni is assimilation, digestion, everything which is going on in the body, it is done by it. Bhoota agni is ethereal and digestion of ideas in your metabolism is done by bhoota agni. When we say, "let all the good thoughts come from all the sides" because if you get stagnated, claustrophobic, life becomes stagnated and purification starts, so you should join hand in glove with the evolutionary process. We are told, let good thoughts come in from all the sides, such type of ideas you can bring inside you if your bhoota agni is powerful. Generally in 99% cases jathra agni is powerful and we use more and more jathra agni for our appetite, procreation and all these things. Yogis in order to see that their progress is smooth in the meditation, try to bring control on surya nadi and try to see that jathra agni is less only of the optimum required and the rest is converted into bhoota agni it is only by these conversion of jathra agni to bhoota agni the progress in spiritual life becomes faster.

We will understand about the chakras in our body. The chakras are plexus, like a junction where nadis meet in our body, centrally situated down below. There are six charkas. The seventh one is brahmanand which is not called chakra because there is no plexus. As per seers, these chakras are at the ethereal level, so nobody can see it, only yogis, realised soul can see that, see how many petals are there and what is the colour of each chakra.

Kundalini

The first observation of the rishis is that this chakra are like lotus and this lotus is not the lotus in the lake, it is at the ethereal level seen by the rishis or the person who has developed that psyche and believe me, though they are ethereal they have got exactly same properties of lotus outside in the mundane life existent in the pond. So try to understand then we go further to pranik energy. When you see lotus and lotus is a very beautiful in the pond but actually where it is? Lotus grows out of the mud, but it is untouched by the mud, its beauty does not get marred by the mud, it remains pure in spite of the muddy surroundings, that means it is coming from that mud but it is pure, it is simply pure, simply purified thing as we see. Similarly these chakras though they are in the mud, a bhowtik life - material life they are untouched by material life and they are above it, first parallel simili. Secondly, lotus does not remain open all the time, with the sun rays touch of the tender rays of the sun, it starts blossoming. These chakras inside are also closed, it is only by rise, right touch, light and power of the kundalini it starts opening. So they are at the subtle stage, kundalini at the subtle stage and they open only by the touch of kundalini, second simili. Third simili, though the lotus is in the water it gets opened in the morning if by some chance the lower water gets sprinkled on the lotus, lotus starts closing. Even kundalini starts opening the moment your activities is three gunas – ‘satva, raj, tama’, they start pouring it is only if you don’t allow even those gunas to touch then only they can open. This is the similarity of actual lotus and, lotus at a subtle form in our body. After understanding these properties of the lotus, lotus is flower with petals and rishis have found through their psychic eyes different chakras have different number of petals of different colours. They have graphically described it and have also rituals and mantras by which you can activate it for activating kundalini its progress forward.

The chakra at the perineum, at the base of the spine, is muladhar chakra, at the spot exactly between the anus and your sex organ, there is the centre which is called medically perineum and the muladhar chakra has four petals. Next is swadhishtan chakra, it is exactly between your sex organ and navel at the centre of it, this is called pubic place, pubic centre, now it has six petals. Exactly at the point of nabhi - navel, there is manipur chakra and it has ten petals. Then at the centre next to heart little on the right hand side, there is anahat chakra which has twelve petals. At the centre of the throat, there is vishudh chakra having sixteen petals. Then next is aadnya chakra that is at bhruhmadhya - the centre between two eyebrows it has two petals. Then after one nerve goes to the centre at the top of your head, it is called sahasradhara where the lotus has got thousand petals, it is not called chakra, it is called lotus as there is no plexus.

What is this kundalini? Kundalini it is just like serpent. If you read the book written by ex-Chief Justice of Calcutta – Sir Wuldrop Wilson “Serpent’s Power”, as per our shastra, this serpent like kundalini is ethereal. First try to understand, ethereal is subtle, nobody can see this kundalini . It is in sleeping position in all the persons, at the perineum, at the base of the spine.

Kundalini

It has three and half coils, three coils represent three gunas and half is the mouth of kundalini and on the mouth of the kundalini is ego – ahankar. This kundalini is in a sleeping condition, the reason is this kundalini is really the representative of aadishakti.

When Brahman wanted to be in multitude for His enjoyment - anand, with this thought becomes parbrahman and mind has developed there, this mind a universal mind - we call hiranya garbha. With that objective that He must have a different forms then only He will enjoy and forms can enjoy because you have to activate it, you have to get sensation to that and then they will be in the position to enjoy and from that point of view, tremendous energy developed which they call aadishakti.

In physical science they say the whole universe four thousand years back started with a big bang, energy developed, we got aadishakti, with that tremendous heat, tremendous energy, different vibrations started, subatomic particles started, then electron, proton, then atoms, molecules and like that the matter had come through that urjha, energy, the light had come, life had started revolving from unicellular, multicellular, reptiles, mammals and then human being.

Each and every embodiment is given required power because it has to function in the leela of Eshwar which He wants to enjoy with the different forms. Therefore Kundalini is that energy which is given to a human being for the purpose of functioning in the evolutionary ladder. Therefore kundalini, really speaking, is the representative of the aadishakti, universal energy but is kept in your body, for the maintenance of your body in order to see that you become part of the Totality's leela, you become part of the Totality's evolutionary force wherein continuous interaction is going on. Since this energy is universal energy, the moment it is put in your body it should be controlled, otherwise because energy will blast you and therefore on the mouth of the kundalini, ego is placed, ego is body consciousness, therefore kundalini is lying completely, because kundalini feels my job is to maintain the metabolic activities of the body and nothing else, the limitation had come on it and therefore that universality of over activation is curbed and is only functioning with the body, if ego is not raised, is not unfolded, is not flowered, it will remain there from here to eternity and kundalini only functions for body's metabolism.

Brahma Vidyakar felt what they have seen is that all other species are functioning instinctively programmed by Totality's computer created by God. He made distinction in case of the human being and what is that distinction? Because God has made human being in the eyes of God, like God, so that he should ultimately realise that all these things which are going on is really play of consciousness and after reaching that consciousness, he should abandon all this mind, body and remain the part of Totality's consciousness.

Kundalini

Therefore human beings are kept at the highest rung of the ladder. They are given conscious mind, where spiritual mind also develops and with this slowly thought came in the mind of human being, Who am I? Why for I am here? I am not only meant for procreation, so these thoughts ultimately keep him wide open to the ideas of the Totality which guide him as to who he is? And where he should go and how he should go? Therefore ego in the human being which is the most important, it is not to be frowned up on. Negative thinkers in the spirituality frown up on it. It is transitory stage, it is because of this, ego, which is equivalent to the status you deserve, good bad in short ego is body conscious. The moment you are body conscious your tendency of body, mind and intellect to ease and to remain in the claustrophobic form of body consciousness. Therefore you curbed Totality's energy which is represented in you. Totality's consciousness also you are in a position to unfold but you are only using it with the reference to your, body consciousness and with reference to other person's body consciousness. Thus such give and take is going on. When Kundalini starts feeling "I am not only the body", this gyan (knowledge) which is in, "I am not only body, I am universal and I can only act as a universal force", then the ego which is there inside, which is body consciousness becomes part of the Totality's consciousness which is shiva. Shiva is that Totality's consciousness. So this ego which is your body consciousness becomes part of that universal consciousness at the top. What will happen a drop coming out of the ocean mixing with the ocean, becomes ocean, there is Self realisation.

Kundalini is ethereal, there is also corresponding gravitational force and therefore kundalini if it is rising, it can also fall down. How the gravitational force is acting on the kundalini? If you see the gravitational force of the nature, gravity is only at the tip of the kundalini that is spinal cord. In the case of the animals, they have got horizontal spinal cord, there the gravitational force is more. For human being it is only on the tip but that is also a substantial force which you have to contract, moment that contract stops it starts coming down. Contracting that rishis have found that if you allow the force from both the side, surya nadi, chandra nadi, balance exactly then that starts pushing the kundalini through sushumna and it starts rising. At this stage you must understand 'pran'.

Pran though it is a universal force it is a creative force, it can get converted. The moment it goes in any form it does the work of that form for which it is created. According to our shastra there are five types of pran. First is Pran, the property of this pran vayu is to bringing everything from outside within the body. The second is Apan, apan is that vayu which does anything and everything throwing away from within to outside, your urination, your excreta, your breath going outside, all this your perspiration, your breathing through your skin, everything which is going outside is the job of apan. Third is Saman, function of this saman is all assimilation which is going on in the body, all digestion and all which is going on in the body is done by saman vayu. Fourth is Vyana, vyan does circulation, whatever circulation in the body is done on the basis of vyan. Lastly there is the Udan, that is fifth, and that udan is your property of speech. It is through udan vayu, you talk, you speak and you create ideas and throw that is udan vayu.

Kundalini

This pran vayu is all over the body, apan vayu is in the pelvic region, saman vayu is in solar plexus, vyan vayu is near the heart and lastly udan vayu is in the head and from there they function correspondingly. These vayus, go push everything especially ego doing some different purpose. They say to move the kundalini yogis just see that pran vayu which goes up they direct it to go down and apan vayu which goes down they start motion upwards and by which the pressure is created on the kundalini to rise through sushumna. All this chakras, the petals, they have a definite colour and they have been given bij, bij means mantras and they are all vowels 'a,e,i,o,u' they are given and there is the chart and by doing certain kriyas they activate it. So many persons came in lot of trouble, by doing it without guidance and the best example is Gopi Krishna, who started doing this and virtually he was set on the fire of tornado and he was about to die and suddenly he realised that kundalini instead of going in sushumna has gone in surya nadi, he had to bring it back go to chandra nadi and then he became alright. His books are also available on this subject.

I don't want anybody to do it. According to me, we need not worry about this kundalini jagruti. Due of mental speed in Brahma Vidya, since our ego we are changing and unfolding, automatically kundalini will have jagruti and it will go up.

The kundalini starts jagruti and starts moving through all chakra and it has also to pass through three granthis - Brahma granthi, Vishnu granthi and Rudra granthi. Kundalini starts it has to first pass through the lower chakra, is really all the earth element is there. Lower chakra is not only the earth element but it gives us the acquisitiveness, possessiveness of all things and from our several birth, thousands of birth our relation with that earth element, ethereal earth element and that acquisitiveness, grabbing nature and this nature which is developed, these are the experiences gone in the causal body and is called accreditation of all that birth from several births till today. Unless that acquisition ness is wiped out, kundalini will not move through muladhar petals will not open. Suppose you get over it, you get over the control of pruthvi (earth) element, ethereal pruthvi element then in that case what happens is, kundalini starts going up, all the petals are open, kundalini comes up.

Next is swadishthan chakra is just above your sex organ, has a property of water, all the procreations come within this and all the accreditation with this ethereal property thousands of birth earlier are again in the causal body, once they are removed from the causal body, six petals open and kundalini gone up to swadishthan chakra.

These are all five - panch mahabhutas, earth, water, this is now fire. Manipur chakra at navel has the property of fire and the anger which we develop is because of our accreleation and interaction with fire tatwa, they are again in the causal body they are to be taken out, this chakra opens and you go ahead.

Kundalini

Now pausing here for this moment, these three chakras which I have referred to they are called base chakras and kundalini of the common man always remains in the base chakras it doesn't go out. This is called in yogic words you remain in runanubandh, in bandhas. After this, once the chakra is opened, kundalini starts going up. In the manipur chakra when you are there, you are in the position to discern bhoota agni with jathra agni and by discerning you are in the position to convert jathra agni to bhoota agni and there by you start becoming spiritual. Other three chakras are spiritual chakras.

Next anahat chakra near right side of our heart has property of vayu (air).(earth, water, fire and now vayu). This chakra why it is called anahat? It is called anahat because there you get a sound which is anahat, 'hat' is by hitting some thing you create a sound, 'anahat' means you are taking a flute you are not hitting some thing and the sound comes, there is a sound which is not hat, 'anahat'. Secondly here not only air but you are also coming in the ethereal contacts and this anahat chakra since your bhoota agni is increased, you starts coming in the touch of spirituality. Whatever you were doing up to this time it starts moving and the witness action starts. Whatever happens, you start witnessing your self, not completely but a little bit. Anahat chakra by which you started getting glimpses of the ethereal world, also ethereal seers you start getting it. After you get rid of your accreations with vayu tatwa then finally that chakra opens.

Kundalini moves to vishudh chakra, which is in the centre of throat, now you are purified, your all attachments have gone, you are doing everything but you are really like a lotus, that's why it is called vishudh chakra. Through this vishudh chakra is you are more in contact with ethereal seers who come visit us and that happens by the grace of goddess and after remaining there and getting out of the ethereal touches, kundalini goes further and it reaches to bhruhmadhya . Once you reach here, at no stage kundalini can come down. Till vishudh chakra, kundalini can come down, it has a fall but once reach bhruhmadhya it cannot come down it will remain there.

Once the kundalini reaches aadnya chakra which is in the centre of two eyebrows bhruhmadhya, it has a glimpse of shiva little bit psychic joining with shiva, that's why at this stage it is sadashiva and on the left hand side shiva on the right hand side kundalini but there is no merging and at this stage when you are there you get pradnya jagruti, 'ruthumbara pradnya jagruti'. That is Totality's computer, starts feeding you, your vanni is so shudh the moment it comes out of it starts happening. There after but still you are in the duality, that is God is there and you are there. Though you are touching the shiva component you are not completely dissolved in it.

Kundalini

Further kundalini moves and go to sahastradhara, thousand petals where you are not sadashiva or ardhnari nateshwar, you are completely universal consciousness, whole universal consciousness is your self, you are completely universal. There is nothing in this world or in this universe which is beyond you and you are in everything because that is the universal consciousness where ever you go. When you go to this Universal Consciousness, your breath virtually stops and you are in perfectly shunya avastha. In shunya avastha for 21 days you can remain in this body and life. During that time no mosquito can touch you, no fly can sit on your body, if the doctor sees, the heart is stopped, brain functions everything is stopped, but you are not dead for 21 days. Earlier to 21 days, you can by your volition you can come back by deciding and going in sankalp upvas and then going in samadhi self resistance. But if you don't come back in 21 days then in that case the atman along with the causal body goes out and then you are dead and the putrefication, will start. Till then, there is no putrefication, you will remain as fresh as possible in that condition for 21 days. But if you want to come back due to volition you have to do some work you can come back and in that case you will do the work you will do everything but in total witness action, because your one contact is there your one contact is here and in that condition you will be. So once this things happens then you are not on body dharna videhi avastha they say, you are doing everything but you are videhi. Janak King was there in videhi avastha. You remain but one contact is there and one contact is here.

If you have read, the book, "Autobiography of yogi" by Swami Yoganand, in the last cover something has been written by the person who has done autopsy, the doctor in America and what has been stated is "his body was kept 21 days", that's why it struck me and there was no slightest action of rigour mortis. Rigour mortis means after you are dead, the body becomes stiff the life starts going, it was fresh for 21 days and after 21 days then they cremated or whatever they have done it, he is in samadhi, deep samadhi, nirvikalp samadhi, for the other world he must have been dead but he is not dead he must have continued, but after 21 days rigour mortis started.

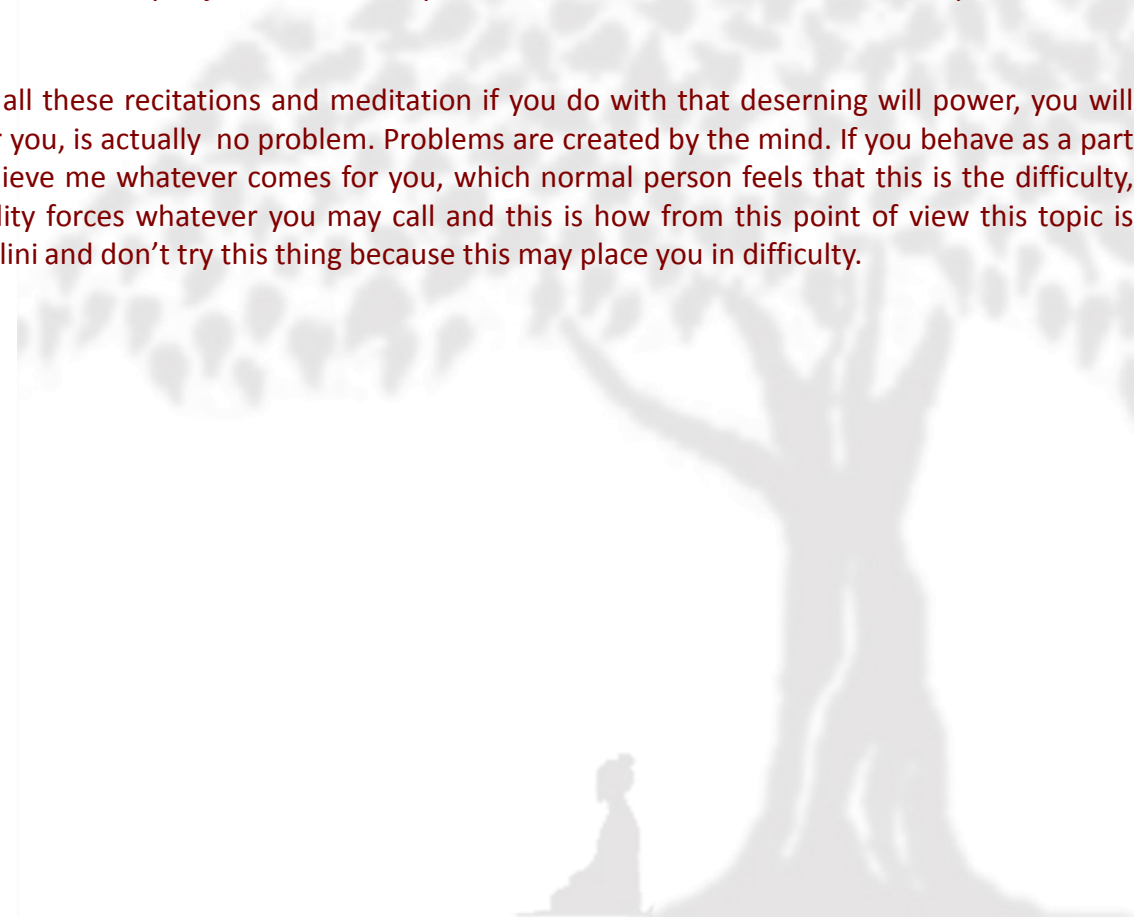
One more aspect is our death is a death of a being, a death of a body because we are in the doing all the time, but when a person completely there and comes back then in that case since he has absolutely no body dharna, then in that case his body is not cremated, they bury it and form a Samadhi. Similarly, children whose teeth are not developed they are not cremated, they are buried. The reason is they have not developed that body consciousness. But if you develop body consciousness and all this things it is better to destroy the body because no attachment remains there that is one of the view taken by the seers.

Try to remember it is your consciousness, corresponding to how you unfold, kundalini starts giving you power. With the result, the more and more you start living for others, more and more this kundalini shakti will start automatically to give you power to do it selflessly, I am using the word selfless work, you should always think what best you can do for others.

Kundalini

You should not say he is good, he is better, he will give money and the moment that comes, you become different. Wherever you go, do as if God is working through you and God cannot be selfish, to the extent of your ability, since you are in human limitation, you are in lakshman rekha, to the extent it is possible you do. God can do anything. But to the extent where ever it is possible howsoever it is possible, do best you can as if you are Totality and they are the part of yours. If you don't do and if you just feel that they have not done it and I will not do then you are in the mundane life.

In Brahma Vidya, I just told you, all these exercises and all these recitations and meditation if you do with that deserving will power, you will always find that whatever you feel now is the problem for you, is actually no problem. Problems are created by the mind. If you behave as a part of Totality, every time the God is acting through you, believe me whatever comes for you, which normal person feels that this is the difficulty, there is no difficulty and it is always taken over by Totality forces whatever you may call and this is how from this point of view this topic is important. But please don't try to activate chakras, kundalini and don't try this thing because this may place you in difficulty.



Mind

We are going to discuss the important topic especially from the point of view of our mundane life. The topic is about 'Mind' and we have to enter the realm of mind. The human being's position in mundane life is determined by the way he is thinking. Whatever he is thinking today, he becomes like that tomorrow.

Mind is a important aspect of the human life and therefore in Brahma Vidya detail study is done about the mind because ultimately if there are the mistakes in your behaviour, if there is fear complex, anything wrong with your nature it is in the mind and you have to see that you get over it and also understanding the nature of mind you have to apply the methodology.

Generally though our mind is so important, we are least concerned about our mind and we only go to fulfil our aspirations through our senses by exteriorisation of the mind and if you want to have a balance of your life then in that case your balance remains only when your awareness is turned within and as and when required to do the work you exteriorise your self remaining in the present tense in a witness action, in a shakshi bhav.

First we have to understand the functional aspects of mind. Mind is one but is divided into two parts based on its functional aspects. First mind is – objective mind that is conscious mind, in sanskrit it is vastunisht mind and this mind we use in day to day life. Human being uses five windows to have interaction with the outside world and these five windows are panch nyanendriyas which we use and the function of the five senses is whatever the signal it receives either by seeing, hearing, taste, smell, touch that signal through different region goes to the cortical region and it is registered there. Once it is registered there it becomes part of your conscious mind, after that whatever you have seen now if you have seen it earlier that earlier whatever you have seen is also recorded inside. That whatever you have recorded on earlier occasions and in the present occasions, there is the comparing going on and on that basis the thought comes and action is taken. This is the function of the conscious mind.

In our adhyatma, spirituality, it is called jagrut mann and this is how we try to understand things in our day to day life. On that basis we take the decisions and we act upon it. Work of the conscious mind being through the senses and the decision to be taken is from the preconceived notions which you have derived through the experiences of senses earlier. This mind functions till you are active the moment you are sleeping this mind also sleeps. So your conscious mind is defined in the Psychology as active, till you are not sleeping the moment you sleep, it also sleeps. The moment you get up next morning it starts working. So this function of the conscious mind is depending upon whether you are sleeping and whether you are aware and you start day to day activity

Mind

Second important aspect of this mind is that it acts as a continuum; soldier on the door of the subconscious mind. It is only with the permission of the conscious mind information can go to subconscious mind otherwise subconscious mind door is closed there is no avenue by which you can enter the subconscious mind if conscious mind is there. All this points which I am telling you in detail are all important from the point of view of upgrading your self.

Third important aspect of this conscious mind is application of reasoning, comparing, taking the judgement, decision. Conscious mind takes the decision in the given state of circumstances, understand the things and how to react or not to react. All this decisions are taken by the conscious mind which is the reasoner that gives the judgement. This conscious mind functions in the left cortical region of the brain.

The second part of Mind is subjective, atmanishta, the subconscious mind. The subconscious mind is also called unconscious mind, subliminal mind. This subconscious mind looks after your involuntary system. The way in which your liver, blood circulation, brain, each and every organ, each and every cell is functioning this is all being looked after by subconscious mind, not only that after mating, male and female gamuts come together, from that unicellular this beautiful body has come into existence. All this beautiful work of architecture is done by that subconscious mind. Try to understand, each and every organ of ours is doing such an important job, important function that even today with all the knowledge of science we cannot compare our self with any one organ of our body. Such a colossal work which is going on inside and that is done by the subconscious mind, that means how your heart is beating for 80-90 years, 100 years-110 years, not to your knowledge because the moment it comes to your knowledge there is something wrong with the heart, otherwise it functions properly. How the liver is functioning, produces more than 200 known chemicals, for which the scientists say that we require few acres, at least few acres for the factories sprawling over and it is just place like this. Each and every organ you see the way in which it is functioning, it is such a stupendous task. We are aghast to see how the functioning of the various organs is going on and every thing is going on again without your knowledge involuntarily. If you get little more work, you say I am under the tension. See the way in which the work is going on, without any botheration, automatically and all this things is done by the subconscious mind. You can understand how much power must be there in the subconscious mind. Only difficulty of this subconscious mind is it has no reasoning, it cannot take decision on its own. Catabolism and anabolism are the two processes of metabolism continuously undertaken inside the body. Whatever the creative intelligence happening within the body, it is the job of subconscious mind. So the power of the subconscious mind is far more then the power of your conscious mind.

Mind

The important thing is, once anything goes to the memory of this subconscious mind, it never forgets, it becomes a fixed memory, you cannot forget. Secondly anything we learn and it goes in subconscious mind and you don't have to bother about it. Simple illustration I will tell you. You go in new building, in new place, you climb down the stair case, while climbing one or two steps you are conscious about it, then after you are talking to your friend and you climb down, that just happens.

Because once the subconscious mind learns the height of the stairs, the width of steps, automatically you go. If there is 2mm difference in any of the steps you will fumble there because that is going on accurately. Subconscious mind anything you learn you cannot forget just like you start learning cycle, you don't forget once you learn, you start learning swimming you don't forget it once you learn. You start driving the car, initially when you start driving the car, you must have the experienced how much you fight with the gear, clutch, brake because you are driving with your conscious mind, the moment you are doing this for two three months and then even if you are talking with your husband, your wife, with your friend and gears automatically are changed you just put it the brakes, no difficulty about it. It is because whatever you are doing consciously up to this time, got imprinted in the subconscious mind, once it is imprinted in the subconscious mind and things start flowing from that subconscious mind. It does everything with the precision you don't have to bother about it, automatically it starts happening.

One more illustration which I will give immediately understood by the ladies. So many times when the winter is on, when there is new born child in the house, you start knitting the sweater with the two needles, you start knitting with the wool. Once you get grip over that wool how to knit it, then even while watching the television and the sweater is done without looking at it physically. Why? Because you have now acquired that skill, initially through the conscious mind but trickled to subconscious mind, now without looking at it things go automatically. The sweater gets over in 8-10 days in a very relax mode. If the subconscious function would not have been there this acquired function of conscious to subconscious, it would have been very difficult for us to even cross the road also. It is because we have acquired now the knowledge from subconscious and gone to subconscious mind from the conscious mind and so automatically we do so many things and so many things happen not to our knowledge.

We have to see how to apply this functioning aspect of mind to see that our life becomes better and better, in order to see the quality of our life improves then only you can get over the things other wise the mistakes which you are making, the phobia, fear, so many things which you have got. The reasoning is given by the conscious mind on the basis of whatever you see, whatever you feel, whatever you hear, through your five senses, that information goes in to your five senses computer.

Mind

Whatever presently you have seen and is compared with the similar instances happened earlier and with the comparison understanding the pros and cons, on that basis the decision is taken. Many a times you go to beach with your family, husband, wife and children. Especially when you are walking on the wet sand your foot prints are there. If you just observe at the foot prints even looking at the foot prints you can say, these is your sons and daughters footprint, this your wife's foot print. Now such footprints are there inside you also, on the basis of which you take the judgement.

To make you understand better I will tell you one interesting story about these imprints. It so happened in France, a couple was tired for a long time, they had not gone out for outing and that's why couple decided that they will go to sea resort, stay there for 8 days and come back. So they selected a particular sea resort, they reached there in the evening. At this resort nobody knew them. They went to the hotel, near the sea shore to stay. On the first occasion they have come there and after dinner, in the evening husband requested the wife to come with him have a stroll and they can come back. Wife said, "I am tired, you also don't go" but he said, "no, no, since I will like to go for a walk for about one mile and come back", so then she said, "you go I am resting". Husband went, unfortunately he never returned. In the morning, a milk vendor at about early morning 5 o' clock found his dead body lying at the sea- front. A police complaint was made and police arrived and started investigation. Generally police try to decide as to who must have done it on the certain clues they get. One clue is animosity, that there are ten persons against me, or second is clue theft your wallet or, watch is taken so like that there are clues.

Surprisingly police in this case found that there is no clue. Nobody knew this person in this town, they came therefore the first time, first day, few hours they have come, his wallet, his pen, his costly watch, everything intact, nothing is gone. So they were fumbled because how to see that this person is murdered for what? So they called the detective next day to come there and try to see whether he is in a position to detect or get clue. So next day morning the person came, he minutely saw the footprints where the incident had taken place. He had brought plaster of paris with him. He put that plaster of paris on the foot prints and when it dries up he took that plaster of paris out, then he minutely observed for ten minutes this foot prints and he uttered, "I know who is the person, who has committed the murder", everybody was surprised that how is it that this person only by observing the foot prints, just say that I know who has done it. So they asked him who? He said, "I have done it", detective said, "I have done it nobody else can do it, the reason is this foot prints are only of my shoes, my leg has a defect and one leg is like this only in my case and this only means that I am suffering from somnambulism (you walk, person can drive the car and does anything not to his knowledge in the night)(sleep- walking) and in that somnambulism attack I might have killed him".

Mind

Since the awareness of body consciousness, identification was now done there he is not guilty of crime. Just try to understand that because he does not know what he is doing. But I have told you the story the other way round, because these foot prints gave the clue, how he judged? He judged because he knew his foot prints he compared it and came to the conclusion. Like this with any episode in your life when you are confronted with anything or when you want to do anything or when you see anything and you have to interact with it or not to interact with it, your decision which is reference to earlier episodes, which you have undergone on that basis you take the decision, now this is the conscious mind. The difficulty with the conscious mind is that it can do anything, it can take the decisions but it has no creativity in it, in the sense the power of creativity and everything is in the sub conscious mind of the body. So reasoning can be given by this conscious mind and therefore this mind is such which we use day to day and out in a mundane day to day life.

This subconscious mind, we have just seen, is a power within, is doing everything inside, so doing the highest complicated job but it has no reasoning of its own. Therefore unless and until conscious mind gives the reasoning, i.e. direction - yes or no, provides the reasoning, it cannot have its own reasoning. It has to act upon the reasoning given by the conscious mind, this is the very important point in the life and you try to understand. Subconscious mind is a powerful mind, so conscious and subconscious when they work in harmony you will find your thinking is perfect, your action is perfect. If there is no harmony between the two, then there is difficulty. Why harmony is not there? In the conscious mind because of the question mark, doubt, fear, ill will, spite, hatred, you create several doubts, to be or not to be situations. In that, to be and not to be situation if that same is reflected in the subconscious mind, that means there is the confusion in the conscious mind, subconscious mind multi dimension comes the confusion inside, it cannot take the decision on its own.

On the contrary, if you take one pointed decision that goes in subconscious mind and all the powerful things, pursharth, from subconscious mind comes or at upper most to see that your job is done perfectly. But in mind there is the confusion due to selfishness, ill will, spite, hatred, doubts, all clutter pulls all these things, if you are not confident of your own, the moment that happens that will not allow any powerful thing from within which is available to you, to come out, it will get throttled. So generally because of our fear, tension, question marks, ill will, spite, hatred and all these things, our judgement which comes out of this is a very weak judgement, it is not one point judgement, with all this you create a confusion not only in the subconscious mind, but in a multiplication it is reflected in the conscious mind and the difficulty is then you become very ineffective.

Mind

'Kshipt manovruti' which is described in Bhagwat Geeta is this, by some imagination you come in such a way that you feel I don't want to do anything and for which you give several reasons and you just see that this is a truthful thing, a philosophical thing, this is not philosophical thing. Ultimately whatever the circumstances you are going through, after understanding those circumstances, what is the decision to be taken as the need of the hour that is to be taken. Once that decision is taken, accept that decision, you have not to bother about anything, you have to do your best and after doing your best again, don't worry about the result because the moment you get attached to the result then again whether it will happen or not, again it will be a confusion and that's why as a shakshi bhav, witness, you have to look after it .

'Shakshi bhav', witness, is not that you have not to do anything, see that what is the need of the hour in the present tense, take the best steps at the body, mind and intellect level and after doing those steps when nothing is to be done from your side, you have only to relax, just watch what happens. If you relax and find what happens you will find automatically something happens from the Totality side and you get over it. That is very important when we have to act with a conscious and subconscious mind.

We try to understand hypnotism and hypnotic effect under which we are all going one way or the other. I will give brief history of hypnotism. In 19th century, this science was not called hypnotism, in India in our ancient shastras it is called sammohan shastra. Sammohan shastra was developed in France, recently in the 19th century by one Mr. Mess Mier. Mr Mess Meir used to go for hunting and on two to three occasions he saw python very huge and very slow in action standing before the deer. Python looking in the eyes of the deer, deer looking in the eyes of python, python slowly, slowly comes ahead and swallows the deer. Deer can very swiftly run 40-45 miles per hour. Since he saw this 2-3 times in his life, he was surprised as to how this has happened because if the python is seeing who is very slow, known to deer, with the basic instinct of struggle for survival the deer should run but the deer got transfixed. It is called transfixion, sammohan. Therefore thought came in the mind of Mr. Mess Meir that there must be some power in the eyes of python by which the deer gets transfixed. Therefore he started several exercises on his eyes and then he developed the power in his eyes, he started sending the magnetic force, through then & then started curing certain persons and so many things. Ultimately because of certain medical frictions he was convicted, he was sentenced also for some time, but that is the origin of mesmerism at that time.

Now in this 20th century this science is developed and this is not called mesmerism, it is called hypnotism. Hypnotism is the science and the base of the science is that God has given the power to the human being that whatever you make it believe, it starts happening. If you make a belief in your mind that you are strong, then you are strong, you feel you are weak, you start becoming weak and this type of power of your mind they call it hypnotism.

Mind

Further by research they found that if you want to give the direction to someone under the hypnotism, you do something by which for sometime you remove the sentinel of conscious mind away and by forming the coup.

They call it 'coup' word, send a autosuggestion to the mind of the person, that person accept that suggestion because conscious mind is not there, the autosuggestion goes and he believes it 100% there is no doubt about it. Suppose the hypnotist tell you by some methodology, take your conscious mind out and give the suggestion to the contrary to what you are, you will accept that suggestion and will start behaving accordingly, he give you anything you like or something in your hand and he will say that this is the chocolate and go on eating it and if you are hypnotised, you will start eating that as if it is a sweet cadbury chocolate.

Due the recent science development you can put the person under hypnotism to such an extent that firstly, so many operations are done now-a-days under the spell of hypnotism without using anaesthesia. Secondly, recently in the last 20-25 years the research was done on a person to take him behind in past birth under hypnosis and cure him. The idea was so many illnesses in your body are psychosomatic, so only by outside diagnosis you will not be in the position to remove it, there is some twist in your mind and unless and until that twist is thrown out from your mind the person will not be cured. Therefore in the science they just decided to put a person in the relax position, put him under the hypnotic spell and start giving him suggestion while in retrogradation. Suppose Mr. A is placed before me here sleeping and I give suggestions that look here Mr. A, now you are getting the sleep and you are under the control of my suggestions and he accepts that, then I ask him, go behind 10 years and tell any important episode in your life, 10-20 years, you can take him to mothers womb, what happens in mothers womb also he starts saying and then suddenly, last 20-25 years person started going in last birth and in some cases persons have described their past births by going back, back up to 6000 years, 65000 years back what was the geographical position of it, says exactly what was there.

The first thing that happened to an American who himself was a psychologist of a repute, certain persons from France came and they just told him about this retrogradation and by this they say you cure the disease. They gave the illustration that suppose the person was taken 5000 years back, where he was in the nomadic Mogul tribes and then when he was sitting in a boat one spear went in his neck and in a shock he died. In America when he was born, he had a neck pain and he went all over America to all the specialist, but nobody could find the answer. When he was put under the trans and he told what has happened to him in that and the suggestion was given to him, "look here, what has happened that has gone, now you are a different person, now you are in the present tense" and then he was brought in the present tense again, bringing him again to present state and surprisingly his neck pain had gone.

Mind

One illustration was told by the American doctor to a great psychologist. He said that “I have some difficulty, when any lady approaches me and I don’t know what happens and I want to try hypnosis”. So the Doctor was made to lie down and he was taken to retrogradation, till birth, in mother’s womb and suddenly he says, name of the place in Russia that I was in Russia and all the description was given and he says “I am four years old, I am four years boy I am in front of my house, on the first floor my mother is knitting the sweater, red colour sweater. Then I suddenly decided to go ahead, I went little ahead where black smith was working and you know the black smith he is hitting the red hot iron, I am looking at it, he is a strong person and suddenly accidentally that red hot iron flinched and got hit on my face. “This boy is burnt completely, he put out the hand and tried to shield himself but his hands also burnt. Four years child very tender there after his face become ugly, his hands too. The difficulty was usually children also don’t understand, they use to make fun of him, especially ladies the moment they saw him they used to get frightened, so that made him very sad, upset. Ultimately he became a priest and started working in a particular church and then he said and I died there.

In this church there was a tradition that priests who died here are mummified and my body is kept here in such and such a church hanging on the wall. Then again the suggestion is given to him, “this was in the past birth, now you are in new birth, just forget about this thing” and doctor was brought back to the present and doctor became completely alright. Now the doctor became normal as it coincidentally happened that he was invited in Russia for a medical conference and he accepted the invitation because that was the place from where he hailed in his past life. The description given by him when he was in the trance it is very near. So he went to Russia and Russia at that time was communist country he can’t go anywhere, only in the hotel and the conference, he made a decision that I want to see and he slipped away. He went to the church which was described by him and when he was moving in the church he found on the wall several mummies and at one mummy when he came near he saw his face distorted, hands distorted. This is the incidence given by that psychologist after coming to America. There are around 5000-6000 cases like this.

This memory which is inside is not only the memory of this birth, but of several births and once it stored in this mind, this is the permanent and in the memory if there is the catch, that catch ultimately takes the toll in this life by which some disorder starts, that’s why the new research becomes important.

We will just try to understand in the childhood after taking birth till we become of the age 13-14 when our sex starts coming up, this is the time when your family, near and dear ones, parents and all are around you give all the directions and suggestions and you accept them as they are, there is no question mark, you will be a rebellion you don’t want to follow it but that is different thing.

Mind

You don't doubt your parents what they say and thereby your mind is as collective mind of near and dear. If there are blind faiths in your family, you will also have those blind faiths. If there are wrong suggestions in your family even you are with it and with this if unfortunately wrong things are accepted, your judgements will never be right in your life because that has gone inside which you cannot remove. After 14 you start using and then anybody suggest you keep a question mark whether he is right or no, permutation and combination of this type of your reaction to the outside world plays a lot to your psyche, your individuality, your character. So many a times a person who becomes a thief, a person who commits a murder apparently we feel that he is wrong, but many a times it is not in his hand and he is just under the hypnotic spell of something I will give you one illustration, to make my point clear.

In the early 20th century, in Lucknow, surprisingly police started getting complaints that whenever a tongawala, kept tonga (horse carriage) on the street and goes out for some work that tonga used to be stolen and left outside the Lucknow city. Police was very much surprised because apparently though technically it is a theft, but no purpose because he is keeping it out. So they kept a watch and it so happened a small boy of 12-13 years from a good family came, took the tonga out of the city and left it there, then he was taken into charge by police. Then he was sent for psychoanalysis, where in he stated that I have come out of the school and I am going to my house somebody called me by my name and I looked at him, he was elder to him, a boy about 17-18 years of age residing in his lane, known to him and he was sitting in the tonga. He asked him "do you want to have a ride with me", naturally a child is bound to say that I want, so he sat in the tonga. Normally the tongawala sits in the front and backside the customer sits. But the boy was sitting next to this tongawala. So when he was going with him this tongawala talked something to him about sex, this sex feeling was then emerging in this boy recently, so he started getting that sexual urge a little bit. When this topic started they were coming out of the city and suddenly he made a disclosure, that this tonga is not mine this tonga I have stolen it.]

Soon after both of them left the tonga outside the city, both of them came back, went home. A small incident in the life of two boys. It so happened when there is the emergence of sex, sex feelings do come in the sleep, when he becomes little sexy he use to search for the tonga, in the brain in the subconscious there is no reasoning but that sex and stealing tonga was connected, that stealing tonga he used get sex satisfaction, that was accepted inside. It becomes the configuration of that type and the moment this use to happen the moment he used to feel sexy he see any tonga he use to take that tonga go outside city again leave it and come back. There after suggestions were given by psychologist to him and he was taken out his perversion.

Mind

In our brain also unknowingly so many things have gone inside, through parents, friends, society but once you allow and it has gone inside stuck up to some other thing which is not there which is not related then some configuration starts taking place and the moment the configuration starts taking place you do some act which cannot come under the ambit of reasoning, because it is not out of the reasoning it is the perversity, it is of the twist inside the subconscious mind out of which the perverted thoughts comes.

One more illustration I am telling you as to how things happen beyond your control. In Korean War, South Korea was supported by America and North Korea was supported by China and Russia on the other side. One American soldier in the morning was shaving, American soldier was tall and tents are little low. The razor, soap is with him, he put his mirror so that his face comes in line to the mirror he just saw that his two feet are apart and he started shaving, small incidence. In the meantime suddenly the raid from the North Korea side came and there was firing and one bullet fired went through his legs and he became unconscious, he had no injury. So after that raid was over, everybody came, they saw him lying then he came to consciousness everything is fine but the only difficulty with this person is he cannot bring his two legs together, very difficult position it was. He was sent to the best hospitals, 5-6 days he was kept but nothing happened, no fracture, he was flown back to America. Then he was sent to psychologist and then in the trance he just told as to what has happened and how it has happened and in the trance he was again given the suggestion, “look here Mr. that incidence has already gone, you are unnecessarily keeping your legs apart, that bullet has gone long back now there is no question of injury to your legs”. Moment that suggestion was given and he was brought out, his legs came together. Because legs can be injured by the fire, is the suggestion here in the mind and mind was not allowing the legs to come together. There was no reasoning. Conscious mind cannot do anything once the wrong suggestion has gone to the unconscious mind . But after the positive suggestion was given and he was fine .

Knowingly or not knowingly, so many things have gone inside your mind, every body's mind no exception in it and again very good configuration are formed, some are very good, some are unnatural and some are pervert, some are unnecessarily you start getting fear, you start paying attention, you start becoming selfish, so many things happens. There are about 150 aberations of the brain on sex and fear, but this is the way in which now this happens. Even if you just see the criminals and the modus operandi operated - the way in which the crime has happened, i.e. certain persons who are likely to commit crime , because there is the modus operandi bureau because the criminals does act in a particular way only. These things happen and you do not know it, you are impulsive, knowing full well that you are wrong you go and do it.

Mind

Therefore the only way to get rid of this thing is that whatever dirt has gone inside and the wrong configuration have taken place they are to be wiped out. It goes to the causal body and especially when bhoota agni increases then only you allow good thoughts to come in from all the sides and then these eliminate the wrong things of your causal body and it becomes the part of your prarabdh your future in the last three centres, chakras wipe out and you become better and better and therefore meditation is recommended for this.

When you go in meditation, our Brahma Vidya each and every recitation is very positive. Those recitations are effective. After 4-5 months by repetition go they inside our mind, these thoughts go inside and they become the part of the character, they wipe out the weaknesses and you become better and better and your ability becomes better and your fear goes then you are bold, if your doubt goes then you become confident, strong. What is the difference between the person who are successful and the persons who are failure, one who is the failure he has no faith in himself the other person has dominant faith in himself, in-dominant faith in himself, that is the way in which it starts happening you feel the God within, follow Him and the rest He will manage. You become a different person, your psyche becomes different, everything starts improving and you will first find when you will go in the meditation, it takes time but then you go in the state of abstraction and once you go in the state of abstraction then you are in the harmony with the subconscious mind and any of the auto suggestions which are given in Brahma Vidya they start going inside because you are in symphony, harmony and the moment they start going inside it is bound to change your character, your stance of life, to change everything in your life to positive direction, you are going to be successful person, from the psychological and spiritual point of view.

Therefore in Brahma Vidya these breathing exercises and recitations and then doing meditations are given importance because if you do it for 2-3-4 years, you your self will find that you are changing for better not only physically, mentally, physiologically and but internally also. God is giving an opportunity to help others thereby you become His representative, this is the approach of Brahma Vidya and objective is to become emperor of your self.

Right Living

Today we are going to discuss a very important topic of right living, whatever a person does in life he has to first think, then he has to feel and then he has to act. Suppose he thinks and he doesn't act, that thinking is of no consequence. Your success is based on what you produce, what you do, what you actually act. In Brahma Vidya we understand human being is a thinking machine and believe me this machine has the ability to objectify whatever he thinks, whatever you think you can objectify, that is the capability, 'Pursharth' of this machine. Many times we think and we fail, so you should know how it happens and how you have to mould your self, we had seen in the lecture on the functioning of the mind - conscious mind and subconscious mind, keep that at the back of your mind and then we start discussing this topic.

Most of the things happening to us, happen automatically of which we are not aware. Our whole life if you see minutely, without our knowledge so many things are happening, for e.g. heart beats, breathing is going on, liver is functioning, everything is happening within and you are not aware of it. These are not voluntary reaction, they are involuntary process and 90% of bodily function inside is involuntary while only 10% is voluntary. Nature or God has kept it deliberately like that, voluntary and involuntary process are segregated, because God knew that if they would have been combined you can create hell out of your living. In the mastermind of the body, the metabolic activities (catabolism and anabolism) are going on within and on the basis of which everything is functioning. Most of the functions are involuntary, but in spite of that your thinking, your emotions, your mood affect the functioning of this metabolism within. In fact your negative thinking creates lot of unpleasant things inside, for e.g., I will tell you, suppose you have a fear immediately you will find, pulse rate increasing, heart beats increasing, automatically this reaction takes place and therefore though this autonomous functions of heart, pulse etc. are taken care of, you can still fiddle with the instrument of your body by your thinking, by your emotions and by your mood. Virtually day and night you are playing around with this body, beautiful body, perfect body, because of this negative or positive thinking, negative or positive emotions, negative or positive moods.

You are in a good mood and suddenly some thing happens and you are in a bad mood, completely bad mood. You are in bad mood suddenly you swing into good mood. These moods change from time to time, moment to moment. Unfortunately by going on a negative side, which Rishis call 'ashubh', you create a groove, a habit of negative thinking which becomes your permanent stance. Thus you will find so many persons are victims of depression. In fact this machine (body) has been created by the God for human being not only you think but whatever you are thinking, it can contemplate, it can happen, you can objectify it. Brahma Vidya is the science that not only points out your faults, but also immediately it shows you the solution provided you follow it.

Right Living

If books are not read with the right attitude, the existing confusion in your mind gets worse confounded. In Brahma Vidya we don't believe in confusion we want to see straight. It is a very simple way, try to understand it, without going into complication. The first important aspect is – thinking. What is this thinking? Once you understand what your thinking is, you have to understand what type of thinking you have in human body, how we can lift it to the positive side and stop ourself from going to the negative side. This thinking process is developed in a human being. God has given man panch dnyanendriyas - five senses, panch karmendriyas - action points. These have also been given to the other animals but in other animals, they are only in existence, there is only awareness that they are in existence and they function. Totality's computer to bring the objective of total harmony in the nature, propels them. They behave automatically, instinctively. In case of the human being there is the difference that is why the thinking is different. In case of the human being it is not just the awareness, it has become self-awareness, only change is self-awareness. What is that self-awareness? Other animals do things instinctively and forget it. There is the self awareness in the human being that's why, when first human being started seeing something, whatever he saw, he captured in his mind, with reference to that the next time whatever he saw, he not only recapitulated, remembered but in comparison he had added something to his previous knowledge. Thus the thought started in the human being. From the inception of life human being developed pre-conceived notions of things around it, inter-acting with it becomes elementary thought process, i.e., 'elementary'. I have not said 'complete', elementary thought process has started, which was not there previously. Thus self-awareness has made a difference in your system.

The self-awareness whatever you see you recapitulate, I have seen last time like this I have recapitulated like this, now I have seen it like that and now I have to act like that. That self-awareness you started interpreting it, interacting on it, on the bases of 'I', I have seen yesterday, today I have seen, so that I has come here and with this I you become self conscious and that consciousness you are acting with reference to the body. Thus you get information, you do actions, through your body and that's why gradually that self conscious I becomes body consciousness, slowly. It is a very natural phenomenon there is no perversion. We have the five indriyas and karmendriyas (windows to knowledge), which we use to become aware of things around us. God has given you some happiness, allurement through each and every indriyas, if you see a beautiful scene you are happy, if you see a beautiful lady you are happy, beauty is there, anywhere if you see beauty you are happy, you hear a beautiful melodious song you are happy anything beautiful you are happy, anything good you are happy, if you are in a hot sun and you get good wind then you are happy, if you taste good food you are happy. So each and everything given by God you become happy or you may become unhappy also if it is bad.

Right Living

This happiness you got through the indriyas, by which you feel elated, so naturally the tendency with reference to these five indriyas and five karmendriyas is I must get more happiness; I must get some more, whatever it is. This more happiness many a times, in fact all the times you go beyond the boundary you go beyond the circumscribed limit, e.g., taste gives you pleasure, eating gives you pleasure but one must eat slowly. Because it takes 18 minutes for the centre at the brain, the satiation centre to gets satisfied and then you don't feel like eating, But some thing is tasty I wont to eat more because I get the pleasure. So more, I live for eating you go on eating, phat, phat, phat, phat, phat, so that centre has no time to give you signal that it is satisfied 'don't eat', you over eat, that by 18th minute you over eat so much that the body has to bear all consequences. Thus we misuse or overuse each and every indriyas and karmendriyas. Anything which is given by the nature to you to maintain your body, to maintain the temple of this living God you are misusing it in such a way that it is a perversion, which is a negative thing by which you try to destroy your body, destroy your mind. The feeling of satisfaction is in the mind, excess of which is called Moha. Whether your body wants it or not, you don't understand, but you want it. The thinking process which up to now was first getting the knowledge and doing it as per the requirement, it starts getting bent and once you start eating more, once you start doing anything more, your sex more, your drink more anything more then in that case that becomes a quick in your attitude, slowly you start becoming pervert. Generally, we suppress our defects; do not show to the outside world. Medical research has proved that any suppression creates a bodily disease or disorder. The defect developed in the attitude is because of the ego (I want to show that I am better than you) and if you cannot show that, try to suppress it, by suppressing it you are again disturbing the body.

You have a status in the society, every person even a peon has a status and with that status he wants to see that the status is maintained. The moment anything happens by which his status is affected he gets disturbed feeling his prestige has gone, and he is very unhappy. Though ego is a false centre, but it is a centre that you have made. Anything happens against it you are disturbed because virtually then you have created your status in such a way that your happiness depends on the reaction of the others. I have yet to see a single person becoming happy who only believes on the certificates of the other persons, because the other persons give the certificates from there selfish point of view which you don't know. Today you are the judge every body will say that 'your lordship' you are good, but when I am not the judge why should they say that, but that I forget because I was feeling that I was really great that's why they are telling me so. The moment I get down from the chair I have to forget that and if I don't then I will purchase for me unhappiness. Ego has brought lot of fear in your mind the fear in your mind is every where, that your expectation will happen or not happen, and once the fear starts then so many things starts, the moment the fear comes there will be anxiety whether this will happen or that will happen, then there is misgivings and ultimately it will reach to depressions, psychological problem. 'Ashubh' or negative qualities of a human being like envy, spite, hatred, jealousy, etc. emanate from fear.

Right Living

Your mind becomes the house of 'ashubh thoughts', negative thoughts. Good or bad gives rise to emotions. As per Brahma Vidya emotions are the feelings of the soul. Soul is not Atman, don't confuse the soul with the atman, soul is a soul, soul means mind, intellect, atman and ego, these four things makes soul. The experiences of this life and past life are accumulated in the causal body and after death through the causal body the soul escapes. You take a rebirth on the basis of cause and effect. The atman is the light, the light of creative wisdom on the basis of which each and every functioning is. It's a creation. When this creative light touches an injured person, his injury will go instantly, we don't require any medicine. If that creative force is sent anything can happen, e.g., Duryodhan went in water and became the part of the water, then he was brought out for fighting in Mahabharata. This is padarth bhavini avastha, Rishi Patanjali has beautifully described it. The creative light is neutral, if a perverted thought passes a perverted action ensues, similarly if a positive thought, then positive action. Thus a distorted thought entering the groove will have a bad action. In fact you are the author of that bad action, it is you who has created your self, do not blame God. God is the light of creative wisdom, e.g., a knife can cure a person by operating him and kill him also by poking it, that creative light is such whatever you keep in mind that starts happening and then once it starts happening you have to under go the consequences of your action by the theory of prarabdh.

God is the witness, he does not do anything good or anything bad. In fact God wants ananda. He wants to enjoy though each every embodiment. A human being is the culminating part in the evolutionary ladder. Once you understand that you are God and you become God and then by sankalp coming again back on earth by desire doesn't arise, because you have destroyed all the seeds of karmas in causal body. You are only light and you are going as a light, the light is there which is inside, a propelling force, a doing force and a part of the Totality's light to bring ananda. In the universal stage, there is no good, there is no bad everything is only ananda, only bliss, English word joy or bliss is the nearest meaning of ananda. The human being is created as per our shastra to become God, ultimately. Human being is given the ego, though it has led to perversion but it is a transitory base out of which you are going to get lot of things amongst which is awareness. You shift that awareness of exterior mind to come within and when the antenna which is only for I do, I do, I do, this body consciousness, is slightly tilted inwards immediately a light comes directly and whatever you are thinking you are not only thinking by your exteriorised body consciousness but you also get the pradnya jagruti from that light which will exactly guide you, as to what you should think what you should do at that time and space. Nothing is good or bad at a particular stage, stage changes, time and space changes and you have to change and get hand in glove with the evolutionary process which is going on all the time and that's why instead of becoming sensitive, we are very sentimental, we have to become samvednashil - sensitive to the Totality's forces, we must always try to grow in the perspective vision of the Totality, as against by our selfishness we are doing it very lop sided, like the frog in the well saying the well is the whole universe.

Right Living

The first way to understand, 'anand' is expression of love. There are three faculties of love. There are some persons in your life who love you or you love them, second there are some persons who are your enemies, when some thing bad occurs to you they are happy and the third majority the indifferent the whole world around you can be compartmentised in three aspects friendly, enemy, indifferent. Everybody will like love because of the love from the childhood, you develop that warmth and love otherwise you would not have had. You would have been independent like animals who forget after 5-6 years, leave the mother and are independent but that special love faculty shown by your mother and father, near and dear becomes part of your life and then in your self or so within, from your thinking you developed a love by which you become compassionate, and feel that some thing good should be done. The idea of doing good arises because of that warmth the mother has given you, that warmth father has given you, nearby persons have given you that warmth, wife and other person have given you. Thus love has started spurting. If this love would not have been there life was not worth living. If love is not around you, life is not worth living and that's why love force is a very important aspect. I am talking only from the mundane point of view & not spiritual because spiritual definitions are very different. This love is in duality since it is in mundane life. Persons who are very rich but uneducated love their children but to the point of indulgence, thereby making children weak, e.g. a boy starts walking, 'arey woh gir jayega' (He will fall down), you don't allow him to walk. If you do it for very long time, he will not fall but you are making a weakling out of him, he will not be in the position to walk properly and he will not be strong enough to face the life. So when you love your object, it is not getting glued to it, getting attached to it, is not love. God has given you a child to look after, give him warmth as also teach him to fight life's tribulations boldly.

The second faculty of love is the enemy. Generally people do not like enemies. The moment enemy approaches fear is built up, anxiety, tension and pressure crumbles you. This is the negative approach. But suppose in childhood you have grown in a positive atmosphere, enemy becomes a benevolent person. Saint Tukaram says " Nindakache ghar asave shezari" (Person who criticise you should reside next to you). Why, because if enemy is lurking, you will be careful, watchful. What does enemy signify - you don't get expected result out of his behaviours. But why should you presume that everybody will behave as per your expectations! Your survival instincts are sharpened to the best of you (your purushartha) shines.

The third category is the indifferent. There are many persons in and around you and their actions or inactions or even death does not concern you and hence you do not bother, you are indifferent. There is a positive stance to that. There is a limit to what you can do, however close and dear he may be to you. You are helpless because that's the optimum level 'thus far and no further'.

Right Living

This indifference saves you and teaches you in life that everywhere it is not in your hands to make everybody happy. Also you have a limit, within that limit do the best you can, but beyond that which you are incapable of doing, show indifference.

Thus there are faculties/qualities you interact positively thereby even turning around the bad in your favour. Emotions are the feelings of the soul. Emotions come in two categories - positive and negative - love and hate, courage and cowardice, bold and fearless as against fear. Love is a creative force while hate is destructive. Fear can cripple you, anxiety, apprehension is a green-eyed monster that churns your mind and you go into depression.

Emotions become fixed to the substratum of the mind and they become mood, e.g., emotion is like a drop comes and goes away but mood is like a Tarang - it goes on revolving in your mind, you will be thinking of it the whole day and unless you switch off, it gets stuck to you, affecting you health.

Each and everyone of you must be honest to your self, i.e., judge, what is the nature of your emotions and moods, positive, negative whether you get angry, whether you are hot tempered, whether you are selfish, or a womaniser, or a boozier and. I may be Valiakoli but I want to become Rishi Valmiki, once you become Rishi Valmiki, Volia koli has no meaning. Always take right path but for that you must understand that what you are doing is wrong. Voliakoli never knew that he is doing wrong he felt that whatever murder he was committing, he felt that it is his duty to see that his family is well- called for and maintained. We are Valiakoli in different directions, so we have to see what is going wrong with us. Any negative aspect has its roots in fear and good points are usually emanated from love, whatever the defect once you realise it, start changing. Change is most important. Bear in mind, mood swings change our psyche. Thus a negative mood goes on for 24 hours, 6 months or 1 year, you become obsessed with fear and go into depression. The only way out is counter balancing negative with positive, e.g., to get rid of fear, be bold. Fear is mental and imaginary fear multiply leading to suicidal tendency. Therefore run away from friends who depress you. They harm you. Society has a lot of good persons also. Today in spite of corruption we are far better off than 500 years ago. There are so many good persons giving always billions to charity, like, Bill Gates. Today we are much more benevolent to our servants, than olden times. So try to see there are persons in your life will only see negative, keep yourself in balance run away from there, 'Sang ka rang'. You start thinking negativity continuously so the first important thing is to try to counter act it, so that you go on the other side and you become a jovial person, a happy person, confident person all this thing starts by counter acting that mood and that can be done by continuous awareness. Tell yourself this is the defect and I have to go out of it, believe me in 2-3 months it starts going away.

Right Living

The moment the defect vanishes your health starts coming to normal because the psychosomatic effects which is 80% there in your body starts going out so body becomes better, thinking becomes better, health becomes better, your speech becomes better, your face becomes radiant. Brahma Vidya says the best way to counter act is meditation. Because of body conscious thinking and body conscious acting, which is called shipt manovruti - exteriorisation of the mind, your mind always goes out, you always search for happiness outside, the whole tendency of the mind is to go out all the time and the moment you go out, go out, go out, continuously and starts enjoying life only outwardly, first thing happens is slowly and slowly you start losing the connection within, which is the source of happiness, which is the God is there, everything is there and through which you can use the God you completely go away from it. The more successful you become the more money you get, the more intellect you have you create ivory towers of yourself. You don't want to live with the others you want to show you are better than others. The moment you create the ivory tower, the net result you will find is that it stinks. By hook or crook I must go beyond you, then I can do anything and can justify the means to achieve that end. This is how the whole crooked race starts, but we don't want crooked race, we want a graceful race, and that grace comes when you start living as the part of Totality, your thinking is whatever I do, whether it is a bahujan hitay, bahujan sukhay (for benefits of others) whether it is the highest concept of my truth, or if my truth is wrong I have to change and behave accordingly.

Once you start thinking that I have to live for others, my life is meant for others, this thinking is the thinking which is for God, God does everything for others, you slowly start representing His qualities. Alongside the process of meditation should begin for which you sit at a particular place, you say 'Om Shanti, Om Shanti' and 'Let peace be there'. Whether you are a Muslim or a Hindu it matters little, 'Shanti, Shanti, Om Shanti, is alright and then you relax and in that relaxation once you know that leading the life as the part of the Totality is the real aim of the life. The best way is to make the abject surrender to that higher consciousness you may call it Allah, you may call it Vishnu, you may call it Krishna, you may call it anybody it matters little? You fight for nothing now you just say that 'Oh God, I am making an abject surrender to you, let my act originate from your will, let my will originate from your thinking, let my thinking originate from your consciousness; let my consciousness originate from your Consciousness. You have to sit calmly. The nature of the God is calm, He is in the witness action, and He doesn't do anything. You only watch your thoughts, only watch and awareness is to be developed. This watching will not allow you to go out of the orbit but that awareness to tune to the God radio station and that awareness is within and not out. The breath is within going on within wherever the breath touches try to get the awareness and sit like that for 10, 15, 20, 30 minutes or an hour, not more and I am certain with this thinking, with this meditation, you will start going to the state of abstraction and the moment you start going in the state of abstraction then in that case you start getting 'Pradnya jagruti', Totality's computer signals and your thinking brings the grace because that is the grace of the Totality, grace of the God, this is how the life is to be run.

Right Living

You must have seen Brahma Vidya and meditation, recitations, up to this time, you must have also seen recitations with the exercise try to see each and every recitation is such, if you repeat it continuously and repeat it daily it has lasting effect. If you procrastinate and put it off, if you do half the exercises, it will not do. It is desirable that you do all the exercises, recitations continuously because by saying these positive thoughts go to your psyche and not only they correct your psyche but they also correct wrongs in causal mind which you are going to take ahead of you after death. You may not feel any change in 2-3 months time but in 3-4 months you will find that the positive thoughts are taking over you. Never say or repeat only for the sake of the saying, try to understand the deeper meaning in it, deeper, e.g., 'I am whole', means what is whole, if you are really whole then you can never in your life be unhappy. If you are whole, there is nothing lacking in you. When you feel that you do not, have something, and when you feel your happiness depends on others, you will never be happy. Even if you have got 10 crores of rupees you will never be happy, because you are depending on something. You earn Rs.10 crores but the wholeness will not come - the wholeness will come only by accepting the attitude of the God of witnessing, of living the life as the part of Totality and touching him in the meditation. If you do these then the symbiosis happens and you become a different person, each and everyone of one of you are bound to change your self for betterment. I want you to follow blind folded because now I have convinced you. You do it, if you want a change in life, and you see what happens in your business, you see what happens to your children. Because of your thoughts you create around you a serene atmosphere. When you are living for the happiness of the others, wherever you go it is the happiness that will result out of you and that is the life that you should cherish.

Rejuvenating Breath Part – I

We discuss rejuvenating breath that deals with your healthy exuberance in life and youthfulness. There is an excellent article on youthfulness written by Samuel Unman, a German boy went to America in 1840 that prospered as a successful hardware merchant. This article became a rage in Japan, during its administration by America under General Mackherth. In this article it has been stated that youthfulness has nothing to do with the chronological age, i.e., 20, 30, 40 years. According to Unman young age is the attitude of a person towards life; if your attitude is frustrated, dampened, and if you don't take interest in the life, even at the age of 18 years you will be old; on the contrary if your attitude is of cheerfulness, creativeness, taking interest in life you can be called young even at the age of 80 – 90 years. He said that it is your will power to get over any adversities or frustration with courage that is the attitude of the youthfulness. Spirit of the life then starts flowing in to it. If you are frustrated or dampened, if you are negative then he says this cynicism puts snow and ice on your heart and dampens everything. But if you show exuberance of a child in doing everything and taking interest in everything then you will find life worth living and you remain youthful till your last breath. Lastly he stated that in the heart of everybody there is the wireless transmission wherein if you keep your antenna open to outside world, new ideas, encouragement and enthusiasm comes from all sides and you remain always cheerful. But if you remain dampened, frustrated and negative your life is full of question mark, then the antenna goes down and the cynicism starts and you feel old. This is in short the article that was very important.

Unlike the so-called spiritual or religious sects that tend to reject the body, Brahma Vidya gives importance to health and youthfulness. The approach of the Brahma Vidya is that till the last breath of yours you should be youthful, you should be in a position to do whatever you want to do in your life with the help of the God within you. Therefore Brahma Vidya doesn't accept the concept of old age since it is due to one's attitude in the life. The Rejuvenating breath gives you the right attitude to your life. There are recitations to be made which I will discuss. After doing the breath for seven times then you recite – “That liquid, that liquid feeling in me relaxing me entirely”. Then you have to make a positive declaration with zest. You must say it with action like an actor in privacy, if necessary. Say with strong emphasis “I am youth, I am youth, I am youth” thrice. Not I was, nor I will be; I am. Whenever you want to produce the effect on the body, the autosuggestions should be in the present tense, not in future tense or in past tense. Create a picture of youthfulness before you. In Brahma Vidya it must be clearly understood that the bad intention of teasing ladies is not contemplated. In the word youthfulness you have to concentrate on the sublime aspect of youthfulness such as glorious, wondrous, vibrant vivacious youth. Let in this attitude you say. “Let anything come I will face it and get over it” should be your attitude makes you youthful. You say it before the mirror. In about 4-5 days time there will be improvement, changes in the way you talk, your walk and approach towards life. You would come out of the rut.

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When you see yourself actually old, your statement of being youthful would appear to be false. To overcome this difficulty Brahma Vidayakar advised 5000 years ago that you give your body a suggestion that your feeling of being old (worn out due to age) was misplaced, wrong being unaware of the presence of God (Creative Intelligence) within. He is now producing new cells and you are being renewed. Say emphatically that “Now I am free from decay, disease, old age, senility, death and I am free from the ravages of time. I am youth”.

Human mind (collective mind) as a result of the interaction it had with people and environment around over a period of time has, without the knowledge of conscious mind, passed on information based on age-related changes accepted by you to the sub-conscious mind. The sub-conscious mind is the builder (Architect) of the body and which acts without reasoning. The net result is it builds the body in terms of what has been passed on to it by the collective mind and you look old.

Really speaking the nature (God) has created the body in such a way that one should not grow old before the age limit stipulated/destined (say 100 years for man, 13-15 years for dog, etc.). But still it happens, old age symptoms, dampening of attitude do seem to occur at 60 – 80 years of age in man. The reason is described earlier Modern Science states that cells (except nerves cells) in human body are only one year old. With the rectifying change of the attitude to life, it is possible to live longer. But for that you must have unshakable faith (Shraddha) without which you can't get the results expected from Brahma Vidya. Here I would like to draw your attention to recent scientific researches starts doing physical and manner suitable to that age the efficiency even in old age.

You must carry out the exercises and then recite the affirmations given. You should avoid frustration by comparison with younger people. Feeling of being unwanted leads to deterioration. Apart from the breaths and affirmations I would like to give you a few hints that would augment the effect due to breath.

You should have multiple carbohydrates derived from eating mixture of grains (unrefined) like rice, wheat, jawar, bajri, nachni in your diet as far as possible. A minimum of 30 % should be raw diet (green, leafy and fruity vegetables, seasonal fruits, sprouted beans). Coconut water that contains all the 18 salts required by the body should be consumed frequently. For proteins one should preferably eat nuts like dryfruits (Badam, kaju, pista, akhrot, etc.) In the body during metabolism nascent oxygen is also produced, while normal oxygen is good for life. Nascent oxygen tends to damage the cells (aging, decay, diseases like Cancer).

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Raw vegetables (Green leafy and coloured ones) are rich in antioxidants like Vitamins A (Carotene), E, C and Coloured fruits are rich in other antioxidants. You should eat lot of tomatoes 3-4 times a day it reduces nascent oxygen. Further red fruits like anar are all anti-oxidants. The research has come in that French people eat lot of fats but the heart rate is less. They found was that they take red wine and that is why the heart rate is less, that doesn't mean that you should take wine, you have all this khajur, little bit of anjeer, all this type of red fruits.

You must take regular exercise such as swimming, aerobic exercise, out door exercise. You should do fast walk at least four days in a week will help you from the cardio vascular point of view. You know the heart it pumps your blood circulating it from your toes, to head, through the veins it has to go to the heart and again come back that has been done by your thighs. During the return journey of blood from toes to heart, the thigh muscles are good help. This thigh muscles is your secondary heart, if you give the exercise to the "Secondary Heart" the veins that throw the blood up, they become stronger, the muscles become stronger and ventricular circulation gets pepped up. Therefore you must walk; again there is oxidation, secondly according to me in order to see that your health remains perfect virtually, you must give exercise to each and every organ, say for the eyes. Simple exercise for the eyes (1) look at the shortest place then (2) Look at the distance place, do for few minutes. Secondly, when you get up look at ten feet, keep one hole and you look at that and then you pump your eyes and then put water cold water.

One may take bath with hot or cold water, but a shower with cold water is advisable since science has shown that useful hormones are produced during the coldwater shower.

For doing this Rejuvenating Breath stand erect. See that your spine is erect, preferably with the help of a wardrobe or full size mirror standing at right angle to the mirror. Buttocks should be held tight; heels together, toes apart. Keep the hands on the hips, the palms gripping (grasping) the hip muscles tightly.

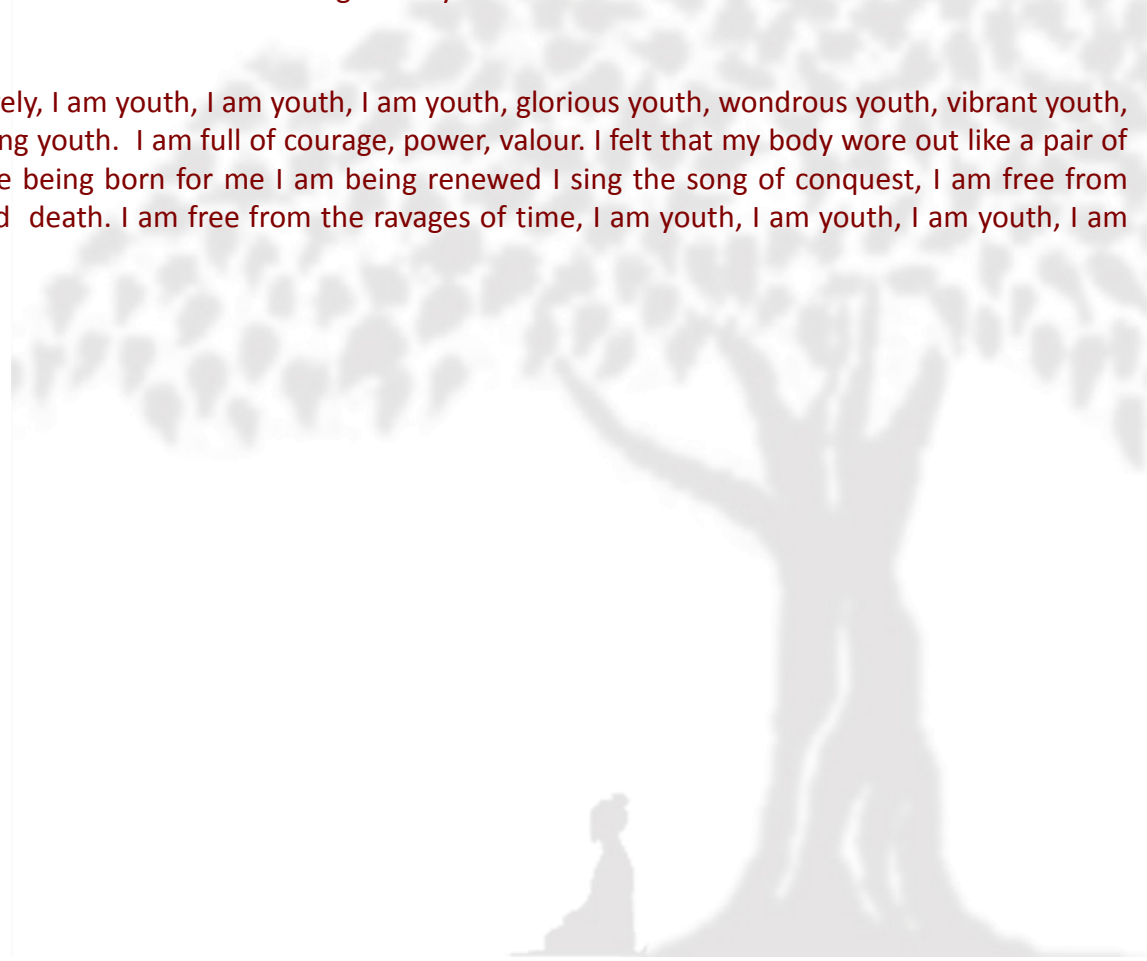
Take a complete breath (inhalation). The elbows should come forward. Adjust and check your posture. The shoulders should not be raised rather they must be kept down. Ensure that your legs and buttocks are maintained stiff. Then bend the neck in the front direction (forward) as much as you can but without any relaxation whatsoever. You will experience a pulling sensation right from the neck to the bottom of the spine. Then come back to the starting position. Do this three times (forward and back to the original position). You may experience some difficulty in the beginning but with some practice you will soon be accustomed to this in a rhythmic way with relative ease while holding your breath all the time.

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Next stand still and of course erect. Exhaust the air steadily and vigorously through your mouth letting all the air off making a hissing sound (sshshshshhhhh) Then do not inhale. Next bend forward and then backward as much as you can. Do this cycle three times. Stand still erect and rigid. Then inhale and relax. Be normal. Initially start with two breaths and gradually increase to seven breaths. Recite the affirmations immediately after the breathing exercise.

You recite – “That liquid, liquid feeling in me relaxing entirely, I am youth, I am youth, I am youth, glorious youth, wondrous youth, vibrant youth, radiant youth, vivacious youth daring, achieving, conquering youth. I am full of courage, power, valour. I felt that my body wore out like a pair of old shoes but now I stand in THY presence, new cells are being born for me I am being renewed I sing the song of conquest, I am free from decay, disease, old age, senility, failure, doubt disease and death. I am free from the ravages of time, I am youth, I am youth, I am youth, I am eternal youth forever.”

Give thanks and express gratitude towards God.



Rejuvenating Breath Part – II

Last time we have discussed the subject of youthfulness, Rejuvenation Breath. This lecture is also continuation of the topic and youthfulness from the point of view of spiritual life. We will just take the background of our Magna Carta of Brahma Vidya in which it is stated, “I have the power and ability to live as long as I desire, to achieve whatever I wish to achieve, and the doors of my mind are now open that I may learn how this is done”. In Revitalization Breath we have stated, “I am youth, I am youth, I am youth, that liquid, liquid feeling in me, with the innumerable streams light, running down my spine” there again youthfulness in the context of nine positives have come. We had stated, “that liquid feeling in me relaxing entirely, I am youth! I am youth! I am youth! - glorious youth, wonderful youth - radiant vibrant youth, vivacious youth, fearless, achieving, daring, conquering youth...Full of courage strength, power! I thought my body wore out and grew like an old pair of shoes, but now I know - as I stand in the Presence - that new cells are being made for me ... I am being renewed! I am young for ever more!” Youthfulness is very important, not from the point of view of mundane life but also from the spiritual life and this will be the object of this lecture.

When we say “I am youth, I am youth”, in fact if you see God within you, there is no question of aging because He is anadi anant - there was no time when He was not there, there is no time when He is not there, He is always active, evergreen going on. We have to convince ourselves that keeping ourselves youthful till our last breath is possible. Always keep in your mind to be youthful is at the level of the mind and not at all level of the body. If there is exuberance that you should live and you are taking interest in everything then you are youthful even at the age of 90 years. In the body each and every cell is divided into two, two gets into four, and so on. As per science the blood that you have now is not the blood that you had three months ago. All of it is new. This is due to cell division. Our skin gets renewed; so the material of our body is new, young right till death. The hairs grow even after the death, bones cells keep growing after the burial. This is only to create the impact on your mind, the indelible inscription on your mind, that really everything is changing, you are being renewed, it may be because of your faults that you are not in the position to maintain that youthfulness and you have to search for the reason. In spite of your appearance of old age - you are young. In a movie, to create a scene of 500 years old city, the material used is new, only old look is given to it.

Again this is a simile. - You have purchased a very beautiful camera of high precision. You go to your friend. You see your friend's father sitting and you take his photograph. After some time you come out and you see your friend's son, i.e., the grandson of the old person is playing, you also take his photograph. Then you give the film for developing, you get the positive you see two photographs, one of the old man and one of a very young boy of 8/10 months old. The camera used in both the case is the same, the film inside is also the same, the light is also same but the picture is one of that the old and other is that of the young, why? Simple answer because whatever there is in front of the camera, it recapitulates.

Rejuvenating Breath Part – II

So when an old person was there it recapitulated the old person and when a young person is there it recapitulated the young person. Exactly the same thing happens to your body. Now negative in this case is your mind, light which was the flash light or sun light in this case, is the light of creative wisdom within, that light passes through your mind, it is not negative mind, it is negative film, when this light passes through your thoughts, suppose there is the thought of old man or any thought you create about yourselves because of the information you have received from the public, collective information since the childhood till today and you create a picture. At the age of 40, persons look like this and at the age of 45 persons look like this and accordingly the suggestions have gone to mind. When the light comes out of that creativity it goes through that negative and then imprints on your body where the cells are built according to that master mind, according to that paradigm, according to that blue print and then you start looking accordingly. This is one aspect, second important aspect is, inside the mind whatever the collective thought along with the collective thought of the chronological age you have accepted, there are many things like your fear, your fear complex, have gone inside, because of that the picture comes a blurred picture, if you move the camera it will be blurred picture. If your mind is clear about aging, if you do not have any fear complex then after ten years, you would have aged 10 years, at the most, more likely you will age 9, 8, 7 years but not 11, 12 years like others. Why is it? That Brahma Vidya the spiritual science is so much important to remain youthful.

What is in that youth? You will find so many Yogis even at the age of 100, 110, 120 years, they look youthful not because they try to be youthful, but because they allow natural things to flow, since they are not artificial, they don't add anything wrong to mind and they remain youthful. Guru Dingle me is guru in Tibet. When he met him, he was 153 years old and he was looking at the most of 65/70 years of age. The basic principle of Brahma Vidya is that this body of yours is the temple of living God, here every word is important and since it is the temple of living God you take a oath that, "I shall not do anything, say anything, think anything which shall injure my body which is the temple of living God". According to Brahma Vidya you are just a trustee of your body, body is not yours, you have to see, speak, hear and think in such a way that body remains beautiful, body remains youthful.

In Brahma Vidya basic understanding that originally everything is Brahman. Brahman is gross and also subtle, limitless, shapeless, it cannot come in any of the adjectives that you use in the word, it is beyond that and therefore it cannot be defined and it is absolute. Brahman decided to be in multitude for enjoyment, for his 'Leela' and therefore the whole embodiments have come into existence this is the basic fundamental of Brahma Vidya so all these different embodiments that we see, trees, animals, other species and even inanimate objects, these are all created for the Leela - interaction. Object of the ultimate reaction from the Totality point of view means anand - blissful condition, harmony, symphony that is the basic principle.

Rejuvenating Breath Part – II

In case of other animals, leaving human being and inanimate objects, their whole interaction is as guided by Totality's computer, through the immutable laws and propelling through the Totality's computer, they have no conscious mind to say that I have done right or wrong, they just go instinctively by Totality's computer, since they are governed by the laws of Totality's computer. God in lion enjoys eating a lamb and God in lamb enjoys being eaten as the lamb is created to supply food for lion.

In case of the human being, there is a mind which is called conscious mind which has been developed and with this conscious mind what has been happening is, whatever the potentiality given by the God to you, because of body conscious activity of yours, which is also there because of self consciousness, which has ultimately developed into ego. Using this ego you will understand yourself, and once that you understand yourself, you will leave the ego and you will become part of the Totality which other animals cannot do but you can do consciously. Animals may do instinctively, but you can do consciously. Therefore, we are placed at the apex of evolution ladder and unfoldment starts in human beings.

You have been given a body, a mind, an intellect and then there are functions of speech, hearing, eating, all the functional aspect of panch nyanendriyas and panch karmendriyas with the body. If human being is created for some purpose, as ordained by the God and that purpose is, only through the conscious mind to become guardian of your body, mind and intellect, guardian of your body, mind and intellect, only guardian because your body, mind, intellect are going to be used by the God who is within and not by you. Your purpose is only to preserve it in such a way that the God within you uses it for His purpose.

If you preserve the youthfulness, the God can use this efficient machine of your body for his purpose. If the body gets old, he has to discard it and create another for his purpose. If you look from this angle it is desirable that your body, your mind, your intellect should remain youthful till the last breath of yours, as youthful as possible. So youthfulness is to see that God uses you more, using you more means God is taking hold on you more, otherwise partly you are using it for your purpose, which is body-conscious, 'kshipt' - exteriorisation of mind and doesn't allow God to use for his purpose. So the youthfulness is not meant only for drinking, wining, di going for sex, etc.

So God has created you in such a way, that in the conscious mind you should only think that this body, mind and intellect should be maintained at its best and youthfulness is the only best by which you can keep the up-keep of the body to that objectivity, so youthfulness is not contradictory to spiritual life, it is not incompatible with the spiritual life, in fact is conducive to the spiritual life.

Rejuvenating Breath Part – II

If you are using your body mind, intellect for your body conscious purpose, God is not concerned with the paap (bad deeds) and punya (good deeds). He is only concerned if you allow Him to use your body for His purpose and His purpose only harmony, His ultimate object is only anand and so if you get glued to that purpose, you are bound to be in anand.

We have seen that Science has also accepted that we are not living in isolation, all this flora and fauna is intrinsically binded in such a way, that at the subtle level, everywhere there is the interaction and this subtle interaction is the sensitiveness. Because of too much of body-conscious nature, exteriorisation of the mind, you are completely insensitive to the sensitivity of the Totality in the universe. You don't understand because your antenna is only outside and if your antenna is outside you are not taking proper signals from within yourself.

The evolution is going forward, you remain where you are, what is going to happen you will be incompetent, inconsistent with the Totality or the evolution process, you will not go hand in glove with the Totality's process of the evolution and the moment this happens that youthfulness which is seen everywhere in the universe, it will not be there in you because since your antenna is only out, you are inviting the trouble from decay, disease, old age, senility, disappointment, doubt and death.

The evolution is going ahead because of exteriorisation of mind you are not touching to it. You get thwarted and the moment that happens, you are unwanted because you are not going with the rhythm of the life, then in the struggle for existence and survival of the fittest, in natural selection you are thrown out. If you don't go along with the rhythm of the life, you can't achieve the anand that is with the harmony. When you act as a part of Totality and get the sensitivity, then you can enjoy the mundane life as well.

In evolution, change is there every moment and therefore your progress also at sensitivity level should be changed, then the fleeting change which comes to the birth and goes to the destruction, will not affect you at that level inside. The charm of youthfulness is the charm of God living in you, if you allow that exuberance of God within you come out of your body, mind and intellect, in your action, in your speech then at that moment you are representing God, it may be 10%, it may be 99%, it may be 100%, but 100% is very difficult. The God we are talking about is the formless God. When this happens, i.e., when you are representing God, you become a different person and therefore youthfulness is part of spirituality, it is not the force of spirituality. Unfortunately, so many spiritual persons not understanding this, and frown upon this youthfulness. In Kaivalya Upnishad we have seen Divine which comes within the ambit of your five senses is the world and divine which does not come within the ambit of five senses is only purely divine, it becomes world but when you withdraw from the world you go to divine at the subtle stage.

Rejuvenating Breath Part – II

This being the exact proposition of Brahma Vidya, with that charm of youthfulness, the God is exuberating through you that your charm, your action, your thought becomes completely different and you are just a creative force, you are just a great healing force.

When we are youthful from physical as well as spiritual point of view then physically also we can enjoy and inside ourselves also we allow God to enjoy and that makes the change and for that what has been told is meditation. For meditation you must have 'Shakshi bhav' - witness action. In meditation witness action, is whatever the thought comes, you only see you don't run after them, only see, only observe, after some time by observing your mind, understand that thoughts are different and you are different. While meditating in 1 month/2 months/3 months, slowly you will automatically see that thoughts are different and you are different. If "thoughts are different and I am different" then that tendency of yours to run after the thoughts becomes less and the mind starts stabilizing. With that stabilizing, the first thing that happens is the body muscles start relaxing and at that stage slowly and slowly since thoughts come from body-consciousness, thoughts are different and you are different, you realize 'I am not body, I am that "I" inside', the awareness shifts. Shifting awareness from outside to inside is called 'return journey' or 'particha pravas'. This shifting of awareness happens slowly. You will forget your body-consciousness of your body, mind, intellect and start merging yourself with Totality and you are God. .

You should take best care of your body as Trustee of God, Totality and then allow God to use it for his purpose when he acts through you, you are charming, you are beautiful, whenever required you get mind power, you get strength.

Your Own Spiritual Breath

Last time, we were discussing the aspect of youthfulness, from the point of view of spirituality and from the point of view of Brahma Vidya and we have just seen youthfulness is very important from the point of view of spirituality because object of spirituality is you should allow God to transmit through you at your body, mind and intellect level and if you are youthful all the time then God will be in the position to use it at the optimum level your body mind and intellect at his purpose, so it is from that point of view you should keep your youthfulness and try to see that youthfulness is there, so as to allow God to use for His purpose. Now we are going to discuss the last breath, that is 8th breath at the end I will show you that breath doing it is not that difficult, but contemplation is very difficult, very, very, very difficult. The name of this breath is Your Own Spiritual Breath, that is the purpose for which you are created for God, you have to understand that and then your life with that, becomes very harmonious, very beautiful and the real flowering starts.

We will just discuss the recitations in Your Own Spiritual Breath and understand the deeper meaning in it. After doing this breath seven times i.e. doing the exercise standing at the time of recitations you have to lie down, that is after lying down you keep your right leg over your left leg, just right leg over your left leg, right hand over left hand on your upper stomach near the chest cage here you will keep your hand like this and after your whole recitations is over, try to get awareness in your breath and get your self lost. The recitations are, my body is full of fire of Divine love, now this Divine love is that fire on the bases of which, the whole harmony is maintained in the Totality, in the universe. This Divine love is not the love from the point of individual A and B. it is because of that push, of that Divine love everything is happening and the objectivity is that he, the Brahman wants to create harmony and enjoy it in different embodiments. If it is a Divine love, it is not possessive as our mundane love; creative wisdom is the light out of this creative wisdom, what is this creative wisdom? There are different embodiments in the universe everywhere, each and every embodiment has got creativity inside, and that Divine creativity is meant for interaction with near and dear around it, to create a harmony and symphony in the Totality.

So my body is fire of Divine love, it is only a Divine purpose which is going on, so that creative wisdom light is there and if only light of creative wisdom is there, then it is doing for the sake of doing. Each and every one of us is doing yagnya as a mango tree. Whether you give manure to it, water to it or you cut the branch, same mango will be given to everybody. Your whole interaction with the world is only as ordained by God, you are not acting body consciously, but only as a desire of the Divine. You are spontaneous, you are creating anandam. Anyone coming in contact with you will be in blissful condition by your touch, by your speech, by your action, by looking at you. My body is full of fire of Divine love, giving the light of Divine wisdom giving me joy, because joy is out of Divine wisdom. When you decide to act only for the purpose for which you are created, the net result is Divine joy inside. If you go by panchdyanindriya- karmendriya computer, what will happen?

Your Own Spiritual Breath

If something happens, as you desire, you are happy, if it doesn't happen, you are unhappy. Now you are getting only happiness, because you are allowing the God within to spurt through you, flower through you, embosom through you. Therefore you are meant to say that my body is full of fire of Divine love, giving me the light of Divine wisdom giving me the joy. I am now sending it out, because bliss is now meant for creation something outside, not only keeping it inside, so I am sending it out. I am sleeping and in the lying condition I say this so I embrace this row, the whole row I am embracing, you have to expand. I embrace this building I embrace the whole city of Bombay, (since we are in the city of Bombay) you must be in the position to bring the topography of Bombay, you get the contemplation. I embrace whole state of Maharashtra, because this Bombay is in Maharashtra so I embrace the state of Maharashtra, now here you have to take a pause, pause because ultimately you have to go to the whole earth, world and the light may become weak, joy will become small and therefore you are meant to say that I embrace each and every member of mental physics wherever it may be, it may be here in mundane life, it may be higher up also.

All those believing in mental physics, those who believe that I have to allow the God to use my body mind and intellect. You are touching each and every person whether they are in this world or other world, matters little, you are touching them. Secondly when you say mental physics, don't give it a very narrow meaning, for e.g. there are so many scientists, who have done brilliant work to make us happy, so they are in fact spiritual incarnate, they have given their life to make other persons happy, by which this whole world you are in the position of living in the happiness. All such persons come in the ambit of the word, Brahma Vidya. So now I am embracing each and every member of Brahma Vidya where ever he might be. When you say that, that light and that joy starts getting intensified, gets intensifying and growing on its own, growing on its own it embraces whole India, embraces whole word, and it embraces each and every human being in this world. When we have stated initially that we are embracing the members of mental physics, we are not saying each and every member of the world, because in this world there are so many persons, they are basically in the mundane life, with the prejudices.

We don't want to get our Self contaminated with this. He is Hindu, this is Muslim, this is Hindustan, this is Pakistan, and we are not concerned. Therefore first we embrace all those Brahma Vidya believers, whole world should be in 'anandam', object of each and every person, it gets intensified, rolling on its own, it embraces whole India and we cover the India, we cover the world and each and every human being in this world. Now suppose at present, relationship between especially India and Pakistan is that of animosity, but when you say it embraces whole world you have to forget the animosity, you have only now to embrace with the light of anandam, whosoever even the one who have done bad deeds, we are trying to touch their God inside. So you have now embraced each and every human being, may be a lady, may be a young chap, may be an old person of whatever religion, wherever he is, because unless and until you touch the God within every living things, you will not be in a position to realize God.

Your Own Spiritual Breath

For realizing the God, you must merge with each and every person and merging is not physical, it is at a subtle stage. That Divine light from the fire of Divine love within my body, embraces each and every living thing in this world. As per our 'shastra', there is life in animate as well as in inanimate objects. In inanimate it is not expressed. I am embracing that creative wisdom, contained in that embodiment, it might be minutest it might be very big, in that embodiment which is the true nature created through the Totality for creating harmony, symphony in the universe. So when you say I am embracing each and every human being in this world, to see that you are in the position to see this thing perceptively, you have to get awareness of each and every living things, because merely saying the words is of no use, embracing each and every living thing in this world means embracing each and every species of plant kingdom or animal kingdom, on the land, in the air.

Wherever there is the life, I am embracing it, but still further clarity is required that's why you say, even the smallest species, in a feeling you have to describe smallest species, micro organism is the smallest, virus is next to it, next is bacteria, algae, fungus, small birds, small rep[tiles, small mammals, herbs, shrubs, trees, and also the biggest species bring the biggest species in your idea, and what are the bigger species in the sea? There is the whale, on the land it is Elephant, Rhinoceros, Hippo, Giraffe, Camel and in the bird Ostrich, and in the reptile Python, so all animals known to you, you cover it, I am embracing all this, including tall trees when you are imagining/ thinking all this visualizing effect comes, it has to be taken, it is not stated in your lesson but I am just giving you ideas. Now wait for 2/3 minutes like this contemplating the above words, that I am embracing each and every life in the universe, every life in the universe where ever it is I am embracing, and you are meant to say and you have to get a feeling 'I stand steal fast', you are sleeping but say, stand steal fast as light is returning, light is returning not from the place from where I have sent not from here but light is returning from each and every direction, now where ever you have send your love force, bouncing effect from each and every species even that bacteria and every thing, everything is coming back, and slowly, slowly, by that feeling you must get first feeling and you must see the light coming from all this direction comes nearer, nearer, nearer, it is embracing me, see each from every living thing in this universe it is coming, so nearer, nearer, so nearer it is embracing you.

This embracement is really the highest communication level in the universe. We are sentimental and now this is sensitivity we are getting the sensitivity of the universe. I am sending that love force, they are getting that love force our communication is at creative wisdom level at anandam level. It has embraced you , you get a feeling that the light is coming and embracing , next result is you start embosoming make a feeling that in your body lotus starts opening, make that feeling, each and every part of the body is embosoming. The effect of that is you are becoming so youthful, you are so cherished, you have many magnetic vibrations, you are vibrating in very beautiful way, the net result then is that I am recuperating if there is some defect in the body that is also getting corrected I am energizing I am getting lot of energy, I am rejuvenating, rejuvenating means by this, I really become completely youthful. We have just seen, youthfulness is attitude towards life.

Your Own Spiritual Breath

You are merging at the level of anandam, with each and every living thing or wisdom with each and every living thing, or with the force of that Divine love that is the highest communication of yours, which is possible in the mundane life. Each and every word is important, recuperating, energizing, and rejuvenating.

Your eyes are still closed, further say, joy, joy, coming from the light of creative wisdom coming from the fire of Divine love of each and every living thing in this world enters my body, you have to say it again because now you have to expand, joy coming from creative wisdom karyarat chaitanya, coming from Divine love enters my body, my body the whole universe, make a feeling that your body is not confined to 5 1/2 feet, to 6 feet but it is the whole universe and in that feeling just get yourself lost for 2/3 minutes. The saints when they get the experience of the highest nature, the first thing they felt is they are universal, they say, “Hey Vishvachi Maze Ghar, aisi mati jyachi sthir”, All the saints they may be of any religion, they get this feeling of being universal, i.e. vishvatmak, you are part of the God. At this time, your breathing will be very, very, slow, with great awareness you will find the breathing is going on, then you say, joy coming from the light of Divine wisdom coming from the fire of Divine love, all the living things in this universe enter my body, I impregnate each and every cell of mine by that joy and light and now I lock that joy inside my body and then only go in the awareness of your breath. If I have got lot of ornaments, I keep them in my safe, you are not keeping joy like this, and then why are you locking joy like this? Because your psyche is with the reference to the fleeting thing around you, every moment it is changing like you dislike some thing now you are happy after ten minutes you are not happy.

We want only that anandam and that's why that anandam, which is the highest anandam you have created because of impregnation of each and every living thing without any selfishness, you lock it because through out the day while behaving, your body mind and intellect should act with reference to that ananda. If you talk, the person should be happy, if you do his work the person should be happy, if you smile the person should be happy, if he looks at you the person should be happy, because of that joy which has no selfishness, because of that joy which is fully creative of that Totality, because of that joy which is complete love of Totality, absolute love of the Totality, absolute creativity of this Totality, absolute anandam of this Totality.

Slowly your awareness starts shifting and ultimately, it goes to the awareness of Totality's consciousness. Now your awareness which was panchdyanindria consciousness of senses, that starts shifting. When you do this particular exercise or meditation and recite, at first you will be reading the do it by heart, the next is you must get the feeling inside. After that feeling, you must get the visualization effect of that and after visualization you must get the contemplation. If you get contemplation you are a realised soul.

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It may take this birth it may take next five births for that to happen, but one thing is certain when you start doing this exercise, with the feeling, in next three four months your psyche is going to change, your thoughts become graceful you look different, your face becomes different, you will not have minor prejudices, ill will, spite hatred, jealousy. They are not meant for you, this you yourself will experience.

I am certain about it I have never seen failure in this, but you must do the exercise, and you can change your life you can become God in life, you can become agent of the God when you are living with the other person such is the effect of this breath and therefore the caption for this breath is 'Your Own Spiritual Breath'. In your life you are running after the thoughts, these thoughts are preconceived notions, created by you and most of them are infused by the society in you. These are called the collective thoughts. You are part of that collection and these thoughts are such, on the basis of which you start intercommunication with the other person. This particular way, in the given society, particular thought level is going on; in the other society has other thought. Being body conscious, your thinking will not be in the position to grasp the universe, grasp the Totality, and leave apart the God.

You can not grasp this God by reading about him. You may read Geeta, Karan etc. but everything written is in limitation. The writers experience may be of Totality, but when he writes, he is in limitations and words cannot express the Limitless.

Now the difficulty is, if whatever written is not going to come to your help, whatever said is not going to come to your help to reach the God, then how are you going to reach to the God ? Therefore Brahma Vidya says, to reach to the God, by this particular means, doing all these exercise you start feeling, visualizing, contemplating. In visualization and contemplation a stage comes, when your left cortical region of brain where there is a reasoning, blanks out and you come out of body consciousness a little and you start going to your origin of life, where you belong, you start the return journey. If you say that God is like that and God is like this, then you always remain in left cortical region, reason region. With the left cortical region you will never see the God, you will artificially create so many ideas that originality is gone, originality is only God, absolute is only God reality is only God. Describing God is like a blind men and the elephant, what you say is correct but from the perspective view it is incorrect.

The only way is by experience you become God. After becoming God, again you gain consciousness in this world, again you are away from the God, only you can become the agent of this God and nothing more than that, then God is God and you are you. Only when you merge in it like drop merges in the ocean, and becomes ocean. The only way you can live in this world is by living as the agent of this God. What is God, God is first the witness action. You do your duty in the present tense. As the tree does duty of giving mangoes you also do the duty in the present tense every moment. Do not get attached to results.

Your Own Spiritual Breath

Whatever you are doing you are looking at it as a witness that means you are the agent of the God, God also is witness, he has created immutable laws, he has created several embodiments and as per the immutable laws they get the cause and effect, he only witnesses. Like acting in a drama, do all the worldly things. Do your duties for the sake of doing. This behaviour is conducive to reach the God, if you start running after the results, your body consciousness will never allow you to reach the God. That means, in the universe when you are there, you may be doctor, you may be wife, you may be husband, you may be business man, you may be employer, you may be employee, what ever you are, doing spirituality doesn't mean that you have to leave whatever you are supposed to do. No, what ever duty is expected out of the relationship of employer or employee to the company you do that, what ever your relationship of employer or employee to the company you do that, what ever your relationship which is expected out of your husband and wife, you do that. Those are your duties and you have to do them in best possible manner. Without getting attached to results.

To do something and expect other person to behave in certain way, that person doesn't and you are unhappy. But if you behave the way discussed earlier, then you are beyond that happiness, unhappiness, you are always in a blissful condition, anandam and then at the time of death the moment the body goes, your duty towards the body goes, you are only Consciousness, you become part of that Consciousness, you become God. The awareness comes only when you do these exercises and you say these recitations. Initially you do it like an automation machine, but slowly, slowly you say with the awareness, the moment you start saying with the awareness, then what ever you talk becomes authentic, otherwise most of the time you think in a particular way and you act in a different way, authenticity goes. To see that the authenticity comes back, you have all those recitations, given up to this time. They are really meant to tune your sensitivity which will go to the Totality, sensitivity of the God, of the God radio station and that's why this spirituality. So meditation is really tuning you with God radio station i.e. universal sensitivity. Now you are tuned to radio station, you should get perspective vision of the universe to think to speak to act that makes the change. Now you keep saying 'this is mine, that is mine', your 'I', becomes big and you become very small. There you are looking at it from the different angle and while doing the duty you discharge the duty as per the need of the hour, you are the best, because you are connected with the best.

This is really the life, wherein the Brahma Vidya says that you are the bird with two wings; one is for mundane life and other for spirituality. Both the wings have to be strong. If you have accepted the duty by marrying a certain lady, how can it be done by one party, bilaterally it is done so it can be by bilateral way only and therefore in fact there is no need to leave all your duties for the sake of spirituality, you do your duties in such a way that there is no guilty conscience, you don't commit breach of your consciousness and don't get attached.

Your Own Spiritual Breath

After doing the duty, only watch. Do not expect the other person to be happy by doing your duty; question is whether you have done your best to make him happy, if he doesn't get happy you can't help it. Wait for some time, get your self relaxed, otherwise after you do something he doesn't become happy, because of his foolishness, you pass sleepless night, that is the foolishness on your part. You have limitations, you can't bring his happiness, you can be communicative to him for that, but ultimately if he doesn't want to get happiness you cannot help. So understand your limitations and withdraw yourself. This is very important lesson of the life and that's why this is at the end, this exercises Your Own Spiritual Breath.



Mirror Exercise For Success In Life

Next ten lectures are important as we learn how to lead graceful, successful, meaningful, purposeful life. That is, in day to day life in mundane world, how one should live so that we are also successful and graceful here and while doing so, we also get the trappings of Totality.

Today's modern Science says that the person, who is self-reliant, also positive and optimistic in attitude, undertakes anything then he has the assurance of success. He magnetizes himself, he gets help from the outside and he becomes successful.

We shall discuss now the exercise of Visualization. In the morning after doing all your exercises of Brahma Vidya you take a bath and put on your best clothes of your liking, as if you are going for an important interview. Then you stand before the full size mirror, big mirror if possible, so that you can see your full image. Close the room for privacy as far as possible. What do you see in a mirror? Normally we look into the mirror when are going out, dressing up, to check whether we look all right. But for this exercise, we do not see from that angle. Firstly see your reflection, while seeing your reflection is very very happy, very relaxed and look at yourself. Your face should be happy, no tension. Look at your smiling face and say, take your own name, (Mr. /Ms. /Mrs.) "Mr./Ms._____, I am very much grateful to you". You are looking at your figure in the mirror, physical body, smilingly say, "I am very much grateful to you because I know, you are in the position to do anything as I wish to do". Further you say, "Mr./Ms._____. I know creative memory can do anything you ask it to do, "Mr./Ms._____today onwards I have decided to keep implicit trust with you". Every sentence is very important every word is very important in this exercise.

I will explain you again. You say, "Mr./Ms._____. While looking at the mirror try to bring emotion of happiness. The emotions are the mood of the soul. Whenever there is happiness, your eyes start talking. Eyes are very important, so looking at the eyes and the face glowing with confidence. You will say, "Mr./Ms._____, my faith in you is unbounded" (no limits to it). "I know that you are a creator and creative energy in you and creative wisdom in you, can do and undo anything and everything which you want to do". While looking at the mirror, with the happiness in the face now you are not looking at you ("Mr./Ms._____) as a figure but in the second Para you try to look at that creative wisdom inside you. When you say 'you are the creator', creator is not that body, mind, intellect, it is the centre of Consciousness within you connected to Universal Consciousness.

In the next Para you are not looking at you "Mr./Ms._____", as a body, but as a creative wisdom that centre of Consciousness, which is the part of centre of Consciousness of the universe. You have to become very confident, first only smile, second with happiness, the exuberance of it, thirdly not only smile but with confidence in yourself, you have to have shraddha, faith in you self .

Mirror Exercise For Success In Life

Look at the eyes, moment you look at the eyes, with that two para of recitations which you have said earlier, the words of recitations trickles inside your sub conscious mind and you are confident.

Now that centre of consciousness within you can do anything and everything and that consciousness when it directs, whatever it wants, it is done. When you do this exercise for few days, weeks, your confidence increases. With the confidence again say, “Mr./Ms.____, you are success. You are “Mr. /Ms. Success”. That has now created a condition in your psyche. In the second para you are touching the creative intelligence inside. Now you are touching your psyche, recondition it that it is only meant for success and then say, “Mr./Ms.____, you are success, you can do and accomplish anything and everything which you start”.

Modern Science says that if you start a work, with positive approach, if you are self reliant and optimistic then you get help from Totality and you are successful.

Brahma Vidya is not meant only to go in meditation. Brahma Vidya is meant to see that in every aspect of your life, in every facet of your life, you are at the top, you are successful, and you are graceful. Your life is meaningful. You are calm and quiet. Therefore to see that these qualities are in you, even the modern science says you must have faith. Otherwise every time whatever you think should happen, you always have several question marks, whether it will happen or not happen? That will not take you to ‘atmavishwas’, self confidence. You must have confidence in yourself and you will achieve whatever you want to achieve.

You have to say all this recitations consciously at first. As you repeat the exercise for one or two months, what happens is, not your knowledge, whatever you repeat goes to your sub consciousness mind and sub consciousness which is without reason starts creating paradigm. Now you are modulating your own mind so you become optimistic and positive. You are conditioned to be successful and be magnetized also.

When you are saying these words, you are requested to look at your own figure in the mirror; mirror is replica of what you are. If you stand there with the angry mood, anger will be reflected, with the fear, fear will be reflected, with the cowardliness, cowardliness will be reflected. But when you stand with the confidence, you will see yourself as a confident human being. May be in the past you were a coward with various question marks in your mind, but now you are confident. If you observe, when you are smiling, automatic relaxation comes to your mind and once you are relaxed the greatest hurdle in the world, the body consciousness has relaxed, so new changes can take place, but otherwise you are hard nut you will never change your psyche.

Mirror Exercise For Success In Life

Whatever you are saying too, must be convincing to conscious mind, because unless the conscious mind is convinced you cannot allow anything to go to the sub conscious mind. So next sentence is in a relaxed state, you say, “I am thankful to you, I am grateful to you”. Why grateful to you? Because you can do anything as you wish to do. If anybody is willing to do anything and everything for you then he is the greatest person for you, he is God for you. In relaxed mood saying repeatedly for number of days, months, these words will trickle to sub conscious mind, the effect of that, changes in your walk, speech, your smiling face, confidence of yours, always makes a good impression and a rapport is created, which is very important in your day to day life.

In the second para you are asked to raise emotions. Why emotions? Everything has a reason. Emotions come out of your soul. Soul is not atman. It is conscious mind, intellect and ego. What is the centre of emotions? It is that creative intelligence, it is the atman, it creates, there after it percolates and goes to the mind and buddhi, vivek. The creative wisdom does not pass straight through it, because your mind is usually disturbed. But when you recite these words with emotions, with happiness, as anand is equivalent with the blissfulness, is the nature of the creative intelligence, God inside, consciousness inside, it starts going to sub conscious mind. When anand is the uppermost in your mind, wherever you go with smiling face, all the time you are trying to bring the feeling of centre of consciousness which is God within you, Creator within you. Now your emotions will percolates not out of thinking but they will start coming out of soul. By getting this aid you are positively bringing God’s blissfulness to yourself.

You further say that you are Creator. Why? You are a creator of your self, because at that time you are not looking at your body, so you say you are a creator. You are referring to that centre of consciousness inside yourself. Since now you have changed your psyche, you think in a Godly way.

In the meditation we have added, “I am developing creative intelligence in my mind. I am the channel of creative intelligence. Creative intelligence is the light of my mind”. Try to understand now, as I explain further. In life we say many things, some will materialize, some will not. Therefore you are meant to say that I am developing creative intelligence, it is the faculty of the God, now when you say it knowingly, unknowingly, continuously, anything, any incident, any utterance of creativity of creative wisdom, creativism, by conscious mind easily goes to sub conscious mind, otherwise you throw it out. You are the author of your life. You are the author of your success. Whatever you think, similar thoughts come from outside. Often in our case, our thoughts are of confusion and only confusion comes from outside.

Mirror Exercise For Success In Life

Now if you create a creative thought, creative wisdom comes in. “Light of my mind” is creative wisdom means thought and creative intelligence of outside and then your all thinking process wherever you go, in whatever sphere you are whether you are in business or in house, you are a wife or a husband or a teacher, wherever you are, that creativity is there which creates everything for you, grace is appointed and therefore anand. Your presence any-where and everywhere in the world, there is the tendency of creating anand around you, in you.

Now you are allowing good thoughts to come from all sides and these are creative. Negative thoughts ‘ashubh’ has no place in your mind. In mundane life your action is ultimately if your thinking is good, but if it is not put into practice it has zero value. Theory has no consequence in spiritual life. It is a state of being. Good thinking should be reflected by your actions outside.

Suppose you want to catch a certain local train, so you run fast and catch that train. You are successful in catching it because you have acted the way you should have. Your psyche and action are consistent.

Therefore last time when you are looking at that mirror, you are not meeting only creative intelligence, you are not only looking at merely yourself, you are both, the successful “Mr./Ms._____” and the creative intelligence which is inside you, for whom everything is possible. But when you say this, there are some corresponding duties you must follow; you cannot be inconsistent in your thinking. You want help from everybody, but you will not help any body unless you get something in return, this is wrong thinking. Therefore there are certain things which you should observe, without observing these you will not get corresponding success. If you help others as per your capacity, without expectation, you will find that help starts coming for your work from all sides. Whatever work you do for others, should be done smilingly. You should enjoy that work. By your approach it should look as if God within you is helping other and you are not doing anything.

I will give you certain pointers to become successful in life. For success in mundane life, you require three things, 1) desire, 2) your dedication and 3) in doing that you must get delight, three D’s are important. Many people in life never desire, because they don’t know what is nice and what is to be desired, what for I am here, what is to be done. So you must have a desire and desire does not mean, desire with attachment, because desire with attachment creates ‘bandhan’ (binding). But desire selflessly and it will never put you in ‘bandhan’, you will never come in clutches of ‘prarabdh’. You are in the area of ‘Bandhan Mukta’, free from bondage of desire.

Mirror Exercise For Success In Life

Do your work with dedication. Do it very well, very cleanly. You can be dedicated to your work only if your mind is in present. Our shastra says that if you're thinking and acting in the present, premiering in the present is as per the need of the hour, then the Totality comes to your help that is 'Pradnya Jagruti'.

Delight is ultimately very necessary. God is in absolute. He created these different specimens, species, embodiments, because he wants to enjoy 'Leela'. If you are God, deific, you are Godly then whatever you do should give joy to you, otherwise your work becomes drudgery.

I am telling you these very important pointers for the success in your life. So remember it. I am not saying for the sake of saying, you have to inculcate these habits.

Further I am giving you five pointers to become successful in marriage, with children, in the outer world, in the business, in the service. In the mundane life we have to interact with others. Always when you communicate anywhere, keep your face smiling. Your 40% of work is done because of smiling face. Smile is infectious because the moment you smile. You are relaxed and you start making others relaxed.

Second is start appreciating other people. Stop criticizing unless duty calls for it. But otherwise we have got nasty habits of discussing all the faults of others, which according to us are faults. All the people are creation of circumstances. You are creation of circumstances. That is third.

Fourth whatever work you are doing, do it clean, neat and tidy. You will find whenever you will form habits of clean work; you really get the happiness inside. If you want to create paradigm of sincere person around you, you have to be sincere in doing the work.

Next is you should listen to other people's advice even if a young child tells you something do not neglect it. If you want to remain best all the times, if you want to see that time doesn't take over you, anywhere at any point of life there is the chance of innovating your work, do that. Innovation is the mother of invention, on the basis of which the whole world has made the progress.

Thus Brahma Vidya teaches you how to become successful, because it is not you who are doing the work, it is the God within you who is doing the work and God cannot be unsuccessful.

The Creative Spirit

I have discussed earlier that when you try to touch the 'Karyarat Chaitanya', inexpressible or atman or God within you, then in that case the first thing happens is through it, it connects several intelligencia required for completion of your work and you start getting help from all the sides. In life if something unexpected happens you feel it is a failure and you become anxious. This situation that you consider as failure may turn to be good for you in long run. So at that moment, you have to take it as it is and do your best to get over it, beyond which you cannot do anything, you withdraw your self with the calmness and quietness and with the relaxed position, go to your 'Asmita', mere existence and then you will find suddenly some point of time things start moving in your favor and the work is done whatever you have to do is already done and whatever is required to be done by other agencies, they start coming forward. If you get anxiety, if you get fear, if you get disturbed because unexpected thing has happened then you will not get the advantage of the exercise, which you have done.

There is this real life story. The actor Ashok Kumar told this story in one of his interviews. When Ashok Kumar was doing L.L.B his younger brother Kishore Kumar was born. Ashok Kumar was quite disappointed in this brother as he was dark and not so pretty a child; his voice was also quite odd. One day this child got a deep cut on his foot and for two days he was crying continuously. With this crying his throat got cleared and this boy turned out to be the Kishor Kumar we know what the great singer he was.

Many a times you feel that some thing bad is happening, don't believe in that because if you are going to touch you Omnipresence, your Omnipotence inside and omniscience inside, any difficulty is going to be solved by Him, only you allow that omniscience to do whatever is possible from your side and relax because moment you are disturbed, the connection of your mind with that Omnipotence, Omnipresence is lost and then you don't get anything, then you become part of the difficulty, and you don't get over the difficulty. Whenever in life any anxiety comes, any difficulty comes, the first thing is be in the present tense, look down upon that anxiety, you are up because you are the representative of God, see what best can be done with undisturbed mind and you will do the best you can. Disturbed mind cannot do anything. Relax and watch and observe how the things are moving, all the things will rectify. So the first important thing is not to become part of your anxiety or your difficulties and only look at it, do your best, you have to put your best without thinking why this happened.

Second important aspect which is also very important, after the age of 40/45/50, your health is affected, you are disturbed, you say I am ill, I have got some disease, this thing and that thing, you go on saying little pain in the joints and change of your face, colour of hair, you feel that you are aging. You naturally accept the fact that you are aging, I have become old, when you talk like this, the first thing is the decision of your conscious mind, goes to subconscious mind.

The Creative Spirit

The moment it goes to subconscious mind, subconscious mind being collective mind where all race feels the collective intelligence, that “I am old at the age of 40”, the same corresponding effects which you have seen in your life on others, starts happening to you, coupled with the fact of negative thinking and wrong eating, not taking exercises, not remembering that you are youthful because every cell in your body is not more than one year in age, you attract, decay, old age, senility, disease. So you have to reverse your thinking, say that, really speaking I am always youthful, it is because of my wrong thinking, wrong eating, wrong action, not taking exercise, smoking cigarette whatever you are doing wrong, this aging has happened. But in spite of this apparent change, inside I am young, because God, atman, creative, subtle within you cannot grow old, when you say I am young it is that which is inside. If you just say that now I am 81 and, 81 does not mean I am getting nearer to death and getting old, 81 means I have got 81 years of experience, so that my maturity is the highest, moment you do this your whole attitude towards life is to take interest in the life and accepting certain changes in you and accepting your maturity, you start forcing your life to beautify. If you are 80 and your movements are restricted, you still can give speech, write, interact with several people and make them happy and be happy in return.

Your this attitude will try to keep you youthful. When you see in the mirror and you see your old age, old figure that reflection is inside your own mind, always correct your mind, that whatever you are seeing in the mirror is the illusion and try to see your self as you want to see your self, young and beautiful gives you the picture, but that is only in the morning or evening you see the picture, but once you see the picture, you identify with that changes, and when you say Mr._____, I get the same picture in front of my eyes as I have seen in the morning in the mirror, that is natural but we don't want that effect to happen, so whatever way you want to be, youthful, doing work, taking interest in the life, cheerful personality, bring visualization effect of that personality and you will find it will definitely help you of retarding the process of growth, decay, old age. So try to project that figure as you want to be, even if you want tuff of hair let it be there in your imagined picture.

Now in a life many a times, you meet with failure, you don't get enough money, the way in which you want or the way in which you are working, now really speaking if you are lacking in anything it is the result of your wrong thinking and wrong action but unfortunately the human tendency is, when you are successful in any sphere of life, you want to take the credit to only yourself. In fact your contribution is hardly one or two percents and rest of it goes to your father, mother, teacher, the scientists, etc. But when you get a failure, you will say that person has not helped me, this has not happened, my mother has not given me money and if not anything else 'Shani' has done this thing, my horoscope has done this thing or ultimately blame the God. This is generally the tendency of human being, in fact “you are the master of your own destiny, you are the author of your own death”, therefore even if there is failure, you have lack of finances, don't say that you are in poverty or you are poverty stricken because you are making wrong statement.

The Creative Spirit

If you are a follower of Brahma Vidya, then you are not this body, you are not this mind, you are not this intellect, you are the God within, that God within, Omniscience, Omnipotence, Omnipresence. If everything is within Him, who is within you, where is the question of becoming poverish? It is only because of the delusionary effect, you feel the body is 'I` and that circumstance is such that you cannot tolerate and therefore you say that 'it is impossible', 'mera naseeb hi aisa hai' you go in comparison and you go down, down, down. So remember, don't say that 'I have no money' and 'I am poor' by saying this, you create difficulties for your self, you contradict. Howsoever difficult circumstance, don't accept that as a failure, you are going to get over, because of that Creative Spirit.

I will tell you my experience, without giving me any importance try to understand this experience. I had been to Vienna for giving lectures and came back. When I returned I came to know, about Mr. G.L. Mirchandani's wife who was serious, her name was Jasodi, and she was already about 21 days in the Breach Candy hospital, on the respirator and doctors had given up all the hopes, she could die any moment, no chance of survival. Since I have got very good relations with Mr. G.L. Mirchandani, I said I would like to go and see Jasodi, So one evening he took me there, I still remember that it was Thursday evening. So I went there and saw her she was under the respirator, I was not in the position to say whether she had seen me or not, she had recognized me or not so after being there for about three minutes I came out in the corridor. Gena asked me, "Guruji what do you want to say". I said, "Look here Gena she is at a very bad stage anything can happen at any time, but if she has recognized me, I can do something tomorrow". I don't know why I said this, but I said like this, it had come out from within. Next day morning was Friday we were in the swimming pool, he said, "Mr. Dhudhat, my eldest daughter, Indira has come from America and when I told her about your visit, she asked her mother, if she had recognized Guruji the earlier day and Jasodi had pressed her hand, meaning 'yes'.

You can't enter in the mind of other person, unless you create a rapport, with the permission you should enter, now when I saw Jasodi I got the indication that she had no interest in the life and that's why she had packed up, when you have no interest, you start leaving, so I told him I will do something. I went to Chembur that afternoon we had deep meditation session and in meditation at quarter to seven I just visualized her and I told her "Jasodi, everybody wants you, how can you go like this, you have to take interest in life" and she said "yes", now what ever I had seen and talked is correct and that has gone to her, the net result should be that from that moment she should be alright, it is not like medicine which takes time to show effect. On Saturday I was in the swimming pool again, I met Gena, I said. "Gena I contacted her in the meditation at quarter to seven and asked her to take interest in life and she agreed, but if it is correct and not my hallucination and illusion, she should be cured at that moment onwards Gena was very surprised. He said, "Mr. Dhudhat, since quarter to seven, she got so improved and at 7 O'clock respirator was taken off". I am giving you illustration as it is, not to give importance to me but by some chance, touch the creative intelligence and things happens.

The Creative Spirit

One more illustration I will give you of this type, about 4/5 years back we had gone to Mahabaleshwar I saw in the evening everybody was telephoning to Bombay, so in my first lecture I just told them that, “You have come here, you are part of this master mind, your family is this, forget that you have a family, your business also you forget, you become part of this”. Next sentence I spoke, I do not know why, but I said, normally I would not have dared to say this, I said.” If you keep faith in God and leave everything to God, whatever your difficulty is at your office in Bombay, in your family, that will be taken care of by him”. It came spontaneously, I hadn’t thought of telling this. Dr. Batliwala and. Dr. (Mrs) Batliwala both are doctors, one is gynaecologist and one is pathologist and Mr. Batliwala had a kidney stone. So before coming to Mahabaleshwar he went to Jaslok hospital and underwent all the tests. The Doctors there told Mr. Batliwala, this stone is in the cortex, it will not come out, apart from that the quality of the stone is such, neither by hydro therapy it will come out nor by litho tipsy, it will have to be operated, you come from Mahabaleshwar and we will operate. While I was delivering my lecture he was thinking of his operation and of kidney stone, since I said you leave it to God and so he literally said, “God I leave it to you, I don’t want to think about it”. He has done that and never told me about anything. Next day early morning we had meditation and then my lecture for one and half hour, then lunch and then we went for rest in the room. As he was sleeping after lunch he got pain in the stomach, pain was excruciating, that’s why he went for the urinals, stood there for ten minutes, no urine was coming and pain was there and suddenly after some time blood started coming and suddenly there after the kidney stone came out, which could not have come out by litho tipsy or anything. If I say that I have done something and kidney stone has come out, then I should go to hospital and help all the patients, but it is not possible as I have not done anything really.

When I said that God will look after you that had come from within and he accepted it. Creative Intelligence of his body knows how the stone is to be formed and knows how to repulse it out. That Creative Intelligence started the reversible procedure of throwing it out; the stone came out, instantaneously. In 1988 Chief Justice called me and said you have to become High Court Judge, I accepted that time I had 15 lacs rupees in the bank as fixed deposit, my wife at that time was getting about 4/5 thousand rupees in All India Radio, 15 thousand I use to get interest out of the fixed deposits & after paying all the taxes I used to get Rs.6,500 as my pay as high court judge and then car was free, house was free. Then a person like Rahul Bajaj, a very good friend of mine, said “You have kept this 15 lacs rupees in bank and there is no appreciation, you should purchase the shares”, so Chief Executive Managing Director of Bajaj Auto – Mr Nahar, very intelligent person helped me and I liquidated all my fixed deposits and bought shares worth 15 lakhs. In six months Harshad Mehta came, so 15 lakhs became 7 lakhs, for 15 lakhs I was getting 15000 rupees interest per month from the bank, here a big sum of thumbs up. In the mean time Mrs. Dhudhat also expired by cancer in 1990, so that her pay has also gone, so I was left with bare 6500 rupees a month and both of my daughters came to law college, expenses went high. One particular day, I thought ten thousand rupees is must for me, as a High Court Judge I cannot ask anybody I went for swimming, I came back and I had a red lamp car, I never used to lock it, I kept my bag with swimming costume and other things and went for tea.

The Creative Spirit

I, Mr. Gena Mirchandani, Vatumal, we all had tea & toast. I came to the car, I was only thinking while, what will happen, ten thousand rupees I require, I sat in the car, I was reversing when I saw some packet kept in the front seat it was heavy so I opened, ten thousand rupees were there, this happened three times at that time I had not told anybody that I had found this money etc. Gena Mirchandani gave on his own these packets. So whatever he has given, it was not Mirchandani it was by that Order, now since I was in difficulty he has given. It cannot be called coincidence, I can quote nearly 400 to 500 incidence in my life, if you really believe in Him and follow His direction and become His representative , never try to cheat anybody, never try to say false things to anybody, believe me, to look after you is His job. This is I am talking out of my own experience, I am not glorifying myself, I am just telling you how things are correct. Never think in negative terms like I am impoverish, I am getting old, I am not well, I am full of difficulties, don't do that. Always try to see that there is something which is like a difficulty for this body, but I know I have to do my best to get over it, rest is the job of That and leave it to Him and you will see the things are happening automatically, it SHALL NEVER FAIL.

It is an accepted fact in the science that beyond red and ultra red, ultra red and ultra violet, cannot come in your eyes and further nothing comes in your eyes. Similarly when you hear, you cannot hear high frequency and low frequency sounds, if the bat goes with the loud sound, you will not hear it, because it is high frequency and though we don't hear, we see that they are in existence. Similarly from the Totality lot of signals come, since you are body conscious since your antenna is only going outside for seeking happiness outside, you are completely oblivious and cut yourself off from that sensitivity. At Mahabaleshwar I had given the illustration to you that of the great painter. With his friend he was looking at the sun when sun was setting, his friend said," What a beautiful picture we are seeing" and do you know what reply the painter had given. He said," Look here don't disturb me at this time I am hearing the sun, I am tasting sun, I am smelling sun I am looking at the sun", this means all the indriyas, senses though they are not meant for it, except eyes, were taking the signals from the setting of the sun and I am lost in it. This is called convergence from within.

This phenomenon is called convergence because all these senses are trejected outside but when they act from within they come to one point. When convergence happens, you start getting the door, which leads ultimately to enlightenment that is Kaivalya Upnishad. I have given you this illustration you are insensitive to all these things, you can't live without these signals but you are insensitive. Spiritual life is tuning yourself to this sensitiveness, 'samvednashil' and once you start getting it, correcting yourself at body, mind and intellect level. Last but not the least, scientifically it is found that when the person is in coma or when the person is in the hypnotic spell his mind is very sensitive and receptive, but more than that, in the meditation, mind is receptive.

The Creative Spirit

Those who are doing deep meditation will understand that in the meditation all the indriyas which are naturally tuned to go outside, exteriorization, in the relaxed stage slowly starts withdrawal, withdrawal, withdrawal, further in that stage when you go in the particular stage when, whatever outside is happening we don't hear, we don't understand, but you are not sleeping, you are not unconscious, it is a very enlightened stage, suppose in that stage you throw one thought, it gets fructified. Exactly at that stage, sitting at Chembur I told Jasodi and it hit the target, Jasodi's inside, she was in semi conscious condition and it went there.

Therefore this meditation which is prescribed to you with several recitations will go inside, remember that and see that without any miss you do it day to day, and if you do it with the sincerity all this exercises, and in about 5-6 months time you will be a very different person. Secondly you will find your speech improves, generally you are very rough and tough, when you express your self, when your ego is hurt. Whenever you talk as far as possible don't try to hurt the feeling of the others, and in any case don't try to hurt deep by which his 'asmita' gets disturbed, awareness gets disturbed, because if you do, you are going to bring trouble to yourself, nobody can escape, you may be Prime Minister but that trouble will come to you. So as far as possible, try to be gentle, try to be helpful, try to be smiling and with this as representative of God when you start behaving, because you are not doing anything he is doing it through you, 2-3 months time you will find all persons around you will say that you have changed, and secondly they also reciprocate in the same way. Even those persons who were not bothering about you, careless about you, indifferent to you, they will start taking care of you, science this happens not because of anything else, because quality of your thought attract the same quality of thoughts. If you use bad language, you will hear lot of bad language, if you deceive somebody, you will get ten deceiving persons in different ways, so ultimately it is your quality, which attracts your experiences. I have given dynamics, as to how the thoughts are to be rejected , but basic principle is if you keep your thought very high, elite, you will create that elite and high atmosphere if you bring it down, the drudgery will start and then the life is not worth living.

Man is The Divine Magnet – Part – I

We are going to discuss Creative Breath. In life suddenly an occasion arises when you want to achieve a certain thing immediately, and provision is made in Brahma Vidya that if you do this exercise, you will be in the position to achieve what you want immediately, that's why it is called Creative Breath. You have to sit as you sit for meditation, in squatting position, then you to create a picture of what you want to achieve before you, you have to create a visualization as to what you want to achieve, remember there is no question of any thinking process in between, you have to bring the picture as if you have accomplished that whatever you want and it is before you. Suppose, if you want to start a new shop in a particular suburb, you bring the picture that you have started the shop in a particular suburb, shop is very big shop, lot of customers are there and customers are very happy by your service, make that type of picture and when that picture comes, not thinking again, because thinking comes in the left cortical region of brain, we want to go to right cortical region of brain that's why don't think over it, try to get the picture. The picture is in present perfect, it is already there, not that you are creating it, it is already there, that is called visualization.

After getting that visualization, your hands are just on your laps you have seen that picture wait for some time, let your breathing come to normal then keep your hands straight in front of you and exhale completely. Start breathing in and while breathing in, clench your fists and bring the fists to the sides of your chest. When you close the fists, make a feeling that visualization of the factory or, success in the examination, husband wife conciliatory measure after a fight, whatever you want, think that comes in the grasp of your fists you have brought it near the chest in the subtle stage and after this retain the breath till you are comfortable, exhale forcefully and when you do that, see that your posture does not change then relax and let the hands go on the lap. When you are exhaling see that creativity of that factory goes in each and every cell of your body then contemplate for two, three minutes, the exercise is over. If you have any problem, I don't want you to think of that, you have to visualize getting out of problem, getting beyond problem, don't think about the problem. So when you want to get over any difficulty of your life do this Creative Breath. You can do this exercise once in the morning, but if needed you can do it 4 to 5 times in a day also. The question in the mind is, how is it that whatever I want to accomplish, I have to visualize in present perfect?

I will convince you, each and every person as to how this Creative Breath, will make you create anything and everything. I have shown you that so many things in Brahma Vidya comes automatically. If this exercise I would have given you much earlier, you would not have understood anything out of it, but for discussion we had theories we have seen up to this time. This exercise will also improve your health, you can improve your defects in the body, suppose there is the trouble in your kidney or liver, you have to create a picture of kidney or liver which is very healthy, & then you leave it inside your body. In spiritual life, confidence in you faith in yourself is the most important thing. You must have confidence that this exercise will work. You are starting the business, you are starting the factory, if you do it with hesitation, without confidence, then it may happen or not happen depending upon the life outside, but if you understand this exercise, it shall happen, it shall happen, it shall happen.

Man is The Divine Magnet – Part – I

You have to understand each and every step in a proper perspective. We have seen earlier that our thinking is out of reason, then you have to bring the feeling, the warmth comes inside and then after that you create the imagination out of it and once you see that imagination, in that imagination you get yourself lost in that delight, so that the imagination gets fructified, we have just discussed whatever we do, we do by thinking, and thinking is the preconceived notion of the mind, thinking comes in time and space and if you create a thought, with the reflection of creative intelligence it will materialize, but it shall never happen to the mundane person because the moment the thought “I want to create this (comes to him) hundred thoughts like this will happen or what will happen?” also come”. You go on thinking and with that thinking the ultimate thought which comes out is coming out of your computer of panch nyanendriya and karmendriya and not emanating from creative intelligence and it may materialize or may not. If you are in the position to bring the same thought out of creative intelligence it is going to materialize, because God has created this whole world out of That consciousness, by only one thought, ‘I shall be in multitude’. Therefore if you really bring the thought from the God within, it shall materialize. What is that God within we have discussed, that God within the consciousness within you, Totality’s Consciousness, that is the only truth, the whole thing in the world is Consciousness, Totality.

It is Omniscience, Omnipotence, Omnipresence. Consciousness, since that has decided to create different embodiments and creating different embodiments through the interaction, He wants to enjoy ‘Leela’ that is the concept. Therefore for every embodiment the consciousness is created, within the limitations of the embodiment and allows it to act only in a particular way so that various embodiments reacts together to create that Anand, symphony, harmony. Virtually each and every species and inanimate objects are propelled by that consciousness, only in case of human being, we are distinguished because of our ego, Ahankar, that ahankar acts in two ways one is with reference to your self and second it is with reference to society. Firstly, since you gather all the information and with reference to this body, your firm believe which you can’t get out of this normal thinking is that I am body, because I am doing all the thing through this body, body consciousness, one aspect. Second aspect is since human being is in the society, because he has no weapons of offence and defence and the only way he can defend himself is through coming in groups, so living in the society and living for the society, that being the position every person has some place in the society and every person feels my place is like this, her place is like this, his place is like this, so my opinion, my opinion of what other persons think about myself, that ego also exists in the society apart from the body consciousness and this ego is such which keeps you in happiness and unhappiness. I get the jolt of my life because my expectation of his opinion about me is like this, so I don’t get sleep at night. Anything that he says consistent to my opinion as to he is caring, then I am happy about it.

Man is The Divine Magnet – Part – I

Whenever you are unhappy, first fear comes, anything which comes near you, which you feel will be a challenge to you then you feel, whatever I am, whether I will remain in that position or not what can be done, and the moment the fear comes, ill-will, spite, hatred, everything comes, by that your mind becomes so weak, you don't know what you are, you don't know what you want and question of how to get it, becomes very difficult because the two things you don't know because of the confusion, you don't have faith in your self, you always feel whatever I want whether this will happen or not, what the other person will feel about it and therefore you become a very weak person. A successful person is a person who has self-confidence; person who fails has no confidence. 'Atmavishwas', not body 'vishwas', absolute faith in creative intelligence, God inside that is atmavishwas, which is important. In mundane life human mind is disturbed mind, the mind is weak mind and any 'sankalp' they arrive at will be at conscious level, conscious level means 'panch nyanendriya' computer level and since that level is disturbed there will be no clarity about what you want, there will be no clarity how you can get out of the difficulty and thirdly because of the fear complex that becomes weak and therefore though you feel that I should become something like this it doesn't materialize, this is the difficulty in mundane life and with each and every person.

Just see how Brahma Vidya tries to get over it. You know the art of visualization, how to visualize and visualization is not thinking, visualization is the imagination, 'Kalpana'. It is not thinking, the moment you bring the thinking you throttle 'kalpana'. Imagination, visualization has no reason, any imagination is creative. By reason you can say right wrong, you can give reasoning for that, you can compare but you cannot create, reason is out of the left cortical region of brain, you cannot create, you can reserve, you can give judgment, you can compare. Visualization is spontaneity and does not come in time and space it is not in left cortical region. Visualization does not come within reasoning. Creative intelligence kept with you is that imagination, 'kalpana', given by God, that means visualization is the function of that creative intelligence inside, that is visualization comes directly through the God within you to outside. It doesn't come in left cortical region therefore it doesn't come in time and space, it has no limitation. So when you do visualization and you are getting the visualization correctly, the first thing is 'without thinking', visualization comes out of spontaneity, through the creative intelligence inside, which is God and if God imagines, it should fructify there is no other way to it. If you think whether it will happen or not, it may or may not fructify. Rishis used to do it, they used to just take water and with 'Prokshan' they used to throw it and whatever they wanted, would happen. There was one pointed thought, no doubt, there was no question mark, mind was straight and strong, touched to only creative intelligence. So the only next alternative for you is visualize first, so by visualization you are touching your creativity, that is that consciousness that creativity without pollution of the mind. We want to get yourself lost in visualization and not in thinking, that's why I said whatever you want to happen see that it is happened already. It is already happened and you are looking at it.

Man is The Divine Magnet – Part – I

Even today science says, that if you want to achieve anything, try to visualize in present perfect. The visualization has come before you. This visualization to be, should be within the norms, for example, suppose a lady wants to have a child, whatever you do, it will take nine months, because it will not happen immediately, so your expectations should be consistent with nature's laws. Suppose your liver is not working properly, then you should know what is wrong and what is its right function, after understanding the medical details about the perfect liver, bring that perfect liver in visualization and it will be perfected.

The breath taken is along in the company of that visualization, in every inch of your chest, air is filled along with that visualization and you have kept it, you have retained, the air also is retained and then you are releasing the air, with hissing, sound, visualization is going inside your lung and with that breathing which is going on its going slowly, spreading all over the body, vibrations are going all over the body, it is going inside and outside the body which you can see and it comes under your conception of panch nyanendriya and karmendriya. Inside is the functioning which takes place, we don't know how your liver is functioning, how it is manufacturing, which chemical it is manufacturing, you don't know anything, that is subtle. So you have your visualized dream to that creativity. Creativity inside the body is God; it is omniscience, omnipotence and omnipresence.

Like mirror, which produces reflection of a person standing before it. The creativity also produces the exact reflection of our visualized picture. It creates the reflection in the Totality of objectification, as the reflection of the mirror is an illusion, mirror doesn't know that it is you who is shown. Similarly here this whole world, panch nyanendriya and karmendriya, it's a projection. So whatever you want to achieve in your life, that projection you throw, and the moment that projection goes inside, it touches the creative wisdom, which is creative intelligence inside, which is God, which takes care of all the functions of heart, liver, all the metabolism so perfectly, only God can do it, you cannot do it, every cell there are trillion of reactions, that god, it is a creativity, it is not in time and space, and it is omniscience, omnipotence, omnipresence, there is not a place where he is not there. All the intelligence is there and whatever is required for creation the material is also there. That creative intelligence inside connecting within to without, touching all the points which are required to create the object from within and by some coincidence, you feel by coincidence it is not coincidence, they start coming forward to materialize your object, help starts coming to you. In all this your faith should be absolute, no wavering, no doubts. This is creative breath. Actually as per our shastra, whatever you see 'he, she, it' they are illusions; they are our hypnotic effect projections. Today science also says, whatever difference we see in embodiments are only our projections. We are living only in our participatory universe, a projection of consciousness, this is today's science. If that is so, whatever you see 'he, she, it' is a projection so if from within something changes the projection is going to change, not by your thinking.

Man is The Divine Magnet – Part – I

Left cortical region of brain will help you in living the mundane life in a mundane way. In this case you want to take the help of creative intelligence within, which does not come within the caption of panch nyanendriya and karmendriya. Try to see that visualization goes to the creative intelligence inside and then after reaching it you have only to relax and wait. As the time comes the things will start changing. It is not the magic, it is our own power, it is our own 'Pursharth', only we were not knowing how to tap it. You never tapped it because the moment you come to thinking, you throttle that creativity. Thinking is directly opposite to creativity, thinking is to be done only to see whether it is probable or not once it comes to probability you throw the thinking, but generally whenever you start thinking you go on thinking and because of that if your thinking will be wrong you will fail, if your thinking will be right you will succeed. But in visualization, if you visualize anything and bring that thing to creative wisdom, to create is not your problem, it happens, it is the 'state of being' in which it happens.

Anything you want which is within the human probability, it should be consistent, only the project is to be seen, you have to forget in the delight of the project, then you take the project in seed form then throw inside the body and the moment that is done keep your self in the meditative position for 4 to 5 minutes, the rest of it is the job of Totality, job of the God. So this breath is called Creative Breath, you can create anything virtually. Projection is important because we are in the field of projections, it is our collective mind which creates, projects, with the common ideas and that's why we feel everything is going on without our conscious effort. Generally we try to change everything from outside, which in time and space, may happen may not happen, but by touching to creativity, i.e., Omniscience, Omnipresence, Omnipotence, it is bound to happen. You are normally in limitation, 'there' you are not in limitation; there you are only in creativity.

Man is The Divine Magnet – Part – II

In this lecture we consider the effect of negative attitude developed since our childhood. As per Brahma Vidya negative aspect, negative thinking - “Ashubh Vichar” are antagonistic of life. This negative thinking acts at three levels, one is at mental level, second is at the emotional level and the third is acting at the circumstantial level. Mental level means your thinking is negative, emotions are coming through the Atman, they are the vibration from the brain, creative intelligence and if they are negative the whole negative creation starts from your emotions. Your negative thinking creates negative efforts surrounding atmosphere. In the mundane life, you don’t get the result because this negativism is acting in three phases; in your life and unless you get over it, you will be not in the position to be successful. Therefore consistent with our experiments, consistent with our thinking we should understand the root cause of it as to how negative thinking comes. Surprisingly you will find that most of our negative thinking in the birth span is when you are young and many a times it is your dear and near who introduce it thinking that they are doing welfare to you.

A great scientist has done experiments on several criminals to see to why a criminal becomes a criminal. Is there anything in his brain? Is there anything in his body by which he becomes criminal? He has done lot of research and he found that in the childhood certain things happens and the person deviates from his normal thinking and his normal action. He has given one example -

In the evening some boys were playing with the stones, while throwing the stones one stone happened to fall near the bottom of a small plant. Children finished their game they went home, nobody bothers about the stone which fell near the young plant, that stone naturally gave pressure on the young plant and when that tree becomes very high tree, it had a bent. Nobody did anything deliberately but the stone remained there, the tree get bent, it became a very big tree, that bent is still there.

So he says in the young age such a thing goes inside the mind and the bend is created in psyche, in the subconscious mind and then you grow, you grow along with the bend and all the thought start passing through that groove, by which every thought coming out of that groove gets some tinges of negatively. We don’t understand, by our wrong attitude towards our child we create lot of maladies in his thinking and this is out of benevolence, you want to protect them. As a child grows and it start moving, if you just look at the child, child has no relevance with the outside world, his world is make believe, he is in his imagination. You must have seen the children they are in their imagination and out of their imagination they want to do something spontaneously, there is no thinking process they just try to do it. Very often they start doing it and the person around them may be mother, father, they stop them from doing it because by doing that it may cause injury to them. At times in order to see that they will not do it again, some threat is given. Till about 14 years of age, children accept whatever the elders have told and that becomes part of their psyche. I will give you one or two illustrations.

Man is The Divine Magnet – Part – II

If a child is crying in the evening, you have to do your cooking, so very simple way to stop him crying is to take the child to the window, show the darkness and tell him to keep quiet otherwise demon will come and he stops. Your work is done, you have finished your cooking, but you will find most of the persons are afraid of darkness because of such type of fear shown to them in childhood. You have done this thing only so that your work becomes easy, but what you have done is the child suffers from the fear of darkness throughout his life till he dies. Generally, when child becomes of 4-5 years, you ought to chastise the child by some minor punishments and the child is afraid of those punishments. The child has nothing to do with the universe or surroundings he wants to do anything and everything spontaneously just as he wants. You have prevented him from doing that, natural expression is prevented, why prevented because if he does it, you are going to hit him, you are going to punish him or bring the demon. But still child has to act to satisfy his curiosity, so he goes on cheating you. When this child grows up, he thinks if you want to do something and if it is not allowed, you can do it by deceitful means and the persons perversions goes to the deceit and that mental groove of cheating is formed.

We try to shield a child from the subject of death, lot of enigma is created around death and it becomes greatest fearful aspect. Whenever there is birth of physical thing, death is found to come one day, but because of the fear of death you die a hundred times in your life span. Really speaking, when the death comes you should go as naturally as you have taken the birth, there is no question of fear. This fear of death is the first root cause in humanity by which other fears have started. If I want to threat anyone the highest threat is “I will kill you”, Death is the boundary of fear beyond which you cannot fear anything. Mostly all the people are unnatural in facing the death. If there is a death in a family, you see how people cry, how people talk, all the persons are standing outside, “What is to be done?” People are confused.

Really speaking death is inevitable end of the life, one who has taken the birth has to die, no escape out of it. Brahma Vidya wants to see that you should not get the fear out of death. You should accept it naturally. Why Brahma Vidya is after the youthfulness and death just try to understand – death is going to come once and it is not in your hands. Even if you are ill, why should you say that you would die, leave it to the doctor, take the best medicine and take the caution. If death has to come let it come. But you get fear then you get fright, then after getting the fright you get high blood pressure, other complications and you contribute so that if the death was to come at the age of 90, you die at the age of 70 because of your wrong thinking. In a life, whatever the circumstance, you have to accept it boldly and face it as it comes, then there is no difficulty.

Man is The Divine Magnet – Part – II

On the one side we are saying we must face death boldly and on other side we declare that there is no death. Are we making a false statement that there is no death? No, we are making a very right statement. When you say death, it means the breathing has stopped, decomposition would start and rigour mortis starts and if you don't burn the body or bury, it will start putrefaction, these are the signs of death. But this death is to the physical body.

In Brahma Vidya you get a experience that you are not the body, then in that case the death is no death, because “that deathless” which is there inside, it is going to come for birth again or it may not come that is the different thing, but there is no death to ‘that thing’ which is inside, ‘creative intelligence’ which is inside, it is deathless and you are that creative intelligence and therefore when you say there is no death it means that the creative intelligence has no death, when we say there is no senility, there is no old age because creative intelligence doesn't get old, old is your body due to your thinking which is projected on the body. Today even the science is accepting that we are living in the participatory universe of consciousness we project these things and things are happening accordingly. If there are no projections you know “I am that” and He has to use this body, mind, intellect for the purpose of establishing the harmony in the universe. If this body is not coming to the use for establishing that harmony then “He” should leave it, He has to discard it.

If you purchase a car for going to your office and it is not functioning then what will you do, discard it, dispose it. When you say there is no decay, disease, old age, senility, disappointment, doubt, death, you are making the truthful statement because you are making that statement with reference to creative intelligence, which goes on ahead, ahead, ahead, because evolution is going on. Not only in you but also in every species that consciousness is going ahead and that consciousness is the Totality's Consciousness, only because of the embodiment we are becoming separate. Human being has a faculty of understanding this and getting out of the shackles of this embodiment. Only human being can do it otherwise all other flora and fauna go in an evolutionary process. There is nothing in our body for which there is no attracting medium, I am using the word very precisely, in us there is the magnet, in us means in every embodiment created, there is the magnet and that magnet attracts anything and everything which is required for the maintenance of the embodiment for function of that embodiment. This magnet tries to interact with the outside world and tries to get whatever is required for maintenance of body, mind and intellect.

You will say, we see animals, trees, where is the magnet? I will convince you on this point. If you just see the life, life can continue only if there is oxygen and it can only continue if there is food to eat otherwise no life will be there. Since the God has created these embodiments, he has to create everything to maintain these embodiments.

Man is The Divine Magnet – Part – II

God has created vegetable kingdom. If there would not have been vegetable kingdom nobody would have survived, even those who eat non-veg, all those animals that are used as food by non-vegetarians, have to survive on the food given by the trees. God had seen that the plants are to be prepared which will give oxygen and also food to all other lives. In a leaf there is chlorophyll, this chlorophyll is an independent organism, it has a different DNA number, it is living in symbiosis in the plant. It takes the heat from the sun, takes the carbon dioxide in the air, out of that it separates oxygen and creates carbohydrates, and protein out of it. On that carbohydrate animals survive. Secondly, the oxygen that you breath is produced by trees. Trees also require oxygen, but the Totality's arrangement is such that they take oxygen at night and trees requires less oxygen because they don't move, they are at one place and secondly at night all the other animals sleep therefore they require less oxygen at night. Therefore, trees take the oxygen at night and produce it again in the morning. Just see how the air arrangement is made. Trees have no legs, they can't go to the well and take the water but the roots go inside the earth. If you dug up the earth there is hardly any water, but minutest water which is there in the earth, the roots sucks and send it 100/200 feet up, without any pump. Trees require lot of water otherwise tree cannot survive. So whenever there are trees there is lots of rain, wherever there is forest there is lots of rains. If you cut the forest, in that region rain gets reduced and that land becomes a barren ground, it becomes a dessert.

When embodiment is created, God sees that what is required for it's sustenance that must be sent to it, there is the sensitivity in the whole universe by which everything is maintained automatically this may not be visible to you, your perception is blank to this phenomenon. When you are in mother's womb who takes care of you? You come out of the mother's womb, you have no teeth, nature gives mother milk, not only milk the moment she looks at the child, she feels that the milk should be given and she feels pleasure, highest pleasure the mother gets is when she feeds the child. So nature has created everything all this flora, fauna, species are created are to be maintained. The principle of the "struggle for existence and the survival of the fittest" is to be maintained, if they are weak they have to be thrown out, if you are weak you have to be thrown out, only the capable should continue, because the procreation from the capable becomes capable. If you are fittest, in a harmony with the nature, you do highest you can for the nature. But if you are incapable of maintaining the harmony in nature, you are to be thrown out.

On this basis you see, that if you disturb your body by negative thinking, then mentally you become disturbed, then emotions are also disturbed emotions and then it becomes mood, you are creating unhappiness through your body, will God like to use your body? God means that Omniscience Omnipotence, Omnipresence. So then degeneration starts. Therefore if your thinking is 'shubh', shubh means positive, then your attitude is positive, your action is positive, your emotions are also positive, your actions are also positive, then naturally you create harmony and once you create harmony, then harmony being the object of the totality, you as a species gets selected by God for procreation.

Man is The Divine Magnet – Part – II

But if you are negative, you set the vibrations inside that “life is not worth living”. So, in order to see that your wish fulfils things are set in a reversible way by which you start going to your death.

When the death comes, if you have lived your life fully, then you go out with grace and if unfulfilled then you go out in a very sullen way, you go in a very poor way, you go crying. When death comes you should go smilingly, you should go very quietly and merge with it. Either you are going to come back or you are going to merge in Totality’s Consciousness that is far better.

Till the last breath of ours we must be in harmony with the surrounding circumstances. Trees are here and the rain comes nearly 2000 miles away because of the trees, see how much nature is guarding you, you cut the trees and the rain from 2000 miles doesn’t come. So if you keep yourself viable if you keep yourself positive, if you keep yourself in harmony then God looks after you. You can create harmony, if you live for the others. Your happiness should lie in other’s happiness as well and you should care for others. If you become selfish, then other people will also stop caring for you because you send that type of signals. The science tells us, that our brain receives 30,000 of tidbits of information every second, out of which 120 goes to your conscious mind, rest remains in your subconscious mind because that has the connection with Totality, it is ‘samvednashil’ – Sensitivity. We send 5,000 tidbits of information in the Totality. This way from our side also we are contributing to the harmony. Most often your antenna is tuned only to the outside world, and you are not aware of the Totality inside. The whole procedure here is getting your self aware to that ‘sensitivity’, instead of going to temple and masjid, by sitting here you can do it. You may be Muslim, you may be Hindu, it matters little and this is all our figment of imagination. You call it Allah, you call it God, whatever it may be it doesn’t matter. He is there and through the sensitivity we have to go, he cannot come in your sentimentality, by crying he will not come, he will only come in your sensitivity.

We say there is no decay, disease and death, so even if you feel death is certain, death is not certain as you are not the body but you are “inside”. We know it fully well that this body we have brought, sometimes it becomes useless to God, it has to be thrown. The magnet inside is such that if there is the cause inside the body, it attracts diseases. In India T.B. bacteria are rampant any person can get it, but if you are healthy nothing happens, because of the maintenance of the health. But due to some shock, your crying, your negative thinking or fear and you set hormones in disharmony, then you keep all the gates open to the outside world to attack and you suffer. It is a very slow process of your thinking that is negative, which creates these maladies and you blame everybody and not yourself. Wrong eating, over eating, less eating, no sleep, over drinking or even creating lot of mental pressure, all these things are negative and they mar your life.

Man is The Divine Magnet – Part – II

To reiterate my point, I will give you an example. In Lucknow, a complaint came to police that unattended Tongas were being stolen and were found again on outskirts of Lucknow . So, Police started investigating it and they found that this was done by a boy of 13/14 years of age, coming from a very good family. The matter was investigated and they found that this is the psychological abrasion, so psychologist came in and in the trance the boy told, what happened. One day after the school the boy was returning home and there was a person coming in tonga from the opposite side and the person sitting in the tonga was little elderly person, staying in the same lane as he called the boy and offered him a ride naturally the boy wants the ride so he went. He sat with the friend, with the person who was riding the tonga. While going this person talked to him something about sex. This is a young boy and at the time at that age of puberty, maturity is coming, so then he started getting sexual feeling and he also told the boy, “Do you know, this is not my tonga. I have stolen it. It was on the street. I have taken it from the street” and then talking they went outside the city of Lucknow and they abandoned it and came back home. This was small incident in the life of that boy. What happened? Whenever this boy used to go out and see any tonga with no rider there, he used to get sexual feeling, urge, the two things in subconscious got connected. Tonga has got nothing to do with the sex, but for him it was. So immediately he used to sit in the tonga take it outside Lucknow city , drop it there and come back. Then the psychologist gave the suggestion to the boy in trance. If proper suggestion is given to see things in right prospective then that catch in the groove of subconscious mind goes and the person becomes alright and the boy became alright.

Scientific research says 70 – 80% of our illnesses are psychosomatic. Scientists found out that certain shock at the early age also affects the person. When you are in the mother’s womb, suppose there is a fight between the mother and father that also has created so many grooves inside that the person is affected. They went further in a ‘reterogation’ wherein suddenly persons started going to past births. I have read several books in which about 5000 such cases are given. The doctors completely failed in treating the patients and when they take the patient in reterogation, while going to the past births some go 800 years back, some go 500 years back and they tell the incident that has created the shock. This theory is called “coex theory”. A person had a neck pain, he went to many doctors and none could help him. When he was taken in the trance, he went 5000 years back and at the time when moghuls were there in Mongolia and he says, “I am 17 years and its night time, I am sitting in the boat, boat is of this colour and suddenly spear came and hit me in the neck and thereafter I died”. In that shock he died. Doctor told him in his trance that it has happened at such and such age now you are in such and such age so forget about it. After he was brought to normally after reterogation, his pain had disappeared.

Man is The Divine Magnet – Part – II

Many a times, thoughts of race mind are very prejudiced so you hate Muslims, you hate Hindus, in the name of religion you can even kill another human being and you can justify it because your HMV record in your subconscious mind is prepared accordingly and therefore Brahma Vidya says that unless and until you are in position to blot, expunge these negative things you are not in a position to lead your life gracefully, meaningfully, successfully. So, if you are getting fear, reverse that thought, reverse that emotion. It is better to express yourself, what you don't like, somebody does wrong to you, you tell him without fear or else if you repress it, you are in trouble yourself. If you have got a bad thought, contradict it by good thought, counter it that process is called 'sublimation'. If you sublimate by countering it, you will come out of it, then you start searching yourself in this act. Then only you start becoming cleaner and cleaner, negativity gets blotted and then it becomes easier for you to get the sensitivity of the Totality, sensitivity of the God. Otherwise you will always hear the emotional things of distress or you will always hear a voice of devil, and your "Purusharth" goes in wrong direction and can harm others.

So the cause for your disease is inside you, if you wipe it out, you will never be hampered by it, but if you don't wipe it out, external medicines will not help you much. Even if wrong thing happens to you, that is attracted by your magnet and unless and until correction is done, magnet will always take wrong things and you will go towards death. Suppose human being lives 80/100 years and there are people, who die many years later, but you die at 40 years and that is because you have attracted it, accidents are also attracted. The moment you do positive thing your emotions become positive, you create a surrounding full of positive. The moment you start negative thinking, you start getting negative things and negative things attract you. See how to create harmony, so that God within you is ready to act, then life is purposeful, meaningful, successful.



Glands Influence Thoughts

We are going to discuss the endocrine glands, the ductless glands from the point of view of Brahma Vidya in this chapter. In recitations of third spiritual breathing exercise (The Inspirational Breath) in Brahma Vidya, while expressing the thanks we recite that, “I am thankful to the Lord for my body, I am thankful to the Laws - the Eternal, Everlasting, Changeless, Immutable Laws of my being - for my body”. We have stated this, understand what are these immutable, unchangeable laws, by which things are taken care of and how from within to without, these things are happening. So this is not the discussion on medical science, but it is from the spiritual point of view.

The functioning of our body is, virtually, taken care, by our glands inside and these are called ductless glands or endocrine glands. Earlier not much of research was done on these glands except on kidney, on pancreas, on liver. In the recent years, there is lot of research on the pituitary glands, the pineal glands, renal, and suprarenal, etc. Whatever you are today, physically, mentally, it is because of these glands. It was very difficult to do research in these glands. The basic difficulty was, that these being creative glands, the chemicals are created only when body requires them, as per the need of the hour. It is not prepared and stored aside. In about 1910, Mr. Pavlov, Watch, a Russian scientist wanted to carry out experiment on gastric juice, but the great difficulty was, unless you eat something the gastric juice is not produced inside and whatever you have eaten gets mixed with the gastric juice and the analysis becomes useless. He solved this problem by ‘reflex action’. What he did was, he kept a pet dog. 12 O’clock at noon he used to feed him. But before giving him feed, he would ring a bell to make him conscious. First ring the bell and then after 5 minutes the food is given. This he continued for a few months. One day he rang bell. He gave chloroform to dog, opened dog’s stomach and inside the stomach he found gastric juice. He thus carried out his experiment /tests. This is called ‘conditional reflexes’. The dog was made aware that bell has some connection with the food. When the bell rings, five minutes after that food comes, that impression is made on the subconscious mind, by repeating the action for 4-5 months. So when bell is given, body secretes the gastric juice for digestion of coming food in stomach.

You see cricket players chewing the chewing gum in the month. They do it because due to chewing, there is the salivation and the throat does not get dried up. This munching action gives the signal to salivary gland by which salivary liquid is secreted in the month. Especially when the persons are traveling by public transport and many times your throat gets affected, but if you keep something in the mouth like clove, you will find because of that clove, salivation is there and throat is not dry and even the wind, cold wind is there it may not affect your throat. I will take 2-3 illustrations so that you will understand it.

Glands Influence Thoughts

Another illustration is, you are called for dinner, dinner is properly served, you have not as yet started taking the food, but the moment you look at the way dinner is arranged, you start getting the salivation. Because the indication the signal has gone inside, that the food is ready and I am going to eat.

Third illustration I will give you, I am invited at somebody's house for dinner, I am sitting outside, but some food preparation is going on inside house, for instance, frying food and you get the aroma. Only that aroma also triggers that action and you get salivation. The thought goes inside and triggers the salivation, no need even to see food.

A person is sitting in a house, a postman comes and gives him a telegram, "Mother dead", after some time the feelings starts and then the emotions starts coming and when that emotion comes that his mother, dear mother, parting of his mother, then eyes becomes watery and tears starts coming out. This is natural emotional reaction. After ten minutes postman comes back and says, "Mr. So & So, I am very sorry, this telegram is for the neighbour, I have wrongly given it to you". When the tears started coming out of his eyes, his mother was alive, not dead, but even that suggestion has gone inside, the glands in the eyes created tears. That's why even if things is true or not, effect will be there. Because of imaginary fears, many hormones are secreted in our body, which are really not required.

A person at night walking in his garden, taking stroll, he saw a serpent. To meet dangerous eventualities, nature has created your body in such a way that in case of a danger when you need to fight or to take a flight, adrenalin is secreted in your blood. Your blood pressure increases, blood supply increases and your body mechanism are at optimum level. This is the instinct provided by God to each and every embodiment. But if you fear, then by that fear you become part of that danger and then you succumb to the danger. He saw that snake and ran away in the house. Next day morning, he came to know that what he thought was a serpent was not a serpent at all but was a rope laying there, which in darkness gave him a feeling that there is serpent. In a life you create imaginary fears, even if they are false, once they are accepted inside, chemicals are produced, adrenalin is produced, and the adrenalin is required to meet the contingency. If there is no contingency and ten times you fear, adrenalin starts coming, the same adrenalin becomes poison to the body and your body functioning becomes imbalanced.

The emotion plays very important role over the body. Scientists have found out that if you are jealous of somebody, then the gallbladder opens and starts throwing gallbladder liquid into the blood, if the jealousy is continuous, and very acute, you may get jaundice. Because of fear and phobia, acid is produced in the stomach, especially bile comes, you get nauseating feeling and you get stomach pain, because of the negative emotions.

Glands Influence Thoughts

If emotions are positive, you can fight, nature has prepared, but because of negative emotions, you become ineffective person and you succumb to that event, that calamity. You have many fears, jealousies in your life. Do not try to deny it, accept that you have fears God has given you. Try to take help and get over it. You will be successful in that, invariably because if you think properly with the calm and quietness, Totality computer will send help to you in some form and by following that you will get over the problem.

Suppose you have developed a tendency of jealousy against some person how to get over it? For that we have to reverse our thought first. Fear or jealousy comes in thought, then it gets converted into feeling and then it comes in emotion and once it comes in emotion that affects the internal system. If you start reversing your thoughts and your emotions, instead of fear, the 'boldness,' and then you will find in about two three months, whatever the problem, the acidity and the troubles you are having, will stop. You have to reverse your thought and feeling along with it and emotions along with it. At times you are jealous of some person, if he gets something you feel bad about, it. But if you start loving him and really it is very difficult for you, but continuously saying that "I have love for him", you will find, the effect of jealousy on your body starts reversing and your body starts functioning alright.

How to reverse your feelings and emotions? In our magna carta of Brahma Vidya, we have said, "I am the master of my destiny; I am the author of my death." Everything is in our hands. You can go in a negative way, you can go in a positive way and if you go in a positive way, body mechanism is maintained properly. We have seen positive emotions help you to cure your problem; negative emotions destroy you, creating problems with the body or the outside world. Generally by intelligence' we mean the computer of senses, i.e., pancha karmendriya and panch nynendriya. This intelligence can't create chemical required from the liver, pancreas. So your thinking computer is of no consequence in this matter. You have to take its help in a different way. Because the creative intelligence which is inside or a soul inside.

A soul according to our seers is consisting of atman, ahankar, mind and intellect. The soul after our death goes for some time under certain process and ultimately it takes birth. Feelings are emotions, if positive they help you to cure your self and get over difficulty. You can't conceive the idea of soul by preconceived notion of senses. It is subtle. But when you forget body consciousness, your consciousness goes to 'asmitta' and then only awareness remains then you get touch of emotions and you understand how directions are given from within to without. At that subtle stage there are only vibrations, no separate embodiments, i.e., 'Bramhan'. When these vibrations change the quality of embodiment changes.

Glands Influence Thoughts

Once again we will see how ego has developed. According to our science, 'Brahman' wanted to be in multitude. So embodiments were created, to enjoy the interaction between different embodiments. All the flora and fauna is propelled by Totality's forces but in human 'conscious mind' has developed and then from 'asmita', 'ahankar' - ego has developed. Ego is opinion, as to what others feel about you. Ego is followed by fear and for happiness mind starts only going out, it becomes exteriorized. Only way to get out of this 'kshipt manovruti' is getting relaxed in a meditation. It is called return journey. It changes first the thought, then feeling and then emotions. My statement may sound contradictory because in meditation there is no thought, as it is getting your self lost and become God. So where is the thought?

You try to understand that the process of meditation is such that firstly you are told to relax, then whatever thoughts come you look at it in a 'shakshi bhav'- witness action. If you are not spiritual, you start running after the thoughts. But when you get the training in meditation, as in Brahma Vidya, you start observing the thoughts, so this observing the thoughts is the first thing. Thought is different, I am different. Thoughts are connected with the body and mind, body conscious mind. Since the thought are different, I am different, then I am other than the body, you start realising and in that realisation you start going away from the ego, you go to 'asmita', then only awareness and in that awareness you are completely relaxed, you are connected to Totality's computer. You start going with the evolutionary forces and then you become all together different. Your mind is always calm and quiet. You try and get out of any difficulties in life.

To explain my proposition, I would like to put forth before you how a great epic like Ramayana is misinterpreted even by great personalities like Mahatma Gandhi. It is said that Ram did three 'ashubh' deeds. The first deed in this category is being highlighted as that Ram killed Vali from behind. The second deed is that Ram abandoned Sita and third deed is Shambhuk, a shudra while doing meditation he was killed. I wish to reiterate that thinking or interpreting the epic in this way is wrong. Bear it in mind that for coming to the appropriate conclusion on any matter we try to understand the things without going in to detail. After Ravan abducted Sita, Ram and Laxman met Sugreev in the presence of Hanuman. During this meeting Ram has expressed that if Sugreev helps him in tracing Ravan and releasing Sita. In response to Ram's request, Sugreev expressed helplessness, he just said, 'I am myself in great difficulty if you solve my difficulty I will come with all my army and join you in fighting Ravan. I have my brother Vali and we were so close and loving each other. Once a demon named Dumdumi, gave Vali challenge and Vali defeated him. Dumdumi started running and went inside a cave and Vali went behind him inside the cave. Before Vali entered the cave he told Sugreev to wait outside, so Sugreev was waiting for few days and after few days blood came from inside. So Sugreev felt that Dumdumi has killed Vali and if Dumdumi comes outside, he will be troublesome to the Kiskandar city. That's why Sugreev closed the door of cave by a big stone. Since Sugreev had the firm belief that Vali is dead, according to prevailing customs he took over as King of Kiskandar and he also married Vali's wife Tara.

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However, the blood, which came out of cave, was that of monster as Vali had killed Dumdumi. Vali was not dead so when Vali came out and saw what Sugreev has done that, he felt that Sugreev is the traitor and therefore he defeated Sugreev and asked him to get out of Kiskandar city. During the meeting with Ram, Sugreev pleaded Ram for help in defeating Vali, Ram agreed to help him. So he gave challenge to Vali, Vali came out, and beat Sugreev black and blue. Ram could not interfere in their wrestling because Vali and Sugreev were so similar Ram was not able to differentiate who was Sugreev and who was Vali. I am telling you detail because we have to tell positive and negative. So Ram suggested Sugreev to keep a garland in neck during the next wrestling challenge and he will finish the other person. So again Sugreev challenged Vali. Vali said that now I am going to finish you, up to this time I have not killed you being the brother. They started fighting Ram from behind just killed Vali by arrow. Vali looked at him and said, “Ram, why have you killed me? Why you have killed me? Have I done anything wrong to you? It was unfair on your part” and Vali had fallen down. In the mean time his wife Tara had come and she said, “Ram, you are most unfair to my husband and you have killed him and that too from behind and I curse you that hence forward you will be not able to enjoy with your wife anything. You will not be in a position to enjoy woman”. See the reply of Ram and reply of Ram is “Mate (Mother), I am sorry and whatever you have said shall happen”

Up till now, I have narrated the story as it is. Now I will start my commenting. The first important thing is why Vali has been killed from behind and is there anything wrong on Ram’s part. Vali has been given a boon by Brahmadev, nobody can kill him from front, Ram being Vishnu Avatar and maintenance being his job, Ram could have killed Vali from front. But that means the boon of Brahmadev could not have been honoured and the only way to keep honour of Brahmadev’s word. Ram has to kill Vali from behind. It was not that Ram was incapable of doing it. He was capable and in doing it he also knew that he is hitting Vali from behind that’s why there will be blame on his head that’s why he has accepted. About Tara’s curse, being a Brahman, Ram could have averted Tara’s curse, but he chose not to do so and said, “Tara, whatever you say because I have done this wrong from your eyes, I accept I will not get happiness out of any other lady.” When this thing is happening Vali started becoming unconscious, body consciousness goes at that time Vali realises who Ram is and then Vali immediately said to his wife, Tara, “Oh fool, I am also a fool, Ram is Vishnu Avtar and I am fortunate that I got salvation at his hands and I am directly bowing at Ram’s feet. After my death, follow whatever Ram says to you”. Secondly if you accept this theory, Ram has to abandon Sita after bringing her back because that was the curse and he had accepted that curse.

There was nothing wrong as regards to Shambhuk. Please listen to this story carefully. Once a Brahmin came along with his dead son to Ram and he said nobody can get death in young age and my child has been dead, so there is something wrong with your administration.

Glands Influence Thoughts

So Ram started searching and he realised that disturbance is coming from a particular side and when he went there he found Shambhuk, invert, and meditating. Ram immediately hit him by the bow and Shambhuk died after he had fallen and he also said to Ram that I am very thankful to you and Ram also said that though I have killed you, you will go in heaven. Now the question is why did Ram kill Shambhuk. Was it because he was against shudra persons or was it because Shambhuk was meditating wrongly, by meditating person doesn't get killed. Ramayan says he was doing meditation that was negative science - Meili Vidya. The negative science, black magic, that used to create atmospheric imbalance around it, so unless and until he is finished its ill effect could not be averted and therefore Ram killed Shumbhak. Secondly after he was killed Shambhuk also saw that he goes to heaven. That pollution Ram stopped, because it was his duty as the king. One more aspect if Ram would have been against shudra, Ram would not have eaten sweet berries given by devoted Shabri who was also shudra. Vali had no negative intentions but, once upon a time, without taking into consideration the defence of his brother, he has thrown him out. Really Sugreev was also not at fault. This is first aspect. The second aspect is that Vali was brought on the earth in a particular praraladh; he was to die in that particular way. What we say good or bad, it is preconceived notion of mind, from the point of view of inner science what it is, it is only the seers will understand it. So this positive negative aspect you understand is not because of your eyes, it is only when the third eye - divine eye opens you can see it.

If you see a person going on the road with his arm around a lady, you may say that his behavior is not proper, but may be he is helping her as she is not well. So these are subtle things, only by inner signals you can know it. When you become sensitive in a meditation, everywhere, whatever you see, you get the answers from the Totality and you get the perspective vision.

Graceful Living

When we decide to lead the life gracefully ideally, we start moving in that direction. Keeping our minds open, during the course of living the life, you come across further knowledge; you get better perspective, by which you get more and more idea of right living. This sentence is a very important sentence. Generally what happens is nobody thinks of living about life, they are “pravah patit” - you do things mechanically, not seeing what is right for me and therefore you are always at a periphery, learning anything, understanding anything. We say, “Good Morning”, “Happy Birthday to you”, “I am very sorry”, but all this is at periphery, said as a ritual. If you don’t say, “Happy Birthday to you” that doesn’t mean you don’t love the person. We will make an effort or endeavour as to how we should lead life rightly, gracefully.

As per Brahma Vidya, leading life at body, mind and intellect level is that you lead the life in such a way that you do not allow your ‘jewel’ inside to soil. What is that “jewel” inside? That jewel inside is that creative spirit inside, is that God within, of which your body is the temple. Nobody has seen this jewel, nobody has seen this God and therefore it is very difficult for an ordinary person to understand in mundane life, what is the God or that jewel? If you don’t understand that jewel, where is the question of behaving according to its directions or against its directions? There is Totality’s Consciousness, by which every thing is governed by, immutable, unchangeable, changeless laws of the nature. Through that consciousness all things are created, everything is destroyed and all things are governed by that immutable law, that consciousness of totality.

In order to see that each and every embodiment created in the evolutionary pattern, acts in such a way so that, universal consciousness gets ‘anand’ or bliss in working out or interaction of all different embodiments. If “He” wants to enjoy through these different embodiments, every embodiment must have consciousness and that consciousness given by the God, must also be in inanimate object, vegetable kingdom, animal kingdom and human being. If you consider any inanimate object also, it has some qualities, every substance reacts in a particular way in nature. For example, the quality given in the iron and in the magnet is such that, they interact in a particular way and attract each other. If you take a lime and you put water on it, it starts boiling. The communication level between lime and water is such that the boiling starts. So each and every substance has certain qualities and that quality is that consciousness, which is very rudimentary, it’s not that active. From the inanimate object when you move to vegetable kingdom, you see so many movements in there because the active life has been created there. The plants came first because they are manufacturing oxygen. Without tree no animal life would have been in existence. Animal kingdom started from unicellular and then multicellular, reptiles, mammals and like that they went on and that consciousness started unfolding slowly, slowly, adjusting to the environment and this is how the evolution has started and ultimate culmination of that evolution is human being. If you see, these inanimate objects, animate objects, vegetable kingdom and all other species except human being, they are completely propelled by Totality’s computer; they are completely propelled by the Universal Consciousness. They just go by the immutable laws of the nature, so lion kills a sheep he is not guilty of anything, they are all ordained by the nature.

Graceful Living

In case of human being, it is different because whenever you think, whenever you act, you try to compare yourself whether you are right or wrong, with reference to your own scale that you have created. What one person calls right may be wrong according to other. Making scale of right or wrong is individual consciousness; it is the computer of individual consciousness, on the basis of which we lead our life. My likes and dislikes are individual consciousness; it has nothing to do with the Totality's Consciousness. This individual consciousness, if it is consistent with the Totality's Consciousness, then Totality's Consciousness's main objective is to create anand, bliss, harmony, which "He" wants to enjoy, so there must be harmony within you. All other animals are in harmony, you are not. Why? You are not in harmony because in your case, this individual conscious mind is developed by your several experiences, of this birth and several other earlier births and these are the experiences with references to the body consciousness.

"I have done this, I have done that". This "I" is the body consciousness, is a must, because it is your identification. Why it is must? God wants you to do that identification because you are to advance in the evolution. Since you don't have weapons of offence and defense, your consciousness helps you to survive. You have to group together and in grouping together you started living for each other. In the group, the spiritual mind developed, which is the purpose of human life wherein you feel like living for others. But in the mean time, every person acquires some position in social order, to retain that position or to gain higher position, competition starts and you start behaving in unnatural way, by ill will, spite, hatred and selfishness which is against the basis of your duty because you have to live for others. Really, if you are better, then you are leader, I will be second to you, what does it matter? But that doesn't happen, because then ego is there, when it sprouts, it is called "vish-valli". Vish-valli means poisonous tree and then it starts killing your self. In a mundane life you always see ill will, spite hatred; even if you are good to the other person the other person may hate you, because you are good. He starts hating you because of his conscious mind that has developed over several years by "prarbdh karma" and "sanchit karma". The whole difficulty is, your mind has become "kshipt"- exteriorised. You start searching happiness outside which is really inside and with this, you are always a body conscious person with the body conscious thinking.

Most of the time your mind is in the turmoil, some times you are happy, some times you are unhappy, and it goes on. When it goes to the extremity, lot of perversion starts and virtually, you are so unstable that at no time you are happy. Even if you get money, you don't get sleep at the night. This computer of yours that 'individual consciousness' is to be surrendered to the tune of computer of totality. How to surrender yourself and get the transmission from that transmitter? Because if "that" computer is telling something and if "this" computer of yours, because of your selfishness, does something else, there is bound to be conflict, the result of the conflict is that the jewel inside start getting soiled and you don't get the light of that "atman" as it gets the cover of your thoughts, bad thoughts, negative thoughts around it, your life becomes dampened.

Graceful Living

No amount of money you may possess, whatsoever position you may have, you get dampened somewhere inside and that dampness brings illness and that dampness bring psychosomatic disorders that dampness creates disharmony within and around you . If I go anywhere, body is disturbed because I create dampness around me. I speak in such a way that I injure many persons; all this is because I become wicked because of my wicked mind. As this jewel gets covered more and more, you don't get interest in the life, in spite of getting every thing, you feel that I have earned so much money but that money doesn't give me happiness. This all is because of your own behaviour, it is nobody else's fault. Fear is always with you, suspicion is always with you. In life you have to face different circumstances, difficulty comes, normal thing comes, but when your mind is disturbed even ordinary normal things that should happen normally without any difficulty, you don't allow it to happen normally, you create problem with your imagination out of it. In English there is a best idiom, "you create the green eyed monster of suspicion" out of it and your mind is so disturbed, it becomes weak and you feel it is better to commit suicide than to live with this all. The atman can't enjoy in this body and wants to discard it. You have to understand what is 'soiling of Jewel' from this point of view.

You must have seen, when you do good for the others without any expectations, you yourself are very happy. I will give you an illustration for ladies. After the conception the baby is in your belly, you have to take lot of care for it, at delivery time bear a lot of pain for it, but after delivery when the nurse brings the baby to you, how happy you are , so much happiness that the milk is created out of it. Try to understand it is not necessary that because of pain you are unhappy. I am giving you the illustration because in life when you have to do hard work and you get exhausted, you feel that I have worked for twelve hours, what is this life? Instead of that, if you can't avoid the work if you grumble about it, you lose the charm of getting happiness out of that work but if you say, "today I have worked 24 hours and I am very happy, I have done my duty, that work itself gives the importance to your life to live happily, gracefully.

Another example - I stand before the mirror, I see some signs of old age, these signs of old age has come because of my negative thinking, but also the fact remains that everyday the new cells are born for me and they are helping me to rejuvenate myself. So I have only to think about that rejuvenation done by the God from within and thank God, "Oh! God, you have made all this, whatever signs of old age are, they are my creation, in spite of that you are helping me to create and keep my health at my best, producing new cells and express gratitude to Him and in about two months time you just see how your health changes. You should not complain about your pains and aches. Go to doctor, take medicines and be thankful for the parts of your body that are good and be happy.

Graceful Living

God has given you this body, so always try to think about health. You hardly try to think about health, you always try to think about ill health because you have never bothered about your health. It is only when some ailment comes that you try to understand the body, otherwise you never try to understand the body. The body is running so smoothly that you don't bother about it, since this is the temple of the God. If I feel like eating, I eat. I feel like eating because many times I become slave of my senses, I eat that which I should not eat, I am not health conscious. A health conscious person is one who says this body is not mine, "He" is going to use it, and I must only keep it in the best possible way. Therefore, eating is good for maintenance but your eating becomes negative and that negative eating is also going to take its toll.

How you should talk? Let us presume, I am busy and you come to my house and I get little annoyed but still if I can say something to you in such a way, that I am little bit busy, but instead of that I abuse you. The moment I do that you will go but since I have injured you at "asmita" level this will trouble me immediately. In life at times you face shortage of money, you face strike in the factory, so many things you have to face, fight with the wife, fight with the brother, fight with the father, something happens, anything which is unexpected happens and you start feeling the disturbance, if you are Brahma Vidya student and you think properly, such situations also become education in a life nothing goes waste.

I will give you an extreme illustration -you are alone in a jungle and you come across a tiger, the science syndrome is to fight or flight, but if you have a fear, you will not be running fast and necessarily tiger will catch you, if you want to hit him you will never hit him properly because you are afraid and your whole energy will be sapped because of the splintered personality inside. A shepherd has killed a Bengal tiger, full-grown tiger in one blow of stick. It all depends on how you act, but apart from that I am talking of some other dimension. That dimension is that yogis use to say that even if they come across tiger, no yogi was killed by tiger, they were in jungles and they had no weapons, if they look at him and say, "You are Brahman, I am Brahman", there is no fear, and he will not attack. In Swami Rama's book he has stated that he used to stay in a cave, one evening as he was entering the cave, he saw a tigress coming out of that cave, he said in mind, "I am Brahman, you are Brahman", the tigress went its way and he went in the cave and slept. Today's experiments show that if you do not have fear, then these wild animals do not hurt you. If you do not have the fear then what happens is that the "atman" inside takes over you, it is a creative force meant for harmony. What ever has been told to in Brahma Vidya is very correct and that has been told 5000-6000 years back. We don't believe it because we have got suspicion. You should have implicit faith, because if you don't have implicit faith, the moment you see the lion you will start running and he will start chasing you.

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The other illustration I am giving to you. - Suppose you are ill, I don't say you don't go to the doctor, you go to the doctor and take the medicine but implicit faith must be on the inner machinery of God that there is the tremendous healing power inside and I will heal. If there is fracture in bone doctors keep the alignment of the bone properly and it starts healing, if you don't keep alignment, bone doesn't heal. So, I have seen the Doctor and I am only thinking of my healing, then in that case the recovery is very fast, but instead of thinking of healing if you go on discussing your suffering and go on about how unpleasant thing was there and then in that you get your self lost. Do not do that, keep in mind that God is helping you to recover, you are regaining health. The positive thinking joins you to the flow of life because the creative intelligence creates the flow of life, if you start going along with the flow of life you go along with the creative intelligence. But if you go in the negative direction of fear, then you create a gloom through which your intelligence does not penetrate, creative intelligence, it is cloudy because of your thoughts; the light of creative wisdom does not go in the body.

In meditation first you say "Om Shanti", "Om Shanti", "Om Shanti" and you sit quiet, that quietens the thought by sitting in the same position same time etc. thoughts start coming down immediately then calmness starts coming because when breath comes under control thought comes under control, you see with the awareness, the awareness of the breath is really speaking the awareness of that life force inside. Breath is the life, life force inside and looking at it thoughts are coming and you only observe them, thoughts are not your body and with this you go to a state of abstraction, jewel inside is shining that light if you allow it to go to each and every cell of yours, wherever any defect is there in the cell, its cured. When you are thinking negatively, its effect is on some part of your body, from where the weakness starts, from where the disease starts, decay starts. But when you go in the state of abstraction, this light it will go not to your knowledge to each of your cell and you will find in each and every cell the light enters in deep meditation, you get the "samvedana" of God within and it clears the flaws, moment the flaws are clear, you start becoming healthier. Mostly you are sentimental, I say good things to you, you are happy, and I say bad things to you, you are unhappy. Sensitivity is different. Sensitivity is samvedana. Sensitivity is that samvedana which is connecting, the instrument to the Totality. 'Bhavana' is our creation with "I" consciousness, body consciousness. This is very important topic, any problem in your life, accept it first, then you only think of how to get over it and you do the best you can from your side, beyond which you cannot do and again keep your self calm and quiet and see how this problem is to be solved. Then the creativity inside you from within to without it goes to several places and bring all those entities forward to do your work. You have to do whatever is necessary from your side but the work happens by the propelling, because several entities help you, creativity can do anything as it is omniscience, omnipotence and omnipresence.



Brahma Vidya

Graceful Living

Therefore, Brahma Vidya is wherein you have to understand this science and you have to live right life, a graceful life, you have to flow along with the flow of life through the creativity, as ultimately the thought makes you or breaks you, so with the time and space that thought has to be understood, how to improve your health with the thought, how to improve your life in the outside world in the business and everywhere.



Thought – Time & Space

This topic is little complicated but important. As per Brahma Vidya, whatever is existent in the whole universe was first in the thought and then it has come in existence. So we must understand what is this thought, but to understand that we should also understand time and space. Space as you know is three-dimensional that is length, breadth and height and on the basis of which you measure everything in space. Further it was believed that space is constant, as time changes space does not change. But then subsequently scientists found that space is relative and is it not constant, at what phase you are there it is constant, but you change the level and the space is not constant and it depends upon the event and the situation.

I will give you illustration from Physics to make my point clear. Let us presume a train is going at a speed of 60 miles per hour and I am in that train compartment. I have got table tennis ball, I hold it in hand and leave it from a height and the ball touches the floor of the train and bounces back to me. The observation is from what position I have left the ball, it reaches the same position below on the floor and it does not go ahead, it does not go behind, it reaches there only and then bounce back. In your mind there will be question that the train is moving, the ball will go ahead, its not like that because along with the train the atmosphere is also moving, speed of the atmosphere is that of the train that's why in one second the ball drops down at the same place below on the train floor and bounces back in hand. Now I am down below on the track next to train in that one second the train has moved 40 metres, space remains the same here but from the different point of view, it has gone 40 metres ahead.

According to 'Einstein Theory of Relativity in 1902-03 and 1905, the proposition was laid down that when any object is moving with the speed near to that of light, then in that case time becomes one of the dimension, so it is not only length, breadth, height the three dimensions, but the fourth dimension is time. The figures which I am giving now, may not be correct but the proposition which I am giving you is correct. Suppose a person, 22 years of age is made to sit in a rocket, which is going at the high speed of light 1,86,000/miles per second and he starts his clock. At that time this person had recently married one year back and he had a child of one year, son of one year so when he started that journey with that speed, he is 22 years. He returns after ten years as per his clock and the calendar inside, so when he returns what is his age simple 22 plus 10 that is 32, surprisingly when he comes here he finds his son 42 years that means son aged more than father. Why? because time being the dimension here, it went against the time. That's why he going in rocket aged only ten years with that speed, his son in the ordinary way was growing here and the son became 42 years because his son became 41 years more than what he was and here the time has become the dimension. It is very difficult for you to conceptualize this. This, they have found in the rocketry, though in practice the difference in the age is .000 something minutes or seconds, because we cannot go to the speed of the light.

Thought – Time & Space

Because of the relativity if the time becomes the dimension, in a higher speed this normal time is not accepted, so you can go to the absolute space also, now this is relativity I have just told you from the point of view of space, how it changes.

I will give you another illustration how the space changes at different level. There is a tower of thousand feet of height and next to it there is a straight road of about 100 miles. I am standing on the road under the tower I look on the left hand side and see a car is coming, when I first saw the car, the car was about one mile on the left side, then car comes near me and it goes one mile on the other side. I am standing, I saw a car one mile going with the 60 miles speed, it took one minute to reach me and other minute then it vanished from sight. So, since I saw the car, till the car was out from his view, it was present tense, before I saw the car, it was past tense and here on the right hand side it is future. Time always goes from the past to present and then to future. Past you remember but present you cannot. Now, I am standing at the top of the tower thousand feet height and have the set of binoculars, now I see same car coming at a 60 miles speed, some ten miles away from side on the tower, my present tense is started when the car was ten miles away, nine minutes earlier than the person on ground, earlier to that was past. Ten miles on other side I keep seeing it. So twenty miles is the present tense, at the top of tower, down on the ground it is only 2 minutes. This shows how time and space are connected.

One more aspect now we must understand about time. You feel there is only one time, a “Greenwich” time and then an ‘Indian Standard’ time. It is not like that. Forget about those times that are based on latitude. The first is ‘psychological arrow of time’, from the past it comes to present and goes to future. The second important aspect about this time is the past you remember but present you don’t remember. I see the car for 20 minutes, so 20 minutes is my present, so when car passed away, my present I becomes past. After the car passes, this event becomes past in my mind. Arrow of time is like this, that from past it comes to present and then it goes to future, this is called arrow of time. Psychological time you can define like this, “time is a sensation of succession of events”, suppose the world has come into existence, there was no time but from 1st second to 2nd second it goes, if there is no succession there is no time.

According to science there is also other time and that is called ‘time of thermodynamics’. You know the thermodynamics rule that anything and everything in this world which is brought into existence, goes towards extinction that is everything deteriorates, measure of deterioration is called ‘entropy’. According to this rule, this world is going from order to disorder and ultimately after few billions of years, don’t worry about it now, it will come to a grinding halt. The arrow of thermodynamics and psychological time, are going in the same direction.

Thought – Time & Space

There is third time, that is, 'cosmological arrow of time' and cosmological arrow of time is this whole universe is expanding at very high speed. Up to this time we are in the position to trace a few stars, about ten billion light years away. The rate at which the universe is expanding is called 'cosmological time'. In every living species, inside there is the inbuilt clock that is called the biological time and it maintains the rhythm. When you come from America there is time lag, this is because our body machinery is completely fitted with the time. Every species has definite age. The divisions of the cell, cells of the liver, divide once or twice, cells of your abdomen's inner lining, divide two times per day divisions are rhythmic, on the bases of which biological time is maintained. We have to understand every thing in the larger perspective in Brahma Vidya.

What is the definition of the thoughts? As per Brahma Vidya, thought is activity of creative spirit at a conscious mind level, with deference from the activity at the subconscious level. Thought is in our left cortical region, it is creative activity of the creative spirit at the conscious level. There is creative activity going on in the body, i.e., the metabolism of body of which we are not conscious. But we are conscious of thought, which also is creative activity of the creative spirit. One thought directly reaches, e.g., I want to write a letter, the moment the thought comes, my hands can write a letter and this is the 'direct thought'. The other thought is, I am speaking before you, when I talk through my "kanth", throat, through my lips, vibrations are created in the air and this vibrations reaches you, and reach you in the radiation form, it is not direct like writing, it is in the radiation form. When I tell you something and when you receive it, you also try to propagate that thought if you are convinced about it and it goes on spreading, so it is the radiation, it is just like a chain reaction in nucleus.

How these thoughts are used we have to understand. Suppose I am a scientist, an inventor, I want to invent some machine, so I start thinking about the machine, what I want to produce, how the machine will be, I concentrate my thinking on that proposition, I concentrate and with the help of mind material, which is very subtle, I start thinking about the machine in a particular way, and start constructing in physically. After a month or two, I am successful in making that machine which manufacturers the particular goods in a particular way. This is my thinking with reference to my own conscious mind and the outcome is the machine. One more proposition, I want to lead you up to is I have told you only about my thinking, because thought is creativity at your conscious mind level, but this thought is many a times complimented by the thoughts coming from the Totality and as per Brahma Vidya, if you keep your thinking as per the need of the hour, help comes from Totality and your thoughts get realized in a very graceful way. But mostly when we are in house we are thinking about the office, when we are in the Office we are thinking about the house, this is all going on. When we think as per the need of the hour, our mind level helps us in creating those thoughts this they call "Pradnya Jagruti", means, you are only thinking about what is the need of the hour and you are very relaxed, Normally, you are not relaxed in doing the work because you feel this "will happen", "this will not happen", "my boss will like it", "whether this one will like it"

Thought – Time & Space

and then you become a disturbed person, but if you are doing the work and in doing the work thinking only as per need of the hour, you forget your body consciousness, then you get signals from the Totality.

I shall give you some examples to make this point clear. The person who invented the sewing machine, created everything by his thinking process, machine was ready but there was an operational failure, the reason was he did not know how the thread should go ahead. At first he kept thinking to find the answer but then he decided to stop thinking and to relax and took a nap. In that nap he had a dream, in the dream he was going in the plane, he was forced to land in the jungle and he saw cannibalistic tribes coming ahead towards him, cannibalistic means humans who eat humans, he was afraid, but he looked at them and when he looked at them minutely he saw that every person there had a spear in his hand and that spear had a spear head and at the end, there was a hole and suddenly out of the fear he got up from sleep and immediately he had the idea of how to make that sewing machine work, there should be hole in the needle and put the thread in that and the machine was created. This is the admitted position about the invention.

The second illustration I will tell you about Newton, a great person. Newton was sitting in the garden and he saw apple falling down and three rules of Newton, you know they are some of the classic rules. It was not that Newton had not seen anything falling. On that day what had happened was, Newton was sitting under the tree in the garden in a relaxed position, Newton many a times used to loose his body consciousness, when you loose your body consciousness it is called “Savikalp Sammadhi” in our shastra. When he was sitting in that “Savikalp Sammadhi” he saw apple falling and since he had lost body consciousness, he, instead of seeing the apple he saw the subtle phenomenon behind the falling which is the gravitational force, he saw nature’s creativity and immediately spontaneously those three rules have come out. This is the second illustration I am giving as to how from the Totality the signal comes.

One more illustration, Alexander Fleming was doing some research on certain bacteria and certain fungus separately. When he left the laboratory, both the dishes were kept nearby and next day morning when he came he found all the bacteria dead. The discovery was the fungus has destroyed bacteria; it was the birth of penicillin, by Alexander Fleming. It was by accident. When you are doing research on something and something was revealed to you. So when you are doing any work, any research and when you are doing it only with the need of the hour, without fear, you are in relaxed condition, body consciousness goes then in that case, not only your thinking, but the additional thinking of the Totality come to your aid.

Thought – Time & Space

I want to build a house for myself so I call Architect, the Architect comes, he asks all my needs, then he brings the blue print along with paper. He shows me how is ground floor, how is first floor, but blue print is very difficult to conceptualise, unless you are in that line. So the Architect says “Don’t worry Mr. So & So I will come with my models”. So, next time he comes with the model and model is such a way that there is first floor, on that he keeps the second floor, so when I want to see the first floor, he just takes out the first floor and show me ground floor, then he keeps the first floor removes the terrace, I see everything and then I say “Yes”. So this is the way idea in the mind of Architect, first comes in a blue print and then it is objectified on the model and then I understand the things.

Two more simple aspects you have to understand. Suppose I am a Speaker, I talk and you are listening, there is the radiation, my thought you catch and act as a receiving agent. If I have to give five lectures before you, for the lecture to be effective I must be clear in my thoughts, if I am confused, I may confuse you. It is not only clarity of thought but I must have firm belief in what I am going to say. That charges my battery, then I am effective, otherwise I am hesitant “to be or not to be”, then the lecture will not be effective. So whenever the speaker wants to see that his thoughts goes straight, he has to be clear, he has to have “atma vishvas”, so that thought goes straight, you are at the receiving end. Generally what happens is even if I am effective speaker and you are intelligent person and you want to hear it, still you commit a mistake, you are trying to hear me while thinking something else. One thing is that you have to forget yourself. Suppose you have read something about the topic I am discussing and so you start comparing my talk with that, with the result you don’t receive completely what I say. When you hear something, try to absorb everything as it is and after absorbing, at the time of assimilation you accept or discard what you have heard, but don’t do it at the time of lecture, don’t compare it at the time of lecture, when hearing a lecture, your battery should be down, while giving lecture my battery should be up.

These thoughts are depended on the sensation. If these thoughts are in time and space and since time is my sensation of succession of events and since I am in a time and space, whatever I am speaking is also in time and space. Actually space is absolute but I divide it by my thinking. So, the difficulty is, without senses, my thoughts will not be carried to you. Suppose I sit here for two hours and you sit in front of me. Will you understand what I am trying to convey? No.

Brahma Vidya says there are some thoughts that are beyond sensation, without sensation they will go and those thoughts are creative thoughts. You can change anything and everything, within your body and outside your body, by change of these creative thoughts. These thoughts do not come within the perception.

Thought – Time & Space

These thoughts without sensation have the magic effect, they are creative thoughts, they change even your metabolism, if you are sick that also they will change, outside work also they will do. You will say, we have not seen any thought without sensation, without somebody speaking, smiling and acting. When you are sleeping, your conscious mind is sleeping and still you see your friend in the dream, and you sleep, you walk, you purchase something in dream. The thoughts in dream are not in time and space. How to make a sewing machine? That was the question in my conscious mind and in sleep I get the answer to it when body consciousness is not there.

Similarly in a meditation, when you go in a state of abstraction, you lose perspective of the time and space. When you are working and forget the time, you are at your best at that time, you are in the state of abstraction and if you predict something, then it happens, it cannot go wrong, whatever you want, that is going to happen. So there is no sensation but the images are created, ideations are created and those ideations get fructified. They cannot fail because that disturbing mind is not there, it is sleeping. Only that imagination is projected without any retroaction of disturbed, conscious thinking and thoughts gets materialized. That happens either in hypnotic spell or in state of abstraction when you go in meditation. So, if we send any thought to the body, it is ionized thoughts, it will cure your body. Suppose you are not well, the thought is not that “I want to get cured”, you will never get cured, thought is “I am completely cured”, in present perfect tense, and you are seeing it in ideation form that liver disorder is gone, it is very healthy liver and the moment you see it you will find immediately body curing itself. Suppose your relation with the loved ones is in disturbed condition, then create ideation first that how your relation is perfect, how your love for each other is perfect, as if you are in heaven, create that ideation and then, in the state of meditation only send that ideation, you will find this ideation will change the behaviour of the other side and you will start getting what you wanted. Your business is losing, all right, first create the idea that you are magnet in this business, in a meditation try to get yourself lost in abstraction with that ideation. Do not think, in the ideation, you get yourself lost. It is bound to go to the each and every person concerned, who is going to put you up. For success in an examination, do same thing.

We will see how the thought first come into existence. There are 4 (four) different levels of languages through which we communicate. One is “Vaikhari” language, it is body conscious, secondly “Madhyama” language, mind language, third is “Pashyanti” language where in with the other species you can communicate and the last is “Para” language, when you can communicate to even the stone.

Thought – Time & Space

You know 'Pran' is in solid food, liquid food, gaseous food; even the subtle thinking, it is outside you take in while you breathe along with air also. Your body throws out excreta, urine, perspiration that is done by pranik energy, that pranik energy is the composition of "Apan vayu" You eat food, the food is digested, according to the sensitivity inside, quality of thinking inside is done to assimilate everything is done by "Saman vayu". The food, air, everything comes inside and it is converted into bio fluid. This bio fluid is also to be converted, part becomes circulation blood and the blood has to be maintained in the body that happens by the Pran which is called "Vyan vayu", and all these things are going inside the body at the communication level these are thought, which is going on inside. That's why the thought which is defined is difference to this thinking process inside which is going on the basis of which organs are functioning. Left hand side thinking process we call it a thought, we have a different thought like that, thought is a conscious activity of creative spirit at the conscious level, that we have defined. But this is something which is going on inside, it has nothing to do with your thinking process, this is something independent of that right, because we have to see the ionization that's why I am telling you this and at the end whatever you see in the outside world you keep it in the mind. Next time you see the outside world then with reference to what you have seen earlier, you observe it and additionally you bring it in mind, apply that in the mind and this is how you develop the mind, this is called conscious mind. Whatever you bring from outside world and keep it inside and interact with it out of which the thought is prepared for communication and that is done by "Udan vayu" as per our shastra. So out of Udan vayu this thought is created here assimilation, blood circulation, everything inside and this is Udan vayu thought, information.

The thinking that you do, it is in time and space. This time and space thinking cannot be absolute; it may happen it may not happen it is your own thinking. Our self-awareness develops into ego, "ahankar", you don't think what is the need of the hour and your thinking goes haywire. Actually, the thought created in your body machine by the God, is such, that the thought has the tendency to realise itself. Rishis of old used to give curse or blessing that used to get realised. Your thought does not realise because it is a weak thought. It is in a time and space. When you are going in a state of abstraction, in a state of abstraction what happens in the meditation for some time, say about 5 minutes, 10 minutes, 15 minutes you forget about yourself, at that time there is no time for you, in fact what happens is at that time you are touching the absolute consciousness, your body consciousness is given by the God for interaction but when you forget it, you become part of the Universal Consciousness. When you start living in it for a long time in such absolute consciousness, where you are universal in a conscious level, you are God, your query "Koham?" becomes "Soham", chronological times comes to an end and the only time remaining is 'Mahakal'. Mahakal is absolute and if you touch the mahakal, you can see the past and future. If you can control this then through "Aakash jagruti" you can recreate things.

Thought – Time & Space

I will give one illustration of Mahabharata, Kaurav-Pandav fought and many persons were killed, there was not a family whose member was not killed, so even after the victory “Pandav” side was not happy and losers were very sad. Dhruvashra’s all sons were killed, every one was devastated and everybody was mourning. Pandavs were also repenting. At that time Rishi Vyasa came and saw everybody weeping and he said, what has gone is body, which was your projection. No one believed him. So, he said, “Alright, to make you understand what is real I want you to gather at the river Ganges at night and I will show that each and every dead person of yours, will come to meet you, you can talk for one hour and then he will go”, - this is phenomenon called, “Aakash jagruti”. The whole Hastinapur gathered there and after twelve O’clock one by one everybody appeared Duryodhan, Dushashan, whosoever has died had come since their body consciousness has gone in astral body they had no hate for one another. Because of Rishi Vyas it could happen, because of his thought expression they came and they talked with each other, they embraced each other and then thereafter before early morning they left. This is what is stated in Mahabharata. Consciousness absolute, because mahakal is also absolute, there is no end to it, a star ten billion years in past is also seen now. When we die, we are not dead only our body is dead, but still in a conscious form we are there and that can be brought if you are that powerful like Rishi Vyas. This is a very abstract subject.

In dream you see things without body consciousness but you are not in the position to reject it and if you lose your body consciousness and if your ideation is there then it fructifies. In mahakal, it is just the projection and illusion appears. All this is true when you go to that “absolute” not otherwise. Otherwise it is only talk. You go to Mecca, Madina, temple, anywhere, you will not know God. You can become God only if you become His part. As the drop becomes ocean, your body consciousness goes, you become part of that God, that Absolute, in that Absolute you go in mahakal. Usually people think that mahakal is some Hindu God, but this mahakal is that you are in Absolute and there that thought which is creative activity of succession of events does not apply, you can create as the Creator has created whole universe, your thought is realised. They say every “sankalp” has the tendency to realise itself, provided you only think of that sankalp and not this way, that way, in yuthan avastha. Because our thinking is “yuthan avastha” we have lost our balance, we are not in a state of being. Since we are learning these “Brahma Vidya” lectures, I hope you will keep this in mind that some day we have to reach that stage, and become part of the God.

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Endocrine Glands – Part – I

The endocrine glands are the architect of our complete body, mind and health. Their function is so important that whatever you are today it is because of these glands. Whatever is produced in the body, sustained in the body, maintained in the body, it is because of the endocrine glands. If you feel weak, strong, pepped up, bad or feel that there are the fissures on your face, so anything good or bad in the body, it is because of the endocrine glands. This lecture thrusts how to improve ourselves by our own thought. We have discussed thought, how to improve our own self by our own thought, how to improve ourselves if there is something wrong. There are different types of Endocrine glands - liver, pancreas, kidney, testicles, pineal gland, pituitary gland, thyroid, para-thyroid and the whole gamut of glands. Since the functioning of all these glands are important, we have to understand as to how malfunctioning takes place. The Important gland is sex gland and I will discuss that first.

Research has found out that if there is the malfunctioning in the sex gland, all other glands become sluggish. In certain sect, it was found that when they mutilate the sex organs, four children out of five died because of sluggishness of glands. It is not that the sex gland is looked up from the point of view of only physical sex; sex gland has to be seen as to how it affects your health and the whole metabolism of your system. Unfortunately somewhere in the last two thousand years, stance is taken in the spiritual sphere that sex is to be abhorred. No religion has acceptance of sex and with the result it becomes very difficult to even discuss it especially in the presence of ladies. Firstly, God who has created the whole universe, created you and me; he was not foolish enough to create sex. If sex is bad he would not have created it, we are not better than Him. Second important aspect is the whole life stream flows in every species through sex. If sex would not have been there, there would not have been life, even in vegetable kingdom, in animal kingdom and human kingdom also, when God is sending the whole life stream through it, how can you say that sex is to be abolished. Our Seers have stated that in a mundane life your thinking process is 'kshipt' - it is exteriorized. This is because of your body-consciousness and therefore something has to be done to start return journey of the mind.

All indriyas are exteriorized which gives you body consciousness that gives you certain pleasures due to that the mind always goes out and the only way to bring it inward is keeping the senses in check is to abort the senses. Senses include the sex organ, why care about body. This thinking has brought lot of perversion in all religions and in the society because to reach God you have to forget yourself and you can only forget yourself, if you just try to forget the body, the senses and then only you can get that frequency of God radio station. 5000 – 6000 years back, Rishis never advocated this thing; they had a wife and children. Always remember in the life, in a mundane life or any sphere, excess is bad. Whenever you try to go beyond 'Laxman Rekha' - the circumscribed limit, you are bound to suffer. Food is good but if you go on eating excessively you are going to have trouble, every thing is good within a limit. What seers told was different.

Endocrine Glands – Part – I

The seers told “it is continuous exteriorization of the mind takes you away from the God”. In the sense continuously day and night you are moving after the thoughts, your mind continuously goes after the thoughts and in doing this your whole tendency is to search the happiness outside. I want this; I want that, with the interaction of panch nyanendriyas and panch karmendriyas and continuously trying to seek pleasure outside which is insatiable. A material pleasure gives you satisfaction momentarily. No sooner you achieve something you feel that you are lacking in something else - this is life. What Rishis have stated is put your self in limitation. Limitation is not doing the mundane, so to initially understand the concepts certain persons went in seclusion, in nature. So everybody felt in order to reach the God you have to undergo seclusion. They went in seclusion definitely but in order to search as to what is total Anand – Bliss? What is total satisfaction? What is my role? Who am I? What is my relation with the God? They wanted to take up the research and remaining in the mundane life research is not possible, but object is not that everybody should go and sit in jungle or on mountaintop.

Generally speaking we say we see God in the temple, in Masjid, in Church. Again this is our conception because God is omniscience, omnipotence and omnipresence; there is not a place where He is not there. Often, we feel that it is only God if you go to the spiritual life otherwise there is no God. But in fact God has created this universe and in that interaction He has to enjoy anand and therefore the definition is anything that comes within the ambit of your panch nyanendriya and karmendriya's computer - we say it is mundane life. Our seers define it differently - God that comes within the ambit of pancha nyanendriya and karmendriya functioning through that is a mundane life, so God is in mundane life also. God that does not come within the ambit of pancha nyanendriya and karmendriya, is that God which is subtle. Gross God is that God which comes within the ambit of pancha nyanendriya and karmendriya and subtle God – ‘sukshma avastha’ is that God which does not come. So really speaking in this sansar also belongs to God and in sukshma avastha also it is God but that you can't understand you will never try to realize it through your senses you have to go beyond your senses.

First remove this confusion, i.e., anything you are doing in this mundane life - vyavhar, you are earning money, you are marrying, you have sex with your wife, all these things if you are doing you are going against God. This confusion has unnecessarily created guilty consciousness. So God is either ways in our life, in this the gross life, mundane life. He is there and at the subtle stage He is there. Unless you forget gross stage you cannot experience and go to subtle stage. You have to enjoy life at its own level, at its own pace. In case of a gross life -mundane life which comes within the panch nyanendriya and karmendriya's computer, the only restriction given are there if you want to lead the life of total satisfaction three things you have to keep in mind. One is that when you look at your body, your mind and your intellect, you feel that they are yours; you just make a mental point that I am just a trustee of this body. If you are a trustee, you can't indulge with the body indiscriminately.

Endocrine Glands – Part – I

Be very conscious about your body and the God within is which the creative intelligence, i.e., endocrine glands which are functioning without your knowledge. This body is the temple and you are just the trustee, you are the 'mali' (gardener) of this garden. So question of getting attached with it doesn't arise. It is important that I should be very careful about my body, mind and intellect; so that ultimately God will say that you have kept this body in such a good way I will realize it maximum for my purpose. My purpose is to create anand out of it. How beautiful is the body and therefore you are made to take the oath that "I shall not do anything, say anything that shall injure my body, the temple of living God". If body, mind and intellect are going to be injured, you are going against the tenants of the God and therefore you will be unhappy.

Second thing to keep in mind is about sex. God has created sex for procreation. You were only looking for the procreation and that is only your karma, only for the procreation you are doing it. This was a lopsided view, try to understand lopsided view because it is not only for procreation in the human being that sex is given. When you see your near and dear one your love force starts moving. That romantic love force starts moving that makes your life worth living. Don't look only from the carnal point of view, just try to understand, this type of relationship are such that these are the only relationship, romantic relationship which ultimately take you to the spirituality, to the God. It is not by abhorrence, Vishvamitra avoided it for 1200 years but he lost it ultimately because by abhorrence you cannot, you have to sublimate that energy by understanding it, by enjoying it in a particular way. I want to give the findings of recent research given by the eminent scientists. The research was done on romance and they found it is only romance which keeps your health good, by which you feel life is worth living and it burst your tensions, research is done with the instrumental theory it is not done for the sake of saying only.

Scientists tried to define romance. Romance according to them is sensual awareness of things around you and this sensual along with it there is also self-esteem, self-awareness, self-esteem because of this you feel life cosy. They say this romance, which is defined in this particular way, is different from emotional out burst, which you are having, by expression of sentimentality. I have repeated always we have to be sensitive and not sentimental. Whatever we say sensitiveness – 'samvednashil' is this romance, which I was discussing earlier, sentimentality is which we don't want. The research shown that because of the sentimentality, tension increase, frustration increase, lot of disease increase and your immunity system started deteriorating. When as per the definition of Romanticism experiments were carried on some of the results was that the cardiovascular system pepped up, their immunity pepped up and their life living, life span increased, these are the finding of the science. Experiments carried out on the effect of love expressed through romance, the results were as astonishing. Love expressed through romance does wonderful things to your body, mind and intellect. According to the research love expressed through romance means how you express the love, with your beloved, with your wife, your facial expression, you embrace, touch, shake hands with him/her, you take him/her near, the way in

Endocrine Glands – Part – I

which you kiss, hug, touch, pat each other it helps to completely release your tensions, tensions will burst, the whole cardiovascular system gets revamped and your face is very different.

Further research had done to find out why this happens, why the body behaves so well. It was found that by touching, embracing, patting, looking at each other lovingly, Oxitocine was prepared inside the body and you know oxitocine has the tendency of creating "happiness," creating the tendency of love, very careful love. These days if a person is suffering from mental tension, artificial oxitocine is given and he becomes alright. A mother looks at the child after birth milk is produced and so is oxitocine. Similar research in animal husbandry it is found, if the cow and she buffalo are given oxitocine she produces more milk. The importance of touch can never be undermining. Even among animals, research conducted among chimpanzees proved this fact. A few chimpanzees were selected. They were given the best of food, best of arrangements of going to the trees and here there everything was given to them, only they were not allowed to touch each other and they were kept under observation.

First observation after few weeks, it was found that the chimpanzees became very violent and in six months time all of them died. Therefore the research supports the conclusion that I have given you. Rishis have done all this research 6000 years back. Rishis found that anywhere your body has a defect, that defect is because of your negative thinking. The moment you create the tension, the moment there is the fear complex, the things go haywire within the body. When I was discussing the twentieth lecture, how the acid is produced in the stomach, how bile is produced in the liver, I have also said that because of mental tensions and negative thoughts, these secretions are produced, without your will or validation & these damage your beautiful body. It is only by negative thinking, ill will, spite and hatred that the harmonic blending is destabilized. You feel that you are justifying in doing it, you are killing your self inside. Researchers now feel that just as negative thoughts brings about wrong results in the body; positive thoughts can produce desirable changes in the body. This is exactly as per Brahma Vidya. You will say how thoughts which are going on inside affect? I will give you illustration which every body knows. By thinking process your sex gets activated but other endocrine glands are not activated because you don't know they are in existence, you don't know their function, you are completely oblivious about it, but if you make the practice of ionizing that glands, you can do better. We get the energy from the sun, from the food, liquid, solid, gaseous and this activates each and every cell in our body.

Every cell in our body is like a battery, producing electricity for its own purpose and by the help of creative intelligence inside, the master mind, the creative intelligence activates that battery and sees that each and every organ is functioning for the purpose for which it is created. But for your wrong thought, if there would have been no wrong thoughts, everything would have been perfect

Endocrine Glands – Part – I

When wrong thought comes, fear comes, tension comes, ill will spite every thing comes, selfishness comes and the moment that happens, somewhere, decentralizing activity starts. Once the decentralizing activity starts and once negative thoughts becomes your nature, the damage to your body is continuous and it becomes your nature, so some person is suffering from kidney malfunction, some person suffers from liver damage, etc.

Brahma Vidya states that by thinking process you can change your self. For example, Mr. XYZ is little weak, somebody tells, “Mr. XYZ, you start going to gym and your health will improve”. So Mr. XYZ joins the gym, he takes the dumbbells, he starts exercising earnestly, in about 15-20 days his muscles, biceps and triceps starts firming. Why is it so? It is a thought, basically when you start doing like this, your whole thinking, your focus is on the biceps, if you are doing like this your whole thinking is on the triceps, not to your knowledge the blood goes to that area and along with the blood, other essentials starts going there and muscles starts developing. I will give you one more illustration. Let us presume that Mr. XYZ is made to lie on one pivot like this, on this, exactly balancing legs on one side and head on the other side. He is exactly straight, just imagine like that, if Mr. XYZ is balanced like this, both the sides the matter I same that’s why they are balanced, if you make Mr. XYZ think about his feet for few minutes, balance starts tilting towards the feet because the blood starts moving towards there, if you start thinking of your head then the balance lets towards the head, the head starts going down. I am giving you the illustration the thinking process the blood circulation goes on that side, along with subtle things which are there on that side, which cannot be seen they also go on and along with it your body starts getting cured, healing process is within the body, remember this thing and when the healing stops because the blood supply stops, the proper material is not going because of the tension you create tension, some thing some where some thing is affected.

If you start understanding what is the defect within you and which gland is not functioning well, create the picture of that gland, look at the picture of the gland and say that it is very healthy, it is very good, suppose this gland here they give you strength, they give you beauty, pep up your gland that it is working perfectly create picture that I am strong, soon the necessary changes starts within 15 days. This we call it ionization of the body. Ionization means it is not only the blood which goes there, but along with that the ionization the electric current, in a particular form that is called ‘pranik’ energy it goes and it helps. Remember healing is not done by the doctors but healing is done by the nature, by the body itself. When there is breakage of your bone it is not the doctor who cures it, doctor only places the bone at the right position, healing is done from inside, because if it is broken bone that it will not get healed, if it is placed like this, doctor places it either by the splint and all and once it is healed the screw is taken out and you start walking, healing is within body. We loose our healing capacity because of our wrong thinking. So if you just try to bring your thinking, here, which does not go the way of negativism and try to eliminate your self to the sensitivity of the Totality from within.

Endocrine Glands – Part – I

Since you get aligned to the creative intelligence inside, you are bound to heal, you are bound to pep up, you are bound to come out of difficulty. It is the sensitivity inside which has arranged the whole harmony inside which you have disturbed. You allow the totality to take over. In Brahma Vidya we say, “Oh! God I am making abject surrender to you at body, mind and intellect level. Let my act originate from your will, let my will originate from your thought, let my thought originate from your thinking, let my thinking originate from your consciousness, let my consciousness originate from your consciousness, I am making abject surrender to you. So, when I look, you are looking through me, when I hear, you are hearing, when I am thinking, you are thinking”.

If that much rapport you have with God, Creative Intelligence within you, then you become the agent of that God. Not only you create good atmosphere outside but also your metabolism inside goes in a harmony and you become a different person. You become a magnetic person it is called charismatic person. If you keep your body, mind and intellect level, completely synchronized with the creative intelligence inside, the charismatic personality develops. That’s why we say, God does not take interest in anybody, right or wrong He does not bother, because for that He has created the changeless rules. Whatever you do - as you sow so shall you reap i.e. ‘prarabdh’. To the extent you are consistent with the sensitivity, created by Him you start becoming His part. If you go by your manmani, ahankar, Maine aisa kiya, mai aisa hoo, I am the Prime Minister, and then in that case you are segregated from Him.

You may be the Prime Minister, but if you perform your duties like King Janak, who always acted as an agent of God, then the position of the Prime Minister you will be without ahankar - ego. Bill Gates has given \$200 billion in charity. He is a great saint; he is God’s representative. If you have the ability to earn, you earn, give monetary help to the person who does not have, give it to him wherever there is the necessity, what is the need of the hour. You do it and forget your self then you are the realized person, you are going towards the realization. It is not necessary that you read this book as a holy scripture, that you do meditation but it doesn’t meant that you should not meditate or read, what I want to tell you is that spirituality is the state of being; it is not just reading the book and just narrating every thing. It has no meaning.

A parrot also says ram-ram but he has never realized. Whatever we are thinking it should be in action and when you put it in action, you get the experience of action and with that experience you move ahead. This is the return journey procedure. On the other hand, externally the moment you act you say I have done it, I have done it, I have done it, here also you are doing the action you are experiencing it but your body consciousness is experiencing it.

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No sooner you increase your body consciousness; you are going away from the sensitivity of the Totality in which you are. But when you say whatever is happening He is getting it done through me He is getting it done, it is your sensitivity and the Totality brings the best out of you. Your thinking, you're speaking, you're looking, everything is through that type of stance, and you become agent of the God. Otherwise, you are agent of your ahankar, humne kiya, usko kya aata hey, arey do lafa mare ga to. So there is the difference, one way is only exteriorize yourselves and the other way you have to exteriorize for the purpose and the need of the hour, and constantly saying He is getting it done through me and whatever is done is also His, you are just a medium you are just a postman giving the letter, a good news is given you are not obliged, that is your duty.

You have to live for others and that's why looking after your body as a trustee and thinks that you shall not do anything, think anything to injure your body and secondly wherever it is possible just see that you are living as the part of the totality. If somebody comes to you the first thought is how best I can help without wondering who is he, how is he placed. If you are a Brahma Vidya person, do whatever the best you can do for him and when he goes, forget, humne isko kiya, hmne itna kiya, diya na maine isko aaj phone kiya, don't do it because that will add to your body consciousness. Such hints however small, will destroy all your spiritual efforts. You have to lead as a part of the totality that's why I say, samstikme bhavo, you are not obliging anybody. Does the mango tree say that I have given mango to you, what have you given to mango tree? Mango tree does not take money from you, it gives, for the sake of giving only. The sun shines in the morning and gives you light and heat, have you given anything to him? They are all agents of God, functioning as a part of Totality.

If you remain functioning as the part of the totality, you start becoming a different person. Secondly at body, mind and intellect level always try to be in unison with all the good and the highest conception of all the good, "bahujan hitay, bahujan sukhay". Thirdly whatever I call truth I should not commit the breach of it. Day in and day out so many persons commit the breach of truth and that is the reason, not to your knowledge there is the guilty conscience and there is no glitter on your face. Each and every person criticizes corruption, while taking a walk in the garden, "isne paise khaya, usne paisa khaya thik hey", you go to office next morning for work he will say "mujeh kitna deta hai", if that is bad then don't take otherwise say that, that is bad and I am also in it.

Valyakoli had no bad conscience. He committed hundred murders but he justified by saying he had to fill the belly of his wife and children and so had to kill. It was wrong but that was his belief. So it was truth for him. The moment Narad came and asked him to go and question his wife if she was willing to share this thing. She did not know also that he is doing the paap - sin, when she said no then it struck him and realization dawned then he went within and became Valmiki. The transition from Valyakoli to Valmiki is like change from caterpillar to butterfly.

Endocrine Glands – Part – I

He was doing murders without knowing that it is wrong. But if you say a thing is wrong then you cannot do it there is no justification in doing it, that's why if you say corruption is bad you must observe in practice also. How many fast you do, according to me, has no meaning, how many times you go to temple, masjid, darga, darbar nothing is going to happen it is all your escapist mentality. Just see that God within you, you cannot deceive Him, your guilty conscience is there and therefore if you don't keep that guilty conscience and try to align your self to the inner forces, you will feel that inside all this glands, ductless glands, will start functioning properly the body will become normal, your thinking will become normal, both body and your thinking will work in perfect unison. When we say subconscious mind, the God inside, it is that creativity inside, that is the God and believe me the day when you will get the experience and the touch to that creativity, you feel that I am the Universe, when the saint says "hey vishvachi maze ghar" that is because from the moment you touch THAT, it is from within to without.



Endocrine Glands – Part – II

We are discussing about endocrine glands and plexus. According to Brahma Vidya it is the thought which ultimately keeps your inner system perfect, metabolism in perfect condition and your outer life also in a perfect condition, so that you are in a position to bring potentiality from within to without and you are at the top of the ladder even in the mundane life. We have seen that if there is a malfunctioning in the endocrine glands, immediately we suffer and since endocrine glands are architect of our body lot of research is done from the point of view of how we should act in a way that harmony of endocrine glands is not disturbed, metabolism in side is not disturbed, so as to avoid decay, disease, old age, senility, disappointment and death, negativism. Brahma Vidya also states as to how even if something goes wrong because of our negative thinking in endocrine glands, kidney, liver, what we should do to see that it again comes to original position and its 'whole' function peeps up from the point of view what was found that when one gland is affected all glands starts getting affected. The other quality of endocrine glands is if we do meditation on one of the endocrine glands, suppose meditation on the liver gland, kidney malfunctioning also can be taken care of because all these endocrine glands are functional aspects of creative spirit inside that is not in time and space, as our thinking is in time and space.

Therefore when in a return journey of meditation if we try to communicate that part of our body as we talk to our friend you will be surprised to see slowly and slowly the body inside starts correcting itself. This will be difficult for any other person outsider person to believe, but since you are learning this course meticulously, you know how the creative intelligence functions inside our body. Therefore in a meditation if we just try to ionise any endocrine glands which is malfunctioning but thinking that it is not in disorder it starts functioning properly. Therefore the type of meditation we do and the exercise we do, help us not only to see that there is no disturbance inside but also if there is some disturbance that can be taken care of because ultimately it is the God inside, the creative intelligence within that is functioning. The second important thing for this part is that in order to see that it becomes effective your thought gets affected and you talk with your body properly. We already know in day-to-day life, in a mundane life we exteriorise our mind, kshipt manovruti, we try to search everything outside, going outside this whole mind is going out all the time. Since it is going on since a very long time, it is losing contact with the creative intelligence inside.

As per Brahma Vidya, the whole embodiments everywhere in the universe are prepared by the Totality, by Brahman, by God whomsoever you call in order to see that ultimately He has to use it for His purpose, to create harmony, anand which He wants to enjoy as leela. In case of animals it happens automatically because they have no right and wrong they just go by Totality's mind they go by Totality's computer. Ours is a conscious mind we have certain actions - right, we have certain wrong and these are body conscious right and wrong they are full of prejudices and therefore Totality's consciousness which governs everything else we get little separated from It and we try to lead an egoistic life "I have done this, I have done that", our thinking becomes also body conscious and that many a times creates lot of difficulty in our life.

Endocrine Glands – Part – II

But if you want to correct yourself inside, outside again the first important thing is you have to relax and that's why in meditation you say, "Om Shanti, Om Shanti, Om Shanti - peace, peace, peace." These are auto suggestions once they are given the body starts relaxing but immediately nothing happens so when you are sitting at a particular place and make that habit to sit there in the morning / evening whatever the time you will get same type of vibration, Rishi Patanjali called "tarang", whatever thinking you do they from vibrations and those vibrations always conduces you to bring you to zero degree, i.e., thoughts starts going down, down and you start becoming relaxed. What is the net result of it, whole day even if you are sleeping your mind is running after your thoughts. Anywhere you go, your mind is running with the thoughts but in meditation you start getting a feeling "thoughts are different I am different" and thoughts are coming out of the computer of panch nyanendriyas and karmendriyas along with the ego these thoughts start becoming less body conscious, start becoming less and less and feeling of withdrawal starts, so from 'ahankar' you start going to 'asmita' In doing that when you start looking at the thoughts means thoughts are not yours you develop 'sakshi bhav', witness action you start becoming only witness to the thoughts and the more you become witness to the thoughts, more detached you are to the results of whatever you are doing and you start doing inside, inside and when you touch to asmita inside at that stage you are in full of anand, full of contact with consciousness. At that moment if you talk with your body, if you talk with endocrine glands then you will find immediately there is an improvement in the functioning of the impaired endocrine glands.

Generally we feel mind means everything in the brain, but mind is functional aspect of the brain, partly it is correct, partly it is not correct. From cranium that is from the head to the base of the spine there is a spinal cord in our shastra it is called merudand. This spinal cord consists of several nerves connecting each other. The material in the brain is neuron and the connection of this neuron is just like telephonic cables. In one cable there are thousands of connections going and each and every connection is insulated so that whatever going through that cable through that part is not going to mix with the others. You have got several new type of cables in a human body, in our spinal cord and they at a particular point they form plexus, they meet each other as in a telephone exchange and once they meet at each other through that all over the body, the nervous system is spread intricately to such an extent that suppose you are standing in a crowded lift and a person who is smoking suddenly touches your hand, you take away your hand automatically without thinking immediately, this is in the medical terms called 'reflex action'. It is not the brain which is functioning it is nervous centre, sensory motor cells which are functioning out of this nerves all over the body and they help us.

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We have to discuss about very important two plexus areas in the body, one is pelvic plexus and second is solar plexus. Pelvic plexus is in the pelvic region, solar plexus is just behind the abdomen side and there is a line of the nerves going down near till the end of the spinal cord. For a long time nobody bothered about the plexus and there was no research. It so happened, in a boxing match somewhere by the end of nineteenth century, one boxer gave blow to a very strong opponent in the abdomen and he died on the spot. So the research was carried out and they found that solar plexus was injured and the person died on the spot.

As per the Brahma Vidya solar plexus is the centre of Sun and research found ultimately that your cardiac system, your whole digestive system and your reproduction system is all controlled by this plexus. So this plexus is virtually the brain of the subconscious mind which is functioning inside your body. In human body there are six trillion cells and the reactions per second of all these cells is controlled by this plexus and endocrine glands, so beautifully that there is no mistake. Heart functions for eighty, ninety, hundred years till your existence. No mistake is made because it is perfectly controlled by inner system – subconscious, not by conscious mind. God has created you in such a way that your external disturbance should not go inside, your tension should not go inside, because moment it goes inside, your body starts malfunctioning. Therefore in the small brain, medically they call medulla there is a center that is called inhibitory centre in the medical parlance, if there is a tension it doesn't percolate inside the subconscious mind, if there is a shock it does not go inside and therefore this centre tries to prohibit all your negative thinking to go inside because if it goes inside it will disturb the all harmony which is inside and master mind of the body will be disturbed.

Especially in the present days there is such a tension, phobia, fear that ultimately because of the several disturbances the door of the inhibitory centre gets broken and things start going inside the sub conscious mind. The moment it goes inside decay, disease, old age senility, disappointment, doubt, all reversible reaction starts. Though God has made the preparation and that's why you will find barring infectious diseases, in tribes their life was very healthy, by infection they may die but otherwise their life is very healthy. They used to live hundred years, hundred and ten years, hundred and twenty years - life was healthy. Civilized life is far better but we have created tension, mental tension and that's why negative thinking marks your metabolic activity, once that happens then the endocrine glands, the whole harmony goes and then you become ineffective and all other diseases and everything take over.

Once we know that inhibitory centre starts getting disturbed, the only way we can correct it, is that bring down our mental tension by sitting in the meditation. "Om Shanti" getting the awareness which is inside and getting yourself lost, just go in 'shunya avastha'.

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The moment you start doing that what happens is, when the God has created this world, He has created the harmony in this world by immutable, unchangeable laws of nature if you go at body, mind, intellect level with unchangeable laws of the nature you create harmony and once you create harmony your body becomes perfect, your mental activity also becomes perfect, anywhere you do something which is your thinking or body action it is in consistence with the norms - unchangeable laws of the nature. You create disharmony and again you start getting failure in your health as well as outside world. Therefore in Brahma Vidya what we do is, really speaking, continuously thinking process of panch nyanendriyas and karmendriyas, body conscious computer, is one aspect, but in doing that we also try to maintain the relationship with the Totality forces i.e. from ahankar to asmita and through asmita to Totality forces which we call it 'Sensitiveness'. We are all sentimental, we say we love each other but moment wife says something against the husband, husband doesn't, love her. He says "get out" you don't like it, your love is so convenient till the other person is towing your line, you are happy. Really speaking God has created harmony in the whole universe through sentimentality and maintained it properly. If we become part of it, then only you can try to get out of it otherwise not to become part of it.

I will give you two three pointers which are very important apart from this you do meditation. You have to be, while speaking, while acting, while thinking, consistent with those immutable laws of the nature and what are the three basic rules we have just seen, this body though we say it is ours but it is not ours it is given by God and so that you can maintain it properly and allow it to use for His purpose. Therefore we just say this body is a temple of living God, suppose body requires exercise you have to do it, if body required a particular time you have to give it, if the body is requires that you should not smoke you should not smoke because you have to take vow that I shall not spoil this body given by the God it has to be used for His purpose then it becomes a temple of divine God.

We have taken a second vow at body, mind and intellect level your approach all the time should be that it is in unison with all the goods that is "c, bahujan sukhay" that is living for others. Sometime there are only individual acts suppose I clean my house I should not throw the collected dirt on other person's compound because that is against "bahujan hitay". This is the way "kaya vacha mann" we must not do anything to injure other persons and everywhere you should think what best I can do for others, living for the others is the way God behaves. What ever God has created He doesn't say I am giving you water how much money tax are you giving. Nature just does it. You are getting oxygen, do you pay anything for it? So living for the sake of living. So accept where in you are supposed to have "vyavsayatmak bhudhi" where you have to earn, you have to eat, from that point but barring that you have to see how best I can do at body, mind and intellect to see that I bring tranquility, anand in the Society.

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Thirdly, you have to always see highest concept of pure truth. The reason is if you call particular thing as a truth that means it should be followed because truth if it is not followed it is going to spoil your jewel inside, guilty conscience. Therefore, whatever you call yourself truth that paradigm inside the mind whatever you have truth may differ from person to person. But once you accept the truth that this is the truth and then you commit a breach out of it unknowingly also then inside cognizance is taken and guilty mind is formed which will invite troubles to you either in body or by way of obstacles from outside world. I will give you the illustration. In India everybody talks about the corruption and that corruption is bad, India is going to dogs everybody talks and every person practically, you go to the office for some work the money is demanded for it, you may get the money you may get that happiness at that time but believe it, knowing full well that this is bad when you do it, it is bound to create guilty conscience in your mind. With several guilty conscience episodes of this type your face changes, that confidence that luster will not come. Apart from that, your mind wants to expiate it blot that guilt and difficulty come to you. This is how you created difficulties within you by your own thinking, you are the master of your destiny, you are the author of your death, this is so don't blame God, don't blame anybody, this is your own projection. Even in the today's science says that you are living in the participatory universe of Consciousness.

Rishis have said if you create a guilty conscience you are bound to come into trouble and therefore the first thing is whatever truth you have you should be consistent about it. I will give you the illustration to make my point clear. Valya Koli committed hundred murders. On one occasion he confronted Narad Rishi. He wanted to kill him. Narad only told him that by doing this he is doing paap, sin which is evil. He did not know till then he was thinking, killing the persons taking their money is his job to feed his family, so Narad said, "Why you are doing this? He said, "I want to feed my family. Narad said, "By doing this you are committing a sin. You go to your house and ask your wife and children that by this I am committing a sin by which I am going to come in trouble in the eyes of God, will you share my sin". He went home and asked his wife and children about sharing his sin. Nobody was ready to share in his sins. This truth struck him and gave Vyalya Koli the jolt and after getting the jolt he came to Narad for guidance and Narad asked him to say "RAMA RAMA". He had forgotten that "RAMA RAMA". He knew only "mara mara" and started chanting "mara mara". The "mara mara" again sound "RAMA RAMA" while he uttered these words, he forgotten his body consciousness and then after by that penance for many years he became Valmiki Rishi. Once he becomes Valmiki whatever evil he has done is gone because it was avidya, out of agyan he has done it. Valya Koli though after hundred murders he became Valmiki because he has not done it knowing fully well that it is sin. If you do anything knowing fully that it is sin your conscience becomes guilty and it will not be expiated that early. That's why I am giving you the illustration.

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The second important aspect is though you feel that this is correct but don't make ego out of it. Let good thought come from all the sides and if you are sensitive and by that good thought coming from all the sides you will feel whatever I am calling truth is not a truth then in that case change your truth and try to behave as per the truth. Many a times we know that whatever we are doing is wrong but our ego says, "I am correct". Don't do that. The moment you know that whatever you call truth is no truth you have to change it, modify it.

It is important from the point of view of Science and from Bramha Vidya also. Research has been carried out on behaviourism, how the behaviour changes so naturally. The first experiments were carried on animals. Why animal behave in a particular way, how they change their pattern. First rudimentary experiment was. A pigeon was kept inside the cage and there were two buttons, moment he touches first button by his beak he would get a palate for eating and if he touched the second he got mild electric shock. The behaviour of the pigeon was that he used to touch the first button only and never touched the second button. So, prize and punishment, you live for getting the prize even the animal learns this. This learning becomes instinct to prove that they took a dog and the fixed him by three legs and only one leg was kept free. They give the bell and immediately they used to give him a shock. They did it for few days. Moment the bell was given he used to give that leg a kick even if there is no shock. Behaviour is adjusted to the outside signals.

Accordingly much research was carried out to see how the things are happening in human beings and wanted to understand how the signal from outside world it goes to whether subconscious mind or conscious mind and what is the result of it. They sent audible message of fear and in other cases visible message of fear which used to last one upon thousandth second. Why this was chosen like that because it will not come in the ambit of your senses. Suppose only hearing it and visual will never know this signal, it is definitely that our subconscious mind receives it. So when they give the signal of fear both visually as well as audibly after some time, first there was some changes on the brains cortical region and after some time there was a definite reaction to that on electrode which is kept on the brain. Then what they did is, one upon one fourth second they send the same message of fear both audible as well as visible, this comes within the ambit of your senses and moment that was given it took double time than earlier message. Really speaking normally this message has gone to conscious mind. The conclusion which is important from our point of view of discussion is that when this signal was given which can be received, perceived by a conscious mind still the signal first goes to subconscious mind and through subconscious mind after censoring it goes to the conscious mind and that's why the time lag.

Lots of messages are coming from the Totality. We are also giving the messages and we are also getting the messages in our day-to-day life. But not to our knowledge there are several other messages are coming and they are to be processed.

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As per the science every second your brain receives thirty thousand bits of information and you send out five thousand of that because we are not independent, we are all in participatory universe. The harmony is maintained in the nature because of this. If anything wrong goes in the subconscious mind, conscious mind does not know. What happens if the conscious mind does not know? When the thinking process starts due to shock on anything, the thought at a conscious level gets a bend. That's why if you call ten persons and show a particular thing to them, then persons give ten different answers after seeing that. Every person's mind have some prejudices one way or the other or you may be favouring somebody, yours is a conditional mind and condition differ from each and every person and that's why the same episode is described by different persons in different particular ways. Absolute truth is only God, Total consciousness; human being cannot be an absolute truth because ours is a conditional mind. With this conditional mind further each prejudice can you see things correctly? Can you act correctly? The answer is no. Even if there is a negative thinking of yours because of the ego you don't want to go out of your negative, conditional thinking. Even if the person is intelligent, his position is, like "a frog in the well and calling the well as the whole universe".

The approach of Brahma Vidya is, in order to see that you become the part of Totality that is the fact, you are not individual, you are part of the Totality, unless and until you crumble these walls of the conditions, by destroying these conditions only then you will be in a position to see the truth and truth is God "Satyam Shivam Sundaram". Only God, Totality consciousness is Truth, that is Sunder and that is Pavitra. Ours is a lopsided view, like five blind persons who perceive the elephant each from their point of view. We are like a drop in ocean. Unless and until we withdraw the cover goes and drop becomes ocean, moment it merges in ocean, to merge in the Totalities Consciousness, to merge with the God. That body consciousness which you have created "I have done this, I have done this" that condition till it is wiped out, you will remain an individual. Howsoever intelligent you are you will be separate from the Totality. More the person is intelligent more ego is there in him. The ordinary person suddenly becomes realised of the God because he has no ego. The saints, they have no money, they have nothing but they become realised because they know that art of forgetting their body consciousness. These conditioning is of this birth called "sanchit karm", it is the past birth "parabdh karm". The recent research on the several births and was taken up to fifty thousand years back and the way in which he has described, conditions adding every time in several births again. Every persons life is different and makes you different from each other and moment at some point of time by something these conditions are dissolved for sometime you become part of Totality, you become universal and you get a feeling that 'vishv' universe is my house. Once that realisation comes again he has to come in the mundane life and then you understand the perspective-ness of all the things around you. You do all your duties. The person who is realised also talks but he understands the perspective-ness because he has seen the universality which is the reality and this really speaking conditional projections of our consciousness.

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Therefore these experiments only show that the conditions go to the subconscious mind and if these conditions are there in the conscious mind, they change the pattern of your thinking. Therefore in a police there is modus operandi, looking at a crime size, they say as to who must have done it, the way in which the person walks, the way in which he enters. I will give you outside the house one illustration. There was a person, who used to climb on drainage pipes and enter and steals everything. Long ago windows had no bars and even if they were there, he used to break them and come inside and rob. After he used to come down with the radio, television, whatever it is he used to smoke Passion cigarette. The police, moment they used to see Passion cigarette buds, there they used to say it has been done by him, they used to catch him and recover everything from his house. The condition inside his brain is such he behaves in a particular way that is modus of operandi. In the police station in Bombay you will see a particular pattern is fixed for particular criminals on the basis of whom the detection goes on. In our mind of negativism suppose in our will we judge anybody correctly? The answer is no. If we don't act correctly we are going to go failure, we blame our fate. Your thinking gets marred due to the prejudices; it goes blunt, unless you try to get out of that HMV Record that rut, that groove which has gone inside the mind. So persons who fear for everything, persons who suspects everybody, for anything unless you get out of it, you will never be in a position to make correct decision and you will never be successful in the life.

For success you must have self confidence . You must have contact with “That” and you must be completely confident as to what you have done and for that purpose if you try to think in the terms which the principles I have told you then the next is whatever come in your life even the worst thing in your life, only look at it and see what best you can do, nothing more than that because whatever the need of the hour at that moment. Don't see it will happen like that, it will happen and then you get phobia, you get fear, instead of that, what is the need of that hour look at it only, so what is the priority and what should I do by the priority. Even the things are not under your control, moment you done that keep quiet, don't disturb. You get signals from inside and outside and inner creative intelligence starts touching several creative centres, several persons come forward in such a way that your work is accomplished, then you relax. But if you think why this has happened, why this then you become the part of the difficulty, you can not get over the difficulty. Everything is not in your hands. What can I do to that extend I have done beyond that there is a limitation, circumstance beyond which I can not go. So whatever required I have done it and then I have remain in relaxed manner. I gave the several illustrations of the best of inventions in a human life earlier how Totality gave the signal and things have accomplished including Neutron's or including Alexander Fleming.

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Totality, God wants to live if you live with completely unison with Him successfully, so success is yours but only one thing is you must have faith in yourself. Firstly, faith can come only when omnipresent God you see everywhere as God is everywhere, you don't see God in the temple. Then increase that faith so that it becomes "Shradha" - Trust, a higher faith and once that shradha is there that "I am agent of the God, God is inside and whatever the best I have to do as per the need of the hour I will do it", not by my prejudices. The moment you go by prejudices then you go to the body conscious thinking, left cortical region comes into force. Since there is a shradha – trust, you are not disturbed, you are still, a very quiet person and Then you will find in spite of most of difficulty, things start happening, somewhere you get the help and the work is done. But if you are disturbed, how it will happen? Why this will happen? Then you become the part of the disturbance your work will never be done.



Habit & Success

We shall discuss today one of the practical topics, “Habits and Success in life”. Firstly we must know what is a habit? The meaning of word habit is, it is a regular subtle tendency or practice at body, mind and intellect level.

If a person is depressed; he will only talk depressive things. The enthusiastic person will talk positive things. Even in the cricket you will find some players will first put left hand side pad first and then right hand. By mistake suppose if he puts right side first, then immediately he removes it. This is habit. Somebody tells you if a black cat crosses the road before you, then your work won't be done, you immediately go ten feet backwards. You have cultivated these all habits at thinking level. These habits cover our major thinking and action. Every thought, every action, each speech done as per the thinking, is by impetus of habit. If the habits are positive they help you, if the habits are negative you are in trouble.

Therefore Brahma Vidya expects that habits being important, you should change the habits. If they are bad remove those bad habits, put good habits in their place and if you do that then your thinking, speaking and action is consistent with the Totality's thinking and action and you go hand in glove with the Totality's forces, Evolution forces. If you have a particular habit, then your attitude goes in a particular way, if habits are changed, your attitude will change. Mr. Samuel Games, one of the greatest philosopher in America in twentieth century has said, “The important invention in twentieth century is by altering the attitude towards life, we can change the life”. Remember these words. Many a time we feel that, outward circumstances make our life or break our life. It is not that. Whatever may be the outer circumstances, consistent with that if you change your attitude, you can get over great adversities. By changing your attitude, you can change your life. You don't have to change the circumstances or your life, just your attitude.

An anecdote is like this, one farmer had a chance, met God and he said, “Oh God! We depend upon the climate for all our questions. According to us, you are committing injustice by being unpredictable. So God says, “Alright! If I am doing injustice, what do you want?” The farmer said, “When sowing is done, you should give us rains, when it is harvesting time, good Sun should be present. We will tell you the requirements and as per that you give us climate”. God did accordingly and farmer had very good lush green, well grown crop that year. When harvesting time came, he found that there were no seeds in the corns. Again he went to God, “How everything is favourable but nothing has come out of it? That's what I want to tell you”. God said, “All these adversities, all these changes in climate, which you feel that are bad, when these plants species accept them and fight against it, then only seeds comes. If your life was so cozy then you will be a weakling, so even the adversities help you. Cosy things may not help you it may make you weak”.

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According to Brahma Vidya, if in life you only see, what the need of the hour is, even if there is adversity, you just look into it and at present moment what can I do. Whatever you can do, do it immediately. Second important thing is, however adverse the circumstance may be, keep your mind in a tranquil condition, do not get disturbed, keep yourself calm and quiet. Third is, keep absolute faith in God. Because God has created you in such a way and given you potentiality in such a way, any adverse circumstances you can come out of it. Last thing is, have positive thinking and a positive vision. Do not think negatively. As per Brahma Vidya if you follow these, you shall be successful; you shall accomplish each and everything, which you are aspiring to. In America, very advance nation, where the research in every aspect of the life is at the highest. After placing before you this research and their conclusions, I will discuss how they are similar to the conclusions of Brahma Vidya, of our seers, five six thousand years back.

There was a person in America, who had a Midas touch, whatever he started doing, would always be a success. He was made for success. Wherever he goes, he meets with success, his labour policy successful, his manufacturing successful, machinery ideal, everything in the life, he is the ideal. Everyone in America was praising him a lot. One physiologist, a researcher was doing some research for him, this was the best ideal person to research on, so that the other persons can behave and become successful like him. The physiologist asked him, “what is it by which in every field of life you are successful?” Out of humbleness, person says, “It just happens; it’s a God’s wish.” After a few months, the researcher had an occasion to go to his factory. When he went to his factory, he saw the machinery top and ultra modern, the workers working, spick and span, their behaviors, their dress, they are courteous, doing hard work, the colour given to the whole factory was very aesthetic efficiency at the optimum, sale optimum and profit optimum. He could not find anything wrong. He came to his office, the office was decorated in the best taste and furniture was best. He went to his chamber, where he was sitting. Many times circumstances are equivocal, and they make you speak automatically. He saw a bible on the desk in front of that person but he saw this bible against in contrast with all other modern and latest things in the office this old bible, colour faded, torn here & there, looked old. So he asked the person, “I have seen this place, each and every thing is so beautiful, so well placed, but I am not in a position to understand, why you have kept this old bible? Why not bring a new one?” He smiled and he said, “Whatever you have seen, beautiful things in my office, in my life, in my factory, is going to change in the course of time, but this is a new thing, it was also new earlier and it will be new for ever! And now I will tell you an incidence in my life”.

He said, “I come from a reasonably rich family. I was intelligent student, I had a grandmother who loved me, so once, grandmother told me, son whenever you are in difficulty try to read bible, it will answer all of you difficulties. I thought she is an old woman and is talking like this, what has prosperity to do with the bible? But since grandmother loved me, I kept her request. I took the bible; I kept it and forgot about it. After he started his business, new adventures, everywhere he met with failures, everywhere disasters, whatever he would do, he failed.

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He became jittery, disturbed and he could not find the answer to his problems. In life something happens and suddenly new dimensions open. So one day he went to find a particular file and he was not getting it, so he was searching everywhere in the house and suddenly he saw that bible, with the dust, nobody had opened it in ten years. He remembered his grandmother; he just took it and curiously opened it, not with idea of reading. In twenty-seventh Psalm, if I mistake not, there was a sentence in the bible, "God is strength of my life and I am confident in it." He thought, I don't know what is in that sentence, I read that sentence and the moment I read, every thing started changing around me, I understood my thinking, my speaking, my action is wrong and that's why I am meeting with the failure. I never took anybody's advice because I had very much confidence in myself, I was egoistic, virtually, I was not subject to any change and there was no alteration in my attitude to suit the circumstances. Circumstances cannot be changed. Your attitude has to be changed. With the result I met with failure in every aspect. But the moment that wisdom dawned upon me, from that day onwards I changed my attitude of life, I started to see only what is the need of the hour, with the calm and quiet mind, accordingly whatever the best I can do, I have to put my best, knowing full well that strength of my life is God's strength. So I have to be quiet and allow that God's strength to come through me and I am confident. With that approach, I am going to be successful. This thing has gone in my mind in such a way that from that day onwards, with that faith, on the strength of the God, each and every work I did, I got success.

It is your birthright to be successful, because God wants you to be successful, only thing is you keep your mind quiet. Quiet mind means in a life, you have to look at the circumstances with the quiet mind, understand the pros and cons and then change your attitude, which is befitting with these circumstances around you. Once you do that, with confidence, the God is transferring his power through you, to become successful and with that vision of positive ness you are going to be successful. In visualization exercise we say, "Mr. So & So, you are success. You shall achieve anything and everything which you will aspire to achieve". Have we not said that making up the condition of the mind to become successful? Generally your mind is never quiet, it is going here and there and you have innumerable questions. So when the decision is not coming with the calmness, means it is coming out of the disturbed computer of your panch nyanendrias and panch karmendrias, if it is not calm, the signals which we will give, will be disturbed and you create disturbance. Quietly understanding the problem, taking necessary steps, forgetting about the result, because the result is in His hand, His strength is your strength, visualizing that I am going to be successful, this thing is going to happen and it shall happen. I hope what has been concluded in the western hemisphere in a physiology research, in this story, is exactly what we have learnt in Brahma Vidya.

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I am telling you second story that opens a different dimensions in the life i.e. you should be confident in facing anything in the life since Brahma Vidya is not only going in the meditation but also becoming successful in life. Even as a husband you should be successful, as a wife you should be successful, as a child you should be successful, as a father you should be, as a mother you should be successful, as a businessman you should be successful everywhere you must have a success, because you are going to get the grace of the God. This grace comes from the Totality as 'pradnya jagruti' or we call it sensitivity.

In America in the end of nineteenth century certain good American persons came together and they decided to start a magazine. The purpose of the magazine was that the readers should develop faith in God, on the basis of that faith they can become successful in life. These persons who started the magazine were not rich, very ordinary persons and they decided to have this magazine on no profit no loss basis only. The name given to the magazine was "Guide Post". To start the magazine, you require a place. There was a mezzanine floor empty in a grocer's shop, so free of charge he gave it to them, somebody gave an old type writer, someone an old chair, someone a table, on that basis Guide Post started their publication. After few years, the sale of this magazine was twenty five thousand subscribers. This was quite good and this went on for a long time and people started liking this magazine and their life also changed by reading this magazine. It so happened that one day the a fire broke out and the whole office was burnt and nothing remained in their office. They had twenty five thousand subscribers but how to contact them, as the subscriber's list was also burnt. The editor Mr. Raymond got an idea. He announced on radio that such and such thing has happened and appealed to the subscribers that they should send their addresses and some additional subscription. In few days they got not only twenty-five but forty thousand subscribers and the magazine started again. It went on for few years but then the labour became costly, paper became costly, machinery became outdated and they started suffering huge losses.

You know when you want to increase any subscription, though things are genuine, nobody wants that. And therefore the only way they thought was to call the general body meeting. General body meeting was called and editor Mr. Raymond very selfless person, very good person, described the condition, the calamity before the magazine and he said unless and until somebody donates money it is impossible to carry these things further. You know condition of every mind is, if one starts crying the other person also starts crying, so for next two hours, everybody spoke about how the conditions were bad and how it is not possible in these circumstances to continue with the magazine.

There was one lady, this lady who was not speaking, she was just hearing, she was invited to speak because she was the pioneer member and when the magazine had started she had donated two thousand dollars, a huge sum at that time. One of the reasons she was called was, that after hearing these conditions, she might come forward to help and give some donation, because she was rich.

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So when she got up everybody was happy, that now she will tell how much she can give. The lady said, “I am making it clear that at this time I am not going to contribute one dollar to ease your difficulties. But I will give you some idea by which you will tide over this difficulty”. Mr. Raymond, the editor thought what she is going to tell? What is the idea if we have no money? We want money. She said, “For two hours I am listening to each and every person here and what I heard is we don’t have this, we don’t have money, we don’t have subscribers, we don’t have proper labours, we don’t have proper machinery, we don’t have the courage now to run the magazine. Every person is talking, ‘we don’t have, we don’t have and we don’t have’. With this thinking of “we don’t have” you will not have anything. Actually there are no difficulties. If you just try to keep a vision, positive visualization, this no difficulty. Mr. Raymond how many subscribers you require to see that all these losses can be wiped ?

He said, “One lakh” . She said, “No problem”. Can you just visualize that Guide Post has one lakh subscribers, they are reading, they are happy, they are getting benefit out of it.” Mr. Raymond says, “Madam, six months I have been through so much, that I am so dampened, it is not possible for me to visualize this. So can you visualize?” A person who was sitting there he was the manufacturer of rubber items, reasonably getting good profit, he said, “I can” and Mr. Raymond was surprised and as he was watching the other man visualize Mr. Raymond also could visualize in front of his own eyes the positive picture of one lakh subscribers, etc. The moment they said that they had seen, the visualization, this lady says, “Problem is over. Now only thing in our hand is to express our gratitude to God for helping us in giving one lakh subscribers.” They did that and parted. The visualization was done in a present perfect. From the next day onwards, they started receiving money from the new subscribers, every day five thousand and within six months they had five lakh subscribers.

The research further says till today the magazine is running properly with no financial problems. Visualization, ‘Kalpana’ does not come in time and space, when you visualize and visualization is for a spiritual purpose, not that we are getting profit, they visualized we want subscribers, that they are reading and their problems are solved and they are happy. Spiritual, living for the others, gratitude to the God, never keep suspicion on that, get out of it. Because of that their sankalp become siddh and it starts to happen. Any thing we do with a quiet mind, implicit faith in the God, with the visualization, expressing gratitude and for spiritual purpose, suppose even if “I want to start a factory, the workers are happy, they are getting paid, the bankers are happy, they are getting their interest and installment regularly, the people who are eating the biscuits I am manufacturing they are happy, they are getting the good taste with a reasonable price”, such type of thinking, not “let others go to hell, let me prosper’. Whatever you think it shall happen, it shall happen, it shall happen. This is the conclusion not only of Brahma Vidyakar of five thousand years back but recent research in psychology in America.

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I am giving you third illustration as I have selected different illustrations from a different dimension. A big contractor got a contract of embankment along a river. He bought lot of machinery. Usually a company takes the loan from the bank. He started the work, work was in progress, several thousands of persons working. It so happened one night there was a storm, storm followed by torrential rain, rain to such an extent that flood started and all that which was under the process was washed away and the machinery went inside the mud. In the morning all workers came, they were all virtually crying. They had to suffer the loss, this work will have to be abandoned and our services will also go, everybody was discussing this. Two hours there after, the contractor himself came by his helicopter there, he went to the site and he saw everybody with doomed faces. He looked at everybody and said, “What has happened to you? Why you are creating such a grim picture?” Workers were shocked. They said the machinery is covered with mud and no work can be done. But he asked, “Where is the mud? I do not see any mud.” People watching him thought that the person has gone mad because of impending losses. He looked at the sky and said, “Sun is shining, I know that within a day, everything will be dried, the whole mud on the machinery will fall down and we will start the work.” Really the sun shone bright and work started the next day or so, this work was done in time and he got profits. He is one of the best builders in America. So when he was asked he said, “Whenever any difficulty comes in my life, I first break that difficulty to pieces and then forget about the difficulty, only think as to how to get over that difficulty, having implicit faith in the God, do whatever necessary and I never failed in that.”

One more illustration I am giving you again from a different point. One person was meeting with failures in whatever he did things used to go against him. For years this went on. He was about to come on the street. That’s why he approached a psychologist who was the researcher. The researcher said, “Now I am very busy, I have to go tomorrow to such and such place, two three miles, there I have to deliver a lecture, while coming we will discuss your problem, come with me.” So both of them went in one car, the researcher delivered his lecture, he heard his lecture. While returning they stopped for having snacks, they went to a hotel, both of them took the hamburger and coffee and he said from that day I have developed respect for this hamburger. The reason he told was there. While that person who was meeting with failure was eating that hamburger, suddenly cried, “I know how I am wrong,” My thinking is wrong, my speaking is wrong, my action is wrong, now I am changed, success will come.” The psychologist told him, “I am happy but only keep faith in the God and your strength which is going to help you” and thereafter he became a very great successful person. The researcher said, “What was there in hamburger and I got respect because of the hamburger? I am giving you the answer. In life, different situations arise.

Each and every person in the mundane life has a particular psychology. Generally with the more body consciousness and more the ego, your psyche is so strong that you refuse to allow any new idea from any other person, from anywhere, to come in your mind. And since you are very clever, I am such and such a person and you start treating other person as dirt.

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But by showing other person down, you can't succeed. You have to be successful mentally. You want to show that I am better than you even though in fact you are failure in life. It is out of inferiority complex many a times a person become arrogant towards other persons. When you talk to the other person like this, I injure the ego of that person; I injure the pride of that person. Everybody likes to be in the cocoon which he has created in his mind in the society. He might be a peon, but he has his self esteem and when you try to bring him down, he may keep quiet but you have injured him. If I injured many people like this then everyone is seeking the opportunity to put me in some trouble. So firstly in your life never speak bad words to other person. Even if he is wrong, try to tell in a different way, don't injure his ego. If you do, then it is bound to harm you some day or the other." The best illustration is of Mussolini. Everybody gave him utmost respect, 'Hail Mussolini' but he was very rough. So the day he lost the war, that day he was hung. All the Italians came over on the streets and spat on him, threw shoes on him, within the forty eight hours there was the change.

Brahma Vidya says never hurt anybody's awareness of life that is 'asmita'. Asmita is awareness inside, if you try to hurt that, you are setting the wheels of 'prarbdh' against you and you are going to be annihilated by the force of that karma. You will not know why the bad things are happening to you. So never disturb 'asmita' of anybody. Do not say anything by which the other person thinks that it is better to commit suicide, when you go to that extent, believe me, whoever you may be, you will have the trouble and you will have to pay the price.

One more story is of a police officer in America. This officer was training a special squad which dealt with psychopaths. He said, "In our work, our life is always in danger. It is either we kill or get killed, but we don't have any fear. How courage plays important part because in training we are told that police men should not have any fear, you are doing the duty as per the law, so whatever you are going to do, God will always be with you to take you out of any difficulties and in that we have implicit faith." To explain his point he told his own experience. "I received a call that a psychotic person a desperado is standing some place and is to be arrested, he is with a knife. The moment I got the information, I went to that spot, but I did not know where exactly he was and I was just one and a half feet away from him and I was not looking at him and he had taken the knife out to kill me. He would have killed me and I would have died on the spot, because I was not looking at him. But exactly at that time baton which I was slinging from my hip which was secured with a clip, fell down with a loud noise. Due the noise he got shocked, he fumbled, I looked at him and I took out the revolver and killed him. Falling of the baton at that moment was the God's help. I was doing a lawful duty, my conscious was clear, so God is going to help me and my life was saved."

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Therefore let anything come in your life, you may feel disturbed for a while, but forget about that, you are Brahma Vidya student, you are representative of God, His strength is your strength. With the calm and quiet mind understand the difficulty, try to understand the need of the hour, what are the priorities, do whatever best you can do, again keep quiet and observe what help is coming. You will find, from somewhere help will come, a message will come and you will try to get over this difficulty. If you are confident about whatever I have said then is it not your duty to see that your thinking level changes, your feeling level, emotions, mood changes, your bad habits which change to good habits can be done by meditation, breathing exercises, recitations.

If you want to change yourself, you have to expiate, you have to blot the guilty conscience, the negative things and you have to put the positive. Positive things can come only with the perseverance of your doing continuously the breathing exercises. Then inner voice will start from within you that protects you, is a guideline to you, shows light to you, shows grace to you and you start going on the path of truth, hand in glove with Totality forces, becoming part of the evolution of the Totality. Therefore you have to change your habit in this line, which is consistent with the sensitivity of the Totality, “Bahujan hitay bahujan sukhay”, highest concept of truth, your body is the temple of living God, you shall not do anything, say anything, think anything which shall injure your body, the temple of living God.

The Concluding Lecture of BRAHMA VIDYA

This is the concluding lecture of Brahma Vidya. Generally, in the mundane life, when we want to learn anything, we join school, college or institute. If you are mature, you can also purchase and read some books and you can become proficient in that subject or you can hear lectures. We learn through our “pancha nyanendriya and panch karmendriya” - senses computer and go on adding different preconceived notions to our thinking. Initially that may be correct, but if you want to go deep in this science, then all these lectures, books, are of no consequence. I am not belittling any thing, you read Bhagwad Geeta, Kuran, Bible but that will never take you deep. To grow deep, you have to absorb in such a way that you forget yourself. Otherwise this reading will always come in your way- between you and God. Because it will add to your ego – ‘ahankar’, it always adds to your body consciousness. Remember one thing, even attending my lecture, will not make any difference to reach God. The reason is you have to develop the art of unlearning and forgetting yourself. Then you will ask me, what is there in Brahma Vidya that we should follow or pursue?

If you really want to reach God, then according to me the answer is Follow the ‘directions given in Brahma Vidya , I am certain that your inner journey will be very fast and you will ultimately reach the God. Again it is not because of my lectures. That is just a beginning. At some stage, you have to forget me and you have to go ahead. We shall see how is it that Brahma Vidya will make you to forget yourself and help to reach God.

From that point of view I am telling you this story and try to understand it. Maharishi Ashwnayan was a great Rishi, a well-read person. After reading and learning all the ‘Vedas’ and ‘Upanishadas’, he thought “I am not getting the key to enter the arena, from where I can reach God”. He knew that by whatever he had done till now, he had closed himself; he had conditioned his mind in such a way that he had become impregnable. So he went to ‘Brahma’ with folded hands, knowing that he was totally ignorant. He asked Brahma to change him and to give him the ‘nyan’ by which he will understand who he is and how he can become part of the Totality’s Consciousness. Maha Kashapa went to Gautam Budha in the same way. What Brahma told him is very important. Brahma says, all this mundane life, mundane world in which you are living, which comes within the scope of five senses, is also God. God when He becomes gross then this world is there, mundane life is there. The God which does not come within your senses is also the God which is subtle – ‘sukshma’, you have to forget body consciousness which is the main ladder to reach the outside world. The moment you forget your body consciousness, your consciousness reaches Totality’s Consciousness and you become God. “Kohum? (Who am I)” becomes “Soham (I am That)”.

The Concluding Lecture of BRAHMA VIDYA

When you are in a mundane world, you condition your life in a particular way. A doctor's thinking is in a particular way, a lawyer's thinking is in a particular way. A Judge will think in a particular way, ladies will think in a particular way, husbands will think in a particular way. Every person's mind is a conditioned mind. When you see through a conditioned mind, you don't see things as they are, but you see as you want to see them. When in a mundane life, the consciousness of God is also with you, with the result, in each and every substance, animate, inanimate, there is a God. In case of animals, plants and inanimate objects there is awareness but in case of humans it become self-awareness that becomes ego, you are consciousness. Others are propelled by Totality's computer. You are propelled partly by Totality but mostly you are propelled by conditional mind computer, i.e., a body conscious computer. Unless and until these conditions that are inside, which are of your learning, of which you say I am a very learned person, you forget at least for a while, you cannot see the light of the Totality's Consciousness, from within to without.

I only ask you to sincerely get up early in the morning, do the meditation, all the exercises as they are told to you. If the science is to forget your self you will reach the ultimate, running here and there is merely exasperation, by sitting in home everything can happen. Knowledge is only bookish, you should experience yourself. The Brahma Vidya should become part of your being if it doesn't then according to me the spiritual science has no value. Every thought that is coming out of your mind, emanating out of your mind, generating out of your mind, is really controlled by the habit, not to your knowledge. Those habits make you think in a wrong way or right way, negative way or a positive way. These habits are the grooves formed at the subconscious mind, which you don't know. The only way to eradicate these is by repeatedly saying certain positive things.

Positive thoughts go from a conscious to subconscious mind and slowly, slowly, expiation or blotting of the negative thoughts takes place, replantation of a positive –'shubh' thoughts goes inside. As yours inside mind starts positive thoughts - shubh, a stage comes when you wipe out whatever negative you have accumulated from your birth till now, which is 'sanchit karma'. Then you go even further and 'prarbdh karma' is also blotted, because 'prarabh karma', 'sanchit karma' whatever is effect is there inside is because of a darkness – 'avidya'. Once the light of 'gyan' comes, Universal Consciousness comes, then whatever you have done in the past gets wiped out. Like Valmiki committed hundred murders, it has no consequence. Therefore in Brahma Vidya every effort is done to wipe out the negative and implant positive. Once you start doing Brahma Vidya exercises and meditation you will see a change in your face, change in your speaking, everything will change, bad thoughts will not come and you will feel like living for the others.

The Concluding Lecture of BRAHMA VIDYA

In the mundane life, everywhere you see is I, I, I. I have done this, my husband has done, my wife has done, my son has done, everywhere I, I, I, my wife is like this I, I, I have got this experience in meditation I got this experience, which is really a preconceived notion of panch nyanendriya & karmendriya computer inside, which is a notion of preconceived mind again. This happens. “I” becomes separate from whatever is there outside. Even husband and wife, very close, they say we love each other, still husband is different and wife is different. Father is different, children are different and mother is different. This difference always takes you to the realm of comparison. The moment you go in comparison, it is completely imbibed in your mind that we are all separate and somehow or the other we have to adjust. With this point of view when you start coming near each other, then because of everyone’s conditional mind, likes and dislikes come, then the fight starts. It is inevitable, you can’t avoid it.

Therefore, if you do these Brahma Vidya exercises which I have told you, the first thing that will happen is, slowly, slowly you will think that I am not separate, I am in fact a part of the Totality. Totality is universe and since you are experiencing in a conditional mind, you can’t experience the Universe, which is unlimited. With our recitations and breathing exercises and meditation, re-orientation of your thinking starts. That re-orientation is, I am not only this body, neither is he all other bodies, because you have created them by your imagination. Anything you create by your mind cannot be absolute and God is absolute. Brahma Vidya says that it is “Brahman”. But again as we are describing it, it cannot be Absolute. To understand that Absolute, only your consciousness has to become the part of Totality’s Consciousness, i.e., Gods consciousness. Then you get experience and this process when you start Brahma Vidya slowly, slowly wisdom will dawn upon you that I am the part of Totality. You will start respecting people around you as His representatives.

In mundane life you cannot see God in ‘sukma avastha’ (subtle form), it is only when you start getting sensitivity of Totality you will start getting light around you and once that happens and you are in Totality, then this Total Enlightenment will come. But it doesn’t happen suddenly but for that you have to be humble. You have to give respect to everyone, whosoever he may be and you need not hate your enemy. You have to love him instead. Slowly and slowly approach changes and the first thing that happens is, whatever you do, automatically things around you come forward to help you. I am not saying this is absolute experience, but it is the beginning. You create a master mind with whosoever you come across and many times a person may go out of it also it is because that person is unwanted in your mind, because it is so much controlled by the totality forces but you have to experience that.

The Concluding Lecture of BRAHMA VIDYA

The consciousness inside is to be de-conditioned and de-conditioning is expanding, in Buddhism they call it 'flowering'. This expansion when it starts, then your circumference around your world also starts changing and you have a capacity of going inside, to control so many things. Automatically you start getting help from the Totality's computer. This happens by remaining in the present tense, 'pradnya jagruti'. You have to be very humble; secondly you have to be in a 'shakshi bhav' (witness). In a life you are going to see something, hear something, speak something, whatever happens, you only look at it and generally your tendency is to expect the results out of it. Don't do that. If you are the Brahma Vidya follower, look at it as the need of the hour in the given circumstance, do things in priority, within your capacity as per the need of the hour, do it in a relaxed way and do not get disturbed about what is not in your capacity. So that your consciousness starts touching the Totality's Consciousness, automatically everything starts moving. In meditation you have to witness the thoughts but witnessing it for some time you will start getting the awareness.

Maharishi Ashwanayan has said that below these senses by which you enjoy the gross form, are the doors to go to the God in the subtle form. There is a door beneath these gross senses but since our mind is exteriorised – 'kshipt', we never reach there, we always go out. You have to not only have a witness action; you have to have that awareness of that God which is inside, which is using your body, mind and intellect for His purpose. By getting yourself lost in your own breath, that is the meditation. But you can't sit in the meditation for the twenty four hours, you have to come down. Then immediately after you come down, look at your body as temple of living God that is not yours, see how best you can keep it so that God can use it for His purpose and he should use, express 'anand'- bliss and spread 'anand' everywhere through this body. If you just do meditation and you smoke cigarette or do anything that is injurious to health then that will not do.

In mundane world, do whatever best you can for others. Let "Bahujan hitay, bahujan sukhay" be your highest conception of truth. Follow that, don't commit breach within. Committing breach within means, you start severing your connections with the God, because Truth is God. Your truth is a kalpana, if you can't reach your kalpana, you can never reach God. Whatever truth you have, act as per that and try to update it and accept it. This is the way you should change and you go steady. Once this starts happening and if you are really following this, in about two months time see what start happening to you, how different you are and if you have got any problem, it will be taken care of. You have to be only vigilant, as the agent of the God.

The Concluding Lecture of BRAHMA VIDYA

Always remember you are the part of the Totality, you are Indivisible and you are Immortal. You are not going to die, this body will die. The consciousness which is inside, which you are developing with interaction, it is going ahead and ahead in different births and if you get the option of forgetting yourself in this birth itself, then next birth you need not take, you go to God Consciousness. There is point of time when you were not there and there will be no point of time when you will not be there, so the concept of death will never bother you. Because of your conscious thinking, conditional mind “you are frog in the well”. Somebody’s well is bigger, somebody’s well is smaller, howsoever intelligent you may be you are still frog in the well.

When you start going in “Brahma Vidya” line, slowly, slowly your approach becomes universal. Your idea of universe expands, along with it you start expanding. Then sometimes you feel in your consciousness that outside universe is around you, universe is inside you and you are standing on the boundary line, initially. But really speaking that is also not correct, because after some time you will understand there is no outside, inside, every thing is absolute. The term ‘Mahakal’ I have described earlier, mahakal - absolute wherein if you reach that stage you can go ahead of time, you can go beyond the time and there is no difficulty, only awareness has to be shifted. You now have these are experiences.

Last but not the least, important switch you give for doing and exasperation and this things start happening automatically in a graceful way, what we do, get success in physical, mental level and conscious level. But when that thing start happening, along with it God’s grace is there and that grace will always give your thinking, your action so much peace, contentment, that you start getting the experience of ‘sukshm’ (subtle) described in “Yog Vashisht” where you go in Absolute. This experiences of Ultimate you may get after ten births, it this birth or the tenth, I don’t know, I can not tell, I am nobody, I am toddler like you.

Brahma Vidya shows you such a fine way, by which you can reach God. By this process you can also be successful and at the top of the ladder in this mundane life, but in that you will be detached. Therefore as told by Brahma Dev, you become a bird with two wings, one wing is in mundane life – ‘vyavahar’ and the second wing in spiritual life - ‘adhyatm’ and the balance will be maintained till your last breath, i.e. every moment ‘He’ is getting things done through you, you are His agent and when you leave the body you are His part.

Buddha & Purnakashyapa

One day Buddha's disciple named 'Purnakashyapa' came to him. He told Buddha that I have acquired vast knowledge from you. And now I think, I should spread it to others. And for that I have selected one remote village of 'Bihar'. If you give me permission I would like to go their to teach them".

Buddha decided to take his test he wanted to know that was his disciple really ready to spread the message of God?

So Buddha told him. "Purnakashyapa, you know, the village you have selected is in a very backward area and villagers are wild & intolerant. They would not tolerate it if you break any of the beliefs even unknowingly. They may abuse & insult you for that".

But Purnakashyapa was very calm. He replied, "I know people there are wild, illiterate & intolerant. And that is the reason. I have selected that place. The people there also have right to know the God. Even they won't like my preaching and starts abusing me or insulting me, and then also I will think that they are good people, at least they have not beaten me for breaking their beliefs".

Buddha queried" what if they beat you? Because you can't be sure that they would stop by giving only bad words".

Again Purnakashyapa replied calmly, "No problem Guruji, if they will beat me, I will think that, they could have killed me, at least they are not going upto that level. I will be happy about it".

Buddha continued taking his test, asking him again, "what if they would kill you? What if you may loose your life?"

That time Purnakashyapa smilingly replied, "Then I will think that I have lost my life for a divine purpose. And for spreading the message of God. Death is inevitable. And if I would die for the Devine cause, then it would be my good luck, blessings of God. I would be very happy".

This time Buddha smiled at him satisfactorily and said "Purnakashyapa I was just taking your test. The test was about your positive attitude towards life & how much you have surrendered to God and your trust in God. You have passed my test. You may go happily Purnakashyapa, my blessings are with you".



Brahma Vidya

List of Names Who Helped

1. The Lt. S. K. Mundle
2. Mrs. Sushama Tulpule
3. Mrs. Santosh Sachdeva
4. Mrs. Kusum Jagasia
5. Mrs. Meena Maneck
6. Dr. S. G. Kshirsagar
7. Mrs. Alka Bhiwandkar
8. Mrs. Neelima Kulkarni
9. Mr. Ajit Bhide.
10. Mrs. Razia Rangwala
11. Ms. Vasudha Chawathe
12. Mrs. Nirmala Rao
13. Mrs. Prabha Prabhu
14. Mrs. Madhu Lakhani
15. Mr. Indru Lakhani
16. Mrs. Neela Bahl

The “Whole Brahma Vidya Group” of Dudhat Kaka.

