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- 🌸 If you plan to visit Kasi, the distance to be travelled, the mode of travel and the money to be spent etc are all planned in advance before the journey. If a 20 days travel needs such a meticulous planning, can you imagine the extent of planning needed to secure liberation? Your life has to be tuned according to the goal that you would like to achieve. Is the Sun visible if you face towards the west while the Sun is in the east? No. The mode of life that leads towards liberation and the behavior pattern required for that sake has to be planned in advance.
- 🌸 You have somehow acquired the disease of 'I am the body'. Atleast now take care not to get any further diseases ie the current birth has already come; atleast take care not to get any further births. Firm faith in God's decree reduces this disease.
- 🌸 Some people constantly think of death. Optimism is needed for both material progress as well as spiritual progress. Pessimism is forbidden. Don't give up faith in God. The mind gets conditioned due to faith in God.
- 🌸 When you listen to something, have the discrimination to decide how far they are useful in the day to day life. Else all that listening is of no use.
- 🌸 There is a relationship between time and mind. If you are peaceful and blissful, 24hrs pass away as if it were 24 seconds.
- 🌸 One who gets hurt for every small thing turn out to be a 90 year old at the age of 10.
- 🌸 Both Superiority Complex as well as Inferiority Complex is forbidden. Stop presuming yourselves to be either superior or inferior. Be as you are. Put this into practice. In this process, you may face several

domestic problems or get several bad thoughts. If the rats enter the house, you will not think: "It is alright. Let them enter." The reason being, they will destroy the house. Similarly the bad thoughts will pollute the mind. Therefore don't get identified with the bad thoughts. The visiting relatives will not visit again if they are not properly taken care of. Similarly if you don't care the bad thoughts and don't get identified with them, they will go back the way they came.

 You have a false notion of presuming the household work to be your own and social work not being so. It is all based on your thinking. The physical and mental tiredness can be avoided if the social work is considered as your own work. You will then not become subject to stress. Hence protect this discrimination.

 Whatever is referred to as 'I' is nothing but a thought. It is the first thought. Being separated from Brahman, it gets identified with the body and then with the world. From here begin all the tussles. The 'I' thought represents the engine. Its movement triggers the movement of all the other coaches (thoughts). Separate it from the other thoughts and enquire thus: 'From where does this originate? What is its nature? It exists in the waking state and vanishes in the deep sleep. If it were true, it should have prevailed in the deep sleep too'. Enquire about the first thought in this manner.

 The true beauty exists within the Heart. 'I' and 'mine' do not resemble the ear rings used in decorating the ears but represent two scorpions. Though you want to remain happy, they will not allow you to be so. The scorpions keep stinging. It is their nature. Continue performing spiritual practices. It is good but examine whether or not you possess these scorpions. While possessing these scorpions, any amount of spiritual

practices performed will not bring in Peace. Your spiritual practices should not be restricted to bringing relief while being bitten by these scorpions. Rather their focus has to be on the eradication of these scorpions. As long as these scorpions exist, nonsense and nuisance become inevitable. The earrings may get stolen by the thieves at any point of time. But these scorpions cannot be lost as easily as the earrings. One can get rid of them only through God's Grace and Guru's Grace.

 The false 'I' rebels back when you try to separate it from the other thoughts. It is habituated to extroversion. Don't react along with it but try to tame it and send it back into its source from where it originates. It gets annihilated once it reaches its source. Then the Brahman reveals itself as 'I'.

 If you were truly the physical body, there is nothing wrong in thinking 'I am the body'. You are not the body. Therefore when the death approaches, the body is given up. Why to wait till death; the body vanishes in the deep sleep itself. You get separated from everything in deep sleep but don't you exist in the deep sleep? Yes, you do exist. Not only that you exist blissfully. Why are you so blissful in the deep sleep? It is because in the deep sleep you get separated from the Non self ie body, mind and world. You are very near to your true nature (ie Self) in the deep sleep.

 You may declare: 'I am doing Japa, I am doing dhyana (meditation).' But that is not sufficient. You don't have the faculty of being in the Holy Company and listening to them. Bhagavan said: "If you are doing Japa and dhyana, continue doing them but before that find out the reason why they are being done? Doing something without a goal will not yield

good results. Get rid of the mind and attain the mindless state. Hence reform your way of life by reducing the likes-dislikes, lust-anger and the involvement of the false 'i' in the day to day life. If you declare of having achieved something, you may get honoured by the society. But as long as you have this ego, externally though you may seem to look good, internally you will get ruined”.

- ❖ Happiness is experienced even when the mind gets suppressed. But it is temporary. The true happiness is experienced only when the mind gets destroyed.
- ❖ The false 'i' creates some kind of problems and again aspires to perform spiritual practices to overcome them. Getting separated from the Brahman, it compiles sorrow. It declares: 'This is not good. To overcome them, spiritual practices have to be performed and Self Knowledge has to be attained'. Likewise, it creates some kind of problems in every birth, craves for honour and invites trouble in return.
- ❖ The external mosquitoes are much better when compared to the internal mosquitoes. The external mosquitoes disappear on being hit. But you are constantly being bitten by the internal mosquitoes. One internal mosquito's bite generates fear; another internal mosquito's bite generates jealousy etc., thus the bite of each internal mosquito extroverts the ego in some form or the other.
- ❖ If you want to attain the Supreme state of God, work like Him. God is nameless and formless. He works silently without being acknowledged. It is because He has no others. A Jnani identifies everything with Himself. In such a state, He can see nothing else other than the Supreme Self. He cannot see either a good or a bad person apart from

himself. The state of a Jnani is beyond description. It can be understood only when it comes into experience.

- ❁ The Vedas state: 'Listen to the shruti and not to the ashruhi'. It implies: 'Don't listen about ignorance but listen about Knowledge'. When you don't have coffee to drink, do you drink poison as it is easily accessible? No. Similarly if you don't have the opportunity to listen about Knowledge, don't adhere to listening about ignorance. People may keep speaking about ignorance. It is not their mistake. It is your mistake in listening to them.
- ❁ Though the world is false, it seems to be true until and unless you do not 'know thyself' and experience the Truth.
- ❁ Of all the yogas, understanding is a great yoga. Therefore it is said: 'Incomprehensible education is useless'. Learning the right behavior pattern and learning how to speak with others is also a part of education. Without imbibing these, any amount of college education is of no use.
- ❁ Be careful in all the aspects. If you are careless in any aspect, the body and mind have to experience its result. Don't panic looking at the people in world. These people, births, enmity, friendships, relations, likes-dislikes etc are all contained in the false 'i'. If this false 'i' is understood, then none can make you sorrowful. If not, then none can make you happy even if they desire so. If the 'i' exists, everything exists else nothing exists.
- ❁ God resides within the Heart. He is waiting for your sake. He is waiting for the false 'i' to get matured. Once it gets matured, He drags it inside and merges into Him.

- 🌸 You may not have the capacity to do a good task but at least develop the state of admiring it when done by someone else. You need not be a Holy man. When you cannot admire a Holy man, how can you attain the Supreme Self?
- 🌸 Whatever exists is within the Heart. Whether or not you believe in its existence it continues to exist.
- 🌸 It doesn't matter which path you have traversed and which Guru has imparted training. The moment the ego gets annihilated, the Self is revealed.