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DANCE OF DUALITY



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उप-पंजीयन अधिकारी प्रतिनिध्याधिकार
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Preface

Till the time, there is duality; there is confrontation. The visible confrontation is there before the eyes however the invisible one is within the person. The most prominent visible symbols of duality are two different genders, which are manifested in the form of male and female. On the basis of genders, we see the world divided into in these two parts. This means that one half of the population finds the another half somewhat mysterious that's why both of them are curious and attracted towards each other. Attraction is a great tool of engagement. This incompleteness provides a uniqueness to the person, which gives birth to many dreams and those dreams propel the person to convert them into reality. To execute this, person has to make lots of efforts and shoulder lots of responsibilities. Thus dreams and realities consume the time, which is allotted to the person as the life. This makes the person remain distant from his own truth. This is how the person remains involved in satiating the hunger of his senses and the mind. Resultantly the thirst of one's consciousness remains unquenched.



* Two different flows of Duality :

There are two different flows of the life. The first flow is of our mind, which involves all those things which it wants to do, experience, acquire & explore. All those types of people, whom it wants to meet and harbour relationship with, all that fame & recognition that it wants to gather. All those delicacies. which it wants to taste. All those addictions, which ultimately become the mind's compulsion.

Another flow is that of all those proceedings, which are happening in our surroundings. All those social, political and natural happenings, which affect the person. Sometimes these out-worldly currents are subtle and sometimes they are too strong. Sometimes our interests drive us upto them and establish our connection there. This is how, we start getting affected by them. Sometimes we remain aloof from them and remain busy, where our mind intends us to be.

Generally a person remains occupied in either or both of these currents. This continued occupancy doesn't let him see or witness, what the nature is airing continuously. Both of these currents doesn't let him become stable and be at the same frequency of nature. Both of these currents prevent the person to be a witness of life. A witness can see the picture in totality, in the same moment he can see the beginning, middle and end of the picture. While remaining under the effect of the current of life, one just gets to see one part of the picture, which is like a part of the puzzle of a small piece of the picture. Both of these currents make the person a victim of life, not a witness. A witness comfortably sits in a stable seat. This seat is about the mental state, which is pretty stable. Now his focus automatically gets fixed on the picture, which is present just before his eyes. Nature wants you to become stable so that you can avail her lap. Nature's lap is immune to both the

of life. Nature knows the secrets of the life and the universe. A still person



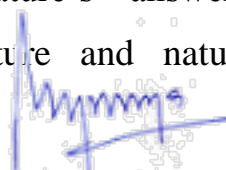
is not under mental compulsion to imagine oneself rather he can realise oneself now. Realising oneself and own connection with the nature helps the person to swim past the duality.

* Action and Reaction :

Nature responds while the mind reacts. Action and reaction are the mainstay features of duality. Response of nature makes any activity possible. Walking is not possible without this action and response phenomenon. While walking, legs exert force on the ground and the ground responds by exerting equal and opposite force on the legs. This makes this whole process of walking or running possible. In the Space, walking becomes impossible because no responding force exists there. Fruit from any tree falls at the ground because earth attracts that fruit through gravity and fall of that fruit is just the response of the fruit. All the activities happening around us are because of mind's action and nature's response.

When it comes to the mind, all the attraction that happens between two people or parties are because of action and reaction only. One common thing between action and reaction is the act. Its the tendency of the mind to-and react as well. Through the action, mind marches ahead and through reaction, it defends itself and blocks other's action. The difference between mind's action and nature's activities is that nature's activities are not targeted, while mind's actions are either for or against someone. Whereas the nature's activities are the universal phenomenon. They are neither for nor against anyone. They are not intended to benefit or destroy anyone. They are not selective in nature. Mind's actions are either for me or mine. Mind's actions are karma and nature's response to this karma are karma fruits. Nature's answer to mind is equal and opposite, while nature's answer to surrender is

tial. You surrender something to nature and nature multiplies it



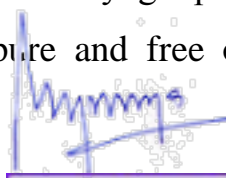
exponentially. One seed give birth to a tree, tons of fruits and hoards of seeds. Reactions cause happiness or hurt. It depends upon the person whether he likes them or not. He finds them favorable or not and whether the person was expecting them or not.

* **Addiction and De-addiction :**

Earth provides opportunities and numerous materials to get addicted with. This tendency of addictions is prevalently found in humans. People get addicted to various things according to their nature. People get addicted to various intoxicating materials. From severe to mild, these materials have various degrees of intoxicating or hallucinating effects. On the basis of severity, Indian philosophy divides these tendencies into three parts. Which are Tamsik, Rajsik and Sativk. Nature has variations in qualities. Harbours an inclination for a particular type of quality may create addiction for it. Addiction with a particular trait do comes with it's flip side. Our indulgence in that particular quality or trait do creates some disturbance in us somewhere.

This is how duality works. It delivers a package. liking for any quality do have some associated ill-effects. Every indulgence exists in the sphere of time. So every indulgence of ours draws us towards the time. Sufferings also exist in the sphere of time only. This means that we enter into the confines of time to enjoy or to experience our liking. However liking and the time both have this peculiar tendency of inertia or binding and the ultimate effect of any form of binding is suffering. Life gives us an opportunity to get rid of the addictions as well. If mind gives us addiction then power makes us to get rid of those addictions. Will power, own nature's power and power acquired through various yogic practices help us to

of those addictions. The idea is to be pure and free oneself from the



obligations or our unnecessary addictions. Various people do improve themselves through the course of life. During favorable times, it becomes easier to lose control over oneself. During these times one is more adventurous & daring while when the person realizes that he is going through a difficult phase then one becomes more conscious. He prefers to exercise a better control over oneself. So that the unwanted and unnecessary damage could be avoided.

* **Addiction creates suffering :**

Indulging in addictions provides excitement. Effect of excitement creates cluttering in our internal system. Cluttering obstructs the flow of power & this obstruction is the cause of suffering. Continuous flow of internal power provides happiness. Meditation cleans this clutter faster. This is how it works as medicine. At the time of getting inducted into addiction, person is not able to see and feel the outcome of it. The momentary and long term effects of any addiction are drastically different from each other. Momentary effect is pleasing that is why person keeps continuing with the habit. At the expense of his own resources, person keeps cultivating his addiction. He feels that he is buying that momentary pleasing effect. However invisibly he invests in his own suffering. Our addictions can be divided into Rajsik and Tamsik. Our sensory organs love our Rajsik addictions. They interact with all these Rajsik items and send related messages to the mind. Mind feels satisfied about it. Mind feels sense of deprivation when these Rajsik substances are not available when demanded. Tamsik addictions may not feel very pleasing to the sensory organs but mind still desires them. Even after being unpleasant they create some hallucination effect for the mind. Mind loves this effect that is why no matter how negatively advertised these Tamsik items are,

eps continuing with them. That is why it becomes difficult for the person



to get rid of them as their effect is directly connected with the mind. This is what illusion and reality is all about. The momentary effect is illusion and the long term or permanent effect is the outcomes of that vary addiction. So the journey of any addiction starts with momentary stimulations and gets over at a harsh reality.

* **Air-conditioners :**

We segregate our environment into ours and common. Our focus remains on the environment which is ours, while we ignore the common environment. We don't hesitate to milk the common environment to improve the quality of our personal environment. Our own environment is the part of one common environment. Our over emphasis on improving our private environment has given rise to the problem called global warming. Whenever we classify, our attention gets divided. This leads to discrepancy. This has led us to a situation, where we have gradually become successful in lowering the temperature of our own personal environment while the global temperature is gradually going up, which has started affecting the fauna & flora of the world in an adverse manner. With the gradual increase in global population, civilization needed more residential facilities. Multifold rise in house warming & air-conditioning facilities has contributed towards worsening the effects of global warming. Our dependency upon electrical appliances to keep the environment of our houses more conditioned, has deteriorated the environment.

* **Assets and Liabilities :**

At the personal level, person's nature is his asset while his various habits and addictions are his liabilities. When two persons meet, who are unaware of each other's identity then this meeting happens on a personal level. In this case, they can



have a look on each other's nature more closely. When the nature is harsh and impure, then it is a liability and when it becomes soft and pure, it becomes an asset for the person. People may respect each other's identity but they appreciate each other's nature. Two people become comfortable with each other when their nature match. People with simple and soft nature gather more likings from their associates. People who observe them, certainly get to learn few things. People become more easily comfortable with those people, who have simple nature. While it is difficult to be comfortable with complex natured people.

On the social paradigm, the meaning of asset and liabilities changes. Society recognises wealth and control as an asset. People who are rich, well placed & exercise more control over the social institutions are considered resourceful. On the other hand, loan and responsibilities are considered liabilities. People want to get rid of their liabilities soon, so that they can start work on building the assets for themselves. On personal level, good health is definitely an asset. While the poor health is considered a liability because it curbs the person's activities and his potential. Any form of liability is definitely a cause of concern for the person as it engages the person and consumes his productive time. People with greater assets are considered more successful. While people with milder nature are considered nicer. People want to create assets so that the future's uncertainties and liabilities could be dealt effectively.

* Attachment and Detachment :

Attachment is a term which is pertinent to matter. Matter is visible and visibility is imperative for attachment. Every visible thing has a specific structure, id texture. We identify things with its dimensions and to recognize and easily, we give it a name or any digital identity. This is how that thing or



A handwritten signature in blue ink, appearing to be 'M. J. Singh', written over a faint circular stamp.

structure is identified. Mind is known to harbor attachment with name, place, person, quality and ideology. All these traits become a station for the person, where he likes to halt. However they are just a station not the destination or home. Attachment encourages companionship or coupling and it cultivates various levels of dependencies as well. A very peculiar phenomenon of attachment is that it wants to develop it's own world. In this imaginary world, mind wants to stay with it's loved ones, whom it is attached with. That's why the person's power, energy and resources are used to develop and sustain an imaginary world. This is how, it creates a distance and a border that segregate the real world and his own imaginary world. In his imaginary world, the entry is very restricted. Only those people can enter, whom his mind terms as mine or ours. Mind considers all it's loved and attached ones as an asset. And when it gets detached with that specific person, the relationship which was cultivated becomes a liability. Attachment evokes pleasant emotions while detachment evokes unpleasant ones. Thus the 'emotions' remain constant in both attachment and detachment. When the person goes beyond the periphery of attachment and detachment, he starts drifting away from the confines of emotion as well. This drift leads the person towards a more static mental state. Emotions are related with the imaginary world while the stable state is related with the existing real world. So the movement from imagination to reality also marks the movement from understanding to wisdom.

* Attachment and Opportunity :

For 'Jeeva' or the seed of life, past life is attachment and next life is an opportunity. To get rid of the attachment, it has to move towards the new life that is opportunity. Opportunity called as life, provides a chance to get rid of the

to get attached. Attachment is a regular feature of every life. It is like



gite, which attaches the person with multiple things in his vicinity and with many of his unfulfilled desires. During the period between the two lives, jeev rests in dormant phase. At one end of this dormant phase lies the attachment and memories. While on the other end, lies the opportunity and excitement. During the life, excitement generally gets converted into attachment. Attachment gives birth to dependency upon memories. With every single opportunity, two lanes are attached. One lane takes the person towards dependency upon attachment and memories, while another lane takes the person towards quietness. Our affinity with attachment creates attraction. Distraction disturbs our stillness and fills the quietness with various pictures and sounds, so the pull created by the attachment dethrones the person's internal stillness. Now rather than being seated in self, he gets seated in attachment and memories. A child is not full of memories but he is happy, this means that memories has nothing to do with our state of happiness. Jeev travels to the future. What he already experienced in last lives are the attachment and memories. Person changes, location changes but this want of attachment stays. Memories cannot be altered. However in the future through the change in approach of the action, the outcome can be changed. With the weakening of the tendency of getting attached, the person is not self propelled anymore to repeat the same experiments in future. If at all he has to repeat those experiments related with attachment, the outcome may differ.

* Attractive Exterior & Repulsive Interior of Body :

Body looks quite attractive from outside. Skin, muscles and fat provide it a definite shape and bones provide it a size. Size and shape are enough to stamp an image of the person on own and other's minds. Balanced physical and facial features make people attractive. First thing, what mind observes in any other



persons is the outline. We imagine the person through this outline. People pay attention to attractiveness. Attractiveness invokes curiosity. Curiosity encourages for exploration. More attractive the person is, more chances are there that other people will try to contact and if possible engage that person. With the advancing age, facial outline starts sagging. In this case people start taking measures to restore the outline. Herbal products, various cosmetics and in some cases the help of surgery is taken. This effort proves that how much value the mind gives to the facial and physical outlines. Mind considers them an asset and an asset is maintained and preserved.

Rest of the internal organs which are related with digestion, excretion, respiration, circulation, nerve conduction etc. and their products, don't produce attraction. Rather they are repulsive in nature. A body which looks pretty from outside, is not that charming from inside. This means that it's attractive part is visible and unattractive part is covered. So the attractiveness related with a person is not an eternal phenomenon. Body is that gift whose packaging is beautiful but the internal contents do not induce the same sense of beauty and feelings. This proves that the physical beauty is skin deep and proportion specific. Attraction does not only pull closer, it binds as well. To create sense of attraction towards us, we use some of our features more often. Mind uses some of the features like smile, hair, body language and facial expressions to create enthusiasm and attraction for oneself.

* Auspicious and Inauspicious :

Auspicious and inauspicious are those signs, incidences and actions, which are considered favourable and unfavourable. They are related with the conscious



mind and senses. After noticing them and the associated events, person may gradually start believing in them. These are those set of beliefs, which are transferred from one generation to another generation. Auspicious means good/lucky/favourable while Inauspicious means bad, unlucky or unfavourable. A person has a road-map for future in his mind. He wants least obstacles while implementing his road map. That is why he looks for those lucky things, which may help him in completing his task smoothly. At the same time, he is vary of those unlucky things, which may create obstruction. Deep down at the psychological level, person harbors various fears and suspicions. To ward them off, mind suggests to indulge in various auspicious objects, practices and rituals. Various precious stones and plants are available in the market, which are considered auspicious. Various other products are available, which are sold with claims of being lucky. It appears like a balancing act that says 'to ward off the negativity, bring in something positive'. Mind is uniformly present all around the world that is why affinity with the concept of lucky and unlucky is also present throughout the world. It may vary according to the geographical location, social background and educational status of various societies. In some of the families people consider one special day of the week as auspicious and another day as unlucky for the family. One set of things, which are considered inauspicious in one society may not be considered unlucky in another society. So the beliefs are different. Believing in them has been a part of our conditioning since ages. Several religious scriptures and practices also brand few things as auspicious and few other things as inauspicious. They are more related to our psychology & less with other scientific aspects.



* Beautiful face and Beautiful heart :

Beautiful face is about appearance, facial proportion, skin texture, size and colour of eyes, eminence of facial bones, size and shape of nose and lips, teeth alignment, smile arch and hair. A beautiful face certainly attracts people. People become curious and want to know more about the person. Face definitely creates impression on other's psyche. However this impression is superficial. Although beautiful face do creates liking and attachments and people do like to get aligned with beautiful face. Face is one of the nature's gift to the person. Face also serves as the primary identity of the person. A beautiful face provides the person a distinct identity. Facial beauty definitely interests mind. Beautiful face enjoys many advantages and many a times do secures a preferential treatment. Mind is attracted towards beautiful things and a beautiful face is definitely one of them. It do leaves an imprint on the people's memory. However one common problem with beautiful face is that it's details deteriorates with increasing age. Many people have this hidden treasure within them, which is a beautiful heart. The word beautiful person is a metaphor of a beautiful nature. Just like a mind is hidden behind a face, similarly, a nature is hidden beneath the mind. A heart filled with love and compassion is a beautiful one. A beautiful face may be exciting but a beautiful heart is comforting. It feels like being at home, in the vicinity of kind hearted people. To attract the attention of a beautiful face, person may have to pretend and act smartly. In short, one has to make efforts. However in the vicinity of a kind hearted person, another person can afford to be what he is. One can afford to relax as the person knows that he is not going to be judged. Person needs not to seek attention of this person as he is equi-available and equi-distant from all. This does not have favorites among others and he treats everyone equally.



* **Becoming and Being :**

Becoming is related with success in life. People work on that special feature, which has been provided to them by nature. It is either intellect or any talent or other significant physical trait. The person works to enhance them through education, training and practices. One keeps on working on that special gift, so that it can be developed and through them person can prove oneself in the competitive scenario by achieving success & ultimately one achieves recognition and respect.

Person's consistency, dedication and efforts make him achieve success in the educational and professional life. That's how, he gets praise and recognition from others. On the personal level, person become satisfied with his efforts and achievements. Becoming is related with the mind and the individuality of the person. The person's individuality gets recognized and advertised through his name. That's why becoming always needs a name and an identity. Their example is given and their success story is shared with others, who start their journey of becoming someone important and substantial. As far as the becoming is concerned, there is stiff competition; whereas as far as the being is concerned, it is a soul's journey of self refinement and purification.

Being is related with the person's internal nature. Becoming is about individuality while being is about compassion. Becoming requires efforts while being requires natural living, patience, self containment, will power and conscience in life. A person's success wins respect for him, while a person's patience and humility wins regard for him. Becoming creates exciting effect, while being has soothing and calming effect on others. People get connected at natural level with those people, who are good human being. People who keep working on both of

coming and being, make progress both in social and internal world.



Becoming is related with the business while being is related with the creativity and productivity. A tree doesn't want to become something else rather all that it wants to just be a tree. That's how trees remain productive throughout their lives.

*** Body offers both lust and the sufferings :**

Drive of lust seeks image. Images in the form of pictures, movies or a human body. Images either in two dimensional or three dimensional forms. If the person's access to these images are blocked then frustration arises. This frustration gets converted either into perversion, teasing, molestation, sexual violence etc. In short, all the lustful activities need one tool which is body. However on the flip side, body has it's share of problems as well. Wound, fracture, infection, bruises, cuts, pain, swelling, lifestyle disorders, old age problems, disabilities, incapacities, dependencies, mental health problems, discomforts and many more. It means lust needs body, which is a very vulnerable structure. Excitement is it's just one aspect. Just to get the experience of this excitement, one has to go through a series of problems as well.

When the drive of lust strikes, person becomes incapable of seeing all these problems. Hospitals, nursing homes, clinics, wellness centres, de-addiction centres are filled with people, who approach them to get relief from their respective problems. Mind looks out for lust at the same time. It is worried and scared from the problems and their treatment modalities. When the mind is filled with lustful thoughts, it is not able to see all those problems, which one goes through and gets deeply affected by them. This is what duality is all about. The person selects a thing and a package gets delivered to him. Person doesn't know that what is there in the half of the package and this fact also remains unknown that the duality or



illusion or Maya never grants anything for free. Taken over by the charm of lust, person fails to notice that what atrocities are being delivered to him in the package.

* Business is duality :

Business is simple 'give and take', which means I will provide you what you want and in return you pay the price of that. In this case both the people are in need of something and both have the capability or will have to get the capability to pay the price. Which means both of us are in need, so let's exchange something so that the process remains mutually beneficial. Both of the people involved in business have different needs. So it is satisfying to get what the person wants, even when one has to sell out something in exchange. Wherever some exchange is taking place, mind is involved there. Mind gives utmost importance to mine. So as the resultant of every business, it wants to see his 'mine' getting heftier. Business is done to make this mine more wealthier because mind considers his 'mine' a support system and one can get back to his 'mine' whenever need arises. So business is done by mind to make the section of 'mine' heftier.

Mine has no mind that is why it is at complete disposal of the mind, which controls it. Mind trusts his mine more than any other mind. A mind doesn't trust other mind. A mind only trusts other's nature. Mind knows that any mind always gives preference to his mine. As for the mind, mine is its treasure. So at the root of every business, lies this propensity to make own mine stronger and wealthier. Mind is so suspicious about other minds that it prefers to dig a trench in ground and keep its money there. This has been a usual practice in earlier days before banking system arrived because mind knows that the nature is not going to take his treasure away. Nature doesn't want it, so the money is secured in the ground,

time no other mind comes to know about it. 'Mine' encapsulates cash,



movable and immovable properties, experiences, following, fame, effect and control on others. People started trusting currencies because a guarantee by the government is printed on it, which says that government promises to pay the bearer the printed amount that's why any exchange can be done safely through the currency.

* Careful and Careless :

Being careful is related with how responsible and wise the person is. Even the adventure can be done carefully. Parents always try to remain careful for their kids because they know that their immaturity and newness doesn't make them aware about the dangers, which are present there in the surroundings. A new born or a too young child is carefree because they don't know that their presence is through their physical body, which demands care as it is quite vulnerable to external injuries. A child's natural tendency is to be carefree. The people of all age groups can be careful or careless, which depends upon the individual. A person who remains really careful of his kids can exhibit carelessness, when it comes to his own security and safety. Throughout their life, the parents keep reminding their children to be careful and when the parent's physical capabilities start declining, children start reminding them to be careful. When the person is careless about his physical wellbeing, he may invite injuries and diseases and when the person remains careful at this level, the chances of any injury or diseases decline.

A person who remains careful at the emotional level doesn't connect with people emotionally quite often, while an emotionally careless person may often connect his emotions with random people and thus disturbs oneself. When the person remains careful at the mental level, he doesn't hurt other's self-esteem, ego

When the person becomes careless at mental level, then he may keep



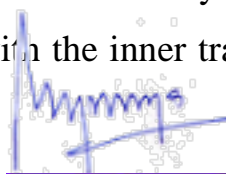
offending other's self-esteem by ridiculing them or may inflict injury to them physically. People want to be treated respectfully and with equality. When the person remains careful in his endeavours chances of completing the task successfully becomes higher while any careless effort may attract negative fallout. In the journey of life, a person goes through extensive experiences, so it is good to be careful.

* Cause and Effect :

Fertility changes the cause into effect. Nature is that fertile entity, which provides the cause a ground to get itself converted into the effect. Super consciousness is that divine cause of this whole existence. Nature picks up a cause and get it converted into a fully finished product. Nature is termed as Mother Nature because it is devoted to convert every cause into an effect and then after it sustains that effect too. Cause is bound to get converted into effect. That effect has the opportunity and tools to work again on the cause. The quality of a product is the outcome of the quality of the substrates, it is made up of. So the quality of the effect can be enhanced by altering the quality of the cause. The quality of the Jeevan or life is the outcome of the quality of 'Jeeva', which is the cause of the life.

Nature is equally devoted towards every cause. Life provides an opportunity to act or do Karma. The power of life provides an opportunity to perform Karma. Mind uses this power to execute Karma and Karma has a certain effect on the cause or the Jeev. If one can preserve the power, which life provides to the person then this power directly acts on the cause of the person. This type of use of the power is referred as Karma Yoga. Life becomes productive through the pious use of this power only. Productivity is the nectar of life. This very preserved power

inner transformation of the person and with the inner transformation, the



quantity of life changes altogether. Karma Yoga makes available the power to Jeev through which Jeev transforms and post transformation, the associated effect of life also gets transformed and the elements or rays of divinity starts getting exhibited through it and that's why we need more divine lives around us because they encourage others to take the path of inner transformation.

* Celebration of life for duality :

For duality, biggest celebration of life lies in marriage. It is the biggest festival of life, for which duality propels the person to prepare since early adulthood. If duality was a religion then marriage would be its biggest festival. It is a general perception in the society that a person remains incomplete without the marriage. Difference between an affair and marriage is that affair is a trial while the marriage is a done deal. Affair is recognized by two people and friends while the marriage is recognized by the society and the law. Marriage lets the person to work on his own world, which involves construction of a house and production of babies. It gives the person a new objective and many reasons to celebrate and cherish. This association lets the couple to realize their many dreams. It lets them experience the togetherness, associated benefits and facilitates them to face the multiple insecurities together as well. For duality, marriage is the key to a lot of experiences, which life offers & the breakage of this association makes a person lonely and incomplete. For duality, all the nectar of life lies in association and togetherness. On the other hand, self-sufficiency is well aware that coupling doesn't make people complete. That's why it doesn't see coupling as a single solution of life. While being in a relationship, people keep looking further in diverse aspects of the life. Self sufficiency keeps on scanning the purpose of life. It

know, what it is searching for and what has to be done in life. Duality has



a laid out program of the life, while a self sufficient person even living as a couple, faces this question regularly that what he has to do in life. He knows that he is searching something but he doesn't know exactly what it is and when ultimately he finds the answer, he gets to know that what are the highest points, which could be achieved in life. He realises that he has to leave all his internal compulsions behind & only the dreams are not to be materialized but realising the truth and refining oneself according to it is also imperative. Illusion gives birth to dreams while the truth provides humility and dedication.

* Childhood and old age :

Childhood follows birth while old age precedes death in normal conditions. In one life span, these two stages are completely opposite to each other. It is difficult to imagine the old age of a child and similarly it is equally difficult to imagine the childhood of an old and sick person. Most of the people, who are there around the child are not present, when he is old. Similarly most of the people, whom one finds around oneself in old age were not present, when he was a child. During childhood the person is like a fresh bud while during the old age one like a wilting flower. During childhood a person has all the signs of freshness, while during the old age staleness starts encapsulating him. During childhood and old age, person gets the services of others. Only during the middle stage, person gets the chance to serve others. By keeping the balance and discipline during the middle age, person can extend this period of service. Childhood is filled with innocence and enthusiasm while old age is full of experience and insecurities. The reason of this enthusiasm and exaltation, during the childhood is that child is free of those conditionings, which world provides. He is free of mental and memory baggages.

free from the effects of the ugly side of duality. Child does not see the



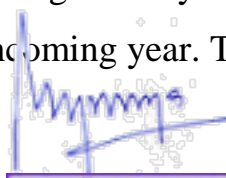
world with judgments and stereotyping. Children do get scared during many circumstances. However during rest of the time, they remain spontaneous and joyous. A child is free from those hormonal activities, which start during adolescence and remain active during the adult period. Child gradually gets exposed to the dualistic nature of this world.

An old age person is well aware of the ill and negative side of the duality. Old age enjoys the company of childhood because child is a living example of nature's commitment to birth. Old age enjoys witnessing the innocence and carefree nature of childhood as till the time person reaches up to his old age, he gets to spend a lot of time with different and complex types of people. So the innocence of child is like a refreshing breeze for an old age person.

* Clock and Biological clock :

Mind functions according to the clock while body functions according to the biological clock. As per the biological clock, body is either awake or asleep. Mind makes person work according to the clock. Body's development, maturation and decline are regulated by the biological clock. Mind likes to work and make other people work. So it devised a tool, which is helpful in coordinating the work. Self discipline is not time bound but work discipline definitely is. The world is a big place and the person has his limitations to increase the efficiency and output. Mind started fixing place and time, so that the percentage of predictability can be increased. More predictability ensures more business and money. Indians divided the time into 4 Yugs, which are 'Satyug, Tretayug, Dwaparyug and Kalyug'. It's a circular motion of time. After Kalyug again Satyug comes back. Clock also works in a circular motion but the division of time according to the years, functions in a

otion. A new number is allotted to every incoming year. These numbers go



on increasing & increasing. Biological clock is limited to every individual & it keeps changing the body gradually. Punctuality keeps the work & time in center while biological clock keeps the body in center.

A definite work keeps going on in every era and every person contributes towards fulfillment of that work. That work needs skilled and unskilled workforce. Either that era in which the person is born, makes use of the person's time or the person utilizes his time to do something unique and productive. Biological clock provides the person three major phases in life, which are childhood, adulthood and old age. Every age has a unique characteristics, limitations and/or advantages. Childhood is carefree, adulthood is about caring, old age is about being careful.

* **Comfort and relaxation :**

Comfort and discomfort are related with physical aspect while relaxation and disturbance are related with mental aspect. Both of them are predominantly present in our lives. Extreme weather conditions, noise, fluctuation in temperature, lack of desired food options, lack of infrastructure & health facilities, improper conveyance facilities, irregular electricity and water supply, poor communication facilities & residential facilities etc. give us discomfort. Troubled relationships, working conditions, troubled financial condition, mental illness, trying times, own bad habits, continuous failures, health condition, unfulfilled expectations, etc. disturb us.

In the first half of our lives, our efforts are directed towards acquiring a comfortable life. Comfort can be achieved through resources. Resources can be achieved through efforts. Being acknowledged and respected also provide us while getting ignored and humiliated disturb us. Tools of comfort are



devised to keep us comfortable. However, relaxation is much deeper phenomenon.

To work optimally and continuously, one needs to be relaxed. Sleep does provide us comfort and relaxation; however relaxation is needed during the day, when mind is fully awake and functional. Our productivity is directly related with our relaxation. More mental relaxation make us more productive. Productivity has therapeutic effect. It calms the mind. Many a times our efforts are not balanced. We put more efforts towards acquiring the comfort while ignoring the mental relaxation. Our focus gets shifted away from relaxation because mind's thrust is towards acquiring as much the comfort as possible. Those people who have seen the extreme discomforts in life are much more determined towards ending this situation. Their efforts get fully concentrated towards acquiring the comfort. These sort of people script the success story in life. They establish an example, which encourages others. Similarly people who have seen severe disturbances in life, want to make progress towards the mental relaxation.

* Compliment and Contradiction:

Compliment and contradiction are related with two people or more precisely two minds. They cannot happen between person and the nature. A person cannot either compliment or contradict nature because nature has nothing to do with compliment or contradiction. Compliment is related with the observation and recognition. When a person observes some uniqueness in another person and goes on to recognize it by complimenting the person, one who receives the compliment feels good about both the compliment and the person. Mind appreciates the compliment & the person who dished it out. Compliment definitely melts the ice between people and paves the way for conversation. Conversation is a short term

ment between two persons and it has the capacity to affect and convince the



each other. One who receives the compliment feels special. It also has the ability to melt down the ego in the people with humility and it can strengthen the ego of an ambitious person. When two persons meet in an ego free state, then chances of harboring a connection increases. Social life is about making relations and maintaining them.

On the other hand contradiction is related with two opposite expressions or statements. Sometime two statements of same person contradict each other;l. This is about being confused or taking a U-turn. Contradiction is also about disagreement between two people. When two people have separate points of view over any topic then contradiction happens. Duality has a positive & a negative aspect of everything. When one side feels that there are more positive aspects related with a thing and the another one feels that they are more negative aspects related with it, then explaining own point of view and contradicting other's with solid facts happen. Disagreement may lead to diastase between two people and the bonding between two of them may get strained. Contradiction attracts debates and debate wants to prove own points and convince others to accept it. Two opposing ideologies and point of views contradict each other. Two people may sit quietly in disagreement. However when they speak, they contradict each other. Contradiction also remains present at the level of action. Sometimes out of respect, person prefers to remain quiet, even if he disagrees with another person. In this case, disagreement does not reach to the level of contradiction.

* Confusion and Clarity:

This condition of confusion often affects us in life. One of the reasons is that many of our decisions are collective. Multiple occasions arise in life, when as people are involved to solve the problem and extract the most suitable



solution. Many a times, person gets overpowered by emotions. That's why he becomes unable to think logically. In this case family and friends come forward to take an appropriate decision. Confusion means fusion with the contrast. Whenever a glass mirror gets covered with mud or dirt, it become unable to execute it's regular work. Confusion is related with the clogging of decision making ability. In this case, one becomes unable to think logically and impartially. If three options are made available to three different individuals with three different natures, they will prefer to select their natural choice, which is different for all three of them. This situation becomes slightly different when various lucrative perks gets associated with three choices. Now the person starts calculating the benefits associated with all three choices. Sometimes a social and family pressure gets added up to this whole scenario. Now an emotional and moral angle gets added to it. Sometimes the decision does not has the commercial viability, which further creates some confusion about whether to pursue it or not. Beyond the confusions created by the mind, intellect and ego, clarity is related to the pure nature. It is the nature that performs or executes the work and her choices are natural and spontaneous. Nature knows what to do and how to do it. Clarity is about the path which takes the person forward and in right direction. Confusion is related with the mist and darkness while clarity is about light. That is why Buddha sums up his whole teaching in this very sentence, where he says that be your own light "**App Deepo Bhava**". Confusion is about whether to do it or not. Clarity is about, this is to be performed. Clarity is about, it is already happening and taking shape. Clarity is about I didn't do it. It happens automatically and I am the witness and just see it happening through my eyes.



* Cute and Cunning :

Cute means being simple and natural. When the person comes out of the effect of his individuality and lives the life according to his own nature only. When the person prefers to live with the simplicity of his nature than being burdened by the weight of his individuality. Then the person is able to leave the impact of his simplicity on others than leaving the mark of his complex individuality. When two persons meet on their natural level, they remain more comfortable in the company of each other. If the person tries to impose his individuality on others then this association doesn't remain comfortable anymore. Because the one, who is sitting and listening start comparing oneself and own life with this person. The outcome of this comparison is not comforting always. Cuteness is the trait of nature while cunningness is the trait of mind. A cunning person looks for the advantages. For this he may go on suppressing other's self-esteem and may force others to guard themselves and be reactive. People like the company of cute & innocent people because it becomes enriching and a learning experience for the person. Cunning people are advantage centric while cute people are nature centric. Everyone comes across with both kinds of people in their life. The number of cunning people are generally more than the cute people. The world is rather complex place, where everyone is continuously being pulled or pushed towards being little more cunning and everyone internally likes to be a little more simpler and cuter. Our mind is that charged surface, which every now and then pulls us towards materialism and related tactics. While the person's nature is that instrument, which gradually takes the one towards the internal light. External light lightens up the surroundings while the internal light lightens up the truth, which is eternal and limitless.



* Day and Night :

Day is full of sunlight while night is the absence of sunlight. During any given time half of the earth gets the sunlight and half of the earth remains in darkness. Due to rotation of the earth, these phases are cyclic. Temperature is higher during the days and lower during the nights. Sunlight makes thing clearly visible. Visibility and heat makes this period apt for physical activity while darkness and lower temperature is conducive for relaxation. Body's circadian rhythm is in tune with natural cycle of day and night. People prefer to go back home during the night and come out of it once the light comes. During the day, roads get filled with people and during the night they become empty. Night signifies the sleep while the day signifies the awoken state. That means awakening is directly related with light. Day also signifies the meeting, conversations while night signifies the solitude and silence. Day facilitates the movement while night signifies the stagnation. Mind remains filled with emotions and feelings during the day while sleep signifies the absence of conscious mind & emotions. Day is filled with physical and mental activities while night puts a check on physical and mental activities. Day also signifies the schedule, routine and targets while night signifies the freedom from routine. Sky is blue and sunny during the day while it's dark and starry in night. The day follows the night and the night follows the day. Day is the congregation of mind, light and matter, while during the night, light leaves the mind alone. Day strengthens the identity, while night takes the sheen away from identity. Mind is left with imagination during the night while during the day, it can visualize and indulge in construction. Matter gets covered with darkness during the night while during the day, it becomes visible. Mind gets devoid of the help of eyes



during the night. That's why many a times, mind becomes fearful and suspicious in darkness.

* Deficiency and Diseases :

On medical level, problems can be broadly divide into two parts, which are deficiency and diseases. Deficiency is about paucity of some element, due to which some imbalance is created in physical or mental functioning. Deficiency of some elements create some abnormal functioning at physiological level and sometimes it's effect is also seen at the mental and psychological level. It may take years of suffering before the deficiency is recognized and treated. Diseases are about fungal, bacterial and viral infections. Some internal pathologies alter or reduce the functioning of some parts of body, which encourages opportunistic infections to grow. Disability is about the deficient functioning of some system. Due to the alteration inflicted in them because of some internal and external reason, both deficiency and diseases doesn't let the person live a normal balanced life. Being a part of duality, the person has to face them, accept them & live with them. However this is also true that when the life wants some specific developments and growth in some specific field then it does obstruct the other fields of life. So that the power can be guided in that specific direction. There are examples that a person deficient at physical level did exceptionally well at intellectual and mental level. Sometimes life puts some road blocks at academic level so that the person can grow at the level of wisdom. This is how life guides a person. It wants the person to remain firm in his dedication. At the same time, it wants the person to be flexible and receptive of those avenues, which life opens for the one. So it is better to in-sync our efforts with the flow of life. If the person surrenders to the almighty up to the life that what ingredients it wants to put in the recipe of person's



life. The restrictions put by deficiency and diseases give limited possibility of expansion at the place wherever one is, rather life pushes one to probe and proceed to next level and it helps the person to flourish at that next level. To sum it up, all that looks bad is not that bad and all that looks good is not that good.

* **Development and Entertainment :**

Mostly we divide our day in these two activities, which are development and entertainment. We strive for development so we like to remain adherent with the commitments and related responsibilities. We take our individual and familial developments very seriously. Throughout the day, a person works for it and when he finds time, he likes to entertain oneself by watching TV, surf internet or be with friends. A student either spends his day in studies or entertainment. Gathering knowledge is their work, while entertainment provides them relaxation. Studies are important for them because they want to develop their individuality. A working lady divides her time between work, family and entertainment.. A housewife brings the child up, takes care of their studies, maintains the house, supports and looks after the needs of the husband. This is how, she plays her part in the development of the family. In rest of the time, she likes some entertainment.

During the weekends, people like to relax, finish the work backlog, be with family and get some entertainment. Relaxation prepares them for the developmental work, in the upcoming week, while time devoted to the family, is to play their part in familial development. In the first half of the life, any working person devotes his time for his own future development while in the later phase, he devotes his time for the family development or the development of his progeny and their future.

This is how we like to spend or pass our time. Mind likes to remain engaged in it's

1 activity. Those people are considered workaholics, who give first
ce to their work and the rest of the time to the relationship building and



contributing towards the family development. Whereas people who are considered a family person divide their time between work and the family more optimally. Those people who ignore their family responsibility are considered careless while they who don't take their individual development seriously are termed 'not worthy'. While some of them who ignore their individual development and family responsibilities for their personal entertainment & other addictions are termed by the society as 'Loafers'. So the people are generally judged on the fact that in which segment of the life, they invest their time.

* Dichotomy :

Dichotomy does exist around us, nearly all over. We see it happening, we witness it's presence. Sometimes we become a party to it. We try to resolve it in a way, which suits our interests. No matter how dedicatedly we try to abolish it, however it still remains and thrives around us. The same condition happens within the person as well. Dichotomy is a byproduct of confusion. Our mind & our conscience feed us by two different inputs. Mind wants to have the experience at the earliest. It feels that it is not often, when opportunity knocks at your door. So whenever it does, don't think twice. Right or wrong, just take the plunge.

On the contrary, our conscience advices us differently. It doesn't give more importance to the experience or the opportunity. It believes that no act of the person should betray oneself. Conscience suggests that no matter how lucrative or tempting it is. If it is wrong then it is wrong. Mind gives preference to capitalizing on the opportunity while 'self' believes that conscience cannot be ignored at any costs. Self feels that it doesn't matter that the person remains in advantage or in loss externally. However own nature cannot be betrayed at any cost. Internally it is

mind and nature. Externally it is often between two kinds of mindsets and



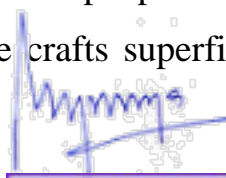
their propagated ideologies. Both of the mindsets and ideologies, think and believe differently and want to safeguard their respective interests. That's why they support those policies, which are favourable for them. One who is not aligned with any ideology is considered neutral. These people think that more than any ideology, the objective of life is important. So they use their time more constructively and effectively.

Disorder also exists, which is related with the contradiction in the personality of a human being. This happens when dichotomy exists at the mental level in the same person. The affected person might not be knowing that he is going through the problem however people around him can witness this condition.

* Dictator and oppressed :

Dictator is that person or an aggressive mind, who takes control of an area or state with the might and wants to maintain his control anyhow. He does not believe in democratic ways of functioning and keeps denying and demoting the rights of common people. For the sake of his own interest, he promotes disparity among his people and does not hesitate in compromising the quality of their life. He wants that his dictation should be considered as a rule and nobody should be able to express his discontent and oppose him freely. He believes that might is right and the mighty should enjoy the special rights. He wants that people should remain engaged in mean activities so that his control remains unchallenged. He doesn't mind dividing the people on the grounds of race, cast, religion and social status. He likes to win the support of public on the grounds of religious or racial extremism. He wants that the people should remain respectful and fearful of him. He wants a certain control over the communication system so that people should not become

of the existing trends around the globe. He crafts superficial enemies and



want to instill the fear in the public's psychology. He presents himself as a savior.

He wants his people to believe that they are under threat of outside enemies, so they should support their leader whole heartedly. Dictators believe in royalty and legacy. They remain doubtful and insecure. They does not believe in giving the examination of elections. Oppressed is the one, who is continuously and regularly denied of his right of education, health, freewill & freedom of functioning, his right of securing livelihood and doing business. His right to climb the steps of the social & economical ladder. One who is denied the right of free moment within & outside of the state. One who faces discrimination on the grounds of gender, religion and social stature. Oppressed has no choices but to harbour ideological differences on the grounds of race, region, religion and caste. Oppressed is denied of his right of equal treatment. He does not has the right to question his leader and his policies. There is a great deal of difference between the financial status of the dictator and the oppressed, in which the dictator is always on the upper hand. Dictator encourages people to strengthen their racial, regional, religious and caste identity. While a true leader encourages people to develop their individuality by working on the individual qualities.

* **Displaying and protecting the symbols of duality :**

As humans, we are recognised by the body but as a representative of duality, our identity is either male or female gender & a distinct face & physical appearance. People selectively display or cover the visible signs of duality, which are physical appearance, faces, genitals extra. We drink the water, however the liquid, which is excreted out of the body is called urine. It is still water however it is mixed with those ingredients, which body doesn't want anymore. Now it is



called urine, just to categorise this liquid into waste & unusable. Water is stored into various utensils and bottles however urine is flushed immediately.

We value our identity as a male or female that is why people take extra care of their face and try to protect it from unfavourable environment like heat, dust and pollution. Face is the most prominent display of our individual identity, that is why people sometimes become selective about where they want to display their identity and where they want to hide it. When the person wants to remain aloof and when he wants to go on a vacation, they prefer to select a place, where either no-one or very few people recognise them individually. This is how they can remain free without any external engagement. Whereas when we want to advertise ourselves, we display our face on billboards and various advertising platforms. As a male, we like to sport moustache or beard to flaunt our masculine identity while females try hard to keep their skin spotless and wrinkle less. They try to enhance the effect of facial structures through the use of cosmetics and herbs. Males with rugged look prefer to keep their facial hair as a token of their masculinity while females dislike their facial hair and try hard to get rid of them anyhow.

* Divine and demonic nature :

Geeta divides the mankind into two parts, according to their nature. One is divine nature and another is demonic nature. In the people with divine nature, their nature dominates their mind while in the people who possess the demonic nature, their mind dominates their nature. In the people with divine nature, their nature keeps a check on their mind while in the people with demonic nature, nature remains suppressed within and mind comes to the fore and plays rampantly. Every life which is dominated by divine nature keeps diluting the effects of Karma, ere done previously and thus keeps softening the mind. That is why



Krishna says that this type of nature becomes a tool of liberation. While the demonic nature keeps on producing new Karma fruits, which keeps piling up during the life and thus they become a tool of bondage with nature. As the person becomes a debtor of nature. Often it is said that there are also good people in the world. This means people with divine nature definitely exist in every timeframe and they keep helping the humanity in various ways. For the people of demonic nature, the world is a treasury & they keep gazing at the world with lustful eyes. While the people with divine nature have the privilege of their own nature, which provides them shelter and stillness whenever required. These people consider their nature as treasury and they like to protect it. A person's pure nature is representation of nature's purity. These sort of people do commit mistakes but they don't like to repeat them. While the demonic nature people keep on repeating their mistakes multiple times because they lack the natural restrain. People with divine nature exhibit that how nature supports us in and out. The nature around us fulfills our requirements, while the nature within us provides us support and strength. It helps people to come out of the harmful habits. While for the people with demonic nature it becomes quite difficult to come out the clutches of harmful habits and addictions.

* Duality as mother and partner :

Nature is present both in the forms of mother and a partner as well. Mother nature is present in both of them. Nature is present there as a compassionate mother and an exciting damsel as well. Mothers can be treated for granted and they don't feel bad about it. Rather they feel that the child is granted to her. So she takes care of the child with full devotion, whereas the lady or the partner cannot be granted. They need attention and loyalty. Mother dedicatedly pays



attention towards the child, while the girl wants that her partner should keep paying attention towards her and her desires. One part of the duality which is represented in the form of a mother provides power. Love is power, while in the form of a lass, she wants to extract that power out because she considers that the power of his partner should be submitted to her desires. This is how duality keeps on recharging and discharging the person. In the form of mother she is calm, patient and accommodating while in the form of a partner she is seductive, restless and demanding. Mother keeps listening the complaints of her child patiently, while as a partner duality keeps complaining and wants a patient hearing from her partner. In the form of mother, duality gives birth while in the form of a partner duality wants the person to take part in the process of giving birth. Mother keeps considering the child innocent while the partner treats the partner as responsible. Mother provides shelter in her lap while partner holds the partner in arms. Duality in the form of mother and a partner treats the partner differently and the person has to strike a balance between both of these poles. Mothers keep sacrificing for their children and they don't want to remember this act while partners may also sacrifice for their partner but they do prefer to remember it. So that the partners could reminded of it, if and when necessary. As a mother she remains there right from the birth and as a partner, she joins later or somewhere in the middle. In the form of mother she converts an innocent child into a sensitive person and in the form of a partner, she may convert a sensitive person into an ignorant or reluctant one.

* Duality completes our presence, not us :

The word incomplete belongs to duality. Till the time person is within duality, he wonders that what completeness is? Everyone is one complete unit, though person looks for his completeness in someone else. For females, being



complete is related with giving birth to a child. After giving birth she feels complete and becomes engaged for round the clock in her most natural work, which is looking after the baby and raising them in the best possible way. Even though bearing and delivering a baby is a painful procedure. Still they want to go through this phase to experience motherhood. Raising a baby needs devotion and religions are generally in agreement, when it comes to devotion. Which means there is a connection between natural work, devotion and religion. After delivering the baby, female witnesses a change within oneself. The lady is able to go little deeper within oneself. She becomes little more relaxed post the delivery of the child. She witnesses a divine presence. The clue of completeness is hidden in the process of giving birth. Which is producing a life and thus she feels that her task is fulfilled. Post delivering a baby, the lady doesn't face this dilemma of what I have to do now. She knows it perfectly, what she has to do. Now she has clarity, devotion and purpose of life. Not being confused, makes her relaxed. This tedious process of looking after a baby makes her often tired however alongside of being physically tired, she is relaxed. Duality is not about completeness however it provides an opportunity to become complete. Completeness desires conjugation of two poles and whenever this happens, someone new is born. A life takes shape whenever this process happens at physical level. A new life enters into the spheres of duality in the form of a baby and when this happens at micro level within a person, one who takes birth is not the life however it is the one, who travels towards the mothership of the life, which is called the universal consciousness. It ushers outside of the confines of duality and flourishes in the dimension of non-duality.

uality is like a womb :



Duality is like a womb. In which when a seed is planted, it forms a life, a physical form and a living being within it and finally delivers it back. Planting of seed is rather easier and interesting than the delivery of the baby, which is difficult and cumbersome. Entry and exit both are possible however entry is rather easier and exit is difficult. Entry is towards the gravity while exit is against gravity. Entry happens because of attraction or attractive forces and exit happens with patiently rising up. Which is against the laws of gravity and is a unique trait of nature, which every plant exhibits. Every plant rises against the gravity and moves towards the sky. Plant's one end is fixed while the another end is free. Plants show this unique example of fixation and movement, rigidity and flexibility. In duality, entry happens because of the mind and exit happens with the help of nature's power. Till the time mind remains charged, the forces of attraction keeps working on it. Once it sheds it's charge and becomes neutral, the growth starts from there. Purifying own nature helps to curtail the charges of the mind and lets the person grow up, as the nature around us is neutral. So once the nature within us starts becoming neutral, transformation starts happening. Entry is rather easier because it happens under the influence of duality and exit is difficult because it happens when we liberate our own nature to grow up. Duality do tries to arrest this growth through its various offerings however the river of nature is neutral. It keeps flowing. When mind leaves behind all the attractions, which are present on it's both the shores then the nature starts flowing. So the person has to seek neutrality, which lets its own nature flow. This is how everyone grows and rises up and beyond duality.

*** Duality means difference :**

The simple term for duality is difference. This difference exists at the level. Living beings are divided into two parts, which are plant kingdom

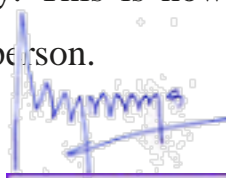


and animal kingdom. According to the human perspective, animal kingdom is majorly divided into two parts, which are humans and animals. When we further divide, the human race is essentially divided into two parts, which are male and female. On the cellular level, life is divided into two parts that is prokaryotic and eukaryotic. Another classification, which exists at cellular level is unicellular organisms and multi-cellular organism.

At the mental level, further differences are present. On material level, mind classifies the world into two parts. One is mine, another is others. Mind classifies the living world into two parts. One is ours and another is other's. Ours encapsulates both humans and animals, which are friendly towards each other. On the level of belief, humans are divided into two parts. 1) First group is of those people, who follow my own belief 2) Others are those, who follow some other belief.

On the level of nature it's about the similar and dissimilar nature. First category is of friends, who nearly have similar nature and second category is of rest. One another difference is there, which is well wisher and enemy. This classification exists at personal level. Well-wishers are those, who want the person's well being and enemies are those, who can inflict damage at various levels. At the level of nations, the classification is of my fellow nationals and other nationals. At the level of family, the classification is family and society. Every classification has associated feelings and these feelings are contrasting with each other. So the same person, gets to feel two different kinds of feelings, which are dissimilar. This leads to inconsistency. Inconsistency leads to instability. This instability feeds mind and a strong mind becomes judgmental and stereotypical. Thus the person shifts away from meditation and internal stability. This is how one drifts away

e, which is present deep down within the person.



*** Duality separates one from others :**

At the Periphery of duality, person standing in front of you is a separate entity because he has a different name and look. He is present in a different body. His personality and individuality is different than yours. That person may be of different gender, caste, geographical locality, religion and might be following a different culture. His genes are different than yours. His ancestral background might be different than yours. Both have different level of intellect and achievements in life. Even the siamese twins, who are joint together physically and might be sharing some organs are different from each other. Animals and humans are different from each other. Even in the animals, lakhs of varieties exist. So every evidence suggests that no two people or living being are same. The difference is recognizable and understandable in human beings. Everyone's biometric specifications are different. In such conditions, the best thing that could be achieved in duality is togetherness. That is why, Indian culture propagates to be compassionate with other forms of life. In the sphere of duality, person has to see through the eyes, mind and intellect. However when he comes out of the boundary of duality, this obligation gets waived off as he becomes able to see, every form of life similar to him. Now one is unable to see any difference. He finds the source of both of the lives equally same. Out of the confines of illusion and reality, person gets to see the truth. In this state, this knack of doing karma dissolves. Now onwards, he sees things happening through him without any mental involvement. Body becomes a tool of internal nature. No efforts are needed anymore. Only spontaneity persists. Every effort is done to bridge the difference. When there is no difference, then the need of any effort also dissolves. When you become me and

me you then both can coexist comfortably without any desires of attracting,



maintaining the relationship and controlling each other. When both of the people become mirror image of each other then both of them get contained within themselves.

* Duet of mind and senses :

If mind is a chef then senses are the culinary utensil. If mind is a surgeon then senses are his surgical instruments and equipments. If mind is a musician then senses are his musical instruments. Both mind and senses work in tandem. Whatever the world offers, mind receive them through senses. Senses are the medium of mind & they work as a courier for mind. Senses collect the data, offered to it by the world and delivers them to the mind and receive the instructions from mind and delivers them back to the world. When mind wants to perform, it performs through senses. When mind wants to see, it does it through the eyes. When mind wants to listen, ears hey activated. When mind want to taste, it does it through the tongue. When mind wants to smell, nose is used. When mind wants to touch, skin helps. When mind wants intercourse, genitals come into play. When mind wants to act and execute something, it acts through different set of senses. Which are hand, legs, skin, ears, voice, genital and anus. Mind is not just occupied by the thoughts or the images however with the feelings as well. To exhibit the feelings, mind uses senses. When lust and emotions overpower the person, one uses the senses extensively. As the person moves towards yoga or oneness, the dependency upon senses gradually decreases. The concept of duality is different than the absolute. Duality says one is not enough as it takes two to tango. It says one is alone and coupling thoughts & loneliness generally . When mind listens

ing, it generates thoughts. When it sees something, it generates images



within and when it senses feelings, it responds by generating feelings inside. Some favorable and adverse sounds, images & the mental sensitivity towards them has the capacity to induce feelings.

* Educated and unschooled :

On the basis of education, the world can broadly be classified into educated and unschooled. Education is devised to make the person aware of the world, which one lives in. Education wants to upload a whole lot of informations regarding the world into the child. Humans have got this unique gift of intellect. Since the start of human civilization, a lot of work has been done related to intelligence. A vast chunk of that work has been documented for the reference and educational purposes. Education helps the child to use his intelligence in a more precise and proper way. Those children who are gifted with intelligence by the mother nature are shaped by the teachers and mentors to further the work in the related subjects. Through the education the workforce is prepared in every field so that the existing system could be improved & run more smoothly and the economic status, general lifestyle and quality of life of the person and others could be increased further. By becoming educated, child helps himself to survive financially and socially because education propels growth, which includes individual, social, national and world growth. Education also helps the person to think and plan more scientifically and artistically. So every capable guardian wants to impart the best available education to his children. So that the child should not lag behind in this process of updating oneself to the existing and future standards. Nation also wants to develop it's human resources through proper education and training. After taking

ild gradually adopts with the new environment. After this adaptation, the



next big challenge for every child is to get educated and try to excel in studies.

This is how the duality keeps challenging the person. Being uneducated is considered a curse in existing world so every child is encouraged and even forced to study. No parent wants his child to be singled out as uncivilized and untutored. That's why, most of the world population goes through this process of developing his dimension of intellect.

* Egotism and divinity :

Egotism can be gauged by occurrence of jealousy when someone else is given preference or handed over the control over something, ignoring another person. Jealousy can be used as a parameter of egotism as it appears within the person and often gets exhibited outside as well. Ego may strike, when person comes to know that he is or was being criticized by others for some of his actions, habit or unique physical trait. Ego strikes when person believes that he is being denied of the rights, which the person considers his own. Ego rides generate emotions of jealousy and anger. During ego rides a person goes through the phase of anger and often exhibits rude behavior. Frequent exhibition of ego undermines the person's stature, brings bad name and makes him notorious for exhibition of ugly behaviour. The person with divine nature has a better control over his temperament and he does not exhibit much fluctuations in it. This person handles the criticism and complaints more naturally and generally avoids harbouring any grudges against the complaining person. This person does not show much change in his behaviour and attitude post criticism. These people handle themselves more naturally and often don't show much signs of desire. They are much more

d within themselves and their work. They often believe more in



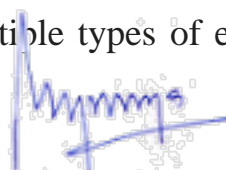
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themselves and handle the bad phase more wisely. People find their company calm and soothing and they prefer to remain busy in their natural activities. They show more signs of containment and avoid indulging and criticizing others. They are not often involved in sibling rivalry and often don't hesitate in appreciating others. They are generally well behaved and have better control over their speech.

*** Either be party or witness :**

One can either be party to this bipolar world or just limit oneself to be a witness of this whole bipolar game. Your senses instigate you to be a party to it. By doing so, we start limiting ourselves to solitary confinement of a single pole. Every single pole needs a functional second pole, which should remain loyal and behave according to the expectations of the corresponding pole. It wants to see favourable things happening and wants to avoid the unfavourable and undesired ones. A party is always against someone and with someone. A party is always engaged either physically, verbally or mentally. When he is alone, some desirable or undesirable content is functional within his mind. Living while remaining engaged becomes his way. He strongly believes that the best possible utilization of time is to engage new people and to maintain the engagement with existing ones. All his happiness and sorrows are related with other parties only. He strongly believes that the causative factor of problems in his life are other poles that is people and the circumstances created by them. When one becomes a witness to this bipolar game happening around him, he gradually gets to see that people are obsessed with each other. The effect of company is quite visible in them. Some people make them happy, some excited, some emotional, some curious, some irritated and some people make them angry. One keeps looking for some people

as avoiding some. People love doing multiple types of exchanges among

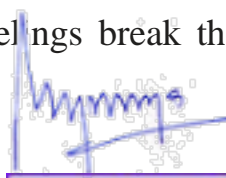


them. They show eagerness and keenness for these exchanges. A witness can also see the silence and mental involvement and continuous productivity of nature. The neutrality and persistence of nature, gradually becomes visible. One can notice that creativity happens, when the person is alone. Every creation is a song of nature and these songs are written in the silence and aloofness . One who is a party of this game of duality, due to his indulgence, he is said to miss all these silent happenings.

* Emotional and psychological :

When the person is not able to contain the surge of emotions and thus exhibits them in the form of jubilation, smiles and tears. Others too come to know that the person has become emotional. Emotions are related with a sense of gain and loss. Emotions are related with the people and objectives of life, whom we are connected with. Memories are related with near and dear ones, personal loss and gains, justice-injustice and the sufferings. Memories have the ability to make the person emotional. Attachment is the root cause of emotions and inability to control the emotions is the cause of being emotional. Anything which we are connected with, has the ability to incite the emotions within us. The power in the person keeps the emotions in check. When this power gets diluted, the ability to control the emotions starts dipping. Emotional state is often used to convince and melt the people. Sometimes emotional state also conveys the helplessness. Tears are often associated with emotions. Sometimes tears roll out during happy times too, when the person feels gratitude and a sense of accomplishment. Emotional state is dominated by feelings whereas psychological problems are dominated by the fear. When there is a threat related with our own physical & mental identity, person

anxiety and fear. When the emotions or feelings break the barrage of self



control, it is called emotional state. When the fear starts affecting the nerves, it becomes a psychological condition. Emotions are related with my or mine, which means whatever falls in the category of 'my' or 'mine', has the capacity to induce emotions, while psychological problems are related with person's 'I' or identity. That's why all the fear, phobia and anxiety are related with the psychological level. When we are indulgent, we have this tendency of breeding emotions and becoming emotional although when we are self sufficient, much of our problems are related with the mysteries of our own existence. Which affect us more at the psychological level. So the indulgent and self-sufficient people have their different set of problems and the circumstances, which they go through.

* Excitement and attachment :

We get attracted towards the new ones and remain attached with the existing ones. This is a real problem, as the attention and power gets divided into two parts & it keeps getting divided, till the time this process of choosing and getting attached keeps going. This is what duality is about. New one gives us excitement. Existing one keep us dependent upon them. People are comfortable with few of them while they are annoyed with few. Want of excitement, makes us look towards the future and inclination towards attachment makes us look towards the past. This attachment keeps our present busy. This is how we keep frequenting between past and future. Our support system comes from past and our hope comes from future. Whatever efforts we do, some of them are dedicated towards keeping our hopes intact while some are dedicated towards keeping our support system viable. This is how we try to balance our today between the imagination of future and memory of past. Today keeps serving us the reality. Our affinity with future and past keeps

the effects of today's reality. Siddhartha is simple as he doesn't harbour



any just related with future nor he is too fond of memories. So today's reality strikes him much more stronger than others. Siddhartha's today is not laced with past and future. So he is not happy with what today offers him. He can see the reality and the problems associated with those realities. Siddhartha has this unique ability to feel the effect of other's suffering, whereas a normal person feels the effect of own sufferings only. When Siddhartha realised that he will have to go through the same problems in future then he started utilizing his today to solve the mysteries of sufferings. Whereas a normal person feels that the future can be financially, emotionally and physically insecure for him. So he uses his today to prepare oneself to face these future problems.

* Excitement and patience :

Excitement is related with both activity and reactivity while patience refers to refraining away from any excitement whether that is jubilation or sorrow. Many a times a person cannot control his excitement, which forces him to act and exhibit it. If his action is against any other person or his interests, then any action may instigate another person to react. If the person is more balanced at the mind, body and Soul level then there is high probability that the person remains patient and refrains away from giving any reaction. If there is an imbalance at mind, body and soul level, then the person may be or is more likely to react. Reaction is a mental trait while patience is a natural trait. It takes a few minutes or seconds to become excited while it takes multiple lives or years to become patient. Whenever the person loses his control, he becomes excited and whenever he remains in control, he remains patient as well. Excitement leads the person to indulgence. Excitement always brings in some experience, which may be pleasing or distasteful for the

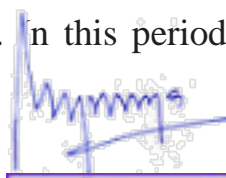
ne secret of productivity lies in patience because now the power is used



more conductively. The plant Kingdom doesn't show any signs of excitement rather it remains very patient and thus static & stable. Excitement is related with doing experiments with a charged mind while patience is related with being mentally contained while doing any work. Patience is a trait, which is often associated with maturity and internal depth while excitement is related with shallow or moderate depth. It is generally seen that children are more excited while oldies are more patient however this is not a rule. This proves that excitement and patience are not just age specific features rather they have to do more with person's nature and internal depth. Excitement should not be confused with happiness. Excitement is a trait of mind while happiness and joy are related with person's persistence with the objectives and purpose of life. If the person feels that he is getting deflected away from the purpose of life, the happiness and joy start getting depleted from within.

* **Exhaustion and rejuvenation :**

We do get exhausted and seek refreshments to replenish ourselves. Being exhausted carries a certain message that the mental and physical abilities has their limitations. Our body has a limited capacity to store the energy and our mind has limited capability to remain alert and functional in one go. Upon being exhausted, mind and body both need energy replenishment and relaxation. That is why our life has a mixture of active and dormant phases, which are remaining awake and asleep. When we continuously use our muscles for a certain period of time, then a chemical called lactic acid gets deposited in it, which interferes with the neuromuscular transmission. This is called the refractory period of the muscles. Muscles can't remain functional in this phase, so they need time to get back to the normal state. Similar case is there with the body as well. Upon continuously or working too hard, body false asleep. In this period, it just wants to



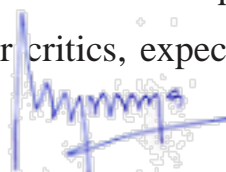
relax. When we continuously use our mind for a longer period of time, we feel that it's grasping power is going down & mind is not working as efficiently as earlier. Person has to take a break now. Relaxation replenishes the mind's efficiency. A person cannot work or study round the clock. Relaxation releases the tension and restores the energy and level of efficiency. To live with the active and dormant phases is a reality of our lives. A balance in the activity and relaxation works for us. Excess or under activity and relaxation work against us. Sleep definitely works for us and to get a proper sleep, physical work helps us. People take leave from the work, just to relax the body and the activities of the mind by pausing the daily routine of accountability and responsibility provides physio-mental relaxation. Learning is often mixed with recreational activities and gaming so that learning shouldn't be taken as a cumbersome task. This is how learning is introduced to kids. A person does his natural work more efficiently than any of his mental projects because natural work doesn't much exhaust the person mentally. As it is unplanned, natural and spontaneous. It helps in increasing the person's focus and thus the person more efficiently controls or reigns in his diverging attention.

* Expectator and actor :

Mind likes to judge others, according to how they look, what they do, how they behave, their background, their individuality and capabilities etc. On the basis of judgment, two divisions are there. 1. People who like to judge others 2. Those people, on whom the judgment has been passed.

First group of people, who pass the judgment are either the spent force or not the active or mainstream actors anymore or they are under the influence of jealousy or lust or now they hve been invited to share their opinion as an expert. People often

hers just to prove oneself. They are either critics, expectators or experts,

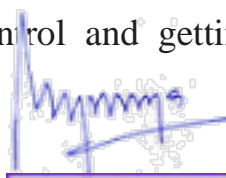


who are interested in other's performances and their lives. On the other hand, the second group of people, who are being dished out the judgment are still the actors. The chances of activity for expectators are limited or over now. That's why they don't do this new habit of dishing out the judgment about others. The second group of people are more focussed towards their own performance. They just act and others keep their eyes on them. So it's good to find out that in which category one is? Critics or actor? Actors still has possibility to develop and improve oneself. The actors are still active and the other group is of reactive people, who are not that active or visible anymore.

* Experience and suffering :

Experience is about what we want to taste whereas sufferings are about what we have to taste. Experience is about what the person is looking forward to & sufferings are about what one has to go through. Personal experiences are about the karma, which are optional while sufferings are about the Karma fruits, which become mandatory. Experiences are choice while sufferings are about bearing. Experiences are somewhat predictable, sufferings are unpredictable. Experiences are about the visible side of world whereas sufferings are about the vague or misty side of world, which are there however often ignored by the mind, till the time they become a personal liability. Experiences are about what we want whereas sufferings are about what we have been served. Experiences generate feelings, which are pleasant in nature. Sufferings generate feelings, which are unpleasant in nature. Experiences are the departure from happiness towards excitement while sufferings are departure from excitement to tension. Mind wants to embrace the experience while it wants to avoid the sufferings. Experiences are about taking

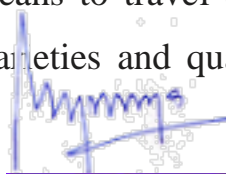
while suffering are about losing the control and getting overpowered.



Experience is something, which is recommended. Whereas it is advised that sufferings should be avoided, if possible. Experience is something, which we want to pass on to the next generation while we try to avoid the passing on the sufferings. Experience is something which strengthens our confidence while sufferings dent us. One habit which is initiated as an experience may turn out to be suffering at the another end. There is a market associated with both of these aspects of life. Both of these markets make money. One market charges for making people undergo better experiences while the another market is there, which charges for helping people come out of the sufferings. Good times are associated with the experiences whereas bad times are associated with sufferings. This is what life is made up of. It's a mixed bag journey consisting both the ingredients, which are rewarding and punishing.

* Exploration and self searching :

Mind is explorer because it thinks that the world is filled with opportunities, possibilities and surprises. Mind believes that the world can fulfill it's imaginations and desires that's why mind wants to cover every possible nook and corner of the world. Mind is filled with curiosity about the world. Mind has imaginations and the world is the place, where imaginations get converted into reality. World has treasures and mind wants to find them anyhow and make use of them. Mind wants to become rich and the world has resources to make it rich. Mind wants to make a fan following and the world has the crowd. Mind wants to be followed and the world provides the followers. Mind wants to be famous and the world has massive population, who is ready to become admirer. Mind considers it's living place as a pond and the world has multiple oceans to travel & explore. Mind can't be satisfied and the world offers the varieties and qualities. Mind has



curiosity and the world has possibilities to convert the curiosity into maturity. Only exploration helps in transforming the individuality. Another opportunity which is provided by the life is self searching. Self is not any visible or mental identity nor it is talked about much in the society. So it is a mystery although it is present in every living being. Person starts his life with mind-body duo and continues with them. However he always feels that something is lacking. The person doesn't know what it is however one feels that his journey & the search is still on. One wants to know that what is lacking and what he is looking for. One also goes through difficult phases in life, that examine his mental strength and shakes him from within. Now one feels that he needs some relief and some stability within. This stability is altogether a new dimension for the person and he wants to explore it more through various discourses, books, techniques, practices, service, faith, meditation, yoga etc. His own nature encourages him to follow this unconventional path.

* Explosion and implosion :

Explosion happens in the outer environment or surroundings of the person while implosion is that unwanted happening, which happens within the person, structure or state. The effect of the explosion gets collided with the outermost defence of any entity. Outer surface is more hardened than the inner structure that is why every entity is more vulnerable from within. Innermost and outermost difference in the layers are designed to deal with the separate types of threats. Internal security and external defence have different functioning. As the physiological and psychological problems are different from each other. The nature of external threats are different from that of internal threats. Explosion happens in the outer

ment & has the capacity to affect all those entities, which are present in the



vicinity while the implosion is more targeted act or happening as it affects that very entity, in which it takes place. Although the effect of that implosion has a capacity to affect the multiple entities or persons emotionally and psychologically. So any entity whether that may be a person, structure or state has to take care of external as well as the internal environment. Any abnormal activity, which happens in the outer environment is traced by the senses. Person's own feelings and observations provide the first hand information about some abnormalities and alterations. Science has devised many techniques and checkups which ascertain the problem more precisely. So that it could be tackled in a scientific and proper way. Environment, which is present outside the mind and senses is called external environment. While the environment, which is present within the senses and the mind is called the internal environment. Mind is the epicenter of our individuality while soul is the epicenter of our being. To take care both of the environments, person has to be balanced in his efforts relating with external as well as the internal environments. Factors which can negatively affect an entity or a person are present both in his external as well as internal environments. Health and well-being are related with the internal environment while growth and prosperity are related with the external environment.

* Favorable and unfavourable aspects of Duality :

Till the time, we are on a familiar and favourable terrain, our name and individuality remains our identity. This is being fixed and comfortable with duality. When one reaches to an unfamiliar and unfavourable terrain like a river, now one gets to see the unfavourable and unfamiliar aspect of the duality because the strong current of the river challenges our individuality and identity. During

able times, person faces the fear of losing his identity. The physical



identity and the individuality, which one has been working upon since one's mind and senses became active. Person gets the feeling that everything can be lost. The strong and unsettling current of the river challenges the very identity on which the person has been banking upon. At that moment, person seeks the help of other people and seeks the divine blessings as well. One looks for the help from any quarter. One aspect of the duality provides the person leverage, which lets the person in strengthen his individuality and Ego and the another aspect of duality starts tightening the noose and then the person feels the suffocation, uncertainty and fear. Person can see and feel his individuality and identity crumbling gradually as the circumstances become tougher. This is how duality works. It's one aspect or pole of is familiar and favourable, while another pole is unfamiliar and unfavourable.

When we get to cross the river, the new paradigm becomes our identity. This is non-duality. This means that our superficial identities are present in the realm of duality, while our deep seated identity can only be found in the realm of non duality. This deeply seated identity is our eternal identity & it is like the root of the tree, which always remains buried and hidden within the ground. Although it is always alive. Thus the real world can be divided into two parts. Which are favourable and unfavourable, familiar and unfamiliar while the truth is just one and unchanging.

* Favour and opposition :

Mind loves to Harbour the affinity and dislikes. It enjoys the support of intellect. Intellect does the analysis so it is a normal tendency of mind to decide.

Decision puts the person in favour or in opposition. Mind likes to block whatever it

Whereas whatever mind likes, it wants to see that happening . So it's a

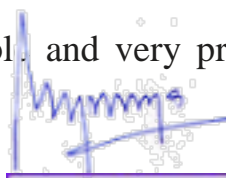


mental tendency, to be a part of any of the two groups. Mind likes to be secure, so it pushes those things forward, about which it feels that they are going to safeguard its interests. It is the pattern of mind's thinking. So on a regular basis, mind is either for or against something.

In our societies, decisions are taken through knowledge & experience however there are hidden exceptions as well. Sometimes people push their agenda, just to safeguard their interests. Our choices and decisions shape our identity. Sometimes decisions are taken for the sake of upholding our identity. Which means that our identity decides whether we are going to be in favour or in opposition. This is how duality keeps us busy and occupied. It engages us through our identity and identity provides avenues to remain engaged somewhere. Every decision goes through a process for its implementation. So whenever we decide or opt, we connect ourselves with the process of getting it realised. Implementation takes time and mind loves to observe whether implementation is being done properly or not. If we are against any decision then we try to block its implementation. Which needs efforts, attention and time. So visibly or invisibly our every decision connects us with time and that's what duality wants. To keep you engaged within the periphery of time. That is why new issues keep coming up and people keep engaging themselves with the issues and the process and procedures of sorting them out.

* Firm and stubborn :

Firmness is a trait of nature while stubbornness is a trait of mind. Both of these traits are visible in human being because we are made up of both nature and Mind By looking at a tree, one can easily understand what the firmness is. A tree unmoved, emotionally & physically stable and very predictable. It gets

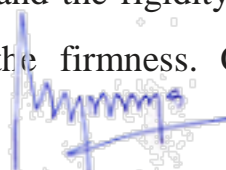


affected by the changes in the external environment however it remain inert of the activities happening in the surroundings. Even the environment remains stable and keeps supporting the life, when it's basic balance remains maintained. Other's activities can make structural changes in it, while no internal change can be done in the environment. It does not follows other's instructions rather it follows only it's nature. Stubbornness is related with our bond. When our want of anything becomes so strong that we ignore any advice, request, instruction, conscience and justice just to keep holding on the thing we want. Stubbornness is related with the mental illusion, while firmness is related with the self. Stubbornness guards mind while firmness guards self. Stubbornness indicates that the person does not want to dilute his desire while firmness indicates that the person does not want to dilute his focus. Creativity and productivity is a trait that comes with firmness because it allows the internal nature to work freely and exhibit itself. While the stubbornness is related with being constructive. As mind wants to leave it's mark on the ground by erecting some structures and putting one's name on it. Stubbornness changes the world while firmness refines self. Stubbornness attracts both following and criticism while firmness draws regard. Simple people are often firm while stubborn people are often complex.

* Flexibility and rigidity :

When Jeeva gets exhibited in the form of jeevan, it is called life. Jeeva and Jivan keep getting transformed into each other. Jeeva is the seed of life while jeevan or life is the tree, which originates from this seed.

On the physical level, we experience both the flexibility and the stiffness. On mental level, we experience both acceptance and the rigidity. And on natural we experience both the surrender and the firmness. Childhood is an



exhibition of flexibility on physical level. Both the bones and the muscles are flexible. With increasing age both of them start getting stiffer. During the old age, stiffness reaches at the maximum. Old age severely affects the mobility of the person. Childhood is this stage of physical development, whereas old age is the stage of physical decline. Childhood requires care whereas the old age seeks support. From rampant movement to restricted movement, in a lifetime, a person is able to see both the extremes. Both are the phases and that's why both are temporary. Flexibility provides freedom whereas stiffness provides restrictions. Child is flexible on the mental level too. Because no ideological stiffening is there. With the development of brain and strengthening of mind, ideological stiffness arrives. Mental stiffness may strike in early adulthood also. Person's immediate vicinity has a role to play in shaping person's ideology. Person's internal composition also has a big role to play in keeping the person mentally flexible or stiff. Person's internal clarity gets exhibited in the form of various levels of person's ideological stiffness. Person's extent of simplicity or innateness helps him to get rid of mental stiffness and remaining flexible.

* Friendship and rivalry :

Friendship is related with nature while rivalry is related with mind. Friends remain comfortable with each other while rivals don't. Friends share a common place comfortably while rivalry wants division. Friendship doesn't compete with each other rather it encourages friends to perform better. Directly or indirectly rivalry competes with each other and often tries to discourage the rival. Friendship provides company, which is comfortable and trustworthy. Rivals dislike each other. That's why they try to avoid any contact or face-off between them. Friends as it is difficult to find people possessing nearly same nature. It is better to



A handwritten signature in blue ink, appearing to read 'Munim'.

have rivals lesser in number than friends. Friends don't prefer to talk about politics or religion with each other because they are engrossed in the comfort and spontaneity of each other's nature. Rivalry wants to find out and capitalize on weaknesses of rivals while friendship doesn't like to take any advantage from friends. If friend sees any negative or harmful aspect in the friend, he prefers to extend the helping hand to correct that.

Rivalry remains limited till the level of mind and ego. While friendship is able to penetrate much deeper and reaches upto the nature's level. Rivalry erupts from something, which is of common interest for two people or organisation. When one side sees it losing at the hands of another one, then it is considered a personal loss,. Resultantly the side gets filled with negative emotions for another side. This negativity gets exhibited in the form of sarcasm, contention, bullying, abuses, threatening, conspiracy and assault. It is pretty common sight in the world that when two parties or people become interested in a common thing, then the side that becomes fearful of losing the proximity, opportunities and control over that object, gets filled with negativity and jealousy for another party. So in the depths of the rivalry lies own interests.

* Frustration and anger :

Frustration is related with efforts while anger is related with desires. When we feel or know that we are not making the efforts in the right direction, we get frustrated. We feel that time is being wasted in every direction except where it should be utilised. When we feel that we don't have enough time for ourselves and our work, then frustration erupts. Frustration happens, when we get occupied in such a work or place, which we find distasteful. Contrary to that, when we feel that

making efforts in the right direction, then we naturally feel happy.



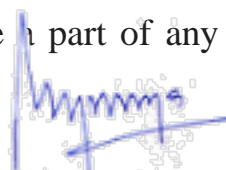
Frustration has nothing to do with any other person. Happiness is about being natural and working naturally. Everyone is naturally inclined towards some work and wants to do it with full dedication. This is that particular work, which is related with his inner nature. Whenever the nature gets freedom to create, she becomes spontaneously happy. Nature's spontaneity and happiness are co-related.

Anger is the outcome of unfulfillment of desires. Whereas happiness is not the outcome of fulfillment of desires. Many a times, even after the desire gets fulfilled, we remain annoyed with ourselves. Just because of our indulgence or association with that desire, mind feels satisfied. However our nature is not at the same frequency of our mind. That's why the person lacks happiness. In this case, both in frustration and anger, person tends to react because he fails to contain it. A happy person is more accommodating and accepting. He behaves more smoothly than a frustrated or an angry person. Our mind wants to experience. Whereas nature wants to be spontaneous and creative. Both of them are the natural phenomenon. While anger is a mental phenomenon. Happiness makes the person feel lighter while frustration or anger makes a person feel heavier.

* Fun and hurt :

Jokes, which are funny for one group of people, may be inflammatory for another group of people. If someone's identity is in the centre of any joke or funny talk, then it may cause inflammation in the person, who feels attached with that identity. Every identity desires to receive respect and praise from others. If

values his identity, he doesn't like to be a part of any joke or sarcasm.



People value their various identities, so till the time they take it lightly, any funny talk related with those identities doesn't invite any harsh reactions. However when people take those jokes seriously then they feel hurt and get annoyed. Sometimes those activities which look funny initially may leave the person physically hurt, if they are not done with proper precautions . Any ride, which looks adventurous and joyful makes the mind and body secrete those hormones, which provide sense of excitement and joy to the person. However many a times, when person becomes careless, these rides may leave them seriously hurt.

Person wants to be taken seriously, when he advises something to someone and when that person considers those advises funny, then the first person may feel hurt. This is how one thing, which is funny for one person may be hurting for another person. Many a times this happens with people that some of their words, which they spoke in a lighter vein were taken too seriously and created hurt in another person and the person felt dejected. Then the person realises that the words should be selected very cautiously because they may create more than one effect and all of them are not pleasing sometimes. Sometimes opposite of this happens. Some words are spoken to create hurt in some person and that person takes them lightly and considers those words funny.

* God and devotee :

God is like a Banyan Tree while devotees are like saplings. Devotee looks towards the God with the hope. God is free from the bondage of duality. He is out of the cycle of the nature. He is free from desires , anger & compulsion of lust. He is covered in the lap of peace and in the bliss of light. He is free from all the attachments. He is out of the bondages of karmas and related fruits. He does not go

change. Neither he has any past or future. He is out of the mist of



Confusion and is seated in full wisdom and clarity. Time does not corrupts him nor improves him. He does not looks towards time with curiosity. He perfectly knows about the journey from a sapling to a full grown tree. He opens new path to tread. He reinforces the possibility of finding the light within.

Devotee is one, who is looking up and above in the hope of light and stillness. He uses his time to try and move out of the confines of the time. Devotee uses the power allotted to him for individual growth however he still has the apprehension that his growth may be obstructed or he may be deflected away from the path of internal growth. Although he has hope and a refined nature, which spends less of his power and makes him available most of his own power for his internal growth. Devotee finally gets the attainment of solitude and peace. He keeps on transforming himself and moving ahead leaving all his negativities and addictions behind. Devotee wants to reclaim his happiness and joy. The journey of devotee is moving away from being internally poor to richer. God is still while devotee is still moving. He looks for the God in every creature, while God is present within the light. God is the destination while the journey of devotee is still on. Devotee remains connected with God through devotion as he moves from emotion to devotion through surrender. Devotee shifts his focus away from physical presence & focusses on cosmic presence.

* God and goddesses :

Gods are portrayed as males while Goddesses as females. Not only in the Indian civilization but in other ancient civilizations of the world too, the portrayal of God and Goddesses are done as male and female. Reason behind is that many historical figures are treated as incarnations of Gods and Goddesses. So they get

d in the forms of humans. This portrayal is applied with other branches of



divinity too. Who never existed in human form like Vishnu, Saraswati, Lakshmi. Vishnu incarnated as Rama, Krishna etc. although never as Vishnu himself.

Brahma & others are also portrayed as either male or female because our imagination portrays people either in male or female form. Seeing is believing. We see humans in male or female form. So we believe that supreme beings also exists in either male or female form. .It is believed that Gods and Goddesses hold special Powers. People believe that upon offering prayers they become happy and fulfill the wishes. Mind has been witnessing people with special traits, quality, character etc, so it becomes easier for the mind to portray any specific quality or a trait in some human form and humans are divided in males & females. As mind has seen only the humans as the most evolved form of life. Gods & Goddesses are perceived as the almighty. So in the pictorial representation, we see an amalgamation of human form with the exhibition of divinity. In the pictures, artists paint gods and goddesses as humans and their hands carrying those special powers. In some pictorial representation, they are shown wearing precious jewels, which represents their richness or abundance. For example, Goddess Saraswati is portrayed as a lady wearing white saree, which represents clarity & sacredness. She plays a musical instrument called Veena, which represents the music as the natural flow and perfection. She holds sacred scriptures in her hand, which represents the wisdom. In her backdrop, river and greenery is seen, which represents the nature. She is seen seated on white Lotus, which represents the complete development of human consciousness and it also symbolises human's uppermost Chakra, which is called Sahastrar.

*** God of duality and non duality :**



Duality looks for God in belief, prayers, practices, idols & devotion. Duality has allotted a place for God in the temples, mosques, gurudwaras, churches etc. It has given the God various names, which are different in different belief systems. These names come from the languages, which varies in different parts of the world. So all across the world, God is addressed by more than thousands of names. As duality deals with the visible things, so it has developed it's own understanding about the god. This understanding is required as the vision provided in duality is incompetent to identify the God. So in different civilizations, God is perceived and portrayed differently. Duality identifies the individuals easily however it remains clueless about the source of the individual and individuality. So there is a definite dissimilarity among the Gods of various civilizations. That is why, God becomes a topic of debate during the interfaith conversations. That is why it also becomes a matter of controversy that whose God is better?

This is related with duality as duality is all about differences and differentiation. That's why duality has various understandings, perceptions and visualisation about the God. However God is far away from the limitations of duality. It is that form of consciousness, which is not bound by duality. The God of non duality is present in every form of life and around them as well. However he gets worshipped in a particular form or way. Various forms of life are just it's manifestations. God is that one seed, which when gets within the confines of duality, manifests itself in various forms and features. And when it comes out of the confines of duality, it becomes omnipresent. Nature becomes really creative with that conscious element of the God. It is a trait of nature to get differentiated, once it enters into duality. All the thoughts, imaginations and beliefs are limited to duality. Beyond the duality, the purest form of consciousness is called God. Non

is the centre, core and source of duality. While duality is just the



manifestation of non duality. So the God when gets deeper into the duality, gets manifested as various forms of life and when the conscious element of any form of life goes deeper within the non duality, it gets merged with God.

* Good and bad deed :

Deed needs a doer. Mind initiates Karma to fulfill it's objectives. Mind does activities. Good deeds are those, that help others while bad deeds are those that hurt others. Deeds are believed to bring good and bad effects in future. Actions related with self are called habits. They are classified into good or bad habits. Deeds are the actions, which are sure to bring reactions. Reactions may be prompt or delayed. People do Karma for the sake of benefits. When own benefit remains in the centre of karma, then we remain ignorant about the effect of our deeds on others. Deeds are of many types, for example financial, emotional, sexual, egocentric, entertainment centric, individuality or future centric etc. Mind expands it's sphere through deeds. When our deeds affect us & others positively, it is good deed. While when it affects us positively & others negatively, it is a bad deed. When something is done to strengthen our present or righteousness, then it is called 'Yajna', not deed.

Future bears the fruits of deeds. Whether good or bad, it dislodges us from the ambit of present. Expectation of variable extents is always attached with deeds because mind is the doer and it wants to be the beneficiary as well. Desire encourages doer to indulge in deeds. A desireless work is not deed. Deed is not possible in absence of mind. Work executed by nature does not produce karma fruits because they are not identity centric. They are not for or against anyone.

Deed whether good or bad, generates karma fruits. Which guides the person to the consume their effects & that's what mind wants. Mind wants to go to the



future, to reap the benefits of it's deeds. Mind wants to save and decorate future. Imagination and thinking are an integral part of any deed & deed is just an execution of any idea.

* Good and bad memories :

Memories are about past and experiences, one had previously. Good memories are related with the excitement, fun, surprises, gifts, and achievements while the bad memories are about tension, sufferings, distasteful experiences, failures. Good memories assure us about the positive side of life while bad memories alert our conscious mind to be attentive and better prepared in the future. Both of them provide us experiences to share with others.

We want to cherish and replay the good memories while we want to delete and forget the bad old memories. These memories cast a strong effect on interpersonal relationships of today and future. Our connection with the past is through these memories only. Past highly recommends us to be more natural rather than being artificial. Many mistakes that we committed in the past were because of not being natural or self. Many mistakes were made because of being under the influence of someone else. When we're trying to imitate their way or when we allowed them to dominate or guide us. Our many bad memories are related with our own Ego drive or with those moments, when we breached other's private space or tried to dominate them.

Our many good memories are associated with those people who showed tolerance and humility. People who were kind and forgiving towards our mistakes. These good memories become the lessons of our life. Their effects encourage us to per within oneself and be more patient and non reactive. Our memories, not to be stern but definitely be firm about own values. Good or bad



memories are related with the person and his Individuality and they remain relevant for the person in his lifetime only. They are like the temporary folder for the person, that helps shaping the human nature, which is the real processor of the life.

* Good Time and Bad Times :

Good times are favourable time and bad times are unfavourable or trying times, which test the person. Person's weaknesses get exposed during trying times, which remain concealed during good times. During trying times, various problems which may be related with physical, mental, financial, emotional or psychological levels erupt out of no where. They engage, distract and disturb the person. One goes in a mode of suffering. The experiences provided by the trying times is really unpleasant as during these periods, person remains agitated and discontent. He feels that why he has been singled out by the life to go through this, when the world around him is going at its own nice pace. One feels that why he can't live as a normal person & pursue his dreams as an aspirant. Then he realises that the reality, which life is offering to him is different than other people. One goes through pain, social reclusion, fear, loss in self confidence, sadness, depression etc. When this time passes, healing happens gradually. Accepting these realities, which are associated with oneself; the person gets back to normal life.

Good times are about all the attractive and exciting experiences about life. Whatever that is interesting for senses is good. Good things are about style, attire,

omising views, melodious sounds, soft, supple and sturdy touch, luxury



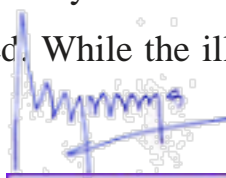
and comfort, nice and pleasant feel, exciting and encouraging company, attraction and lust, abundance and control, favourable reactions and experiences, icons and admirers, achievers and success stories, stars and fans, money and network, collections and influence, fun and frolic, colour and crackers, indulgence and attachment. Many a times, a person's life is no more than just a statement of good & bad experiences.

* Grass is greener on other side :

Grass is always greener on another side means reality is here, beauty is there. As the angle of view changes, picture changes as well. When we come face to face with the scene, which means we get to watch it from proximity, then we can see the land between the blades of grass. When we see the picture from a distance, the land between the grass gets covered by the greenery of grass blades. It means beauty always looks apparent from a distance. Thus the visible beauty is not an absolute thing. Beauty is about proportions and proportion always looks perfect, when the picture is seen from a distance. As the person starts getting closer, the picture doesn't remain same. So what one sees here is the reality & what one finds there is called beauty. Mind encourages to drift from reality to beauty. We keep chasing the beauty and we keep finding the reality.

Attraction works from a distance. When the person reaches in it's pull zone, attraction becomes bondage. if the greenery is there then I still have to scale the distance. Greenery is there means opportunity and potential is there. Better is at a distance. This phenomenon happens in deserts too, where water always appears at some distance. Thirst is here & water is there. This is the Mirage effect. Which is also called an illusion. This means that common is everywhere & this is the reality.

why the word, 'ground reality' is often used. While the illusion or want of



beauty is in the mind, which propels the person to look for the perfect places in the world. Mind believes that the perfection or beauty or absolute is at a distance and this distance can be covered. This journey requires time, opportunity, effort, energy and power. Mind instigates us to keep searching and this search never allows us to relax.

* Guru and Disciple :

Till the time, there is distance between the Guru and disciple, existence of duality remains. When disciple reaches at the height of Guru, duality ceases to exist. Guru spontaneously gets activated, when consciousness reaches a particular height. Guru is that element of consciousness, which initiates one into non-duality . Guru is not any other person, who can be searched around us. This is like peeping inside duality in search of Guru. There are definitely wise people around us, who shape us to be a disciple however the Guru cannot be found in duality. Guru is the gateway to non-duality. So his existence, away from self is not possible. The emergence of Guru provides the person's focus a new direction. Which is away from mind and other senses. In Indian philosophy, Guru has been associated with completeness that is why a festival called 'Guru Purnima' is celebrated in India culture on a full moon day. Guru and disciple are separated by duality.

Once the consciousness crosses the confines of duality, Guru flowers. Guru is associated with wisdom and enlightenment. Siddhartha got elevated to the level of his Guru in the moment of his enlightenment. A Guru is seated in oneself. He is guru for others. It is another thing that others start treating him as their guru. He wasn't trying to be someone else's Guru. His quest was to end self



sufferings. He never wanted to be a leader in any sense. Guru has the answer of the question, 'who am I?' Guru is a height of consciousness within the person. Guru is like a lamp at a top of the pole and this very source of light is within the person. Right from small flies to intellectual humans, all have some kind of affinity towards the light. Light is a source of our happiness. We receive light through our senses and through our inner searching as well. Light is our hope outside and within as well.

* Happiness from the perspective of Duality :

When dreams get realised, it is a matter of happiness for duality. As many factors are there, which affect the realisation of the dreams. So properly, timely and successful execution of any dream is a matter of happiness for duality. If the plan gets materialised, then the resultant is happiness. Society has laid down the parameters of a normal and successful life. There are different parameters in different age groups. Baby's birth and a normal and healthy childhood is one parameter. Good performance in education and ability to sustain oneself financially, marriage and birth of progeny are the parameters of happiness during adult life. Then child's performance in school and education, mutual relationship of both the partners, smooth environment in the family, good financial health, children doing well in professional life and getting married are the main happiness parameters of middle age.

During the old age good health, good financial status and caring family members are considered the parameters to be happy. On personal level, fulfillment of individual's desire is one of the parameter of happiness. This is how the society that whether the person is happy or not. If any person meets all these



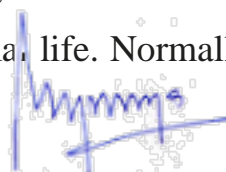
requirements or a number of them, then it is certified that the person is happy.

These parameters are largely true for an extrovert and fascinated person. However for a self sufficient person, meaning of happiness is different. He looks for happiness in spontaneous living, creative work, uncovering the mysteries of life, self improvement, self refinement & working on the purpose of life. His happiness is not dependent upon the milestones, which are laid down by others. Beyond the confines of duality, happiness is about those works, which are related with the person's own consciousness. His self growth provides him much more happiness than the development of his surroundings . He doesn't look towards the world to acquire something from it. Rather he searches for something within oneself that could make his life more meaningful & the related clue can be shared with the world.

* Head and Legs :

There are two ends of our physique. One is head and another is leg. Head works as command and control system whereas leg works as the tool for the moment. Person's main sensory organs are located in head. Which provide the data of surroundings to the brain. Brain which performs the computing and analysis is also present there in the head. So all the decisions related with life are taken in head. Head looks stable while a lot keeps happening within it invisibly. Legs keep moving however they remain still from within. Without legs, person's movement gets severely hampered however life is still possible. Without head life is not possible. Head also works as our identity, as it carries the face, which is unique and easily recognizable. Legs move while head roams. Legs help us to move towards and away from the desired people and places. Legs remain at the service of brain.

functioning of both are desired for a normal life. Normally the basic force



of life remains seated at inguinal area, which is adjacent to the legs. This allows the sensory organs present in the head to work freely.

As the person starts getting saturated with his senses, this life's force starts rising gradually. When the person starts looking beyond his senses, this gives an opportunity to his life's force to get activated and move upwards. As it starts rising up gradually, the person gets the taste of self tranquility. This ultimately provides him the realization of self. Before that he was engaged and looking forward to absorb what world offered. A balance between the activity of head and legs is required for a healthy and prosperous life. Head and leg are the visible symbols of duality in us. While this internal power is the invisible source of non-duality in us. Various gestures has been devised, which involve head and feet to show affection, respect, love and regard. Like putting hand over the head, kissing head & cheeks, rubbing nose with nose and touching feet. In Buddhism head is considered auspicious while legs are considered dirty. In Indian culture, there is a tradition of touching the feet of seniors to show respect and regard.

* **Heaven and hell**

Heaven, Jannat, Swarg are the different names given to a place, which is attainable after the life, if the person fulfills certain laid out criterias. Description of the place is different in different religions. The criteria to attain it are elaborated differently in different religions too. In indian culture, the concept of Heaven is related with karma or deeds. By doing good karma, one can secure a place in heaven. Prayers & devotional practices are advised to purify the thought process. So that good thoughts can get converted into good karma. While some religions mandate it's followers to follow their religious practices and to remain faithful with



own religion to secure a place in heaven. In Hinduism heaven is considered as a resting place, after going through the rigorous ups and downs of the life.

Heaven And Hell are the extension of the duality post life. Where entry and exit of the 'jeeva' happens. Their presence there is bound by a certain period of time. Indian culture doesn't see heaven as the highest place. It says that soul comes back to Life on earth after spending a certain period of time either in heaven or hell. Even in the life time, a person goes through those periods, which one considers as Heaven And Hell.

In Hinduism there are two words, named as Bhagya and Bhog. 'Bhagya' is considered a good fortune while 'Bhog' is considered as bad Fortune. Bhagya is about the bright side of life, which has been provided by the previous Karma. Bhog is considered that difficult experience of life, which is the result of accumulated bad Karma of past life. Hell is related with the adversities and sufferings. People often talk about life becoming like hell. On the other side, they say it feels like heaven. No one generally says that life has become heaven. It means that life has the ability to make person go through the adversities and atrocities of hell and it do provides some patches, where person feels like heaven. In simplest words, heaven is considered favourable and hell is considered unfavourable. In the imagination, heaven appears like a place, which is full of comfort, health and is devoid of sufferings. This means that it is about the beautiful side of duality while hell is just opposite of it.

* Home for Duality and non duality :

Home of duality is a structure, which is made up of matter and is non-living. It provides shelter, security and comfort. It protects the person from the harshness of the environment and it's difficulties. This is a place, where the person needs



not to remain vigilant for the security rather one can relax. Home provides facility of storing the required utensils, a place to cook, a place for relaxation and a quiet place for studies and creativity, so that the person can keep working on own improvement in a relaxed and private environment.

In every civilization, places are divided into two parts. One is public place and another is private place. Public area is for common use and it may not provide the comfort and privacy of a home and it cannot be used according to one's own wish . Person is expected to behave responsibly and follow some rules while using the public area. The person is not allowed to enter anyone's private area without permission of the owner. That's why a person needs a place, which can be called own and can be kept and maintained according to own interests and liking. Another thing is that the outer environment goes through a cyclic change. Which may be quite extreme and challenging. Whereas the environment within the house can be moderated through natural ways and scientific appliances. Citing all these privileges, people want to own a house. Till then they rent it.

The owner of 'house of duality' is a person, while the owner of a home in non duality is consciousness. The home of non duality is a state, which is full of love and it is illuminated by internal light. Christ said 'God is love' and Indian culture says 'Prem Prakash', which means light is love. That's why God's 'home is where love is'. Love is that power, which is uncorruptable by mind. The supreme consciousness is present in every nook and corner of this cosmos. That is why, it doesn't need a house made up of bricks and concrete. It resides in love and is free from all the restraints imposed by materials. The innermost core of every person is filled with deep love. Which is suppressed by various layers of mental, physical, psychological and karmic implications. When the person becomes



capable of uncovering that love within, then his knowing of the absolute becomes clearer.

* Humans and animals :

Humans and animals are dependent upon nature for their presence and survival. Both humans and animals have one common thing, which is life. Humans are more developed form of life than animals. Humans have managed to develop a Civilization. Civilization helps to sustain and thrive life while for animals, life brings more challenges. Some species of animals have adapted themselves to live a symbiotic life with humans. They share a unique bond and started trusting each other. With continuous development, humans have come too far from the nature. These animals are more closer to that basic nature so they provide the benefit of nature to the humans. Milk producing animals convert the extract of grass into milk and through them, humans are able to get the benefits of milk. In exchange, Humans provide shelter and food to their animals. Dogs have adapted themselves to live in close association of humans. They also share a bond at emotional level. Humans provide shelter to dogs while dogs provide assistance and company to their human partners.

A large part of human civilization uses animals as their regular supply of food. This is how one form of life supports another form of life. For sustaining and nourishing the various forms of life, life in the form of plants supports animals and humans, for their daily energy requirements. Animals and humans both have emotional elements. This prompts them to come closer and develop mutual dependency. Humans have been using pigeons to interchange the messages between two distant localities. Their ability to move faster and cover long distance

over a span of time helps humans to send and receive messages faster. This has



been a more normal practice before the advent of modern communication tools. Camels have helped humans to sustain life in deserts. Few large birds have been helping humans in hunting various small animals. Human-animal relationship provide mutual experience of love and attachment to each other. It has been considered a duty of providing daily food to stray animals in various civilizations.

* Identity and individuality :

Physical identity in the form of a body is provided by nature through the parents. Another identity in the form of a name is provided by the family and society. Society needs a personal identity to identify the person. Society knows the person through his name only. State keeps the biometric data of the person to identify the person more smoothly and scientifically and provides him an identity in the form of a social security number. So that his identity could be registered digitally. Thus gender and physical identity is provided by the nature. Name is provided by the family and a digital identity is provided by the state. All these identities are provided by others to the person. However the society remembers, respects and felicitates the individuality.

Society puts the identities and individualities in two different brackets and treats them differently. To convert one's identity into an individuality, person needs to put his efforts in the right direction. Birth provides person an identity and life is utilised to convert this identity into an individuality. Whatever the person does in the life, shapes his individuality. Every action and reaction of the person, contributes to his Individuality. Both achievements and failures become part of his individuality. Whatever actions are performed under the influence of person's intellect and ego, become part of the person's individuality. Family and



society encourages the person to construct an individuality for oneself. Mostly even the person is self motivated because he wants to prove himself. He wants to achieve and reach a certain height. He likes it, when the society recognises and considers him. The person wants to have a standing of his own. He prefers to get recognised by his own name & wants to come out of the shadow of his family's identity. That is why, he keeps working on his strengths to do something extraordinary for oneself.

* Image and object :

Image and object are complementary to each other just like dream and reality are. The difference between an image and object is that an image is two dimensional while an object is a three-dimensional thing. So it needs matter to convert an image into an object. Our mind has the capacity to form images and with the help of efforts and resources, it gets an image converted into an object. The difference between an image and a dream is that a dream is a desirable image. Those images which are desired by us are called dreams. So the seeds of objects are hidden in the images. Objects leave an impact or imprint on the mind in the form of images, which is called memories. Images require to have it converted into reality. The catalyst, which exists between an image and the object is mind. Through the help of sensors called eyes, mind gets an object converted into an image and this data is stored in the mind as memory.

Memories are related with the past, while the dreams are related with the future. Till the time images keep appearing in the mind, it keeps our consciousness busy and occupied. When the person is able to get rid of those images, which keep appearing in mind in the form of memories and dreams, he becomes able to be a

A witness gets the ability to see beyond the objects. He is able to see the



A handwritten signature in blue ink, appearing to read 'Munim'.

objects as a medium, not as an entity. Mind focuses on the identity & effect of the object while a witness is able to see beyond the identity & effect of that object. A witness can see the cause of that object, So being witness is related with the refinement of vision. The tranquility of mind is required to attain that vision. An active mind keeps itself busy in between an image and the object, dream and the reality. Whereas stillness is also related with the disappearance of images from the mind. Objective is related with object, while attainment is neither related with image or object. It is related with self.

* Image and self :

In the life, there are two possibilities. Which are, either we remain concerned about our image or self. Image is related with our individuality, which we build through efforts and consideration. The effect of individuality is called image. This effect is on others & self both. The mind of the society, always looks towards the person's image, this is how it judges the person. That is why an intelligent and ambitious person always remains vary of his image. Public figures especially politicians, celebrities, stars & icons, administrators, officers, social figures etc are very particular about their image as their success and failure are largely dependent upon the quality of their image. Tarnishing the opponent's image is a regular practice of politics, whether that may be related to family, workplace or nation. People do image building exercises so that the chances of success could be enhanced in their future endeavours. In the contemporary world, image building services are being provided to the clients, whose image has suffered a dent or they want to potentiate their chances & success. This whole process keeps the



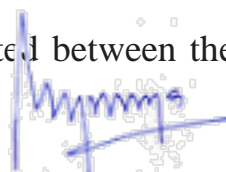
person thinking and on his toes. Success is about reaping the desired benefits not the natural ones.

Another group of people, also exist in the world. Whose primary objective is self. They don't value own image building and gaining the associated benefits. They are more concerned about attaining and maintaining self. They want to remain involved in shaping their purpose of life. Every self has a purpose, which is his very own private religion. The effect of image is on people's memory while the effect of self is on the culture of the land. Culture is the nectar of any society. It takes thousands of years for any society to give birth to it's culture, which is pure wisdom. Culture is like the light of any society, which helps the people to conduct themselves wisely. It also acts as a guard against the extremist ideologies. Any ideology wants followers while the culture makes it's people a 'seeker'.

* Indulgence and awareness :

Indulgence means when the focus is away from oneself & locked with something specific, which is of person's choice. Whereas awareness keeps the focus with oneself. What is precious for the person? That depends upon the fact that where his attention is. Wherever the attention gets fixed, that becomes precious or important thing for the person. If the person feels that the world is the most important thing, then his attention or focus definitely remains fixed on the world and when the person feels that the self is much more worthy and valuable than the world. In this case, his focus remains with the self. The world has numerous attractive alternatives in store. That is why every now and then, attention keeps getting diverted & gets fixed with one or another thing. Mind develops attachment with the object, person or place, where the attention remains fixed. So

the attention, an invisible bond gets created between the person and that



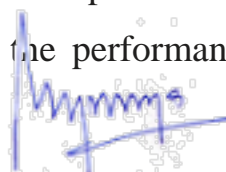
very thing. Indulgence creates habits and addictions. Attachment is also an addiction.

On the other hand, awareness is an attachment-free state. In this case the focus remains with the self, while the world keeps existing before the eyes. Mind's business and interest with the world ceases. Person feels relaxed and free from push and pulls of desires. Relaxation is related with body while stillness is related with the mind. Interest leads us to habit. Habit leads us to indulgence and indulgence leads the person to the harsh reality. Sometimes the blow delivered by the reality brings realization. Sufferings do give us a chance to mellow down oneself. Awareness saves enormous power of the person, which helps in slipping into the meditation. Awareness means just being aware of one's surrounding & not looking at it with interest and excitement. This is how, person doesn't unnecessarily fuel his conscious mind. A strong conscious mind is an obstacle for meditation. Conscious mind becomes stronger at the expense of our own power.

* Interest and opportunity :

If we have interest in any particular field, then we look for the opportunity to make progress in that direction. Talent or interest want an opportunity to showcase that how much it can develop itself. What it can accomplish and how well it can perform. Interest and opportunity make a potent combination. This is how the world gets leaders and specialists in a particular field. Interest keeps searching for the opportunity throughout the world. It is like plug and socket combination. Interest provides us the zeal to look forward. One can only perform fearlessly, when one is looking forward to it. Interest prepares itself and collects the resources to take the right opportunity. Right preparation brightens performance. Half-hearted

on or preparation without interest dents the performance. Which has a



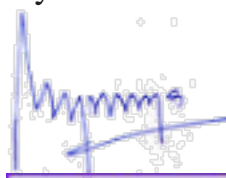
negative outcome over the results. Interest plus preparation has the ability to convince the examiner. Interested people make the complete use of the opportunity. They have an edge over the uninterested lot.

Opportunity provides the Limelight. If the interested person does not get the opportunity, then one may get frustrated. Interested people serve the profession in a much better way. They raise the bar of performance and take the profession to the next level. They handle the pressure more efficiently. Society or the support system of the person needs to provide an opportunity to the interested people and then the interest takes care of the rest of the things. An uninterested person is just a liability for any particular field. He cannot make use of the opportunity constructively. It needs massive resources of the society to create an opportunity. Any particular field gets benefited the most, when these opportunities are provided to them, who are really interested in performing dedicatedly.

* Interest and senses :

Interest and senses are complementary to each other. Through itself, senses allow the mind to indulge in respective interests. This is how, mind develops dependency upon senses. We indulge in our respective interest through the sensory organs only. Having interest in a particular field is a trait of mind. It has nothing to do with our consciousness. Mind wants senses to experience the different facets of the world. Mind is a reservoir of interests whereas senses are our gateways to the world. Senses are the interface between the world and the mind. Smooth functioning of senses help mind to indulge in the world. Nature provides mind this facility of senses. Senses go through the phase of development and degradation in life. Interest and senses work in the sphere of duality or time. Time is the hidden

interest-senses companionship.



Mind wants to fully capitalize on this opportunity called time. Mind wants to experience the excitement and fun that world offers. Mind calls it experiencing good times. Once we open the gates of our senses to indulge in our interests, then we strengthen our own mind. A strong mind engages the world more strongly. Which creates a pull towards the matter. Mind is the representative of duality in us. Mind considers matter it's abode. Mind develops it's own world and this world strengthens mind. For indulging into the interest, mind does not hesitate in doing injustice with senses by over using them. We remain completely ignorant about our senses as they don't complain. Mind's various habits and addictions put undue strain on the senses. Senses respond by creating some uneasiness however after taking the remedy, mind gets back to its interests and starts indulging all over again.

* Joy :

Joy within, when turns outwards becomes enjoyment. When it turns further inwards, it becomes bliss. So Joy is the substrate. In the absence of joy, there cannot be either enjoyment or bliss. Children and people at tender age enjoy more because they have been provided with this joy by nature. When the mind gets activated and starts spending this store of joy. Then the joy starts getting converted into enjoyment. Gradually when the joy starts getting depleted, the question arises that where has all the happiness gone? This joy is that happiness. So the enjoyment is not dependent upon the resources. It is dependent upon the inner joy.

People with their batteries full of joy can enjoy anywhere. In younger age or to the children, out of love and compassion the joy is provided by nature. Although a Yogi earns the joy through practice and detachment. He works for the joy and earns & cultivates the joy within, then he is not ready to spend it into



enjoyment. He wants to further deepen it into the bliss. Because this time, the joy has been earned not provided. A person can deal with the difficult phase of life more efficiently, If he is filled with joy within. If his level of joy is running low, then during difficult time, mind gets tensed. This tension of mind starts affecting his performance and health. So every person needs to know the value of joy within and how it helps every individual. Going through a rough patch is one thing and how much we get affected by it is another thing. Do we have any natural protection against these circumstances? Do we have only one way, that is seeking help from others or is it also possible to help oneself?

Kids can spend that money mindlessly that has been given by the parents but when they earn the same money, they don't spend it everywhere. Now they are cautious, more mindful & want to spend only that much, which is needful. No mindless expenditure anymore. Similarly in the first place, nature provides the joy to everyone and later on she wants you to earn the joy. Even the joy can be earned and yoga is the science of earning it. So that you can use it more judiciously and produce something really productive through this.

* Karma and fruits :

There is equal and opposite reaction of every action. When it comes to the matter, this is a well established fact. But does that applies with our Karma as well? Mind makes a complex with the matter and every Karma is done through mind. So the reflection of every action of mind is seen on the matter. Matter is the canvas of mind. Matter reciprocates what mind initiates. A painter's every stroke of a paintbrush gets reflected on the Canvas. Mind wants to see the effect of it's That effect further affects own mind or someone else's mind. Whatever is thin the mind, starts getting exhibited in the surroundings. Change that



happens in the surroundings affect us. Mind creates scenarios and those scenarios further create a scenario, which reaches us in the form of the fruits of our actions or 'Karma fruits'. Every the thought that emerges in our mind has the ability to create some effect on ourselves and the surrounding. Our world is only that area, in which we operate. This way millions & billions worlds exist on this very planet. Which are the part of one common world.

Our every action has the ability to bring some change in us and these changes are the Karma fruits. Our every initiative gets registered in the memory and this memory is a roadblock for present. So the Karma and the associated memory has the ability to keep us away from present and when we are not in present, we are either soaked up in the memories of past or the plannings of future. Our every initiative creates an associated aura. This aura shapes the future that means scenarios and the incidents. That's why, it is said that our deeds create our future. Whatever natural we do, that's spontaneous and automatic. It's not an initiative. However mind does believe in initiatives. That's why future is awarded to the mind to see the effect and the fruits of the initiatives.

* **Leader and follower :**

We often see that the society has leaders and followers. One difference between the leader and the follower is that leader knows the way forward, while the follower knows the leader. Leader remains dedicated towards his objective or purpose, while the follower remains faithful to his leader. The principal trait of a follower is attachment. Follower trusts his leader that whatever he does is right and whatever he decides, will be right. Leader needs resources to fulfill his objectives that's why he looks towards the followers. Whereas the follower wants to be the part of that process, in which his leader is involved. That's why he supports the



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objective of the leader physically, mentally and financially. Leader has clarity and resolve while followers appreciate this trait of his leader. Follower wants to become like his leader that's why he wants to remain in touch or in the vicinity of his leader. So that he could keep improving. Leader is a source of inspiration for the follower. That's why a follower is always ready to defend and protect his leader. A follower believes that his leader and he himself have a common goal.

The Union of leader and follower is a union of objective and resources. It's not the leader who leads. In reality it's the purpose, which leads the leader. As the leader is visible, so people start following the leader. In reality, they have faith in that purpose, which is hidden in the leader. Our attachment with anything makes us a follower in that particular field. Leader leads towards his goal. Because of his endeavours, people start seeing a leader in him. If the leader starts looking at his followers, he may lose his focus, which is set on his goal. A leader's strength is his devotion towards his purpose. If the leader takes off his eyes from his goal and shifts his attention towards the followers then the whole momentum towards the progress starts losing the energy. This whole process is not about the leader and the follower. It is about the process, which has a purpose. It has purpose at one end and efforts at another end. The objectives may get fulfilled by the outcome and resources while 'the purpose of life' of the leader does not get fulfilled by the resources, rather by the spontaneous living & dedication.

* Left and right wing ideologies :

Right wing ideology is pro-past while left wing ideology is against past. Past has given us the culture, traditions, establishments, methods and individualities.

Right wing believes that the value lies in culture, previous examples and integrity.

to sustain and maintain those values. Left wing ideology considers



sustaining the past a futile process. It believes in complete change, which is revolution. It feels that whatever that has been planted in the human mind in the name of culture and traditions should be formatted and the efforts of individual and the generated resources should be devoted towards forming & sustaining a commune. This Commune should hold all the powers to run and govern the state. All the resources should remain under the power of Commune. Which will be responsible to dispense them among the individuals equally. Commune controls the land. This ideology wants to bring more land under the control of the commune, so that the ideology could thrive and prosper in the new areas. Left wing ideology does not believe in culture, which is collective wisdom or individual's wisdom. Right wing ideology wants to protect the cultural richness of the land. Right wingers believe that it is better to take the history along to the future. While left wingers believe that one thing, which is not to be changed in the future is the ideology itself and rest of the things should be revolutionized.

Both of the ideologies have their religious affiliations as well. Right wingers find themselves more closer to the existing culture and religions, which is present in the majority, while the left wingers believe that the minorities of the land should be strengthen to take on the majority to realise this dream of complete revolution. So, those people in the majority, who want to retain the status quo, generally align themselves with the right wing ideology. While those people in the minority & majority, who want change, generally align themselves with left wing ideology. All the ideologies take birth from mind. Mind longs for the control of more resources & land. Ambitious people also align themselves with either of the ideologies, so that they can capitalize on the foothold of ideology among the masses to enjoy the administrative power.



* Leisure time for Duality :

For duality leisure time means time spent with close and loved ones. Life remains busy either in official work or fulfilling responsibilities. All these activities keep the mind occupied. So the leisure time is needed. Which could recharge the person mentally and allow him to be in touch of loved ones. Duality makes the person look towards and wait for this leisure time. It awards time to the person to talk, interact, make contacts, take care of each other, feel comfortable and wanted, feel excited, shop, sing, dance, crack jokes, recite old memories and become naughty and crazy. Working time is allotted to the people, who contact you for availing your services while leisure time is private time. During the leisure time, people want to stay away from the work so that they can connect with loved ones completely. Before getting into the relationship, most of the time is allotted to the friends. Once relationship starts and family takes shape, most of the time gets allotted to the family.

While self-sufficient people look for the opportunity to have time with oneself. During this time they read, write, do some creative work, gardening, walking, relaxing, meditation, eating healthy and doing those practices, which they find helpful in quitting or silencing the mind. They are most natural during this time. During their leisure time, they want to stay away from all the roles, which they play in the society and all the responsibilities as well. They prefer quiet and natural places. This time period allows them a lot of time to introspect and observe their lifestyle.

During this leisure time, they come to know that what are the unnecessary things which are still clinging with them and how to get rid of them. When the axes, person gets some impromptu solutions for them. It's me time, which



recharges their power and refreshes their mind. They cherish this time and they are their creative best, when they are unengaged and spontaneous. For a self sufficient person, the concept of leisure time is being uninvolved, unoccupied and natural.

* Let your nature work Arjun ! :

In Gita, Krishna says that do your natural work and don't care for the fruits. It means that don't get into the confines of duality. Don't put your own nature in captivity of mind. Don't mix your internal nature with mind. Don't let your mind dominate your nature. You don't have to decide, what you want to do and what you don't want. Just remain natural and your natural work will keep on happening spontaneously. Don't let your conscious mind decide. Your nature will automatically do that. When nature flows, it generates peace and love. Arjun! you are a soldier by nature. So even while fighting, you will remain stable and still. You needn't to fight willingly. You just need to stand there in the middle and you will find yourself automatically taking part in the war. If consciously you will refrain from the war, you will be more disturbed and agitated. So don't think that it will bring you peace.

You want to separate yourself from this war because of the fact that you don't want to fight your fraternity, which is there in the rival camp. But your fraternity is present in your own camp as well. So when you will see getting them setback, injuries and casualties, you will spontaneously jump back into the war.

ght to win. Fight to defend the justice and if justice is upheld then



ambitions and injustice will automatically die down. Can't you see that your attachment is making you weaker? After refraining away from the war, if you again join it in the middle, you will join it out of revenge. That won't be a natural thing. Now your attachment is making your weaker and defeating you. At that time, the feeling of revenge will defeat you. So in the meanwhile, you will be defeated twice at the hands of duality. You might be seeing your fraternity in the rival camp but you are here to fight the injustice and that's what a soldier's nature is. That to fight for the right cause. The day you don't let your internal nature take it's own course. That very day you get annoyed & unhappy.

* **Loneliness and dependency :**

Duality encourages coupling. It encourages people to look for compatibility with others. Mind likes to engage people and do some exchanges with them. Mind likes to give and grab attention. Loneliness is a feeling of being left alone. Duality wants people to remain engaged with someone or something because engagement does not let you be relaxed and feel the stillness. Mind does not want to be singled out as lonely. Mind has the unique trait of attracting others and getting attracted towards others. People do come close post attraction. Closeness increases the chances of coupling. Whenever mind becomes strong enough to cross the confines of self and looks towards the world, it selects few who can remain in his focus. It tries to interact with them and influence them. It prefers to create a support system of people, who are willing to lend their attention, whenever desired. This provides the mind a sense of security. By living with the people of it's choice, mind starts getting dependent upon them mentally, emotionally, morally, financially etc.

Some sort of dependency is needed or created to ward off the loneliness. The during which the conscious mind remains active is called 'time'. If time is



here, it needs to be passed. Otherwise this un-conjugated conscious mind becomes a liability for the person. The more we will be able to curtail our conscious mind, more relaxed the person becomes. Because there will be lesser need of dependency. A super active conscious mind, always wants to remain engaged somewhere. The nature of food that we eat has direct impact on the activity of conscious mind. By switching from Tamsik and Rajsik food to Satwik food, one can feel the difference in the activity of conscious mind. By amalgamating right kind of physical activity with the right kind of food, various dependencies of conscious mind can be decreased. Person develops various habits and addictions, just to alleviate this feeling of loneliness. A habit engages a person and reduces his productivity while addiction damages the person.

* Love and non duality :

Duality provides contrasting emotions, which are affection and hatred, liking and disliking, connection and avoidance, own and others. While the eternal state of non duality is just one, which is love. Love has this unique feature of making the person free from the occupancy of mind and dependency upon senses. Mind drags the person towards duality, which is a cycle of birth and death, life and after-life. While when the person is well contained within the love, he gradually drifts away from the duality, its implications and bondages. Thus love makes the person emotionally stable. The emotions of duality keep the person engaged and involved, while love sets the person free. Duality provides emotions and feelings while non duality provides an unchanging and stable state.

A person filled with love advances towards his spiritual progress. Love makes a person get rid of his many fears. Thus love makes person fearless. Love
ff various insecurities of the person. In the absence of love, insecurities



World appears beautiful to that person, who is filled with love. This person treats everyone equally, not on the basis of their looks, merits and social status. Consciousness gets affected by two things. One is love, another is mind. In the absence of love, mind gets the chance to strengthen its control over the consciousness. Another important thing is, the person filled with love gets to see that thing, which was invisible to him, when he was devoid of love. He gets to see the almighty or the absolute, present in every person. Then he comes to know that everything which he was seeing, was merely just an illusion. Mind treats the person on the basis of their merits. Love treats everyone equally because only in the presence of love, one gets to see the truth, which is present in each and every being. Mind is helpless without nature and consciousness is nude without the attire of love.

* Lust and peace :

Desire is associated with the lust while stillness is associated with peace. Upon the attainment of oneness, current of desire gets transformed into peace. When current of desire flows towards the genitals, it paves way for lustful activities. Whereas when this current settles down and gets absorbed within, it unearths the another aspect of lust, which is peace. Children are playful & carefree because they have inner peace. Their activities are spontaneous. They have the current of exaltation. During childhood, their power does not get consumed by mind, senses or genitals. With the development of mind and body, this current of exaltation gets converted into current of Desire. Carefree and spontaneous child gets converted into caring and considerate adult. Our childhood is dominated by the current of exaltation. Our adulthood is dominated by the current of lust. So our

use should be dominated by the current of joy. If even our old age is



dominated by the current of lust then we will never be able to experience what peace & stillness is?

Current of lust does not get transformed into the current of bliss automatically. It has to be earned. It needs an internal revolution, a U-turn in one's approach and direction. Like adulthood is a U-turn from childhood. It's not the beauty that attracts us. It's our mind that pushes us from innocence to sensuality. This is the nature of transition that takes place from childhood to adulthood. We think that the main culprit is the world, which keeps provoking us. Although the children, plants and other animals also live in the same world without getting too much influenced by it. Peace does not lie in the world. The world is an attractive and chaotic place. The plant Kingdom definitely provides us the clues of peace, although the way to peace opens up from within only.

* Majority and minority :

The difference between both of them exists at various levels like gender, ideology, politics, religion, ethnicity, geographical background, literacy, sexual preferences, castes, financial status, service class and entrepreneurs, health facilities, cultural background, food preferences, eating habits etc. All these classifications exist in humans. This means that humans are divided into these various categories. Majority or minority, every group wants to protect its rights and liberty. Person who hails from the majority or minority group, always has some seeds of suspicion about another group. The reason behind this is not being familiar with another group.

The level of interaction between both of these groups are limited. It is a trait to harbour suspicion about something, which it is not aware of. It wants to and explore but with some caution. As the interaction and intimacy



increases, person sheds one's caution and prejudices and becomes comfortable. Mind remains judgmental and stereotypical of the group, with whom it has not interacted much and has very little knowledge about. Mutual respect maintains the harmony between majority and the minority. However extremist ideology, vested interests test the harmony quite often. Whenever the balance between the majority and minority gets altered, it initiates a thought process. The group in whose favour this balance shifts, feels a little more assured and the group who gets negatively affected by this alteration in the balance becomes more suspicious, about the intentions of the another group. They also become a little more insecure, about their future rights and liberty .Majority doesn't want to lose its privilege or the tilt, which is in their favour and minority never wants to remain a minority forever. Mind always wants more & secure itself. That's why, it always wants to further strengthen it's position.

* Making own stillness captive :

Exchange of hearts means involvement of two people, coupling & attachment of two people. Whenever two people exchange hearts, they bid goodbye to their own stillness. Because heart is nature & nature is stillness and love. While with exchange of hearts, attachment happens and the process which gets activated after attachment is role playing. Person wants and is expected of a good show. Memory automatically gets activated, when two people come in close vicinity of each other. Memory is like a recorder, which keeps accumulating the data. It divides the time in days and hours and keeps note of the time in this manner. Attachment wants to paint the time in its own desired colour. Whenever the reference of time starts, stillness vanishes. Tracking of time gets diluted, once



the stillness starts getting condensed. In case of attachment, senses function in full form.

So inter-dependency strengthens the senses unmindfully and strong senses generate addiction. Mutual dependency desires being in touch and that can only happen through senses. Dependency also gives birth to insecurity and prompts the person to be careful. The whole attention of the person gets involved in being vigilant and aware about the loved one's whereabouts. In the process, person unknowingly makes his own attention conjugated. A bounded attention cannot become focused because it becomes impossible for the person to limit his own focus upto oneself. Coupling may make person addicted of it. This coupling can happen at various levels, for example physical and emotional. This whole experience of coupling or exchange of hearts happen at the expense of person's own stillness. A person needs to free his own focus to have the taste of stillness.

* Male and female :

Male and female are the genders but the point is that both are different genders. Same thing in both the genders is that both are living beings. Socially both of them are considered incomplete. Both of them have longing for each other. Alone they are incapable of giving birth to a new life. Female wants to be complete or feel complete by giving birth. Male wants to feel complete by having a family. Society considers family, it's most basic unit. A single person is a unit of the family as humans are the social animals. So they want to be considered not just a member but a unit of the society and for that one needs to have a family. Male wants to be socially recognised as a male by having a family. Whereas a Lady wants to be socially recognised as a fertile female by having a baby. So in this way both male and female are companion to each other.



This is what duality is. It makes you complete in pairs. So to fulfill this parameter, the person is always on the look or search for a companion and rest of the life is spent by investing own attention in each other. Male and female have distinct physique and Psychology. Which assures and make one feel like a male or a female. Physiques are two different kinds of cages, in which one similar life resides. This means that body creates differentiation, while the life is the source of unification. The very life, which exists in both male and female make both of them a living person or a living being. That's what all living entities on the world are. A living being.

Mind believes in it's uniqueness. Sometimes in the body of a male, the tendency of female exists and vice versa. In this case, the person says that I may look like a male but feel like a female. Sometimes same mismatch happens with females as well. So the mind and body create differentiation and the life present within them is the key to unification.

* Me and mine :

'Me' and 'mine' are complementary to each other. 'Me' collects, holds and maintains 'mine' around it. Mine provides assurance to me. Mine is that world, which 'me' creates around itself. 'Me' devotes his whole life, around constructing and strengthening the 'mine'. At the end, 'me' leaves mine as its footprint in this world. Once occupied, mine never wants to giveaway it's place. So it prefers to appoint a caretaker, to look after, preserve and if possible, enhance the circumference of mine. 'Me' wants some connection with the world, so it leaves it's signature in the form of 'mine'. Mine is composed of both living and nonliving

things



The world of me and mine is made by mind. The first illusion, which mind creates is 'me'. So me is like a king and mine is his state. History is filled with the stories of me and mine. That means the efforts of me and mine go into memories. 'Me' is the feel while mine is the outcome of the task of protecting and enhancing the effect of 'me'. Me is about finding own presence in the form of a body. As a bird constructs its nest, honey bees construct honeycomb, similarly 'me' constructs 'mine'. For 'me', the life's earning is 'mine'. 'Me' gets exhibited through the body, which is matter. That is why, me marks matter as 'mine', which may be living or nonliving. 'Mine' is the task provided by the duality to me. 'Me' and duality both exist in the realm of time. So the expansion of 'me' in the sphere of time & space is called 'mine'. Mine is the resultant of the work done by me. Mine is the output of the time consumed by me.

* Mind and intellect :

Mind has opened a whole new dimension, which is called intellect. The world do provides us many opportunities as well as the challenges. Mind has two options, one is strength and another is intellect. Whatever mind proposes, either strength or intellect modulate that for the mind. Strength has its limitations. It can control but it cannot solve the problem. Intellect can invent, it can solve the puzzle. It can open new avenues. It can do the analysis and complex calculations and can suggest a way based on them. It can improve the quality and length of life. Intellect exists because of the mind. In the absence of Mind, intellect can't exist. Artificial intelligence is also being created by mind. Parents want a child with good intellect because intellect allows people to make faster and better progress. Bright students are able to capitalise on the opportunity in a better way.



Students with intellect are generally more successful in life. More success means more money. More money means ability to have more experiences that life offers. Intellect allows the ability to prove oneself & earn recognition. Public and administrative services, law, engineering, education, technical and healthcare services etc. are dominated by intellect only. Mind wants to explore, conquer and control the world. For this, it needs the services of intellect. Intellect sets up the administration and looks after the management. Social and public administration keeps a check on the destructive and anti-social minds. Intellect takes care of the law and takes the help of force to maintain the order in the society & the state. Mind looks towards the future however it's the intellect that shapes, plans and executes the futuristic ideas. All bright people have one common thing and that is intellect. They all are gifted with the newest dimension of being and that is 'intellect'.

* Mind looks for another mind :

Mind needs another mind for companionship. Soul is self dependent because it is free from duality. Mind looks for compatibility. As the couple, mind can venture out into the new arena of experiences. Mind firmly believes that one is not enough. It believes that it's uniqueness and taste gets reflected in what it selects. For mind, it is important that with whom it gets associated with. Mind likes to be praised, respected and honoured by the society. Mind gives utmost importance to the reactions, it receives. So it becomes confused while selecting anything. While at the time of being selected, it allows only them to select itself, whom it thinks, are worthy and competent enough to do so. It never wants to undersell itself.

It's a part of mind's journey to look for apt people. For the mind world is the : of all those things, which it wants. And all it has to do is to go to the



world and start selecting, acquiring and buying, the preferred stuff. Whereas soul does not look for anywhere or anyone else. It is a complete and self supported unit in itself. Unlike mind, it does not look for anyone and anything else to complement and complete it. In any part of the universe, light remains light. It's identity does not get changed or altered. It does not have a liking for any special place or person. Duality of nature can only bind Jeeva. Soul is out of the boundations of duality. It does not interfere with duality nor duality can interfere with it. It let's the nature function, in her own unique way.

* Mine and others :

Earth houses countless minds. Mind considers area, people, articles and control as it's 'mine'. This is common with every single mind that exists. Whatever that does not fall under the bracket of 'mine' is considered other's. So every person divides his surrounding into two parts, which are 'mine and others'. To have a larger control over the surroundings, the expansion of 'mine' is needed. 'Mine' is my advantage and responsibility.

'Mine' is an omnipresent phenomenon and is present since start of the history. Increase in the numbers of mind, increases the tussle among them. In the centre of this tussle exists 'mine'. Darwin's 'survival of the fittest theory' emerges from the observation of this ongoing and omnipresent tussle. Mind wants his 'mine' to be heftier than others. This is how, it divides the visible world into two parts. This 'mine' is mind's own world. Through transaction, business and relationship, interaction happens between both the worlds. Trespassers will be prosecuted, means please be mindful & maintain the sanctity of the area, that belongs to me. Invading someone's 'mine' without his consent may be considered an offence. So



the visible world provides limited or restricted access. Everyone is not welcome at every place.

A person is free to develop 'mine' and expand it legitimately. Parents want that kids should work on their 'mine' and try to expand it because families weigh each other on the basis of their 'mine'. Giving birth to a new generation also falls under the category of 'mine'. Individuality is directly related with mine. Ego wants it's piece of world that is why name, fame, game, shame and money all are interrelated. For a person with materialistic inclination, this is the only way ahead in life. Duality keeps person busy in 'mine' and 'others' as it's default practice is to work on 'mine', while keeping an eye on 'other's'. If we keep watching other's then their acts become important enough to influence our actions . So this may initiate a competition between the two. This confrontation dilutes the focus of the person. When the person loses his focus, he gets diverted towards duality.

* Mole and mountain :

They are related with some thought or initiative or happening . Which is found provocative by some, while some find it normal. People who find it provocative may either prefer to remain silent or react. It depends upon the person that how sensitive and reactive one is, about it. People who are sensitive but not reactive will prefer to stay calm & distance oneself from it. Sensitive and reactive people are more likely to confront it, head on. So it is all about individual's sensitivity, which categorises something as a mole or mountain. Different people are sensitive for different things and the level of sensitivity is different for every person. If the person has less sensitivity and has higher will power, then he considers the thought or an incident as a mole. While when the person is highly



sensitive and has lesser willpower, then he most probably categorizes the thought or initiative as a mountain.

Mind is either positively or negatively sensitized about the things. Which depends upon it's affinity. It is either affectionate with one set of things and repulsive about the another set of things. Duality makes people positively and negatively sensitized. This is how they become reactive. Which makes the person engaged every now and then. This way, one's internal flow gets obstructed quite often. Two people who are sensitized differently perceive the same thing differently. One initiative, which is perceived as a small positive step by one set of people, gets perceived as a blunder by another set of people. In another case, one happening which is perceived as a great happening, is considered a negative example by different group of people. It is also upto the expectation. Extent of expectation, terms something as a mole or a mountain. If one person is suspicious or critical about another person, then he may term his effort as a mole and when one person sees another person affectionately, then he may term other's effort monumental.

* Mouth and anus :

One is the entry point of digestive system and another is the exit point. Through these two points, alimentary canal remains connected with the outer environment. We ingest the produce of nature through mouth. After absorbing the energy and nutrition from the food, the rest of the part is left out of the body. Eating the food provides us fulfillment, whereas leaving the digested food out provides us relief. Tongue is a taste related organ, present in the mouth, which the food before letting it in. While the oral cavity checks the temperature of the food. Mouth is present towards the north pole of the body while the anus is



present at the South Pole of human body. Hunger is the signal of stomach to the brain to look for the food. We need energy to remain functional and nutrients to maintain the balance between the various systems. Food is our necessity.

A functional digestive system and regular emptying the bowel is a necessity. Body does the processing of the food, whereas the environment does the processing of the digested food. Life in the various forms is the producer, consumer and defragmenter of the leftover food. Nature is the provider of the elements through which the food is made and it is the absorber of the leftover elements as well. Body and the environment look different but they are same. We take great care of mouth while anus remains neglected. Mouth is visible, anus remains hidden. Both of them remain filled with infection causing microorganisms. One deals with the fragrant & sumptuous food and other one deals with smelly digested content. In life too, attractions are visible while the negative aspects related with it remain hidden.

* Naive and experienced :

Naive and experienced are generally related with learning and practicing. Naiveness is related with raw and imperfect work while perfection is related with finished work. Naiveness is related with the work laced with mistakes while perfection is related with the work, which is flawless. Naive and experience are related with each other through a learning curve. Learning curve demands dedication, efforts and self correction. The gap between naive and experience is filled with time. Being called a naive, sound like a harsh word. Being called experienced sounds like a trophy. A naive person is provided the leeway for making mistakes, while it is not expected of an experienced person to commit mistakes. The difference between naive and experienced is of the quality.



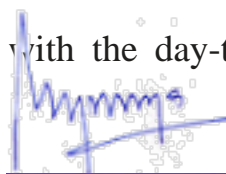
As the number of mistakes decreases, the quality of work increases. People don't mind paying more to an experienced person for the quality of work he offers.

Naive needs guidance to learn and to increase the quality of his work, while an experienced person can work as a guide to a naïve. The passion for quality of an experienced person encourages the naïve to increase his skills and dedication. A naïve strives for success, while an experienced strives for satisfaction. Perfection provides satisfaction. A naïve looks towards the experienced as a role model while an experienced looks towards the naïve as the future. Talent, skill, commitment and expertise take any field to new heights and achievers are needed to scale new heights. Duality challenges the mind to bridge this gap between a naïve and an expert. In any organisation or profession, new ones are treated as naïve while the older ones are considered experienced. Experience grows with age and it commands respect. That's what duality suggests that give your time and efforts and they will give you respect and reward.

* Nature and behavior :

Person's internal nature is generally referred as his nature. Which gets exhibited through his behaviour, while a part of person's behaviour pertains to his mind, as his reactions originate from one's understanding. Nature gets exhibited in the form of behavior. Generally person's behaviour is the reflection of person's nature. Whenever the person loses his balance and cool, a certain behaviour change becomes evident in him. Behaviour change can also be induced or controlled by the use of certain medications. Sometimes under the effect of some medications person behaves differently. However upon the withdrawal of that medication, the person gradually gets back to his original nature. Behaviour is related with the

of the person. The way, a person deals with the day-to-day situations,



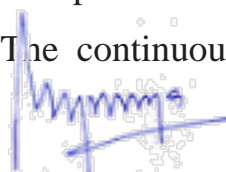
exhibits his behavior. Person's nature is much more static than his behavior. There are various factors, which may lead to alterations in person's normal behavior.

Under the stressful and challenging situations, person's behaviour may see some occasional alterations. Good behaviour can earn respect & negative behaviour can induce neglect and hatred in others for oneself. People remain cautious while interacting with that person, who has this tendency of exhibiting behaviour changes. While people remain more comfortable with the person, who exhibits stability and minimal changes in behavior. Observing a person in daily life and through thick and thins, others get the substantial information regarding the person's nature. Person's ability to have better self control or lesser self control, gets exhibited in his behavior. Behaviour creates an image for oneself while the person's self conduct, which is dominated by his nature, either earns regard or distraction for him. The way a person deals with the external nature provides massive informations about his internal nature. Whereas how a person interacts with others, tell much about the person's behavior. A person is said to be of nice nature, when he conducts oneself responsibly and treats others warmly.

* Nature is an insulation layer :

Nature is the insulation layer between the unipolar and bipolar worlds. In the bipolar world, all the living beings are different from each other because they carry a different physical and individual identity. On the basis of that identity, they form a different surrounding around them. That is why bipolar world needs sensors, which are there to map and gauge that difference, which exists all around the person. That is why in the bipolar world, options are present everywhere around the person. Every option provides an opportunity to experience the difference and

others into person's own preferred cast. The continuous and existential



effort, which goes on in the bipolar world is to experience and convert them in our own way. When we believe that we cannot be one, so atleast our ways should merge. Which should be one and when even our ways don't become one, then it becomes a matter of emotions, frustration and anger. This is what happens in a bipolar world.

The another scenario is that our ways might be different. Let them be different but we should be one. Then we become travellers, who travel on different routes. Although all the routes reach at the same destination.. All of our efforts cease to exist, when we come to know that every conscious being is same. In this case whatever happens is natural. Although our surrounding remains different but at the destination, even the surrounding becomes one. So everyone acquires the same state. Whenever we are involved in our natural spontaneous work, the nature around us becomes thicker, which provides the insulation from the happenings of duality or the bipolar world. Everyone's nature helps oneself to swim across the bondage of nature to reach the absolute. In Indian culture, cow is the representatives of that nature. That is why she is considered Pious.

* New bottle, old wine :

There is the same old wine in every new bottle. The composition of wine, taste and other qualities remain same while the new, fresh and attractive bottles keep coming in. Same is the case with humans as well. New people keep taking birth and growing up. However their qualities are divided into either Satvik, Tamsik or Rajsik and their nature into divine or demonic. Their nature is either soft or aggressive. They all get affected by raging hormones. Although few are affected less and few get affected more. Few are more accommodating and few are more

Some are wise speakers while some are loose talkers. Some are friendly



while some are dominating. Some are soft spoken while some are abusers. Some are simple while some are cunning. Some are ignorant while some are responsible. Some are carefree while some are frenetic. Either people look for quality or nature in other person. People are liked for their qualities while they are honoured and admired for their humility.

Some people are full of compassion, while some are full of complications. We keep meeting, knowing, be friends with and getting into the relationship with new people. However we keep witnessing same set of traits in them. Sometimes we look towards the people to gain the physical experiences while sometimes we meet people to witness the traits of compassion and love flowing from them. All those traits, which are present in one person, another person carries the same. However different traits are dominant in different people. That is why, people have different nature. If the person has achieved simplicity and spontaneity, then compassion and softness flows from his being.

* Non-duality and religion :

Religion is that individual and private way, which connects one with the absolute. It is a plant, which flourishes on the grounds of non-duality. Social religion is not provided by the society to the person although the own way to eternity is provided by the nature. Before providing the religion or the way, nature makes a person go through the process of continuous filtration and when the person reaches at a certain level, his religion is provided to him. Religion is a tool, which makes the person connect with existence. Within the perimeter of duality, only social religions are present. These social religions provide an identity to the person and expects that one will strengthen this identity. Whereas the real religion

y dissolves all the identities, which exist at the physical and mental levels



and thus uncovers the truth. Every person who is facing this question in life that what to do in life? what I am here for? is actually looking for his own religion or way. Religion is so important for the person because it is the only thing, which dissolves the mind and it's clutches around the person.

This plant of religion or self, radiates love and the person's real home is where love is. This is what one searches for, in the life and whenever one finds oneself in the middle of love, then he feels that the task of life has been fulfilled. If non-duality is a ground, then love is it's air or atmosphere. Buddha finds his religion, when he attains wisdom. When the person works on his religion, then he finds oneself in the middle of love. So love is fruit, environment and oxygen of the plant of religion. While following his own religion, the person gradually condenses the love around him and this love makes the person ultimately reach upto the absolute. Love is what our consciousness wants, while attachment and affection is what our mind longs for. That is why mind criss-crosses the ground of duality and consciousness travels on the grounds of non duality. Love is the attainment, treasure and nectar of life. This is how religion, love and non duality are correlated.

* Non duality and wisdom :

Wisdom is about seeing the life in totality not in bits and pieces. Duality limits one's vision that's why a person gets to see only a part of the whole picture. On the basis of that limited information, one makes his assumptions and on the basis of those assumptions, he conducts himself in life. This is what incompleteness is. That is why he looks for someone, who can complement him in life. One can see the world around having various boundaries and lines, numerous walls and restricted zones. So, duality is like the ground, which can be divided.

Non-duality is like the sky, which is free from all sorts of boundaries and



walls. One cannot get the sky in pieces, sky is always made available to the person in totality. This is what non-duality is. It sets the person free from the limitations of matter and material world. As the person starts rising above the ground, he gets to see a larger picture and once he gets elevated upto the space, he can see the whole Earth in one frame. Many astronauts start considering themselves a citizen of the world and a part of the whole cosmos, once they get back to the Earth after seeing the world from such magnanimous heights.

Raising oneself physically up to the level of the space, affects the person on thoughts & philosophical level and this elevation is done in the sphere of duality. However raising the person's consciousness above, let's the person cross the limits of duality and usher into the dimension of non-duality. This affects the person at the spiritual level. The world enlightenment is related with non-duality, where the person gets to know about oneself. Whereas philosophy is related with the life and its details. Wisdom is able to witness the cycle of life, just like witnessing the day and the night. Day is about the activity and night is about the rest. During the day, senses wake up and during the night and they go to sleep. Conscious mind becomes vigilant during the day and becomes dormant during the night. So duality never provides the information related with oneself because it's focus area is the world, not the self. In the sphere of non-duality, person is able to recognise oneself. Which is what every person is looking for. And in the light of wisdom, one is able to know own truth & about the life. This wisdom is to be shared with the society.

* Offence and defence :

Offence is about tearing apart the defence, while defense is about successfully obstructing the onslaught of offence. Offence and defence are related to separate entities. Offence wants to expand its territory and strengthen its



foothold on new grounds. Offence looks for a favourable place to expand, develop and flourish. That is why, it keeps looking for an opportunity. Through which, it can enter into the new fertile and rich ground. Sometimes offence is done, just to ensure own survival and sometimes it is done under the influence of desires. Desire want to experience, influence and control others and other forms of life. Sometimes offence is also done under the influence of own ego and ambitions. History is filled with the examples of wars, which had been fought just to satiate own ambitions and ego. Mahabharat was fought just to uphold own ego. Amalgamation of ego and ambition has given birth to various conflicts and battles.

Defence is about protecting own territory from external threats, malicious adventures and unintended accidents. In the human body, skin is the outermost layer of defence. which stops and pushes back many opportunistic infections. Another form of defence is engaging, neutralizing and eliminating the offensive foreign elements. When the foreign elements don't deter away from producing continuous damage, then they have to be eliminated, just to protect the peaceful population, who prefers living non-violently and progressively. Offence and defence keep continuing, till the time there is demand and supply. Which means that growth, business and development keeps happening. This development and wealth attracts external forces, who want to have their share in the pie too. For this, they keep looking for the weak areas in the defence to sneak in and acquire the maximum possible benefit from the wealth . This is the reason that any developing and progressive state needs efficient defence. A healthy person or state is able to defend itself more efficiently. Non-systematic functioning of various systems of a state compromises it's defence.



ptions and selection :

Every selection or the choosing happens in the confines of duality. Beyond duality there is no selection, choosing or opting. There exists only attainment and that attainment is equal and same for everyone. Attainment makes everyone mirror image of each other. Attainment converts individualities into none. Very strong feature of duality is differentiation and variety. Variety captivates senses to explore itself. Mind strengthen the senses. This is how our overall dependency upon senses increases. An active mind utilizes that free power, which is not utilized by us. This way mind drags us into the periphery of duality. The game that continuously goes on in duality is of available options and selection. Subconscious and conscious minds jointly select the most preferred option, which suits them. Post options and selection, the next step is about working on the selected option. Which demands person's involvement. Which means option binds the one & binding means attracting the focus and thus diluting it. During the bondage person loses his power as well, which is wealth of self. This means that all the work that happens on the options, happens at the expense of self.

* Options are related with Duality :

The forte of duality is it's diversity, its variations. One thing that commonly exists in all the plants, animals and humans is the life. However duality provides a unique exterior to every unit of life. Which is used by the individuals to make a distinction with others. Nature in the form of duality is a genius artist. Which can give rise to uncountable lives and everyone is provided with some distinct features. Diversity is a perfect tool to engage mind. Variation provides options while life provides chances. Every new day is a new chance. This is the world, which is filled with uniqueness, diversity and associated excitement. Mind likes a particular trait

ter. This trait has the ability to hook the person's attention.



Once the attention is grabbed, the related image gets printed in the mind.

This image has the capacity to keep the person involved. Sometimes the individual goes to the next level and directly comes in the contact with the person having that unique trait. One forms a relationship, develops mental dependency and emotional bonding. Which keeps the person engaged at the mental level. Mind has this tendency of harboring bonds, liking, disliking and keep holding what it has. Every selection and engagement is like an investment. The person has to invest his natural resources which are time, attention, energy and power. So it is like a pure business. Duality lets you have the feel of diversity, only after acquiring your natural resources. If you cannot invest your time in duality, you cannot have it's experience. That's why it wants to attract you in the sphere of time. That's where duality's super market is. In the realm of time. Once the one reaches in the confines of time, he is sure to generate the bondage of Karma.

* Past and future :

Past is the sum of memory and experiences. Past and future are connected with 'me'. So one common thing which is present in both past and future, is the 'mind'. All the informations regarding one's past is stored in memory or in personal diaries. People write memoirs and autobiographies on the basis of this personal memory. Maturation comes with time. It involves both physical and mental maturation. Both past and future are related with those experiences, which one goes through. And all the experiences are related with mind. Past is about the experiences, one has gone through and future is about those experiences, which one will go through.

Our existing affections and attachments come from the past. They may fixed or might undergo alterations in the future. Future gives us the option



to remain committed with the previous attachments or harbour new ones. It also gives us the opportunity to move away from all sorts of dependencies called attachments and transform the affection into love. Mind takes us towards the future. Future will either be guided by the mind or it will drift away from the mind that's towards the self. Humans are termed as social animals and mind encourages people to socialize. If mind is a painter then past is that painting, which it created. Some of the colours in this paintings were filled by the destiny. And future will be that painting, which mind wants to paint and some of the colours in this painting will be filled by the destiny.

Destiny remains involved in the past and the future because it has to deliver all the effects of the karma, which mind did in the past and which mind will do in the future. Past and future are those playgrounds, on which we play through the mind. It's our effort that makes us foray into past and future . It is done to feel, experience and know the duality. We get to know the duality through our power only and that's what we spend in the whole journey of past and future.

* **Peace is beyond Duality :**

Peace is beyond duality. It is neither a product nor an experience or emotion. Which could be found, bought or offered by the world. Rather it is an attainment, which the person always finds within oneself. Anyone can only give you a favourable environment. Which is conducive to let you rise and experience the peace. Duality is designed to keep the person on his toes.

Person's mind continuously remains active. When the person's mind gets stabilized and thoughts generation process comes to a standstill. When the person get instigated by others and one is able to remain quiet and aloof. When his environment becomes static like the water of pond. Then he finds himself

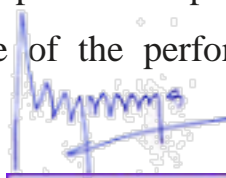


surrounded by the soothing peace. A detached, unaddicted and loving person can attain peace in this very moment more comfortably. This very moment gives the choice to the person to tilt towards past or future. So the person generally remains either in the company of past or future in the very moment. When the person is neither with past or future in the present moment, then another window gets opened for him. Where he gets draped in peace. In this state, only the person gets to know that past and future are not his essential parts. He exists without them also. That too peacefully and joyfully.

Whenever the person is joyful, he is ready to face the next moment with open arms. Whereas when the person is busy with past or future, then he is not open to the truth, the beauty and serenity of nature and the peace as well. In this case, the person is there, however he is involved with some other thing and is shifted somewhere else mentally. In this case neither the person can collect what is being offered to him nor he can offer anything from his side. So the peaceful person is not lost, rather he is present there hundred percent. Now nature can choose to flow through that person. Which makes the person get to know about the nature.

* Performer and expectator :

Performer is talented, trained & ready to perform. Till the time the performer is self motivated or is enjoying his performance, till then he is able to ward-off the pressure of expectation associated with the performance. When he stops enjoying his performance, he starts feeling the hidden pressure. Performer and the expectator are connected with each other by a string of expectation. Expectator wants that the performer should give his hundred percent. Expectator invests his attention and money into the performance of the performer because he



supports and admires the art. On the other hand, performer wants that the expectator should remain around and encourage his performance. Expectator does not want to see a distracted performer. He wants the performer to be fully attentive and focused. Expectator admire the focus, consistency and dedication. Performer loves the support and attention of the expectator.

Sometimes the expectator is able to distinguish between the performance and the performer. Performer is not performance. Performance is that unique feature that gets exhibited through the performer. In this case, the spectator is not attached with the performer at the personal level but he keeps admiring his performance.

Performer is not the cause of the performance. He is just a tool of the performance. A tool of the nature through which she performs. Nature requires an exhibitor to exhibit itself. That exhibitor is performer. Performer does not performs for expectators. In this case he becomes an actor. Performer performs for the sake of joy and satisfaction associated with his performance. When the expectator is not able to distinguish between the performer and the performance, then he gets attached with the performer at the personal level. He starts considering him a larger than life figure. He awards him a godly stature. Which may fortify the ego of the performer.

Now onwards his ego may start overshadowing his performance. That is why, wise people advice that don't let your success go into your head because this may start shadowing your performance. Once this happens, performance starts dipping. People like the performer because of his performance. People like the ease, with which one performs. In reality the performance and the performer coexist. When the performance starts, performer vanishes. Performer and



A handwritten signature in blue ink, appearing to be 'Munish', written over a faint grid background.

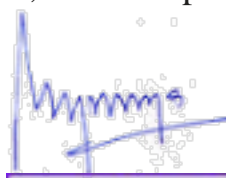
expectator both keep each other engaged and that's what duality wants. That is our engagement with it.

* Provider and receiver :

One thing, which connects both giver and the receiver is the resources. Giver releases the resources and receiver takes hold of it. One leaves and another catches. Both of them have different identities. If the provider is not losing anything & at the same time, receiver is also getting benefitted, then this is called sharing. Knowledge doesn't decrease, when it is provided. So the one who provides it, actually shares it. Giving and receiving shows disparity. Which underlines the fact that duality is a condition, where inequality exists and it is the reality of duality. The difference between the guest and the host is that the host is in control of some space, which he shares with the guests. A host becomes a good host, when he provides the desired resources to the guest. Host is considered great, when he provides the resources with the respect to the guest. Host is called generous host, when he provides the resources with humility.

A teacher provides the knowledge to the students. His depth about the subject, maturity and communication skills make him a great teacher. Receiver and provider are the part of a chain. One who provides feels satisfied, while the one who receives feels happy and excited. Providing and sharing are also an effort to neutralize disparity. Providing becomes a tool of satisfaction. While becoming an instrument to provide something becomes a tool of saturation. In duality, life is divided into needs and demands and that causes the disparity. Generosity remains at the provider's end and the gratitude emerges at the receiver's end. Receiver sees care in the provider, while the provider sees the need, which is present at the end of

Provider just wants to fulfill that need.



* Rati and Kali:

Rati symbolises lust and desire, while Kali symbolises fear and anger. Rati is breathtakingly beautiful, while Kali is fearsome. Rati attracts strongly and the person can't stop oneself from moving towards her. While Kali instills fear & the person wants to escape her at any cost. Rati is soft, gentle and inviting while Kali is barbaric, rough and offensive. Rati's voice is soft and seductive while Kali's voice is rustic, abusive and wrenching. Rati takes the power away from the individual and the individual doesn't even come to know about it. He feels that his both hands are filled with sweets. One gets the experience of sensuality, curvaceous body and intimacy. While Kali drinks the blood, which means the life's force, she delivers broken ego, battered self esteem and poor health. Rati binds with emotional attachment and physical dependency, while Kali binds with force and fear. Person does not want to let go of Rati while Kali does not want to let go of person. Rati treats the person like the king of her life while Kali treats the person like a slave.

Rati and Kali are not two different persons altogether. These are two different expressions of one same person. Two different facets of one same coin. Just half the picture creates illusion while the complete picture shows reality. Rati is just half the picture. That's why she creates illusion and illusion creates curiosity and attraction. The Person realises the reality of duality, when he sees both the sides of the picture. & both of these expressions in one person. After this fact check, person shifts his attention away and seeks the way to come out of the effect of duality. Now he becomes cautious of his investments in duality. He wants to get rid of the ill effects of duality. He wants to go back to the peace and non-



dependency. After the shaky experience of duality, person wants stillness & to break free from the shackles of duality.

* Religion and division :

The purpose of religion is to help the person to dissolve his ego. When one is able to achieve it, he establishes a contact with each and every form of life. Dissolution of ego helps him achieve the state of Oneness. Then he comes to realise that he himself is present in every form of life and every form of life is the manifestation of one supreme consciousness, which is called God. The purpose of religion is to break all the barriers, which exist on biological, mental and psychological levels. Religion is like a personal coach, which is meant to help the person at individual level. Religion is a tool of self-help. It works like a self guide and it is there to provide answers of those questions, which keep rising at very personal level. Every mind goes through the questions, which are related with his own being. There are questions related with the life and after-life as well. Questions related with the visible and the divine worlds are also there.

Religion has it's set of answers, about which most of the individuals are concerned. So naturally person develops an affinity with the religion. However on the social level, religion is the tool, which has been used to create division in an extraordinary way. Because of the affinity with the religion, person wants others to respect his religion. And many a times, he wants to convince others also. So he wants to draw others in a conversation, which is often related with the controversial aspects of other's religion. The fact is that, not all people are interested to conversate on this point as they have affinity with own religion and everyone is not sympathetic towards other's efforts to highlight the shortcomings of



others & advertise their own religion. So this is set to create differences and distaste.

However in the contemporary world, social religions are being used to provide people an identity. As with increasing population, the struggle for resources is becoming stiffer. One group is contesting with others to acquire more resources. Many a times ambition uses people's affinity with the religion to create a group and to increase it's strength. This is how ambition gets a dedicated workforce, which is ready to do whatever instructed to them in the name of religion. History provides enough examples, when some leaders persuaded the masses in the name of religion and thus alienated as well as tortured others, who didn't belong to their group. Which over a period of time affected themselves negatively as their decision left them with limited resources and opportunities. This affected the growth and development of the community negatively. This situation negatively affects the quality of life in future generations.

* **Respect and regard :**

Respect is related will the person's efforts, achievements and success in life. Person might be carrying some special talent or gift, which is provided to him by nature. However he can only utilise that gift to the fullest, when he becomes dedicated towards it and devotes his full efforts. Person wins respect, when he aligns his efforts behind that special gift. When he develops it and then shares it with the world. Society respects that person for not letting his attention go haywire and thus utilising & capitalising on that unique gift. When we are ordinary, people respect us for our commitment towards our work. Respect is what every person desires from the society. Someone's raw talent may generate some curiosity in the

However, that person doesn't get respect for that talent only. However, he



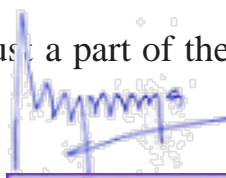
Commands respect for the way, one handles that quality or talent. This world is full of options, which can dilute the person's dedication. However, one who is able to shield oneself from all those lucrative offers and remains focused towards his objectives, surely gets recognised by the world.

A student gets respect for his dedication towards the studies. A professional gets respect for his meticulous work. Parents get respect for their dedication towards their child. Whereas regard is conferred upon the person, who happily remains stuck with the values of his life. Whatever may be the conditions, he prefers to uphold his values and remains completely dedicated towards them. Person wins regard for his humility, patience, self-sufficiency, loving, predictable & supporting nature, purposeful living etc. Regard is related with all the natural human traits. Humility states that the person has been successful in shielding oneself from the arrogance and ego. Compassion reveals that person is able to see the pain and suffering in others as well. That is why, one stays away from inflicting any damage to others, just for the sake of own benefit. Person's simple nature gets reflected in his simple living. Person's ability of self containment reveals his internal wealth. Absence of greed reveals his integrity.

* Responsibility :

An opportunity which looks like a privilege from one side, is actually a responsibility, when it is seen from another side. Responsibility of atleast maintaining it's stature in it's original state and preferably enhancing it and taking it to the next level. Within the duality, whenever something is provided, granted or transferred, there is always a string attached with it. Person can enjoy the benefits attached with it, however it is expected of him to work as a caretaker of that

establishment. Associated benefits are just a part of the package. People



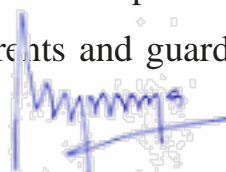
win judge you on your maintenance and enhancement abilities. Society keeps an eye on the person to ascertain that the resources are being utilized in the right way. Society likes to judge that whether the person's attention is towards enjoying the benefits or enhancing the establishment. Society wants to know that whether the person is taking it casually or seriously.

So accepting the benefits comes with a price. Initially the person feels like that he is lucky to have been provided with these privileges. Later on, gradually he realises the nature of work. Work demands your time, power, attention and you become a subject of scrutiny by others. Responsibility or a privilege brings scrutiny along. The person, who is being provided with the biggest responsibility, is subjected to the most intense scrutiny as well. If the execution is not upto a certain standard, then the responsible person is often held accountable for that. If a person starts a new venture, people prefer to wait and watch without attaching any substantial expectation with him. However, if the person becomes a part of someone's expectation, then he is definitely subjected to this complex of responsibility and accountability. If the person starts something new, he gets the advantage of working freely without any external intervention. However when the person inherits something, he definitely gets some restrictions of expectations along.

* Safety and security :

Safety is something, which we aspire for ourselves from our own act, accidents and nature's act. While security is that deterrent, which provides a shield against other's aggressive acts. Safety is something, which pertains to each and every person, while security is sought, when there are suspicions of any targeted

against oneself, own people & locality. Parents and guardians take care of



the child's safety as the child is naive & spontaneous. A child's own reflexes, understanding and defence mechanism are not ready and ripe enough to provide him safety. This is the reason of parent's being extra cautious about their child's safety.

Precautions are needed while handling the instruments, machines and materials because their careless handling can inflict injury to the person. So even when the person is grown up and can take care of oneself, one needs to follow the standard precautions, to minimise or thwart the potential injury altogether. We live in a world of action and reaction, so our careless action can come back to us in a form of reaction. So one needs to be cautious and careful. World also has the elements of ambition, conspiracy, jealousy, ego, extremism and terrorism, which are particularly evident at the level of states and statesmen. That is why states and statesmen need security. States are basically reservoir of resources and there is a continuous fight going on to control the available resources on the planet Earth. That is why assets of the states need to be protected.

People who want to protect themselves against the unscrupulous and criminal elements, people with great fan following, disputed personalities; people living in criminal belts & others who want to secure themselves against rivals etc. also seek security. Additional security does interfere with the person's own private space. A person who wants to seek attention cannot be carefree however the person who is happy within oneself can afford to be carefree.

* Self confidence and depression :

Self confidence gets reflected in attitude while it gets exhibited in action. Self confidence is about go getter attitude. A person with this attitude feels that he has enough courage and skills to take part in and complete a task successfully. A



self confident person remains out of any suspicion, which is related with any task that's why they can become an Explorer or even a Gypsy. One feels that he can tackle any problem, which comes in the way. He feels fully fit and well prepared to move on. Self confidence is needed to achieve success and to explore new and multiple options. It let's the person move without having any double thoughts about his decision. He finds oneself ready to face the consequences, if there are any. At the same time, he hopes for the best. Self confidence is a trait of mind. Mind feels that he is capable of doing anything and everything. Courage is needed to tread the path while confidence is related with the potential outcome of this whole effort.

On the other hand, depression fills the person with all sorts of suspicions. In this case, one larger part of mind is not ready to move ahead in some direction or plan. Person starts suspecting own capabilities and feels that he is not good or fit enough to complete any task. Some really disturbing and long lasting adverse experiences may leave an impact on person's mind and psyche, which becomes focal spot of creating negative thoughts and impressions about own capabilities. Now person tries to avoid or stay away from anything, which is planned and suggested by others. These types of suspicions and thought processes create a vicious cycle, which keeps overpowering the self confidence. Depression is another aspect of mind, which is just opposite of the self confidence. In one word, self confidence is all about positivity and depression is about negativity. This is one of the examples of life. Life's various phases churn the person in multiple ways. A depressed mind creates various fears at psychological level. It becomes a composite effort to take the person out from this condition. Which involves science, faith, patience, spirituality, balanced life and self help tools.



elfish:

People who don't respect the family's interdependent arrangement are called selfish. The reason behind this is the responsibility and expectations. A point comes in the life, when parents want to get rid of their responsibilities. That is why they expect from the child to shoulder the various responsibilities, which are related with the various aspects of the family life. Expectations are integral part of inter-dependent relations. Although there is a difference between being selfish and being self-sufficient. Selfish is the one, who doesn't care for the responsibilities and expectations of existing relations. He breaks away from the previous relations & responsibilities and initiates a new set of responsibilities and expectation with a new relation or partner. Whereas the self-sufficient one respects the responsibilities and expectation of the existing relations while he refrains from making new relations. Which expect responsibilities and expectations and there is a definite reason behind it. He might have found a way, objective or a purpose of life. To which he wants to remain devoted.

He wants to remain focused and wants to follow a non conventional path. Everyone selects own path according to his nature. That is why one person's path may not generate curiosity in another person. So other persons may remain curious, critical and suspicious about someone's path of life. Whenever someone decides to become self dependent, he may be considered mysterious and selfish. The head of the family is more considerate about his family lineage. So whenever he sees some unconventional happenings in the family, he may turn it a selfish act. Duality doesn't get bothered about being selfish because it is a normal trend for it. As people keep changing their affiliations & affections. However whenever it witnesses self-sufficiency, it knows that it is an effort of deviation from the path of duality. Coming in and going out of the duality keeps happening. Where person



wants the experience only and duality offers both the experience and the sufferings.

* Sensational and sensitive :

Sensational is mostly related with the extrovert mind while being sensitive is related with the person's nature. Sensations are created to catch the attention of mind. Something extraordinary, which can be perceived by eyes, ear, tongue, nose or skin can be termed sensational. Whereas something which is related with the well being of masses and important people is considered sensitive. As the lust rises, energy starts flowing towards the genitals. One who easily gets hurt physically or mentally is termed sensitive. A strong defence minimises the chances of being hurt. Being sensational or sensitive, are dependent upon the inputs provided by the outside world. Both generate feelings. One feeling is pleasant and another one is unpleasant one. Mind looks forward towards something sensational while it tries to avoid getting sensitive. Senses and the world are made for each other. So when the world produces something sensational, mind catches it wholeheartedly. Exciting arousal of mind is called sensational while anxious & empathetic arousal of mind is called being sensitive.

Sensational and sensitive are related with the mind-senses complex. One information which may be sensational for one person, may be sensitive for the another person. It depends upon the receptivity of the mind. When the person is looking forward to the news or is receptive of the news, then the news is sensational for him. While when the person is not in receptive mode, then the same information may be sensitive for him. Very information, which is sensational in younger age may be treated as sensitive in older age. An information, which is

ial for an open minded person, may be sensitive for a closed minded



person. Incident, which is sensational for the child, may be treated as sensitive by the parents.

* Sensible and insane :

Sensible is someone, who acts according to the demand of the situation. Whose move and words are measured and balanced. A sensible person is considered dependable. People like to discuss their problems with a sensible person and seek his suggestions. He is considered sensitive enough to be contacted in the hour of need. One who is known to show empathy. One who understands the gravity of the situation and acts accordingly. Responsibilities are preferably awarded to the sensible person. Society likes to award them gifts and respect. A sensible person likes to remain aware of his surroundings and the activities happening in his relations and at workplace. He remains actively involved in shaping the future and taking care of the difficulties of today. A sensible person shows interest in the informations shared by the family and friends. He is a patient listener and people love to hear his opinions and suggestions. People praise them, love them and want to have such people around them.

Those people are termed insane, who generally don't act according to the demand of the situation. They are not considered dependable or responsible. One who is not sensitive enough of the needs of others. One who acts in an egoistic way. One who does not have respect for the laid norms of security and safety. One who becomes ambitious enough to disturb and destabilize others. One who is not attentive and careful. If the person is consistent with his immaculate activities, he is termed a sensible person and if a person is regular with his insane or crazy activities, then he is termed mad. So are the activities, which make a person

or mad. With the alteration in activities, the status of sensible or mad can



be changed. Some acts of a very sensible person can be termed insane and some of the acts of a crazy person, can be termed very sensible. Upon being associated for a long time, these tags become an identity .

* Sensual and Vulgar :

Sensuality is something which appeals to senses. Mind is the master of all senses. So basically sensuality appeals to mind. Mind finds sensuality, attractive, arousing and charming. Sensual is something, which provokes the imagination. Whatever that can fuel the imagination is sensual. Imagination is a two-dimensional phenomenon. Imagination stimulates mind to try and have this two dimensional imagination converted into three dimensional reality. So the thing, which catches the imagination initiates a trail of reactions. Which needs efforts, attention and time to have it realized. Mind harbours a liking for sensuality. Sensuality is more of a age-specific phenomenon. Whatever gets exhibited during that phase from the persons is more likely to be termed as sensual. During childhood, adulthood and old age, the person's appearance are different. Variations in gestures are also noticed during the different age brackets. During childhood, the activities exhibit innocence. During the adulthood the gestures exhibits self confidence and self appraisal while during the old age, the gestures are more cultured, filled with humility and care. Sensuality generally pertains to the adult age group. When their intended gestures get in sync with whatever being exhibited from their appearance, it is called sensuality. It may evoke the feelings of sensuality in the people, who get to watch it. People either get attracted towards it and try to move close to that person while some find it unnecessary and get



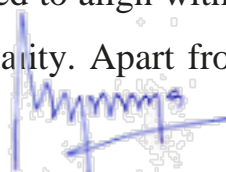
When our gestures and appearance don't match, it appears vulgar. Sensuality evokes imagination while vulgarity evokes annoyance. Sensuality is tasteful and vulgarity is distasteful. Sensuality attracts while vulgarity distracts. When the efforts done through the gestures are received well, it is sensuality. And when they don't get a proper reception, they are termed as vulgarity. Both of these terms, sensuality and vulgarity pertain to mind. Mind decides what is sensual and what is vulgar. Sensuality is that effort, which is done to draw the attention of other minds.

* Skills and Tools :

Skills are like software and tools are like hardware. Skills are needed to use the tools effectively. That is why, person needs both education and training. So that his skills could be enhanced and thereafter successfully exiting the examination, person is certified as a professional. Who can go ahead and provide his services to the society. A skillful professional is needed for examining the problem. On the basis of that examination, solution or advise is provided to the client. When the client agrees with the advise, the next step is done through the tools to either construct, fix or treat the problem. Thus skills and tools are complementary to each other. Tools are either available externally or in some cases various body parts are used as tool, like in the case of gymnastics, swimming etc.

In the first part of life, family encourages the individual to become skillful. Which increases the person's competency and thus the chances of becoming successful and self dependency is greatly increased. This whole process of becoming skillful and constructive is done in the sphere of time. Mind wants to

familiar with various skills. For that, it need to align with matter and time. automatically gets into the confines of duality. Apart from being skillful,



when the person has right knowledge and intellect, then he is conferred by the system as a teacher and trainer. Who through his intellect and skills helps to develop that very stream. This is what science is all about, that is skillful knowledge and tools. Science studies, examines and documents various skills and goes on to study and analyse those rules and tools, which let the skill function. Science is the outcome of intellect and it functions in the sphere of time or duality. Precise representation of skills makes a person satisfied. And the availability of all related tools make him efficient. When both skills and tools work in tandem, it makes the person financially and professionally successful. As well as his services make his customers or clients satisfied.

* Sleep and Waking up :

Two things are mandatory in life, one is sleep and other is waking up. Sleep marks the dormant phase of life and waking up signifies the active phase. During sleep, senses and conscious mind go in dormant phase & at the level of conscious mind, no interaction happens with the world. Only interaction, which happens with outside world at the physical level is the breath. Sleep ensures no physical activity. Thus no active interaction happens with the surrounding. During sleep muscular and mental tension gets released. Active thought process also comes to a standstill. If unused energy is still there with the mind, it gets used for creating dreams. If the person goes to sleep with his active conscious mind, then it has an impact on the quality of dreams and sleep as well. If too much input has been provided to the conscious mind some hours prior to sleep, then during the sleep, conscious mind keeps playing with the informations and the available energy, which creates
nt dreams.



Meditation before going to bed has the capacity to affect the quality of dream and sleep positively. Once the person wakes up, he gets back to the world of activity. When we become aware of our surroundings, it is the state of awakefulness. The next step is being attentive. During sleep, we are not aware of our identity. After waking up, identity comes back. There is a whole world associated with that identity and the person gets busy in his respective identity & world. During sleep, we are not aware of our physical presence. This condition changes once we are awake. During sleep loneliness doesn't haunt the person, after waking up it does as we become aware of our physical presence and the world, which is around us. Few people are quite different as a person, while they are asleep and while they are awake. Whereas for some of the people, the difference is not too much. This cycle of sleep and waking up indicates that duality has the system of alternating dormancy with activity. Which is true for life and rebirth as well.

* Social religion and self religion :

Why do society needs religion? Because society explores everything, which has the potential and adopts everything, which has the possibility. Social religions work as a bridge between the society and the divinity. People want to work on every possibility and they want to keep open their gates for any potential divine grace. They want to remain connected with everything visible and invisible. People want to get dirty but they want to get themselves cleaned as well. There is the want to remain in touch with the relatives and the society. And they want to remain connected with that form of being, which is beyond senses. Society likes to provide help and get help when needed. That is why, relationship is established from



distant societies as well. If help can come from unknown quarters, that is also welcome.

Society has various inherent repulsions and contradictions. So it needs a binding force, which can keep the society intact. Social religion helps the society in keeping it cohesive. Individuality follows a social religion while self has his own personal religion. Which is called the purpose of life. Every child is given a name and a social religion. Which his family follows but his purpose of life is his real religion. The purpose of religion is to curtail the mind and help in joining with the universal consciousness. When the person lets his internal nature work the way she wants, then only he is able to get hold of his own mind. The person's own mind is the barrier, which stops him from getting one with his own surrounding and to break this cage of Mind.

Person needs to have a tool. His own purpose of life or self-religion helps him in realising this goal. Purpose of life comes with self realisation. And with the self, comes the very own religion or way. So it's not easy to find own religion or way. Social religions are granted to the people while self religion is acquired by going through the process of self refinement and sufferings.

* Space, distance and time :

When the person is different from his surroundings, this condition marks the presence of duality. Space, distance and time, they all are present, where bipolarity or duality is present. Whenever some differences are there, their presence needs senses to examine this difference. Presence of nature in the sphere of duality gives birth to differentiation. The specification of every differentiation and manifestation as quality. Sensors in the form of senses are able to recognise that So the information, which person gets through the sensors is that 'the



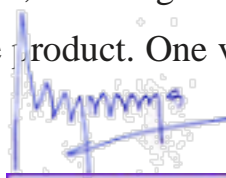
differentiation and variety in quality is everywhere'. In the form of eyes, nose, tongue, skin and ears, these sensors are present in the person. So our affinity with the qualities and differentiation, which are present all around, make us dependent upon the senses.

All these qualities exist in the dimension of space and when space is there, time has to be there. Our limitations and vastness of space, makes us sensitive towards the parameter of time. Our one element is strongly sensitive towards all these parameters of bipolarity or duality. This element is mind. So the transition from non-duality to duality and vice-versa is possible through the transformation of mind. 'Self' has this capacity of sneaking out of the confines of duality. During the lifetime, person can make the efforts to let this transformation happen. Alternatively we can cement our roads in the sphere of duality, by letting the mind have a free run. Duality is full of opportunity and mind likes this speciality of duality. As every opportunity brings along some novelty and novelty interests mind. Every novelty is a challenge or invitation for exploration and every exploration is done in the confines of time. So the roots of time, lies deep down somewhere in the differentiation, which creates novelty for mind.

* Spirituality and materialism :

Both spirituality and materialism are related with taste. Materialism is the taste of material, mind and feelings. While spirituality is the taste of divinity. Materialism is driven by mind because mind correlates with matter easily. While the self aligns with divinity. Because the desired happiness and freedom are not provided by the materialistic limitations. The kind of creativity and the fulfillment, which the spirituality and the related works provide, self longs for that. Self looks

reproduce whereas mind looks forward to the product. One very special thing



which life provides is the ability to work, manifest and execute. Work is driven by mind, productivity by body and manifestation is driven by nature. Both materialism and spirituality have similar and different experiences. Life is a unique platform, which provides both of the experiences. When life is driven by mind, it moves towards materialism and when the life is driven by self, it moves towards spirituality.

In one life, person is able to get both the tastes. When we are materialistic, we desire freedom. Freedom to act and perform at will. When we are spiritual, we desire liberation. Liberation from being confined with senses and related desires. Materialism asks for indulgence and indulgence binds with law of Karma, which is basically the law of duality. Enthusiasm is desired for material progress while containment is the key to spiritual growth. Materialism relies more on the senses while spirituality relies more on self and clarity associated with it. Materialism want the person to be attentive while spirituality wants the person to be focused. Materialism wants the person to be vigilant about the surroundings and the changes while the spirituality calls for self awareness.

* Stage and backstage :

Every performance is divided into two parts. A. stage B. Backstage. Backstage remains hidden from the viewers permanently. While curtains go up at the stage, when any performance is ready to be showcased . Backstage is for preparation & revision. Whereas stage is the place, where performance goes on without any retake. That's why, it is expected of the performer that the performance should happen uninterrupted in whatsoever condition. Viewers notice everything.

From the fault to any exceptional presentation. There is a famous saying in defence at 'more you sweat in practice, less you bleed in war'. The same thing goes

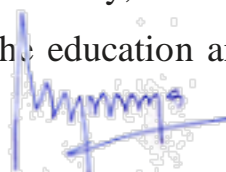


with every presentation. As you become more prepared, performance becomes more refined. So the hard work done at backstage gets noticed during the performance. During the life, there is a performance at every level.

Person's original nature gets showcased at family level so the family gets to know about each other more precisely. Family prepares the one to perform at the social level. If the society notices some grey area in the person's performance, it holds family responsible for not paying enough attention towards the preparations of the child. Schools prepare the child to perform at the competitive level. Colleges prepare the student to perform well at the professional level. The script of the performance is prepared at backstage. At the stage, performances are of two types. One is scripted, second is spontaneous. Mind remains involved in the scripted performances while person's nature gets exhibited in all the natural performances. So at this stage, either we can showcase our talent or our spontaneity. Spontaneity doesn't require any backstage preparation. All the actions done by the person and the nature's reaction in the form of karma fruits and destiny, keeps working on the person's nature. Another thing is that not all your viewers want to see your performance. Few of them are interested in your spontaneity or nature.

* Stereotyping and judgemental :

We judge a person and stereotype a community. Our various limitations segregate us from the very world, we live in. Like the variations in the geographical conditions, diversity exists in various communities as well. Our limitations force us to recognise a particular community with a particular characteristic. like some communities are perceived as business communities. Some of the communities are identified through their body, built and height. Some are known for their inclination towards the education and some of them



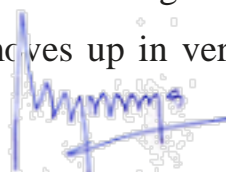
are considered richer in cultural heritage. Some are identified for having a particular inclination towards choice of food. Some are considered more fashionable and open. While some are considered closed societies. Some are considered more progressive than others while some are known for harbouring liking for jobs. Some communities are known for their entrepreneurial abilities while some are known for their farming skills. Some are identified for having a particular type of skin colour. While different communities are identified by a particular kind of facial structure. Some are known for being polite and compassionate while some are considered rough and crude. Some of the communities are identified for their penchant for development while some of them are known for having strong inclination towards self enquiry. Some of them are known for their ideological rigidity while some are considered more tolerant.

Whereas on the personal level, mind loves to judge people. Whom it comes in contact with, knows or reads about. Mind loves to weigh and judge. This is how it becomes selective. Mind either judges people on the social and moral parameters or it compares them with oneself. Judgments are based on the fact that what people have and what they do. This is how a person takes a calculative approach towards another person, relationship with them and future linkage.

* Strength and power :

Strength is related with the muscles, physique and stamina while power is related with nature and self. Strength can bring the visible changes in human civilization while power can give birth & support the self. Through the energy that flows towards the neuromuscular system, person makes the effort and gets the work done. It becomes the exhibition of strength while through the power, seed of

ains connected with the body. When it moves up in vertical direction, it



gives birth to self, wisdom and truth. Strength helps our individuality take shape while power helps self. Through physical activity, training and exercises person increases or restores the strength while through austerity and spontaneous living, person replenishes his power. Strength makes our personality attractive while power makes a person beautiful from inside. Strength sustains the person in the world while power sustains the person in inner world.

Mothers want to make their child strong and healthy while the internal mother likes to devote all her power to her son. Through the internal mother only, the truth gets birth within & the person gets the light. This is made possible through the power of internal mother. Power take cares of the self, while through the strength, any living being takes care of oneself. Objectives of the life get fulfilled by strength while the purpose of life gets fulfilled by the power. Strength is needed to help or bully someone while power is needed for love. Through the love of the nature, person gets manifested in a form and gets realized as well. The chances of life and the divine life both are provided by the love of Mother Nature. In the absence of love, hate can't exhibit itself. Love is like the depth of ocean while hate can only be present on it's surface. More the person gets to look deeper within, more he gets filled with gratitude towards nature.

* Sufferer and soother :

Suffering is the reality of life, which can be ignored but can't be denied. Suffering is the unpleasant feeling, experience or phase of life, which the person wants to avoid and bypass. However still person has to go through it. During sufferings, one looks for help and support because his capacities and capability get *eclined* by suffering. During this phase, rather than looking towards the attractive life, one searches for compassion, mercy and therapeutic side of life.



During this phase, he wants to come in touch with them, who are soothers in life. People who devote their life for caring and nursing. People who go beyond the bracket of ideology and faith, to serve them who are in need. In the life, a person may get to know, both suffering and the people, who provide the soothing. When we get to know the gravity of suffering then only we come to realise the need of nursing. Rather than sympathy, it is about empathy.

To deal with the gravity of suffering, the commitment for care and nursing is needed. For some people, to work as a soother and caretaker becomes a purpose of life and for some of them, it becomes a mission. For some of the people, it may work as a tool of self improvement. A sympathiser knows the person, who is going through the suffering. While an empathic person knows the problems associated with the suffering. Compassion flows from the care provider to the sufferer. At both the ends, there is life. One is helpless and another is helpful. Suffering changes our views towards the life. While compassion changes our approach towards our efforts. Suffering is about being on the wrong side of the duality while nursing is about softening the effect of the odd side of duality. Suffering is about the bitter experiences of life. While nursing is about diluting the effect of this experience with the nectar of compassion.

* Summer and winter :

Both the seasons alternate each other after every few months. Both the seasons require different sorts of preparations to go through them. Summer has its share of comforts and problems, so do winters. Summer provides more freedom of movement. Human body remains more active during summers. Sun remains in the sky for longer duration of time during summers. Both of the seasons have their crops, variety in fruits and vegetation. Fooding habits witness a change in



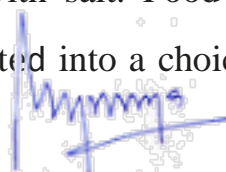
both the seasons. Both of the seasons demand their share of energy requirements. During summers the energy or power is required to keep people cool and during winters, power is required to keep people warm. During summers, mind hates the sun while during winters, same mind loves the sun. Winter has it's share of low visibility because of lesser period of sunlight and profound mist. Few people like summers and few winters. Some health problems flare up during summers and some in winters. Irrespective of the person's choice, one has to go through both of them.

It takes an effort to keep person cooler during the summers and warmer during the winters. Depending upon the financial condition of the person, people face both the seasons differently. Well to do people can arrange for airconditioning at the workplace and home during summers. While people from lower economic strata have to rely on fan, coolers and atmospheric air, which becomes little cooler during the night. Duality has this unique trait of cyclic change, where cycle and change both are imperative. Change happens in the nature as the time progresses. And the change, repeatedly goes back to square one, to once again start the journey of change. However as far as our life is concerned, it's not a cyclic journey. its a linear journey. Although the vehicle of life that is body, follows the cyclic nature of functioning of Mother Nature. A body is a definite form, which gets constructed by the elements. It again gets converted to elements finally.

* Sweet and salty :

Sweet and salty are our two major food addictions. We don't like any passive taste. We either want our food to be salty or sweet. In a bakery shop, half of the items are filled with sugar and rest are filled with salt. Food is our necessity

by adding flavour to it, it can be converted into a choice. We often talk



about the nutritious value of the food however we like to take the nutrition with the taste of salt. So that tongue and mind can like it also. In the society, two types of people are found. One who like the salty taste and others who prefer the sweet. Our affinity for salt, make us add much more quantity of salt, than we require. And our affinity for sugar, makes us eat much more than we need. Serving someone salt has been linked with that person being faithful to the host. While eating sweet has been connected with the celebrations, happiness and beginnings.

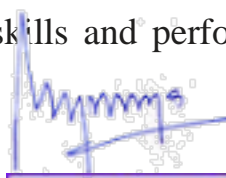
No species other than humans add salt or sugar to their food. Addiction of both, leads to related health problems. Addition of both of these ingredients has helped in converting the food business into a giant money minting industry. Advertisements encourage people to indulge into taste as indulgence brings more business. After finishing the food, which has salt in nearly everything in the plate, people want to finish the food with sweet. Apart from the requirement, often the food is consumed for the sake of taste and killing the boredom. Which means food is not being ingested just for filling the stomach but for tongue and mind also. Experimentations with both of these tastes have converted the food into a fancy item, from the item of requirement. Excess of both of these ingredients has an effect on the thinking process of the person as well. That is why, during fasting, it is recommended that person should refrain from salty items in particular. So that one could understand and feel that how food impacts his thinking process.

* Take and mistake :

Take is chance, effort or initiative. Mistake is fault in execution or planning.

Difference between practice and perfection is that the perfection is flawless while

is about making efforts to improve the skills and performance. Practice



gets the leeway of failure and occasional mistakes. Mistake happens by not abiding with the rules or ignoring the safety precautions. Losing focus, patience & indulging in distractions also invite mistakes. Mistakes break the flow of flawless takes. Mistakes deliver hurt, distasteful experience and a definite memory. Amateurs are prone of making more mistakes. Percentage of mistakes decreases with rising experience. People are often reminded to be careful, which means being attentive and not being ignorant. So that the possibility of potential mistakes can be averted. Mistakes do hurt, however they do the course correction as well.

When we blindly follow someone's approach, it may increase our chances of committing mistakes. If we are working towards making our improved, developed and evolved version, then we are surely moving towards committing lesser mistakes. We move towards making more mistakes, when we try to change others by inflicting hurt and disrespect in them. Then this approach backfires. In retaliation, we get the taste of same hurt and disrespect, which we were trying to deliver to others. Mistake becomes mischief, when it is intentional. Mistakes become an eye opener and an experience, when it is unintentional. Mistakes do break our forward march, however they surely make us more experienced & cautious as well.

* Teacher and Guru :

If you look closely, we already have a self, which is different from our individuality. We go on building our individuality right from scratch. The pivotal of our individuality are those qualities and efforts, which keeps building an individuality in our lifetime. This individuality is presented to the world in the form of the name, which is given to us by family members. However self is from our individuality. In every lifetime, we work on the self to make it

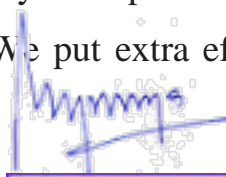


more refined and keep carrying it further to next life. So from the start of the life, this self is already of a certain grade. We get two kinds of teachers in our lives, who work on two different aspects of ours. Teacher helps us to build our individuality. While Guru is the one, who helps us to refine ourselves in the lifetime.

The goals of individuality and the goals of self are different. Individuality wants you to prove yourself and self wants you to improve yourself. Individuality wants to be richer while self wants to be enriched. This is just like enriching the Uranium. In which the impurities are constantly filtered out so that the higher concentration of a certain isotope of Uranium can be achieved. The objective of a teacher's life is to build individualities while the objective of a Guru's life is to refine the disciple. Teacher teaches what he has been taught previously to him by his teachers. Guru shares those informations, which he has acquired through experiences and realizations. Guru shares the way and the practices with the society, which he has been following in his life. He shares his values, which he keeps preserving throughout his life. Teacher wants his students to scale the heights of life. While the Guru wants his disciples to be more still and calmer. Teacher encourages students to take the knowledge across the world, if possible. While Guru encourages disciples to go more-deeper within oneself and attain that state, when they become capable enough to serve the society.

* Temple and toilet :

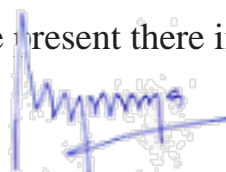
A temple or the place of worship is considered the most sacred place of our habitat. Whereas the toilet is considered the least sacred place around. Toilet collects the human excreta to dispose it off properly. The problem is not with the her with the activity that is done there. We put extra effort to clean our



toilets because a filthy toilet repulses, as visiting there is obligatory. Temples provide peace while toilets provide relaxation. Temples provide relief to mind while toilets provide relief to body. Partners, family and friends are not taken along inside toilet. Whereas we don't mind taking people along while visiting a temple. A person can visit a temple solo, although often people or groups are present there. So we don't mind sharing the common premise of temple with others. We want to keep both our temples and toilets clean. Visiting temple is optional while toilets are mandatory. In human civilization both are present predominantly. We keep our temples clean because they are considered the house of God, while we keep our toilets clean because we want to keep ourselves clean as the person has to go back to his daily schedule after one is done with toilet break.

Both are related with cleanliness. One of them cleans the mind and emotions whereas another one cleans the body. One common practice, which is done at every religious place irrespective of the religion is offering prayer. According to the adopted practices of different religions, idols may or may not be present inside the religious places. However offering prayer is common in all of them. God does not put us under compulsion to offer prayers however functions of the body regularly drive us to toilet. Visiting toilet is called nature's call because it cannot be postponed. Places which are considered most sacred are not mandatory while the places which are considered least sacred of them all is definitely obligatory. Place of worship may or may not provide us the relief but toilets do provide us relief every time, we visit there. We go to toilet to release whatever that is creating pressure within the bowel & bladder. And its release make us lighter. Temples are related with the upper half of the body, which is mind and heart whereas toilets are related with the lower half of the body. Both of these places are

different from each other however both are present there in the civilization.



* Traditions and innovation :

Traditions are those practices, which are inherited or acquired by the incoming generations from the existing generation. There are various factors, which affect the ongoing practices of any geographical area. Which are cultural, social, ideological, religious, human growth indexes, etc. Various subtle and hidden messages are passed on to the next generation through these practices. Traditions want to pass on the various values of the culture and principles of the family to the new members of the society. So that the cultural and social heritage can be transferred to the incoming generations. Diversity is seen in the traditions of different cultural and geographical groups. Traditions are not universal all across the globe. Their variation is dependent upon the cultural richness of that very area and various ideological influences on the people of that place. Traditions are the efforts to contain all those things, which has been acquired in the past. It is also an effort to give a certain fixed platform to the incoming generations so that either they can move on to the next level or at least keep holding on the existing level.

This is also true that human consciousness keeps on evolving with the time. With evolution, it wants to distance itself from the regressive traditions, which are introduced by the ideologies and personal preferences rather than the culture itself. The new generation is well versed with the incumbent technology. So with time, the traditions are amalgamated with technology. Through which, it becomes easier to propagate and advertise the tradition. It also makes practices accessible and easier. New generation wants to move ahead with innovation and the parent generations never want them to drift away from the traditions of the society. Every evolved consciousness works as a self cleansing agent. Which weeds out the tradition, which are the unnecessary and illogical practices from the tradition.



Various negative aspects or features generally creep within the tradition with time. So nature does the correction through it's various mediums. Nature keeps working upon every person's being and it's effect is also seen in the contemporary society. Both conservation and degradation keeps on happening with time. Just their pace keeps on getting altered in various ages.

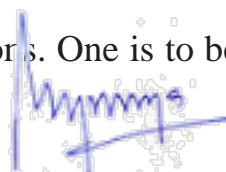
* Trust and dependency :

Trust is related with the direction or decision while dependency is related with the procedure. Things make or break at two levels. One is direction and another is the procedure. If the direction is wrong then the train is going to land up at an unwanted and undesired station, even when the right procedures are followed. If the direction and procedure both are wrong then train is going to derail at an unwanted location and may be unfavourable as well. if the direction is right, however the procedure is faulty then the train will move in the desired direction although the journey will be rough and uncomfortable. There are also the higher chances that the train will be delayed and in extreme cases, there may be an engine failure and derailment. This will put an extra financial and physical burden and the process becomes mentally taxing. Trust means that there is an in-principle agreement that one should move ahead on the agreed path, while the dependency is related with the mode and modalities of the journey.

When two people come in agreement over a certain point then the chances of generating a mutual trust increases. Then either or both come in a state of convincing each other to trust and move in a certain direction. In principle agreement is the first step, while generating a mutual trust becomes the second

step. The third step is related with the procedure and execution of the deal. In this

step, either or both the people have two options. One is to become dependent



upon each other and another option is to bring in a third-party, which they depend upon for the execution of the deal. This third party brings in the professional expertise that are related with the mode and modalities of any procedure. This addition opens the deal for scrutiny and certification and it has the capacity to expose the lacunas in the earlier agreed procedure and expose the malicious intents as well, if there are any. If it is certified that both the principle and the procedure are correct, then it increases the chances of generating trust & dependency between both the parties in their future endeavours or deals.

* **Twice born :**

The synonymous word for twice born in Hindi is 'Dwij'. Another meaning of 'Dwij' is Brahmin. Which means, one who knows the eternity. In duality, the pattern of life follows a cycle of birth and death. Which keeps on repeating itself until one becomes complete and grows beyond this cycle. It's not a pattern of duality to let a person born twice in one life. The Identity, which has been provided to the person gets consolidated with the time and remains intact till death. So the life normally does not let the person have a new identity. Everyone guards and protects his identity formidably and wants to keep own identity viable throughout the life and if possible even after the life. That is why, the person associates his various works during the life with his own identity. So that till the time his work or installation remains viable, his identity also remains living.

Twice born is the one, who gets the chance of self transformation during the and avails his very own eternal identity. Through this identity, person gets



A handwritten signature in blue ink, appearing to be 'Munish', written over a faint grid background.

a chance to decode the life. Through this new or eternal identity, person reestablishes his link with the Cosmos. He is no more a separate entity anymore. Rather than he is more closely connected with every living being, nature and the entire Cosmos. Now the expansion of the Cosmos doesn't generate curiosity in him. Rather he is more content and creative now. As he knows more precisely that what is doable and what is earnable. Now the person knows that the secrets of the existence are not hidden in the expansion of the Cosmos. Rather they are found at those heights, which could be scaled through human consciousness only.

* Understanding and wisdom :

Understanding originates from intellect while wisdom originates from purified intellect. Understanding develops by learning, thoughts, exposure and experience while wisdom flows out, once the intellect reaches upto a purified state. Understanding is the reservoir of information related with the happenings of the world and interpersonal exchanges. Understanding tells us that how to conduct and sustain oneself in the world & achieve success in life. It is also related with the society and it's functioning. As humans are called social animals, so it is expected of the person to develop social manners and etiquettes. Understanding is related with the smooth functioning of the family and the work. Understanding provides care and increases the chances of survival. Understanding prepares oneself to fight with the insecurities & requirements of the future. Rather than the living, wisdom is primarily related with the life. From the wisdom of life, art of living emerges. Art of living are the expression of life.

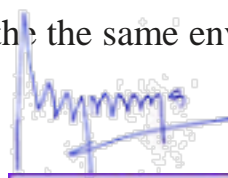


Understanding varies in different ages while the wisdom remains same and equally beneficial in all the ages. For the understanding, life looks like a mystery. Wisdom decodes this mystery and explains life through the various expressions of nature. Understanding keeps its focus fixed on living beings while wisdom encourages the person to shift his focus from living beings to life. Because life is a flow and living being are the visible currents on the surface of the river of life. Understanding lays emphasis on interpersonal bonding and dependencies while wisdom advocates self discovery and no emotional dependency over any other person. It wants one to be equidistant and equi-available. Wisdom recognizes the life, not the various forms of it. This is how it saves lots of energy. Which is used for segregating and dishing out the likewise treatment. This means that understanding treats various strata of humans, animals and plant kingdom differently. Whereas wisdom wants to treat trees, plants and a human being equally.

* Use and exploit :

We both use and exploit our environment. When we release carbon dioxide in the environment, we use it and when the machines used by us start releasing carbon mono oxide and greenhouse gases in the environment, then it is termed as exploiting the environment. When we become ignorant of our own environment, we start exploiting it. We become ignorant of it because it has been granted to us by Nature without imposing any tax. Life in the form of trees and plants cleans the air for us. And life in the form of humans start polluting and poisoning the same environment. Our ego and ambition are the reason behind this. They blind our vision that is why we become selective, choosy and ignorant. Our ignorance

to such a level that we forget that we breathe the same environment, which



we keep polluting and poisoning. This means our apathy comes back to us only. We do the same thing with ourselves as well. We use our digestive system, when we eat for satiating the hunger, fulfilling the energy, strength and nutrition . When we start eating to satiate our taste buds, then we exploit our own digestive system as well as our health.

Similarly when our unutilised power gets utilised by the mind and the genital, it is called desire. And when we start using our power excessively for the sake of our lust, then we exploit our own internal power and capability. When we respect the balance between the plants and human forms of life, then we make sure to use the available resources. And when we start disrespecting this balance, we tend to exploit the resources. Life in the form of plants sustains the life that exists in animals and humans. This means the life is the producer and the consumer both. When the consumers start disrupting the producer, the balance gets disturbed. Which ultimately affects the consumers only in the form of various natural calamities.

* Values and principles :

Values are related with the culture while principles are related with the family and the society. Under one canopy of culture, various societies and numerous families exist. Values are related with person's being while principles are related with the person's becoming. Principles are passed on by the living members of the family and the society while values exist in all the ages and generations universally. Values remain constant. These are like those light sources, which guide people in all the ages. People need to work on the principles to keep them viable while values are self-sustaining. Through the help of values, person keep on

oneself. Principles are devised either to keep strengthening the particular



family or society or to keep them viable. For eg. trader families and trader societies have their unique set of principles. Which are different from the family of educators. The principles of entrepreneurs are different from that of working class. The principles of explorers are different from the principles of tourists. Principles of leaders are different from that of followers.

Introvert and extrovert people have difference in their principles of life. Because 'in' is related with coming and 'out' is related with going. Both have different energy pathways. So the principles of working on them have to be different. People from different walks of life have different principles. While the values of their 'being' are unanimously similar. Culture has values while the ideologies have principles. Ideologies want to achieve some objectives and mould own individuality. While the culture is there to help the person refine oneself and achieve the ultimate goal of life. Which is oneness with everyone and the only one.

* Village and cities :

On the basis of habitat, human civilization is basically divided into two kinds of establishments. One is villages and another is cities. Villages are there in big numbers however cities are lesser in number. The main occupations of villagers are farming and animal husbandry. Farming needs more area to support the annual food supply and personal expenditure of one person. To farm the adjoining areas, limited number of families used to build their houses in a particular area. Farms should be near from the houses, which provide the convenience to frequent between the workplace and the house. So the existing population distributed itself in a way, that could ensure the farming of the maximum area. The armamentarium of farming and the produce are heavy in

So it should be convenient to reach to the farm in minimum of time and



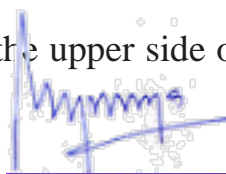
effort. Lack of conveyance facilities and underdeveloped infrastructure compelled people to live in a scattered fashion. Education facilities were lesser in village because the main occupation was farming. On the gradation of comfort, villages score less. However they do provide more natural living.

On the other hand, cities are the centres of business. Business requires lesser area to generate the income as compared to farming. This facilitated more people to live in the same area. Due to better economic conditions, cities has better chances of development, better education, health and entertainment facilities. People prefer cities to get themselves established. On the flip side, the benefits of nature are not predominantly available in the cities. Fresh air, fresh food and open space are scars in the cities. Cities depend upon the supply of stored & processed food. Due to the pollution, air quality of the cities are inferior than villages. Due to developmental activities and more electricity consumption, the temperature of the cities are higher than the villages. Mind prefers cities because attractions and facilities are accumulated there. Internal nature prefers village because of its laid-back lifestyle, open space and natural living. Villages and cities are complementary to each other. Villages cater to our needs, cities cater to our demands. Our internal faculty of need and demand has given birth to villages and the cities.

* Visible signs of Duality :

The visible signs of duality are the structural difference between the genitals of males and females. Which are present on the lower side or the southern pole of the body. In the middle part, visible differences are present there. As females carry breasts and males flat chest. They are not just the differentiation between males and females but they are the representation of excellent craftsmanship of duality.

the opposite side or the northern side or the upper side of the body, there



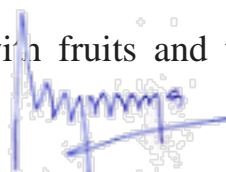
is no structural difference. Head is same in male and female. That means as the person shifts one's focus towards the northern side of his body, the difference created by the duality starts thinning.

We live in a world, which exists between North and South poles. Day and night keep alternating each other. Male and female come together for giving birth to a new life. We live a life, which starts at birth and ends at death. Person gets to see childhood and old age in one life only. People keep thinking and interacting with others. A large part of life is spent talking, which involves two persons. Person loves to do something and waits for the reaction or feedback, which is given by others. We keep witnessing construction and destruction on a daily basis. People keep starting the work and finishing it. People keep engaging and disengaging with others. We keep earning and spending. We keep witnessing the emotions of love and hatred within us. Liking and disliking happens on a daily basis in our lives. Currents of lust and anger keeps recurring. We witness sunrise and sunsets.

* News and it's craving:

When the desire of knowing gets coupled with relevant informations, it provides satisfaction. If one lacks the desire of knowing then the available informations remain irrelevant for the person. Our desire of knowing the current affairs take us to internet & newspapers every morning and to news channels every evening and sometimes during the day as well. People love their newspapers because they want to know what's happening in the vicinity and in the distant areas. People's desire of knowing, provides the newspapers this chance of merging news with advertisements. This opens up an avenue of business for newspapers.

It get to see the advertisement related with fruits and vegetables. Even



without advertisement, we will go and buy them because we need them. Even without any promotion, people still love them. This desire of news pushes us to look outside. It means we have some elements, whose corresponding parts are outside. This news gets accumulated in our memory. That means some of our energy, gets associated with every piece of news we see or listen. This has a capacity to generate new feelings and alter the existing ones during the day.

We feel our day is incomplete without our daily feed of news. News becomes like a food for our mind. Every new happening in the world is news. We want news and the world provides it. News is a piece of Information and we have this knack of collecting the informations from whatever directions they come in. We further our internal quest with many things and news is one of them. Confusion is created by too much of irrelevant news or very less of right news. Whereas the apt news clears the air. When our want of news declines or vanishes, then our dependency upon news also declines or vanishes.

* War and it's catastrophe :

For the people of Tamsik Nature, war is an opportunity of excitement related with violence, rape and money plundering. While for the person of Rajsik Nature, war is an opportunity to expand his clout and to exercise control over a larger size of land. Some wars have been fought in the history for establishing racial dominance. While history has also seen the wars fought just for the sake of own ego. Ego-centric wars keep going on in every era. From family level to international level, they are present everywhere. History has seen the war being fought for ideologies and beliefs. It has also seen the wars fought under the effect of aggressive nationalism. Irrespective of the people and sides, pain, destruction,

injustice always emerge triumphant in every war. Various offensive and



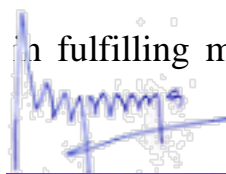
created military techniques and inhuman tactics are applied during the war, just to unsettle the opposition and establish own superiority. These wars have created numerous human and ecological crisis also.

The single point origin of 'divide and rule policy' is human mind. For some rulers, war is a tool to achieve their targets. However for the human beings, it's very unsettling and tragic. Every society has some people who like war and don't deter in inflicting damages to others for personal gains. Because they can see only one aspect of it, which is beneficial to them. However soldiers and the rest of the people, who have nothing to do with the motive, face the real repercussion of the wars. This repercussion is no less than a catastrophe. Wars have claimed billions of human and animal lives. Wars has taught two main lessons to the world 1. 1. it is a mutually damaging phenomenon 2. It's better to keep own self defence ready and strong. In the last 200 years, the world has seen two World-wars and numerous mutual Battles, which keep going on, in some part of the world.

* Judging and understanding :

Judging is related with our activities and deeds while being understood is related with our inner self. We dislike being judged for our actions and thoughts. While we look for the people, who are able to understand us from deep within. Partners & couples want to be understood by each other and they want that their unpleasant actions should be ignored. Because actions are not persistent. Sometimes we act in a particular way, which is not our regular way of behaving. When the person asks that 'try to understand me', that person wants to state that 'try to look within me. Look at my nature, my soft side, my insecurities, my dependencies, my desires. Be sympathetic towards them and I expect you to

and my struggle within. I need your help in fulfilling my desires. I also

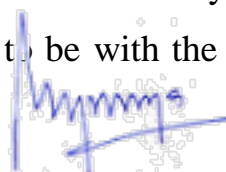


expect you to be full of conscience, so that you could look at my internal nature and appreciate it. I expect you to remain ignorant towards my actions which may be erratic & absurd sometimes, because these are my reactions, towards those unpleasant things, which happen around me. Many a times, my reactions make me a repent about them later. So please don't judge me, on the basis of my actions and reactions'.

All those people, who are sympathetic towards us and understand us, we term them ours. Whereas all those people who judge us for our actions, thoughts & beliefs, we turn them our adversaries or opponents. When the person doesn't have the control over his expressions, then he frequently gets noticed by others and invites judgments and criticism from them. As the action and reaction is a chain process, which keeps going on and on and on. Being understood is related to the patience of the counterpart. Patience protects conscience. Judging is related with an image formation and once an image is formed, then onwards the person treats him accordingly. Which means that interaction & relationship between two of them becomes calculated and calibrated. Which is not desired by either of the partners. That is why quite often, everyone of us comes across with people, who want to be understood rather than being judged. Friendship is considered so precious because friends don't judge each other. Rather than they understand each other. The same kind of comfort, we look for in our other relationships.

* **Householder and hermit :**

A hermit may live in the society however he remains detached with it. Physically he remains with the society however mentally he remains detached. Renunciation has been a tool of living detached with the society & to experience fits and perils of solitude living. One has to be with the society to detach



oneself mentally with it. The difference between a householder and a renunciate is simple. A householder is attached while a renunciate is detached. A renunciate may live in the society however he is not curious about the traditions and activities of it. Whereas a stoic prefers natural environment & solitude, so they want to remain distant from the society. They want to live at the periphery of the society, so that they can concentrate their energy and polarise their focus inwards. Being stoic is the next level of being a hermit. A hermit is very useful for the society as he lives with it and brings in a different aspect of living, which is different from the regular standards of the society.

Whereas a normal social person seldom gets to meet a sadhu. As both of them stay aloof from each other. A hermit is more approachable for the society. He can be contacted as he is within the reach. Hermit is not an outsider for the society as a householder gets transformed into hermit, whenever he gets detached from the emotions. A householder invests in multiple relationships. These investment reap into multiple insecurities, expectations and desires. Unfulfilled expectations are like a direct assault on his attachment. Just one assault cannot make him completely detached. If his expectations are not getting fulfilled by a relationship then one gets deflected towards a new one. Person harbours same expectations and desires from the new relationship. One keeps harbouring dreams related with those relationships & wants to see dreams getting realised at the expense of his energies and time. He expects complete devotion from others towards oneself. The experiments related with attachment keep going on for multiple lives. In every life he keeps getting setback from these emotional and social experiments. Then a time comes, when he gets detached from harbouring expectations from relationships. Now he gradually gets into the state of hermit. Here onwards he may be in some

hip however one remains in the state of detachment. Relationship remains



here however he doesn't dive deep into them & refrains from cultivating expectations.

* Professional & family life:

Residential side of ours is related with our family life while commercial life is about the profession. Like day and night, a person's life keeps alternating between the family and the professional life.

Resources are generated from the professional life, which are utilised to sustain the family. A person remains mentally attached with his professional life & emotionally attached with his family life. If our professional life doesn't has the ingredients of satisfaction, then it is largely an effort to gain the success. Whereas family becomes that aspect of ours, which is largely related with gathering the satisfaction in life. If the nature of our professional work is such, that it provides us the satisfaction alongside the success, then the person is not completely dependent upon his family for his need of satisfaction. There are people, who don't feel the need of family life because their work provides them both success and satisfaction. For them home is the place, where they go to get the mental and physical rest.

Life wants to sustain itself and for that it needs resources. To generate those resources, person is ought to have a professional life. Every parent wants their children to be self dependent so that they can secure their own resources and maintain themselves. This makes them free of the worries, which are related with self maintenance. It is also a person's desire to develop his Individuality & get known in the society. So one becomes knowledgeable and developes his skills.

er the person becomes successful in his professional life, society and



family start encouraging the person to get into the family life as well. In most of the cases, even the person wants to have a family life. That's why, as soon as he realises that he is competent enough to generate resources and support a family, one goes on to have a partner and gets married. As many of his elements of satisfaction are related with another person or opposite sex. That is why this association generates a whole lot of possibilities. To have both the family and professional life, person shoulders various responsibilities. When the person gets tangled in both of these lives, he forgets that there is another aspect in life, which is natural life or just being. Which means living according to his own nature and doing whatever comes natural to him. So more deeply these people are rooted with their professional and family lives, more distant they get from their natural life.

* Universal laws and laws of state :

Everything, that may be whether a living or a non living thing, is governed by the laws of universe, which remain same in every era. They don't change with time rather they remain along with time. Everything which has the mass and energy around it, gets governed by these universal laws. They were there millions of years ago & they would be there, millions of years from now. Every living & non living thing is covered under these laws. They don't recognise various divisions & differentiations, which exists among humans, such as cast, creed, colour, geography nor they differentiate between the animal & plant life. These universal laws are laws of nature. Everything and anything, which is present under the canopy of nature, gets governed by these laws. Law of gravity is one such law.

Action & reaction, cause & effect, inertia, friction, interconversion of energy & birth, growth, development, maturity, degradation & demise, axis and



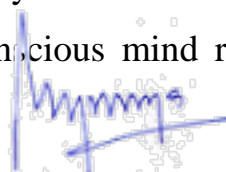
periphery, centripetal forces (which keep the object bounded with the centre), centrifugal force (which makes the object move away from the gravitational effect of the centre). Conservation of energy, which means energy changes its form & it never gets destroyed etc are the examples of the laws of the nature.

On the other hand, there exists various human civilizations on the earth. Each human civilization is further divided into various states. These states are governed by a book of laws, which is called the constitution. It is either made by the head of the state or by the elected representatives of the citizen of that state. On any given point, various states have various rules, which are different from each other. Which means same act of a person, gets treated differently in different states. Same act is found lawful in one state & unlawful in another state. Even within one state, one act which is considered unlawful in a particular time period, may be termed acceptable in any other era. Which means that law of any state are formed & changed according to the values, principles, ideologies, geographical locations, social & economic conditions etc. Thus the laws of the state are not fixed and keep changing with time, unlike the laws of nature, which are eternal.

* Responsibility & interests :

In a person's daily life, there are multiple tasks, which has to be completed by him with responsibility. Whether that may be the family life or professional life, both of the lives demand responsibility from the person . Being responsible means ability to respond whenever & wherever required. If the person falters with the response, then he may be termed irresponsible. Person has to abide with a routine life & should remain on his toes while working, to accomplish his tasks responsibly. For this person has to remain mentally active while on duty & even

is at home. To fulfill this, person's conscious mind remains in active

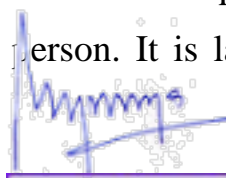


mode, while he is awake. In this scenario, his senses remain active & keep feeding the conscious mind with the informations, which are related with the happenings of the surroundings. The fallout of this active mode is that person cannot relax while he is awake.

For relaxation conscious mind has to remain dormant, while being awake. This is how the pathway between the conscious mind & the body comes to a halt. Resting is related with the body, while relaxation is related with mind - body complex. During the working hours, when the person gets some rest, he feels like indulging in some of the activities, which interests him. He feels like, this is my time & I should do something, which I like. Which involves good food, chatting, shopping, interpersonal relationships, activities related to mobile, imaginations & planning. Responsibilities are related with what he is suppose to do. While interests are related with what he wants to do. So we keep juggling between our responsibilities & interests, throughout the day. Whenever the person feels like that his interests are being sacrificed for the sake of completion of his responsibilities, one feels agitated. The concept of weekend is to provide physical & mental rest & the free time so that the person can indulge in the activities of his choice. Weekends are the break from professional responsibilities, while the family's responsibilities are there, during the weekends as well.

* **Appropriate and inappropriate :**

Appropriate is something, which is approved by oneself and others. While inappropriate is something which is not approved by oneself and others. The definition of appropriate & inappropriate are subjective. Which means, it is variable from person to person. Something which is considered appropriate by one maybe considered inappropriate by other person. It is largely dependent



upon what suits or comforts a person. As different people find different scenarios comforting. That's why the narrative of appropriate & inappropriate changes from person to person. Whenever the person is in his private space, then he prefers to be according to his own comfort. He can be there, the way he wants to. At that place, categorisation of appropriate and inappropriate becomes irrelevant because in personal space, no one judges anyone. There he can be the way, his comfort asks him to. Bathroom is considered the most private place & it allows the person to be in his very natural form, both mentally and physically. Without the risk of being judged by anyone. Whereas the public places are different.

Everything which is offbeat and different draws attention of others. Every attention initiates the process of judgement. Everything which is considered inappropriate by judgement, is bound to draw reactions. These reactions may be subtle or strong. As anything which is offbeat or different, is considered an act. There are people at public places, who have this mindset of being reactive. As well as there exists people at public places, who have been assigned the task of paying attention towards abnormal and different activities. They have been provided with the code of conduct, which states what is appropriate and what is not. What is acceptable and what is not.

As far as the public conveyance and properties are concerned, certain laid out rules are there, which everyone is supposed to know. At public places, certain unwritten & invisible moral, ethical and social laws, as well as the visible and written state laws are there. According to which, the activities are judged as appropriate or inappropriate. To sum it up, at public places, everyone is under the jurisdiction of everyone as people treat each other according to their actions, which falls under the categories of appropriate and inappropriate.



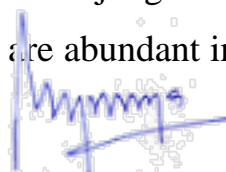
* **Jungle and civilization :**

We broadly divide our habitation in 2 parts. Which are commercial and residential. Somewhere back in time, humans started developing their shelter for themselves. This arrangement kept developing and maturing. It took the form of civilization, which further developed itself and reached upto the modern civilization. Most of the time of our lives, remain engaged in the confines of civilization. However there is a large space outside the civilization, which is unkept and natural. Which is termed as jungle.

Whenever the person moves out of the confines of the civilization & starts travelling. He gets to witness the jungle, which is out of human intervention and houses millions of animal species. The area which is part of the human civilization, was once part of the jungle, which means humans kept transforming the jungle into civilization and it all happened at the expense of nature & the habitat of various animal species. Whenever humans move to Jungle, they experience profound peace and mental calmness because jungles are full of the power of nature. Nature feeds the human senses differently than civilization does. Senses feel less strained and more relaxed. Civilization feeds senses differently, where variety of stimulations are present for every sensory organ. So the person can remain occupied and engaged indefinitely, if one wishes so. While being in the civilization a lot can be done, as far as the stimulation and emotions are concerned.

On the other hand, jungle doesn't provide much stimulus for the sensory organs & as well as for the mind. As far as the jungle is concerned, it's sounds, colour, feel, environment, smell and mental engagement, all are different. Mind feels more compatible with the offerings of the civilization. While jungle is compatible with

man's internal nature and soul. Because both are abundant in power & peace.



Civilization is compatible with our that part, which is predominantly related with becoming while the jungles are about being. Becoming is dependent upon being because being is a prerequisite of becoming. Similarly sustenance of civilization is dependent upon jungles, while jungles are self-dependent and self thriving.

* Thoughts and actions :

Thoughts and actions both originate in the mind. A tool called body is needed to execute any thought. The decision of action gets birth in the mind, while body is seen executing that thought. Every thought gets converted into karma through actions. Both the people, who plan and the one who executes the plan, are held responsible for the act.

Sometimes the thoughts are someone else's and they get executed by some other person. This happens when the person gets convinced by the thoughts or becomes submissive. In both of these cases, he just works as a tool or a medium.

When the person acts on someone else's thoughts, then he is not wholesome responsible for the act. That person is also held liable, who conceived the thoughts. This is the difference between the karma and vikarma. Karma are those actions, whose thoughts appear in the person's own mind. While vikarma are those actions, whose thoughts appear in someone else's mind and they get executed by some other person. Geeta talks about karma, akarma and vikarma.

Karma and vikarma are related with thoughts. While akarma are those actions, which are natural and spontaneous. if the person is able to still his mind then in that case the thoughts generation process gets halted. Even in this state, person keeps doing something. Whatever one does in this state, falls under the of akarma. Akarma doesn't produce karma fruits as these karma are not



[Handwritten Signature]

done under the influence of mind. That is why they fall out of confines of action & reaction. Karma and karma fruits, thoughts and actions keep us engaged both mentally and physically. Outcome of this process are made available to the person in the form of memories and the sufferings. These memories keep the person occupied, when he is sitting idle. Which means, he can't be in the present moment. His present moment gets shadowed by some act of past or aspirations of future. Thoughts get converted into the actions by the person, which ultimately shapes the person's individuality. The duo of thoughts and actions establishes the relationship between mind and the matter.

* Dream and reality :

Dreams are those aspirations, whom person wants to convert into reality. Aspirations are designs, which are present in the mind in the form of thoughts and pictures and the person wants to see them happening before his eyes. Which means, whatever is there within the mind, person wants to experience them through his senses. Whatever that exists around us, we get to touch and see it, recognise, taste & experience it, through our senses and the mind. Person wants recognition, that can only be gained from our surroundings, which is the society and the contemporary world. Aspirations are two dimensional thing, which appear within the mind, either in the form of pictures & sounds. Their materialization is about a three-dimensional structure, which can only happen in front of our eyes. Mind wants to convert the dreams into reality. Dreams has nothing to do with

While the reality can be perceived through the senses. The world is a giant se of the resources. As well as a giant workshop of experimentation and



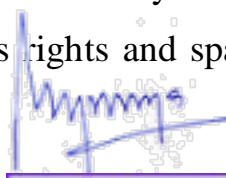
materialisation. The conversion of dreams and aspirations into reality gets facilitated by efforts and dedication. The same law applies on the design and production as well. Designs are those outlines, which are formed by brain and intellect, first in mind and then on paper. Then comes the science and art, which shape up those designs into a finished product or a project. Dreams and realities are related with becoming. Becoming pertains to the mind. This is what mind wants to achieve and see them happening in this world. As well as, mind wants to show to the world that it can happen.

While the promise, which is related with the dream and reality is that, it can be done and that too through you. All that one needs is to take the services of the science and technicians, as they know how to make it happen. This shows the necessity of time, as time is needed to convert all those dreams and designs into reality. Time becomes imperative to accomplish all the dreams. This is how one willingly chooses to impregnate into the sphere of time & unwillingly gets trapped into the vicious cycle of time.

* **Civilized and cultured :**

This is how people get rated. Our education system teaches manners. They are to groom the child into a civilized person. Civilized means how comfortably they get fitted into the structure of civil society. How much they respect the rights of others. How good their interpersonal skills are. How properly they represent their society & how nicely they condition themselves to get fitted in the mould of a civilized person. Being civilized means working and living in our own rightful space & respecting other's rights and space as well. Being uncivilized means not knowing the art of co-existing peacefully in a civil society. Uncivilized person

flouting the norms and breaching other's rights and space. This is what

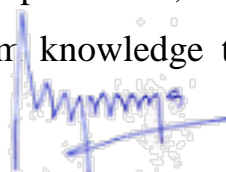


makes a difference between a jungle and a civilized society. This is the difference between the animal instincts and human instincts.

To develop and sustain a society and a civilization, it was felt that it is imperative to teach and mould people and their actions should not breach the laws of the state. So that the sustenance of the civilization and the society could be maintained. In the jungle, the rule is might is right. In the society, the rule is only the rightful act is right. The history of humans has been filled with enormous violence and sustaining violent minds within the arrangement of society, threatens its structure and keeps it vulnerable and fragile. That is why it was felt that molding and conditioning the one, right from childhood is necessary. At the same time, law and order enforcing agencies are maintained by the state so that any unlawful act can be prosecuted. This arrangement strengthens the faith of people in the structure of civilization. This check and balance structure, which exists in the form of law enforcing agencies & judiciary, takes away multiple insecurities of a human mind. This secured condition of our successful civilization allows people to concentrate on development and sustain the family fearlessly. Now the energies can be focused on multiple developmental activities so that the civilization can keep developing and the human growth parameters can be taken to new heights.

* Culture is the way forward :

During the course of development of a civilization, a stage comes, when the focus gets shifted from the personal development to the self development, from Individuality to the self. From excitement of mind to stillness of self, from social networking to self networking, from construction to creation, from dependency to self reliance, from the heights of the world to the depth of self, from exploration to ching, from restrictions to freedom, from knowledge to wisdom, from



illusion to truth, from materialistic differentiation to elemental similarities, from outwards to inwards, from learning to knowing, from believing to realizing. A culture is needed to make the person free from regional, religious, cast & family identities and from the confines of his own Individuality as well . Culture is needed to make the person free from various external conditionings. So that the person can attain his own true nature & can drift away from various boundations to Liberty. Culture helps the person to move away from attachment to the eternal love, from the illusions of the society to the reality of self.

Civilization started treating humans as social animals, while a rich culture has the capacity to transform this social animal into a divine self. This is what a culture does. It treats humans as a complete unit, not just as a building block of the society. It sees the potential in the person. Culture has realised the potential of the human nature. That is why it stresses on taking the right path, rather than taking the right decision in life because the right path gradually refines the human nature. Culture knows the power of simplicity. A simple person doesn't need to identify the principals of his life. While others extract many principles by observing the life. Culture has the power to transform a so-called social animal into a kind and compassionate human being and from being a human his internal journey starts. Which leads him to realize his own inner self. Then only he is able to recognize others as well. Culture takes the person further away from respecting others to regarding others. That is why parents in eastern societies want their children to be cultured alongside being civilized. Civilization makes the person valuable while the culture helps the person to find the priceless, which is their within each and everyone..



Justice and injustice :

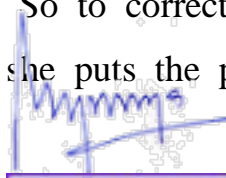
Injustice is that one aspect, which every person wants to avoid in life.. State puts forward a system, which is there to ensure that injustice is avoided & justice is delivered within given timeframe. Mind sees life as an opportunity. When it realises that different people are on different levels, according to the health, intellect, financial status and luck. Then it feels that there is injustice in life & no visible authority is there, whom the person can seek clarification about the visible disparities. When the person sees just one aspect of life, then he feels that definite disparity is present there however when the person sees life in totality, which means seeing the life in continuation of many other lives, which the person has lived in the past, then he comes to realize that why some aspects of life are suppressed and some of them are more developed.

Then he realizes that what he believed as injustice is just a part of the large justice infrastructure of the nature. Justice is about no profit, no loss. Just balance. In a social set up, when a person feels that injustice has been done with him, then he goes to the concerned authorities, asking for justice. Till the time, he feels that justice has not being delivered yet, a sense of dissatisfaction remains there. When he feels that justice has been delivered by the concerning authorities then the sense of satisfaction comes back and the faith in the system gets restored.

There are two times frames. One is the period of seeking justice and another one is the moment of justice. Period of injustice is dominated by a feeling, which is unpleasant and disturbing. While the moment of justice, restores the feeling, which is pleasant and satisfying.

There are two systems of justice in place. One belongs to the state while another one is of nature. Nature is the one common mother of each and every form

That's why she treats everyone equally. So to correct the individual's s and to reward the individual's deeds, she puts the people in certain

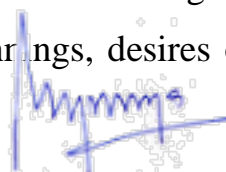


circumstances, which are either rewarding or punishing. She also puts the individual in different types of bodies, in different lifetimes, just to provide the experience & constraints of a particular variety of life. Nature is dedicated to the absolute extent, that is why she is called mother. The justice can only be done, when there is absolute dedication by the concerning authorities. Absolute dedication means absolute purity.

* Presence of mind and absent minded :

Presence of mind is about unaddicted and present state of mind, when conscious mind is pretty attentive and thus it works in tandem with senses. It means being completely aware of the surroundings & the happenings, which are taking place around us. It means mind is free to work dedicatedly in the outer direction. In this condition, mind receives all the informations and inputs that are carried to him through senses. Brain analyses these informations and can predict the happenings, which are going to take place few moments later. This is how the person becomes prepared to deal with the happenings of near future. People get praised by others for their presence of mind. This is how their commitment is measured for their work, duties and their responsibilities. Presence of mind is related with acting in present or being attentive in present. Living in present or being seated in present is about that state, when mind gets balanced by human consciousness. Because one who lives in present has nothing to do with the activities of mind. All that he needs is to be completely relaxed, spontaneous and natural. Being in present is related with focus being limited to self & the truth.

On the other hand, being absent minded means not being concerned or attentive about the happenings & the people of the surroundings . Mentally either occupied with memories, imaginations, plans, desires or confusions. In

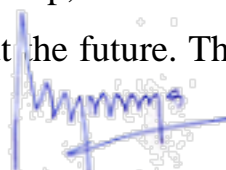


ins condition person remains disconnected with the proceedings, which are happening around him. During this time, mentally he remains occupied or he is not able to understand the activities, words or the points being discussed. The difference between presence of mind and being absent minded is the availability of mind and an occupied mind. People do get judged on these two parameters. Both of them are the part of duality.

While awareness is something, which is beyond both of these conditions. Awareness is about the person's focus being contained with self. In this condition person doesn't need an active mind. He needs a passive mind, which just rests. During the period of awareness, the person is not interested in his surroundings. He is no longer an actor or an expectator. He is just a witness of the surroundings, which exists around him.

* Assured and worried :

As far as someone's performance is concerned, a person either remains assured or worried. Both of these terms are related with the performance. Parents either remain assured or worried about their children's performance. They are assured about that child, who performs steadily well & whom they think can manage independently. Parents remain worried about that child, whom they think won't be able to sustain independently. As their performance is not convincing enough for them. Both of these terms are related with the future. Future is all about ability and inability, success and failure, sustainability and struggle, maintenance and degradation, development and regression. Assurance is related with positive feelings while worries are related with negative feelings. On this point, we can divide the population in two parts. One is the group, who is assured about the and the another group, who is worried about the future. This means that the



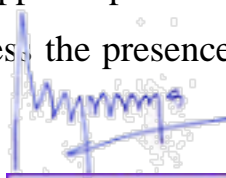
future and feelings are two different aspects of one same coin. We want to be assured about our future, that is why we keep working and saving.

We want to invest in those options, that can assure us of handsome returns. People buy multiple insurances and make investments, which are related with the health & properties, just to keep the worries of future at bay. Insurance companies promise their customers that your investment with us will keep your worries away. Future appears smoother, if the person is assured enough and future appears bumpy, if the person is worried. During the phase of the economic depression, the person becomes worried about the future events, while a confident person always remains assured of his capabilities & future performances. Future being tough is one thing while future being adverse is another thing. Ability to help oneself, during the difficult time is one thing while becoming helpless during the adverse period is another thing. Person feels worried about the adverse phase and being helpless.

* Creativity and construction :

Creativity is a trait of nature. When nature flows freely outwardly, it creates. The person becomes a tool of nature & creativity happens through him. Creativity has meditative effect. Mind remains free from stress while creating something because mind remains idle as the nature is in command during this time. When the nature takes over & exhibits itself, something new and unique gets created. Unlike the construction, creativity is not a time bound procedure because while the person is in a creative mode, he loses the track of time. Time loses its grip, when one is in a creative mode & person gradually feels more stable & satisfied while creating something. Creativity cannot be planned. It just happens spontaneously. This is the

n, when the person gets to taste and witness the presence of nature within



oneself. A creative person requires an intact focus and creativity starts flowing through him. True happiness lies in creativity because during this time, person's consciousness remains under the sphere of nature. So he becomes carefree. These carefree moments are the moments of happiness.

On the other hand, construction takes shape through mind . Mind starts by making a plan and forming a design first in mind & then on paper. Then he goes on to secure the resources and skillful workers. Who work to convert this design into a reality. While constructing anything, person keeps the track of the time because over shooting the time frame increases the cost of project. Person keeps encouraging the workforce and oneself, so that the work can keep rolling without any hindrances. The person needs to be completely attentive while the construction is on. As the quality of the work and time frame remains at stake, so one cannot afford to be carefree. Person does get mentally and physically tired although when the construction gets completed, he feels satisfied & relaxed. By completing the task competently, person proves oneself before others and that's where his success is hidden.

Any construction optimally works for a certain time period and after that it starts degrading. While the creativity is timeless. People in coming ages, keep taking the inspiration & guidance through the creativity. It never gets old because it is useful & refreshing in all the ages.

* Illusion and truth :

Illusion is something, which exists in the sphere of time and goes through continuous change. It exists in the 3 dimensions, which are length, width and height. A manifestation is an illusion, which exists for a given time period and it has a start and a finish. Illusion is made up of matter and it can be perceived

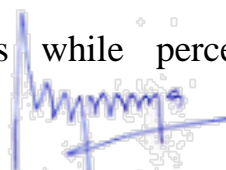


through senses. Illusion has vast diversity and variety. Whereas mind is our that part, which is particularly interested in this variety and diversity. Mind is interested in all these perishable and inconsistent structures and their presence. Mind becomes curious & excited, when it sees vast variety & when it chooses to fix it's attention on one structure or being, then it becomes interested in it. Then it wants to establish a connection and some control over it. From acquiring partial control, it wants to move towards absolute control. This gives rise to a sense of possession, which further starts giving birth to the feelings called emotions. Thus the emotions are related with all those perishable structures and forms of life only. Illusion is always an effect not the cause. One single cause can produce numerous effects in multiple time frames & the entity which converts the cause into an effect is nature. This effect called illusion is present on the surface & is visible while the cause behind any effect or illusion remains stable at the center & invisible. In the absence of external source of light, one is not able to see and connect with the illusory part the existence. External light is the thing, which connects the mind and the senses with the externally visible illusion. Which means light is the connecting medium.

Same is the case with the truth as well. In the absence of internal light, one remains unable to see the truth. Which is omnipresent and non degradable. That is why there is a verse in Indian culture, which is " tamso ma jyotirgamaya". Which means ' O lord, please take me from internal darkness to the internal light because that light will make the truth visible to me'.

* Perception and actuality :

There is a difference between perception and dream. Dream is about illusion, activities of mind & objectives while perception is about



understanding, experiences & ideology. Dreams may not have logics however perception does harbour some logics. It wants to move forward and defend oneself through some logics & it does forms some principles & on its basis, it encourages and motivates others. Perception always wants to see it's preferred design, getting materialised. That's what, it's objective is. One type of perception gets resistance from a different kind of perception, which also wants to hold it's ground & remain viable. That is why a person driven by perception prefers to fights because this is his want. At the same time, he wants to see his acceptance rising. He wants to see himself accepted as a leader, who takes initiative, guides others, plans, struggles & then ultimately secures victory over his adversaries. A person driven by perception wants to be seen as an intellectual.

He wants to talk and wants to be heard. He wants mass following & wants to keep extending his connections extensively. In multiple lives, people keep on harbouring multiple connections. Through this course, person keeps on going through multiple experiences. His perception makes him do both weird looking and logical things. His every act does attracts some experiences. As far as the crowd is concerned, he gets support from one quarter & criticism or opposition from another one. This journey of perceptions keeps going on until one reaches on the ground of actuality. All the perceptions take shape in mind, this is what actuality is . Mind holds them & keeps them strengthening. A time comes when these perceptions become so strong that they start guiding the person's life. This is one of the way of the mind, through which it keeps controlling the person's life. When the mind becomes silent, all the perceptions it harbours, also get dissolved. This is how the person's life becomes free of being externally controlled by mind.



Obsessions and jealousy :

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Possession and jealousy are two different aspects of one same coin. Person who harbours possessiveness becomes jealous when possessions get challenged. it's the possessiveness which gets converted into jealousy, when the scenario changes. Possessiveness wants to keep holding on, while jealousy wants to keep obstructing and repelling. One common thing between the possessiveness and jealousy is that both of them are feelings. Feelings are something, which are present on the surface of one's being and they are always affected by the external sources. Possessiveness and jealousy both depends upon the fact that how much the person is mentally receptive of them. Sensitive mind makes the person insecure. In this case one has to take the shelter of some ideology, which is a regressive decision. Possessiveness is related with sense of having the control while jealousy is related with the sense of losing the control. Jealousy fills the person with a sense of deprivation. Person feels that he is lacking in a particular aspect so he doesn't want to lose his ground.

Possessiveness is pleasant while jealousy is unpleasant feeling. Possessiveness wants to remain attached & any loss of communication gives birth to multiple insecurities. If the person is possessive about some person, then one might feel very much wanted & also feel trapped later on because most of the people want to be loved & secure other's attention however very few of them love to be controlled by others. So the possessiveness is like a golden cage, which appears to be comfortable and precious however at the end, it is a confinement. While being loved, people also want a breathing space. To become carefree, a person needs to be mentally free. Possessiveness drives one towards extremism & jealousy, which may propel the person towards violence in some cases. A person, who is possessive about some other person, in reality, is under possession of his own



mind. He doesn't know this fact that he has been possessed & that is why he goes through multiple ups & downs of feelings and emotions.

* Sensory and motor :

Sensory and motor are two pathways of Information conduction, which are present within the bodies of the humans and animals. On one side, they are connected with the brain and on another side they are connected with all the entry and exit points of the body. Nerve fibers are present between both these ends. Sensory pathways are the cable network of the nerves, which transport the informations collected by all the sensory organs, skin, ears, nose, skin, tongue and the urinogenital system. All of these informations are taken to the brain, where they get processed. Post processing, instructions from the brain are carried through the motor pathways to the organs, which are responsible for executing the suggestions of the brain. Motor pathways are those nerve pathways, which carry the instructions of the mind to the effector organs. The instructions are divided into two parts, which are voluntary and involuntary reactions. Brain receives its instructions from the mind. Informations which reach up to the brain, reaches up to the mind as well. Voluntary reactions are those reactions, which are instructed by the mind. While the involuntary reactions are those reactions, which are governed by the brain. Brain is the processor of the body while mind is the real operator, which operates this brain-body system. Sensory and the motor pathways are peculiar to the duality. Because here no two people are same, nor their environment and surrounding is. That is why these pathways are needed, just to protect, sustain & thrive oneself. While in case of absolute non duality, none of these pathways are needed because in that state neither the mind nor ego exists. So

rentiation disappears. And the environment in which two of them exist, is

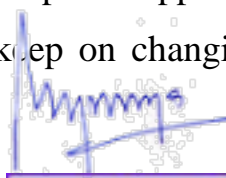


same, unanimous and filled with love. Still they are separated by each other. Reason being that all of them don't have to merge with each other because their journey is more towards inwards. They have to unlock the light within and that's where the final destination is. In the case of non duality, the segregation between male and female also disappears.

*** All the good things, come to an end :**

All the good things, come to an end. Good and bad are related with thinking & doing. All the good things come to an end because nature has to take over from somewhere. This means that at some point in life, the transition from the mind into nature takes place. At this point the sense of doing something good ceases and the flow of nature starts, which is neither good nor bad however it is the right thing, which happens with us. This means that good has this capacity to get transformed into the right. The sense or feeling of doing good erupts, when mind claims it. Good is associated with start and an end. However doing right is a natural thing, which is a cyclic and a spontaneous process. It doesn't start or end. As good or bad are related with doing and thinking while right things are natural things, which are related with happenings. Good and bad are two different perspectives of the mind and it also keeps noticing their amount and numbers. When we see things through the spectacle of mind, having time as a parameter in our brains, then start and end become inevitable. All the right things keep on happening, like the trees keep on producing the fruits. Rivers keep on providing the water, clouds keep on providing the rains, Sun keeps the process of vaporization going and plants keep on producing the flowers. So fruiting and flowering keep on happening, however the

which are in the form of plants and trees keep on changing, although the



process keeps going on. For the mind, good and bad things are also limited to the areas and the people as well. For example, mind believes that good things happen in this particular area and bad things in that particular area or this person is good and that person is bad. This is one of the way of classifying people and places. Mind also classifies the time on the basis of good and bad. Mind can see the good things happening or perishing however it cannot see the right things happening, which are continuous and cyclic. Restricting them, ultimately results in life getting restricted.

* Extrovert and introvert :

Extrovert and introvert, these are the two different tendencies by which a person is driven. When the mind is so dominant that it drives the person's innate power towards the material world, then it is called being extrovert. An extroverted person is so very much interested in the world. He wants to experience all the options and offers it has. He wants to extend his clout and effect in his vicinity and if possible up to the far flung societies and civilizations too. At the same time he is curious to experience, whatever is being offered to him from distant localities. He believes that this is the only place, where existence is possible and there is nothing beyond this. That's why the person should expand his effect in the contemporary society and keep exploring whatever comes to his way, as the world offers opportunities and the one should keep capitalizing on them. He is so very much interested in establishing interpersonal relationships & maintaining them.



An extrovert person wants divine grace, not the divinity. The reason of seeking divine grace is to keep sustaining and thriving his empire and his own effect.

On the other hand an introvert person is not so dominantly affected by his own mind. The effect of mind is still there however it is somewhat recessive. A large chunk of his power is not under the direct effect of his own mind. So it is free to be utilized by the self. In his case, the curiosity and the interest, which are related with the outside world are somewhat limited. In such conditions, one is not essentially driven towards the outside world. His longings from life are different than an extroverted person. Both of them want two different things from life and an introverted person looks more stable and calmer. He is more driven by his internal world, which aspires stillness and calmness. If an extroverted person is more constructive, then an introvert person is more creative. An introverted person wants to delve deeper into the possibilities of the inner world & he wants a limited engagement with the outside world as this suits him. The level of engagement with the world, which is considered normal by an extrovert person is too excessive for an introvert one. An introvert person wants to taste the fruits of own life, unlike an extrovert person, who wants to relish the various tastes of the world.

* Activity and rest:

Both of these phases are related with a typical mindset. In a cycle of 24 hours, it remains active in one phase and goes to rest in another phase. These phases keep on alternating. Days, months and years pass by. However the thing, which doesn't change is the mindset. Which means that the same mindset starts functioning at the dawn of the day, when the mind and senses become active and it

then mind and senses go to sleep. Which means the software remains same,

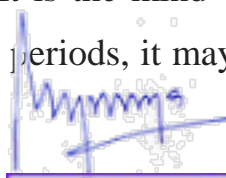


while the hardware of the body keeps working on the program, which has been installed in the software. Thing which is missed by the person in this particular mindset is mindfulness or awareness. Mindfulness about our actions and mindfulness about the thoughts, which keep playing in the mind. This means there is no distinction between the thoughts and the one who acts upon them. In this case, thoughts become our sole guiding factor and till the time we remain awake, we remain active as well. Which means we are either physically or mentally active throughout the day. When we become tired mentally and physically, we prefer to go to sleep. Because by that time, person becomes completely exhausted both physically and mentally.

Meditation allows us to go to rest, during the phase of our activity. This is about stilling our software during the phase of activity. Holding oneself or stilling oneself is much more a difficult task than letting oneself lose or surrendering oneself to the mind and its tentacles, which exist in the form of our various interests and addictions. We are governed by our mindset. We have no choice but to go to sleep to provide ourselves the rest, relief and repair. Till the time, one is in control of his own mind, he has no option but to remain active throughout the day. However when the person starts acting spontaneous and natural, then he can afford to take mental rest, even when he is physically active. Because in this case, nature takes over and keeps performing the various functions. Which means the person is no longer dependent upon his mind, which keeps him always active. Unconsciously we keep working for our mind, even without knowing this fact.

*** Pleased and upset:**

Both of these traits are related with mind. It is the mind which either gets
or upset with someone. Into different time periods, it may become pleased



and upset with the same person. Being pleased is related with the favorable outcome or effort while being upset is related with unfavorable thing or outcome of any effort. When our liking or interest matches with traits of one person then we get pleased while being upset is related with disliking a trait or a quality. If that particular trait is being manifested through a person, then we tend to dislike that person. When we are on a mission then we start categorising the proceedings into two parts. One is pleasing and another one is upsetting. We want to see our task being accomplished and this can only happen, when the ratio of pleasing and upsetting things is in favour of the pleasing things. In short, being pleased is related with our liking and being upset is related with our disliking. Whenever we see benefits approaching us in the form of a person or an opportunity, we become pleased and we start exhibiting it through our expressions and gestures. Whenever we feel that we are going to incur loss then it also gets exhibited in our gestures and expressions. 'Pleased to meet you' is a term, which is often used during the formal and informal meetings. This is to convey that the person is positively sensitized by the the presence of another person and by the opportunities and offerings, he is carrying along. If someone is favourable towards us and supporting our expectations, then we get pleased with the person. If someone is not coherent with our expectations or is insensitive towards them, then we get upset about it. Mind wants things getting accomplished smoothly and that is why it expects good or pleasing news. Mind also expects that the bad or unfavourable news should keep away from it. That is why any effort becomes a task and pleasing as well as upsetting things become a part and parcel of it. When the person enters into this game of the duality, he wants to keep proximity with pleasing things and maintain a distance from the upsetting things. Which is impossible, till the time his mind

sensitized.

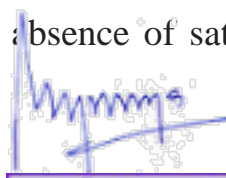


* Mind and time:

Mind always looks for its existence in the sphere of time. It feels that if time is there then I am there. If time is not present then I also die. Mind always flourishes and develops on the grounds of time and time is also the distance. Mind thinks that there is distance that has to be covered. To cover that distance, mind looks for time. It always raises a question that do we have time or not? If time is not there, nothing could be done. If time is there then mind can give it a try. Mind always considers time as its counterpart. Mind is nothing in the absence of time. Mind is completely dependent upon time for its survival. If mind keeps looking towards time then it is still active. When the person doesn't feel any want of time then in this case his mind is at his disposal.

Self doesn't look for the time in this world rather it looks for the light. Which is present within each and every person. Life is called a journey because this journey is done in the sphere of time. The difference between life and a divine life is that during the life mind keeps looking towards time for its survival and activity. While the divine life looks towards the light in every person. That is why there is no distance to be covered and thus there is no want or need of time. Mind looks for diversity, which is divided into two parts, which are pleasant and unpleasant. To move towards the pleasant ones and to keep away from the unpleasant ones, mind requires time. This distance is covered through effort, liking and resources. Till the time mind keeps looking for uniqueness and diversity, it requires time. Till the time diversity is there, it wants to survive and remain active because diversity creates distance & distance requires time to have it covered. Time loses its sheen in the absence of mind. As the sports facilities are useless in the absence of

persons. Like satsang cannot happen in the absence of satvik people. Like



garden cannot remain garden in the absence of greenery and flowers. We value diversity because our mind values it however the real attainment of our lives is the light. Which dismantles our inclination towards the diversity and differentiation.

* Rude and kind:

Rudeness is related with our ego whereas kindness is a trait of person's nature. Kindness is an eternal trait. The reason behind life taking shape and keep thriving is the kindness of nature. The reason behind nature providing everyone a physical body and the resources to sustain it, is her kindness. While rudeness is a behavior, which gets exhibited when the person is completely taken over by the mind and it's desires. Every obstruction in that desire propels the person to behave erratically. Many a times, person keeps mum or stay silent & behaves responsibly, even when he knows that he is taken far a ride or being harmed intentionally or unintentionally. He just keeps observing and keeps witnessing the various facets of life. While mind behaves irresponsibly, whenever it feels that the ego has been hurt. When mind wants to remind the person about it then it reacts or takes the path of rudeness as a tool to register his dissent. In some cases rudeness gets exhibited in person's behavior, when he harbors the ideology of being superior on the basis of cast, creed, color and race. This typical mindset makes the person insensitive towards other people and other forms of life, their emotions and their rights. In this case, person also becomes insensitive towards his own inner kindness. Which gets masked by his ego, ideology or thought process. Rudeness is related with one aspect of duality, when the person feels secured, full of strength and control, loaded with positive qualities, far away from atrocities of life, then his mind develops this false notion of being superior and invincible.

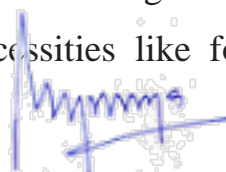


In this case person's behavior may become rude, if it is not balanced by his own conscience. Whereas kindness is a trait which acknowledges only the 'being', which encapsulates plants, animals and humans. There is a famous saying in Indian culture, that is "jeevo par daya karo", which means that 'be kind towards all forms of life'. This is a wisdomful saying because it is the mother nature, which gives birth to all forms of life. Whether that may be the plants, humans or animals.

* Need and desire:

Need and desires are related with two different aspects of ours. Desires are related with mind and its offshoots, which are intellect and ego. Which wants to experience various aspects of life, acquire various material offerings and possess various decorations, which can be availed during the life. When we are in our individuality, then it is really difficult for us to differentiate between the need and the desires. As we see both of them as a package. We start the journey of our individuality by fulfilling our needs and when we become able to do that, unconsciously we advance to the sphere of desires, as we have the resources, capability and want by then. Which means we have all the ingredients to prepare the curry of desires and we can point out this happening all around us in the society. So this becomes our defacto goal as we are controlled by a strong mind. Who feels that if not everything then a lot can be acquired.. This is how mind diverts our progression in the direction of desires and possessions. Unconsciously we keep on spending our life's force for the sake of our mind, not for us. This is where conscience comes into play. Which tells the person that how to judiciously use the life's force.

On the other hand, needs are related with sustaining one's presence. It is utilizing the life's force for the basic necessities like food, clothes and



shelter. When the person is able to stop oneself at the level of needs, then he is able to preserve lots of his life's force, which has the capacity to transform oneself. Which means shifting the focus from external development to flowering the internal lotus. This is how the person's life's force starts working for himself. This is the process, which happens in all the saints.

As when one acquires saturation, then lots of his power is made available to his internal nature. In this case, more natural and spontaneous things start getting exhibited through his being. Now this produce is for each and everyone. Whosoever wants to utilize them, can utilize it for free. Saints don't charge, they just distribute, whatever is flowing out of them. They are able to do that just because of the fact that they restrict themselves at the confines of needs.

*** Good is not that good and bad is not that bad either:**

This is about our strengths and weaknesses. Our strength helps us to sail through the favorable and the unfavorable currents of the life and our weaknesses make it difficult for us to face the atrocities of life. Strengths give us a sense of self-confidence to take the challenges. We try to balance our weaknesses with our strengths. So that one could keep moving ahead in the life. Weaknesses has the capacity to drag the person backwards and strength helps the person to fast forward the experimentation and experience gathering in life. If we look at them through the perspective of life, then mind classifies strengths in the category of light and weaknesses are kept in the category of darkness. Mind is clear. It wants to move on and sustain oneself in life. So when it sees others possessing the strengths, which ng in oneself, it feels that I wish, I could have those qualities. So that I



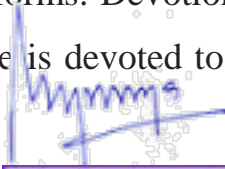
could be successful like them and I might have been sitting on an altogether different level.

Whenever mind sees weaknesses in others, it feels that I am privileged that I don't have them. Our strengths definitely promote us in life and weaknesses definitely pose as road blocks. As far as the personal development is concerned, these road blocks definitely divert our flow in some other direction, which is not there in our plan however it is definitely there in our destiny. The person feels surprised, when he sees unexpected development in that very field, about which he never thought before. For these kinds of happenings only, the word 'blessing in disguise' has been coined.

Our life's force is a kind of river, which definitely flows in some direction, if it is not being blocked completely. This way the road blocks in life, help the person in developing some other aspect of his being. Which the person might have missed, if everything went perfectly in his life. So the person with absolute strength is set to miss those gifts in life because he goes all out to achieve his desired goals. While the one, who is moving on in the life with some deficiencies, is set to receive those gifts or developments because his acceptance makes him more receptive of these natural gifts.

* Devotion and dependency:

Devotion is the key to freedom while dependency is the key to bondage. Devotion leads a person towards a definite mental state while dependency leads the person to such a stage, where one finds oneself over-reliant and thus over-emotional. Dependency recognises a person or an identity as the center point of the
otions are mostly related with the visible forms. Devotion doesn't want to go forward, atleast with the one, whom he is devoted to. While there are

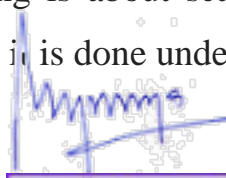


chances of eruption of ego between two interdependent people. Devotion wants to surrender its ego, while dependency wants to retain the ego in some form. Devotion asks for guidance, blessings and love while dependency asks for attention, time and resources. Devotion is a bridge between the form and the formless. While dependency is an interconnection between two people, who are present in physical forms. Devotion doesn't mind in sharing his deity and God with others. While dependency aggravates insecurity, when others start showing interest in own partner.

Devotion shows curiosity in the formless while dependency gives utmost importance to the physical presence. In reality, it only scans the people with physical presence to harbour dependency. Dependency propels the person to remain attached and closer with the desired and loved ones. A person's addiction to dependency, leads him to remain dependent upon his own senses. As well as, his senses work as a medium to establish the connection with the one, upon whom the person is dependent. A person generally remains dependent upon his family or friends however his devotion is fixed towards a deity or God. Dependency is a two-way process because both the parties, who are involved should remain committed to each other, whereas the devotion pertains to the devotee. As God and nature both are available for every person selflessly and beyond any reason. Both the subjects, who are dependent upon each other are fragile whereas in the case of devotion, only devotee is perishable, while God and nature are eternal. This is the beauty of devotion that it doesn't teach dependency rather it gradually moves the person towards the state of love.

Devotion is related with rising in love why dependency is about falling in love. Falling is related with the depth while rising is about scaling the heights.

is either intentional or unintentional. Either it is done under the influence of



interest or it happens by the chance or under the influence of someone else's mind.

The rising is related with natural circumstances. Rising is spontaneous whereas falling creates hurt and dependency, limitations & boundations. Rising is related with fruiting and flowering. Post rising, pollen grains become free and get spreaded in the environment. So as the fragrance of the flower, which keeps radiating from the flower. Fruits ultimately get consumed by someone and thus surely provide benefits. Dependency makes the person connected with a single individual, whereas the devotion ultimately takes the person to that only one, who exists in everyone. So the devotion helps the person to become free from the attachment of various individuals & it makes the person immersed in love and light, which is the ultimate finding of every individual. Dependency demands conversation and exchange of emotions and words. It also demands engagement in the sphere of time. Devotion only demands surrender. It is free from conversations, engagements and exchanges. It prepares the person to feel the bliss of stillness. It also takes the person away from the ups and downs of the emotions.

Dependency demands material object, that too preferably alive, which has the capacity of exhibiting emotions, expressions and which is visible. Devotion is towards the formless, which is beyond the confines of emotions and expressions. Above all, the taste of real love can only be achieved through the devotion. Devotion doesn't want to make or induce any changes in the devotee. He is free to be completely natural and the power related with being natural, gradually gets converted into love. Love is the pure produce of the person's internal nature. Love is that drink, which is prepared by everyone within. Everyone needs to transform oneself to have the taste of this internal nectar called love.



lean and Dirty:

It is one of the parameters of social development that how efficiently we keep our society clean. One of the parameters of personal development is that how able we are to keep our living area and personal space clean. Filthiness is related with an unorganized living while cleanliness is associated with organized living. A society can only remain clean, when it is conditioned and concerned enough to do so. While the person's internal cleanliness is related to self-awareness, which declutters the mind and stops receiving new cluttering. Environmental cleanliness is directly related to the personal health. As dirtiness poses more threats by spreading pollution and microorganisms in the area. Which increases the health concerns and related expenditure. Cleanliness is associated with the higher standard of living. While dirtiness represents the poor standard of living. The contributing factor of dirtiness is poor sanitation and increased rate of cluttering. Which is true for both internal and external environments. While the contributing factor of cleanliness is regular sanitation drive and decreased rate of cluttering. Society is said to be developing, if it is not maintaining the adequate standards of hygiene. While the advanced societies try to maintain a certain level of cleanliness and hygiene. When it comes to the internal environment, our various indulgences increase the burden of mental and karmic cluttering and thus increased confusion as well.

Cleanliness in outer environment increases our comfort while in internal environment it increases our stillness. Clean environment attracts visitors while stillness attracts regard from them, who are able to experience it. Clean external environment needs efforts while clean internal environment is driven by person's spontaneity and simplicity rather than the mind and associated aspirations. West is hailed for it's civilization, which is modern, clean and organized. While East is



heard for it's culture, which is full of wisdom, philosophy and spirituality. This is what the internal cleanliness is all about.

* **Limitations and boundaries:**

We are pitted against material boundaries because of our physical limitations. These limitations impose restrictions on our movements, function and area of operation. Because of the limitations of human being, human intelligence has developed various machines with higher speeds, so that the human's area of function could be increased. Mind wants to explore and if possible to control the material aspect of the cosmos. Which is present in the form of various planets and their satellites, asteroids and elements. To explore the Earth, intelligence has devised automobiles, high speed boats and airplanes. For the interplanetary missions, it has invented rockets so that humans can explore the various possibilities, which are present there on another planets. The expansion of Cosmos is too vast and unimaginable. Whereas the humans are too tiny and physically limited. That is why they take the help of intelligence to realize the aspirations of reaching and controlling the material resources, which are present beyond the planet Earth. The concept of boundaries came when humans realized their physical limitations. Humans have marked and drawn various boundaries on Earth. A particular bounded area marks someone's control over it. Boundary is either our area of control or aspiration. Mind sees opportunity in it and to explore and tap those opportunities and possibilities, It keeps on devising various tools, which could help to further the control of mind on distant places. Mind always wants to see vast boundaries, when compared to it's limitations. If boundaries start shrinking, then mind feels insecure or claustrophobic. For the mind, the freedom



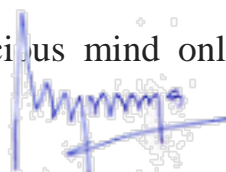
means movement and ability to expand. Being restricted in a cramped area is a great fear for the mind. Mind feels relieved, when it sees it's boundaries expanding.

* Energy and matter:

Energy and matter are interchangeable. Energy is invisible while matter is visible. Invisible becomes visible, when energy gets converted into matter. Sun emits energy, which travels in the form of light and is found all across the cosmos. Body is matter while energy is it's fuel. Body keeps asking for energy at regular intervals. Which is consumed in the form of matter and is called food. When energy gets accumulated in the form of lattice, It takes the shape of matter. Energy and matter both exist in the dimension of space. Sun is considered the source of life because it is the source of energy. Body which appears a bulk of matter is actually 99.99% energy. Plants trap the energy and have it converted into matter. This matter is provided to the other forms of life for sustaining themselves. Mind considers the body as mine, is just 99.99% invisible energy. Mind doesn't consider the free energy as mine. However when this free energy gets transformed into matter, mind becomes interested in it. Mind only recognizes the matter not the energy, which is the building block of matter. Mind considers a room empty, even though it is filled with energy. Whereas when the room gets filled with objects, then only mind starts believing that the room is full. Planets are made up of matter while the whole space between the planets is filled with energy. Life gets exhibited through the matter, which is called body. As the energy and matter are two different aspects of one same thing. Similarly soul and life are two different aspects of one same thing. One is invisible while another is visible.

We are so heavily dependent upon our conscious mind that we completely

miss the role of energy in our lives. Conscious mind only recognizes the



visible aspect of anything. Sun in the form of energy, which sustains and maintains the lives on the planet Earth. So all the raw material of life comes from the Sun. Our emotions get attached with various objects, which are nothing just an accumulated and formed lot of energy. The conscious mind recognizes the outlines of the objects, which are bound to change, when there is some energy shift within the matter, which affects the outline of the object.

* Consumer and product:

Plants consume the energy from the sun and the nutrition from the Earth. So they are the primitive consumers. For the herbivorous animals, plants become the product. These animals are the secondary consumers of energy after plants. Other forms of animals consume these animals and become tertiary consumers. So the life works both as a product and a consumer. Matter, which is non living can only be the product. Which is utilised by the humans and animals, in its raw form or in an improvised form. Like other animals, humans are also divided into male and female forms. Under the effect of mind and hormones, for the sake of physical relations, both male and female consider the opposite sex as a product and oneself as a consumer or vice versa.

life has to consume something in order to sustain oneself. This drive of consumption can be divided into two parts. One is need and another one is the desire. Various ornaments. which are made up of precious metals and stones are not the part of human need. Because they don't support life as they are only the part of human desire. So the products fall in the category of needs and desires. Judicious consumption and feeding takes the person towards the yoga or the merger with the cosmic consciousness. Unmindful and indulgent consumption

is the burden on person's various systems, mind and the Karma backlog. So



the wise consumption of energy keeps the person lighter, both physically and mentally. Yoga advocates the consumption of fruits and grains as the plants shed them, when they are ready. One needs not to hurt the life, which is present in the plants to acquire the fruits. The life span of a grain plant is of few months. Life in some forms are both consumer and the product, while humans are pure consumers. This is the nature's design. She produces food through life and let the other life consume it. Beyond the cycle of being a producer or consumer, when the person realises oneself in that form, which is neither a product or a consumer, then one comes to realise that this is a design of the nature only and his eternal existence is beyond this cycle of production and consumption.

* Superior and inferior:

This is how our personal, family and social life is divided. We want our lifestyle to be superior. For this, we put in lots of efforts and invest our multiple years or generations. Sometimes, it needs the efforts of few generations to take the financial, educational and social status of the family into the superior class and sometimes if one is blessed with intellect and talent, then it could be achieved in one generation also. Although these sorts of examples are few. Those who feel that they are living an inferior life, they see a vast gap or trench to be covered. They find this gap around them. This is related with the individual's vision.

If the person is happy within his individual setup, then he can't see any gaps, neither he is forced by any desires of fulfilling these gaps, nor he has to invest his multiple years to bridge this gap of inferiority and superiority. Those who live a superior life, if they are governed by their nature, then they are humble enough.

They are not concerned about any gap that exists and they treat everyone equally due respect. While those who come from superior status and are governed



A handwritten signature in blue ink, appearing to be 'M. J. Singh', written over a faint grid background.

by their minds, they always see this gap and them also, who live across this gap. Mind always wants to maintain it's standard. Losing own ground is considered a failure by it.

Person with this mindset offers a selective treatment to the people based on their background. His efforts are devoted towards maintaining and if possible widening this gap. Financial, social and educational standards can be enhanced through hard work however society has made brackets in the form of casts. Which is dependent upon the fact that in which cast the person takes birth. This social identity remains fixed for life. This is the division created by mind, not by the nature, nor they have to do anything with the relationship. Mind wants to sustain some evils in the name of traditions. Mind wants to retain its superiority & privileges. For this, it uses the religion as the shield and anarchy and violence as the weapons.

* Mind and rights:

Mind gives utmost importance to its rights. In any case, it wants to safeguard them. It doesn't want to sacrifice those rights, which have already been given to him. It cherishes the special privileges, which are accorded to him. These special privileges help the person to bypass many obstacles in life. Mind wants to win, become successful and establish oneself at any cost. If any special right helps him to achieve this condition, then it wants to retain them any how.

Mind's decision to support and oppose others are dependent upon the fact that who is going to safeguard his rights and who might take them away. In any case, it

become assured that it's rights are being safeguarded. Politics knows this

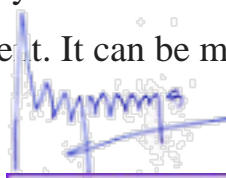


fact, that is why in an attempt to win the people's support, it wants to convince and assure people that they will get more rights and their existing rights will be protected. Mind becomes agitated, when it feels that its rights are being diluted. It feels depressed, when equal rights are not given to him. If already it is enjoying some special rights, which is not available to the rest of the population, then he correlates those special rights with his own survival and may become unruly to retain them at any cost.

On the other hand, that population which is not provided with special rights, always feels disparity and complains about inequality. Being the first class or second class citizen is all about the rights, which are provided to the various groups in a state. A point comes when people with equal rights and special rights come face to face and the both fight their case. Mind gives importance to its survival with full comforts than the equal rights for all. So the society gets divided on this point. Flickering with the rights has the capacity to divide the society and politics uses this division in its favour.

* Totipotent and specific:

Totipotent means total potential whereas the specific is specialized in one singular direction. Totipotent can be converted into a specific one however the specific one cannot get converted into the totipotent. There are totipotent cells present in the body, which are also known as the stem cells. They are used to repair various organs. These cells has the potential to adopt themselves into one particular organ. A kidney cell can only work as a kidney cell, so is the case with Lung, lever, heart, brain or any other organ of the body. However a totipotent cell, when goes into the heart, becomes a heart cell, in kidney it becomes a nephron, in the becomes a blood cell. Childhood is totipotent. It can be molded in multiple



directions. However when the person gradually becomes older, he keeps becoming more specific. In the old age, that totipotency of the childhood is lost and the person becomes more or less restricted.

Totipotency is also a characteristic of 'jeeva', which gives birth to different lives, in different timespans. Life gives shape to one individuality and a person keeps carrying that individuality throughout his life. So individuality is specific. 'Jeeva' is that seed, which becomes one specific identity in every life. Indian culture is that totipotent culture, which treats this whole world as a big family. It doesn't divide the world into multiple specific communities. It prepares the person to fit everywhere and anywhere. Energy is totipotent. It gives birth to matter and matter further gets classified into specific elements. Culture has totipotency whereas various social religions provide the person one specific identity. Nature also has totipotency as it supports various species, which are classified into specific ones. One nature supports all the forms of life without segregation or discrimination. No matter how different various species are from each other. They all get birth from nature and get dissolved in nature ultimately.

* Rigidity and Liberty:

Both of them are related with the ideology and practices. When we are asked to firmly believe in something or we oneself start believing in something fiercely, then we start considering it as our treasure. This belief starts getting exhibited into our behavior and practices. It also casts its effect on our individuality and interpersonal relationship with other people. As far as the ideological and natural tendencies are concerned, we meet multiple kinds of people daily and they are not same at all. Rigidity negates the wisdom. Most of the time it keeps confronting the d science. That is why a rigid person feels that the world around him



doesn't match his own frequency. His rigidity prompts him to remain suspicious.

Under the influence of his rigid ideology, he keeps disagreeing and confronting others. His rigidity forces him to remain doubtful of the policies and the development that keeps on happening around him. This is how, he himself corners oneself and thus keeps away from the benefits of development.

Rigidity obliterates personal growth. This way, a person becomes a tool of his ideology. On the other hand, liberty doesn't develop any affinity with some form of ideology. At the center of a liberal person, remains a penchant for personal growth, interpersonal relationship and acceptance for various cultures. A liberal person is not much into the various practices and traditions. Liberty doesn't want to influence anyone neither it prefers to be get influenced much. A liberal person is able to see oneself as an individual, who doesn't value much his religious and ethnic identity. That is why his efforts are not directed towards strengthening any sect or cult identity. This is how he is able to remain immune of various ideological currents, which exists in his contemporary world. This lets him to remain more focused or growth centric. A liberal person doesn't has the problem of being comfortable with one section of people and uncomfortable with another section.

* Nature and behavior:

Nature around the person is related with person's internal nature while his actions pertains to his mind. Nature gets exhibited in the form of behavior. Generally person's behavior is the reflection of his nature. However when the person loses his balance and his tranquility , a certain behavior change becomes evident in him. Behavior change can also be induced or controlled by the use of certain medications. Sometimes under the effect of certain medications, behavioral

is seen however upon the withdrawal of that medication, the person gets



back to his original nature. Behavior is related to the actions of the person, when he interacts with others and even when he remains alone. The way a person deals with the day to day situations exhibits his behavior. A person's nature is much more static than his behavior. There are various factors, which may lead to alterations in the person's normal behavior. Under the stressful and challenging situations, person's behaviour may exhibit some occasional alterations. A person's good behavior gathers respect, at the same time negative behavior can induce neglect and hatred in others for this person. People remain cautious while interacting with the person, who has the tendency of exhibiting often behavioral changes. People feel more comfortable with the person, who exhibits stability and minimal changes in the behavior. Observing a person in daily life and through thick and thins of life, provides substantial informations regarding the person's nature. A person's ability to have better or lesser self-control, gets exhibited in his behavior. Behavior creates an image for oneself.

Whereas the person's self conduct, which is dominated by his nature, either earns regard or neglect for him. The way a person deals with the external nature provides massive informations about his internal nature. How the person behaves in the presence of other persons and his interaction skills tell much about his behavior. A person is said to be of nice nature, when he conducts himself responsibly and treats others warmly.

* Trust and dependency:

Trust is related with the direction or decision while dependency is related with the procedure. Things make or break at two levels. One is the direction and the another one is the procedure. If the direction is wrong, then the train is going to an unwanted location, even when the right procedures of operation are



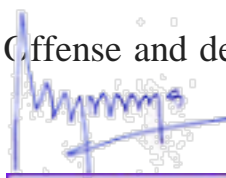
A handwritten signature in blue ink, appearing to be 'M. M. M.', located above the official stamp.

followed. If the direction and procedure both are wrong, then the train is going to derail or halt at an unwanted and unknown location. If the direction is right however the procedure is faulty, then the train will move in the right direction however the journey will be uncomfortable. There are higher chances that the train will be delayed and there may be an operational failure & cost overrun as well. This will put an extra financial and physical burden and the process is going to be mentally, physically and psychologically taxing.

Trust means that there is an in principle agreement that one should move ahead to achieve a common goal, while the dependency is related with the mode and modalities of the journey. When two people come in agreement over a certain point, then the chances of generating the mutual trust increases. Mutually agreeing on any point is the first step & generating a mutual trust becomes the second step. While the third step is related with the procedure and execution of the deal. In this third step, either or both have two options. One is to become dependent upon each other for the execution of the plan and the another option is to bring in a third party, who is competent and trustworthy. This third party brings in his professional expertise, which are related to the smooth operation of any procedure. This addition opens the deal for scrutiny and certification and it has the capacity to expose the lacuna in earlier agreed procedure and the malicious intents, if there are any. If it is certified that both the principal and the procedure are correct then it increases the chances of generating dependency between both the parties in their future endeavours as well.

* Offence and defence:

Offence is about tearing up the defence while the defence is about mutually obstructing the onslaught of offence. Offense and defense are related



with two separate entities. Offense wants to expand its territory and strengthen its foothold on new grounds. Offense look for a favorable place to grow, expand and flourish. That is why, it keeps finding a leeway through which it can enter into a fertile and rich ground. Sometimes offence is done just to fulfill own basic need, which is survival and sometimes It is done under the influence of own desires. Desires want to experience influence and control other people and other forms of life as well. Sometimes offence is also done under the influence of own ego and ambitions. History is filled with the examples of wars, which had been fought just to satiate own ambition & ego. Mahabharata was fought just to uphold own ego. Amalgamation of ego and ambition has given birth to various conflicts and battles. Defense is about protecting own territory & oneself from external threats, malicious adventures and unintended accidents. In human body, skin is the outermost layer of the defense, which stops and pushes back many opportunistic infections. Another form of defense is engaging, neutralizing and eliminating the offensive foreign element. When the foreign elements don't deter away from inflicting damage, then they have to be eliminated. Just to protect the peaceful population, who prefer living non-violently and progressively. Offence and defense keep continuing till the time, there is demand and supply. To sustain the process, demand wants supply. Supply also wants to sustain itself and for this it needs protection. When the conflict between the demand and protection goes uncontrolled then they give birth to offense and defense. A healthy person and state is able to defend itself more efficiently. Non systematic functioning of various systems of the state, compromises its defense.

*** Image and object:**



Image and object are complimentary to each other, Just like the dream and reality are. The difference between an image and an object is that an image is a two dimensional and an object is a three-dimensional thing. So it needs matter, to convert an image into an object. Our mind has the capacity to form images and with the help of efforts and resources, it gets an image converted into an object. The difference between an image and a dream is that the dream is desirable image. Those images, which are desired by us are called dreams. So the seeds of objects are hidden in the images. Objects leave an imprint on the mind in the form of images, which are called memories. Image is required to have it converted into reality.

The catalyst which exists between an image and the object is mind. Through the help of sensors called eyes, mind gets an object converted into an image. Related data gets stored in the mind, in the form of memories. Memories are related with the past while the dreams are related to the future. Till the time images keep appearing in the mind, It keeps our consciousness busy & occupied. When the person is able to get rid of the images, which keep appearing in the mind, in the form of memories and the dreams, he becomes able to be a witness. A witness gets the ability to see beyond the objects. He is able to see the object just as the medium, not as an entity.

Mind focuses on the identity of the object while witness is able to see beyond identity of that object. A witness can see the cause of the object. So being a witness is related to the refinement of the vision. So the tranquility of the mind is required to attain that vision. An active mind keeps itself busy between an image and the object, a dream and the reality. Stillness is also related with the disappearance of the images from the mind. Objective is related with the object



while attainment is not related with the object, rather it is related to the seed of the subject.

* Money makes your individuality rich, not you :

Material richness, natural richness and spiritual richness are entirely different from each other. Individuality becomes richer through the knowledge, courage, ability to manage resources, creating wealth, maximizing our contacts, acquiring decorations and awards, advertising about oneself, making people aware of own practices and ideology, harbouring desire to make followers, acquiring praise and support from the people, making people convinced on own point, nurturing wish to change others, desire to become the leader of change, etc . Waterring a desire and being self motivated to achieve some objectives are two different things. Desire is driven by mind while ambition is driven by ego. Being internally motivated is the destiny's design. Which means that person becomes a tool and destiny changes the reality and brings wholesome changes through that very person.

People who are rich by nature are self contained and self-sufficient & don't generally show the signs of desires and material lust. They love to remain engaged in there natural work and are pretty much less bothered about what is cooking in their nearby surroundings. They don't feel jealous of other's achievements rather they just want to execute their work with responsibility and dedication. They show very limited curiosity about the world and like to treat people with respect and affection. People love to have coworkers and relatives like them. These people are ned towards extracting gains from capable friends. They are pretty much All these qualities make them rich by their nature.



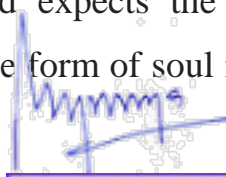
People who are spiritually rich have no demands from the life. They know that whatever is attainable, can be attained through their own efforts only. That is why they are pretty much self dependent and prefer to remain recluse. They don't like to bother others and prefer not get bothered even. They maintain a certain distance and don't like to go too near to others. They are compassionate and generous. For the sake of gaining any materialistic experience, they don't prefer to dilute their spiritual richness.

*** Truth is free, knowledge is costly:**

Knowledge is provided by some Individuality, while truth is provided by own soul. Knowledge comes from outside, truth from inside. Intellect is the pre-requisite of knowledge, while natural spontaneity is the pre requisite of truth. Knowledge comes through energy, truth comes through power.

Knowledge is divided into multiple subjects. Teachers of those subjects, impart the knowledge. Teaching is a way of earning the livelihood. Students provide remuneration to the teachers, while teachers provide their knowledge in exchange. As the students move towards the higher classes, remuneration of teachers increases. As the teachers of higher studies are less in number that's why their demand is high among the educational institutions. Only the bright students earn the seat to have oneself educated and trained under those capable teachers. As the capability increases, fees also increases. For acquiring the knowledge, coming in contact with the teacher is essential.

Same is the case with the truth as well. To realise the truth, one has to come in contact with his own soul. Teacher demands fees as well as expects the student's attention while soul demands surrender and expects the disciple's focus. One has to sustain oneself while the guru in the form of soul is self sustaining.



Teacher may have the ambition while soul has the compassion. Teacher likes some of his disciples, while the soul is pure love. Knowledge helps to sustain oneself in this world, while truth has the access to the world, which is invisible and beyond the reach of the senses. Knowledge is acquired through senses and intellect while the truth is realised through the consciousness. knowledge is related with person's becoming while truth is related with one's being. Knowledge helps the person at the level of body and mind while truth helps the person at the level of the soul. Knowledge helps a person in moving and travelling effectively while the truth helps a person to grow beyond the mind and the matter. Truth realisation helps a person to use his knowledge for the sake of serving others and all.

*** Through the energy, person cannot get rid of his Individuality :**

Only the power has the capability to make person free from the confines of his identity. Person cannot get rid of his Individuality even by death. Body dies, Individuality survives in this world. Person departs, name remains. Person has to get rid of his Individuality in the lifetime only. It is a setback for the family, if the person decides to get rid of his Individuality. As the person's Individuality is a support system for the family. Just by distancing oneself completely from his previous life, person cannot get rid of the seed of his Individuality. it is highly likely that at a new place, one will start constructing a new Individuality. The internal chemistry has to be changed completely for achieving this feat. leaving behind both the identity and Individuality needs a complete internal transformation.

This is about getting rid of the older dimension of one's own existence. This is a silent internal revolution, which person goes through.



When the person finally becomes able to achieve that, then only his consciousness gets to feel the peace. Patience is power, humility is power, conscience is power, devotion is power, compassion is power, forgiveness is power, service is power, wisdom is power, nature is power, silence is power, fasting is power, love is power, kindness is power. As the change continues, so as the internal growth also continues.

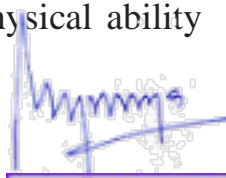
During the lifetime people become kinder, they generate various kinds of creativity, they get rid of harmful habits, they feel the spurt of devotion and surrender, this is internal growth.

Energy is like clay, which can be shaped in various forms. This is the fuel for the body. Energy keeps the biological machine running. Person keeps performing his various works by the energy, which he receives through the food. Energy is required for the activity. It keeps the senses vital. Physical body is made up of matter, while energy is it's food. Energy sustains the living matter.

Energy is like a supply, which is continuously provided to the living beings and they keep functioning through it. If energy is stored within the body, the excess part gets converted into the matter.

* Mind and intellect jointly construct an Individuality:

Mind gives birth to Individuality while intellect strengthens it. Individuality is sponsored and conceived by the mind however it's construction is a joint venture. Intellect obeys the mind. It is like a secretary to the head of the state. Once the mind conceives an idea, intellect starts working to materialize it. Mind takes the decisions, intellect implements them. When it comes to the animals, even their nerate decisions. If their intellect and physical ability is not competent



enough to implement the decisions, then they have no option but to use their strength to implement the decision.

That is why many a times, their violent aspect becomes evident. It is highly likely that the humans and animals might have different perspective about the same thing. So their responses would be different also. Intellect wants to achieve its objective in a balanced and non violent way, if it could be possible. If intellect finds no way to deal with the situation then the mind might go back to its animal instincts and resort to the violence as only option. Humans are said to be civilized because they have inculcated morality and were able to develop their intellect. In this case, the violence or the physical might doesn't remain the only available option. That's why humans prefer to talk, explain, understand, discuss the pros and cons and weigh in all the possible outcomes and try to solve the problem through the negotiations, consultation and transactions. Violence or war is the last option. So the intellect is of great importance, when it comes to shaping up an Individuality for oneself. When intellect fails, ego erupts. Now the person stoops to the level of personal verbal attacks. For the sake of protecting oneself, he starts assaulting the person on moral and ethical grounds. This creates a situation of personal confrontation.

If no one wants to step back from this point, then they move towards manhandling each other. Through his might, now the person wants to prove that he was right. This world is full of individualities & people with violent animal instincts. That is why negotiations, confrontation & the violence, all are seen here.

*** If you are utilizing your today for future, then you are working on your individuality:**



Future is about dreams, insecurities, uncertainties & ambitions. Today gives us the opportunity to be in present. However if the mind is agitated and insecure then it would first deal with them . With all its might, mind will try to solve these problems and keep utilizing today, which is a resource related to time, for the sake of feeling secured. There are three possibilities with time resource.

1. Either we are confused or undecided about the right direction to move on. In this case, we have the capability but they are not being utilised just because the person is undecided. As the mind has multiple options and multiple tractions, so it wants to become clear first. It wants to follow that path, which suits it's nature and would help in realizing his dreams also. Mind considers its inclinations and interests and wants to take them along while making the decision for future.

2. Person takes decision and start utilizing all of its mental and material resources to fulfil its objective. Now mind feels little settled because it believes that the direction has been found and the work has been started. Now it seeks help of the experienced ones, who could provide the guidance and help in doing the course correction. it wants to reach out to the all available informations on the subject and wants to push oneself towards achieving the objective. Life wants to practice and learn so that it can prepare oneself for an independent standing.

3. This is a condition, when the person comes out of this cycle of decision and implementation. In this case, person gradually becomes able to still his mind and usher into the dimension of awareness. No more looking towards the future now. The person starts making changes in his habits and routine, so that he can remain stable in this state. All that he wants is nothing. Just resting in his own

his is not about future but present. No mind, no future, no Individuality



and no identity. Present needs nothing. It welcomes the one in his most nascent from. This is coming back to the fold of nature.

* Creation and Destruction :

Creation and destruction are related with the nature.

Creation is about giving life a chance to take birth, live, flourish and vanish, when the internal power gets depleted. Destruction is also related with giving life a chance to take birth and develop. Whenever there is imbalance in the nature, destruction happens. Mind loves the creation and is afraid of the destruction however both of them happen to facilitate the life. As long as the balance is retained within the creation, life keeps on flourishing. The moment imbalance is created and keeps getting stronger, process of destruction also gets initiated. Ambition is ignorant towards the natural balance, that is why it is unable to notice the destruction, which is happening simultaneously. Nature is committed to life. To ensure the cycle of life keep going, It doesn't hesitate in commencing the destruction. Life is fragile and is vulnerable as well. It needs a corridor of balance to keep thriving. Destruction is just an initiation of a new epoch of life. Earth has been a witness of multiple episodes of destruction, whereas creation is the nature of nature. It keeps going continuously without any pause. Life is an opportunity for the one, who is living it and nature is committed to keep providing this opportunity to each single seed of life. Journey through the duality has the phases of activity and dormancy. The active part of journey is called life.

* Vulnerable and Immune :

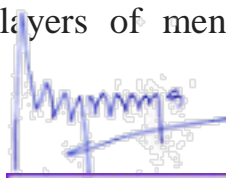
Both of them are related with mental as well as the physical aspects. Body's system takes care of various types of challenges, which are in the form of fungi, viruses, dead cells, toxic elements etc. Body has a dedicated system



of defense called immune system. This system looks after the various sources of infection, which are either outer or inner. There is a constant war going on between the intruding foreign elements and the innate defensive elements. These immune cells keeps eliminating the various minute foreign elements, which are not even visible to the person. For maintaining the life, immune system has to remain active throughout. As for the immune system, life is a continuous struggle, about which person doesn't come to know even as this struggle happens on a very minute level, within the body. Whenever our immunity goes down, we become vulnerable. To retain and boost the immunity, person follows a disciplined life and uses many herbs and foods, which are known for boosting immunity.

As far as the mental state is concerned, we are both vulnerable and immune to its activity. Children are naturally immune, as far as the overactivity of the mind is concerned. Under the effect of brain, surroundings and increased levels of sexual hormones, person loses his mental tranquility or mental immunity. To establish a balance between mind, body and soul; this mental tranquility or immunity is required. An uncontrolled mind is not known for establishing any kind of balance. If the person becomes able to regain his mental tranquility or immunity in the later phases of life, then he automatically distances oneself from various kinds of fears, distractions & compulsions.

Resultantly he is able to exercise a better level of control over his body as well as the mind. As the efficiency of the mind to unsettle the body gets quite limited. The ultimate beneficiary of this whole process is person's focus, which becomes quite stable. A person with unwavering focus becomes quite stable in the realm of present. Which is equivalent to being seated in truth. This feat is about being oneself, while being there in the world. This is quite unusual as the world is for covering the person with multiple layers of mental and physical



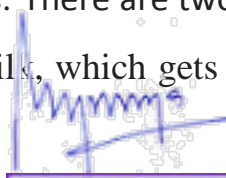
identities. To claim oneself back from the clutches of own mind and the world is known as attainment.

Nature can broadly be divided into two parts. 1. Duality 2. Non duality. Completeness belongs to non-duality. Incompleteness belongs to Duality. Any complete thing cannot exist in two parts. Duality is known to provide the experience of one side of itself. Either it will make the person male or female. It won't provide the chance to be both male and female in one life. By being on one side, person keeps looking towards another side with curiosity, excitement or disgust. There are two sides of incompleteness, which are slight and extreme. When the person keeps holding oneself with resolve and anyhow keeps oneself away from experimentation, then he gets to collect slight experience. When the person decides to move on with full throttle, then he keeps drifting towards the extreme side of duality.

We sensitise our minds to enjoy the exciting side of Duality. When mind gets sensitized, it starts attracting the sufferings also. For us initially it is a choice, whether to sensitise ourselves or not, which later goes on to become our compulsion. Later on, it attracts all those things and experiences and starts generating all those emotions, which are not desirable by us.

*** "Churning of the milk ocean" or "Sagar manthan" is the hallmark of duality.**

y is a part of ancient Indian religious texts. There are two sides present at anthan. In the story there is a ocean of milk, which gets churned with the



help of a mountain and a giant snake. Mountain works as a pivotal and snake works as a rope. There are two opposite forces present, which are demonic and divine, who perform the churning. Various things came out of the ocean, which got divided among the demons and the deities according to their own liking and nature. Message is that two opposing forces are needed for any sort of churning and this combined effort gives birth to a story and results. The highest attainment of this process is the nectar or the elixir of life. Before the advent of elixir, venom comes out, which has to be accepted and absorbed within.

Churning is a cumbersome process, which goes on for very extended period of time. This condition of duality is in search of the ambrosia. Duality also indicates continuous friction, tussle and struggle. Duality wants to achieve something and through the churning, it wants to achieve those results. One has to decide that on which side, one wants to be. If one keeps switching his side, then this process of churning keeps getting elongated. This process strengthens the divine side and they keep growing and keep moving towards the internal sky while the demonic side keeps expanding their presence on the ground. The elixir of life is provided to them, who are ready to absorb the venom as well. This whole process is to find out the suitable one, who successfully comes out of the effects of fear, lust, anger and related obligations, which come in the form of sufferings. That suitable and capable one is rewarded by the existence. That one becomes boundless and ultimately merges with the existence.

*** Life is a dualistic form of being, which gives us a definite form:**

When the five basic elements of nature come in balance, they give birth to the life. This form is recognizable through the senses. It can be felt through the touch & a complete unit in itself. It can perform actions & express itself through the



voice, facial expressions and body language. This physical form grows, develops, matures and ultimately declines. This visible physical form is developed around an invisible dualistic structure.

When these two centers of duality come in consonance with each other, altogether a new form of being takes birth. In Indian culture these two centers are known as Shiva and Shakti. Shiva is the male energy while Shakti is the feminine energy. Shiva is purity whereas shakti is the power. When power and purity get conjugated within the person, they give birth to that element of our being which is beyond duality. This element is known as the 'self'.

The world has the bipolar arrangement. Which means north and south poles, male and female, good and bad, lust and compassion. However the the arrangement of absolute is not bipolar.

*** Completeness of life is related with the development of person's that dimension, which is beyond duality:**

Materials and people present within duality cannot provide anyone completeness, even if the best of them get packaged together. To achieve completeness, one has to develop his own possibilities and this development is only possible through the person's internal power.

Our external and internal environments are two completely different entities. Our sense of incompleteness and the feeling of completeness is related to our internal configuration. Our transformation from being an actor to a witness is related with the changes in the internal environment. Whenever our two internal poles remain separate from each other, we keep receiving the input of incompleteness. Whenever these two different poles get one, incompleteness gets d into completeness. This way the duality vanishes and truth gets revealed.



*** Surrender is the gateway to non-duality:**

Till the time mind doesn't take it's hands off the control unit, nature doesn't take over. A real devotee is the one, who is ready to flow and move ahead with his own nature. One who surrenders is ready to live and imbibe the effects of the situation, which keeps coming as different phases of life. One who surrenders is non manipulative. He has this unique trait of acceptance. This non complaining nature is unique and attractive in itself. The pathway to non-duality from duality can be rough and shaky. One who is ready to accept the atrocities of life and keeps exercising a better control over oneself during these times has a great potential to go through transition from duality to non-duality. We prefer to make smooth roads and automobiles with shock absorbers as we hate shaky and bumpy ride. Although surrender is like flowing with a mountain river, which is not known for providing you a smooth ride. It is quite adventurous and uncomfortable journey. Which doesn't let you relax for long. During most of the journey, it keeps challenging you. Although you are required to remain calm and composed through it. So that you can face this situation in a better way. Once this mountainous terrain is over, flow becomes more predictable and smoother. Same is the transition from duality to non-duality.

*** Immortality is beyond Duality :**

Opposite of death is birth, not immortality. Birth and death are the start and finish points of the journey called life.

Life is limited, immortality is not. Life ends, not the immortality. Duality is limited, whereas non-duality is the eternity.



heaven you enjoy

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In hell you are in problem.

Both the places have one common element, that is you.

Till the time you don't get deleted, heaven and hell remains and that is the real problem. Even heaven and hell are the creation of duality. Whatever that can be imagined is a part of duality. So heaven and hell are not the part of person's attainment however they are just a destination. They are a part of our experience package. Every addition is duality. Every place which has an entry and an exit is duality. Everything that could be experienced is duality. Everything that is limited by timeframe belongs to duality. Everything which has two opposite sides is duality. Everything that stretches from past to future is duality.

*** Life is a game of Duality :**

Duality attracts us by showing the beautiful face of it and once trapped, ugly face comes to haunt us.

Till the time we are on the right side of the Duality, we want to win the world. When we fall on the wrong side of the duality, we seek only love. As on this side of duality, person gets to feel multiple adversities, as physical, mental, emotional and psychological sufferings. One gets hurt on multiple levels. A very unique feature of love is it's healing property. Through love person wants to heal himself at multiple levels. Love is an eternal medicine.

Person gets to feel enough of attraction and attachment within the duality. Whenever person gets to taste the love, his choices become clear. Now one wants to seek love, not the attachment. Love has the capacity to dissolve the person's dependency upon multiple illusions as it refines the person's vision.



uring favorable times, we remain indulgent.

During trying times, we suffer.

We are away from Duality during those moments, when we are neither indulgent nor sufferer.

It is a state, which is immune to both of them. Being in and out of the duality is related with the person's consciousness. Till the time person is within the limitations of duality, his mind remains active and talking. Once the person tastes the realm of present, one keeps getting distanced from duality & gradually becomes firm in present. Present doesn't give him any wrong notions about himself. Present is about peace. In a chaotic condition, which is a hallmark of duality, person never gets to focus upon himself. Rather one always remains indulged in his surroundings. One can only realize oneself in pure and peaceful state.

Duality is about multiple effects, while non-duality is about a state. Every effect has a propensity to go through change. Over a period of time, old effect gets replaced with a new one. Change does evoke emotions. Person gradually starts believing that emotions are an integral part of his being. Various physical forms and emotions related with them create a magical effect on person's mind. As within the duality, it is the mind which keeps the control, so the person becomes captive and addicted to the duality.

Social religion is one of our identity, which is given to the person, when one takes birth. However child is only able to understand about it, when he becomes enough. Social religion is that community, which is formed under the



banner of a religion. Any new baby is considered a default member of the community. Child grows up amidst the environment, practices and values, which are ingrained in that socio-religious group. Socio-religious practices are considered a way to secure the divine help in life. The prime focus of social religions is to have a significant presence in their vicinity. For this they resort to advertisement, try to convince and if possible, initiate new members. This is a form of identity in the name of religion, which is given to every new member and the person adopts it as a part of life.

The primary focus of nearly every family of the socio-religious group is to sustain themselves in the world properly. Realising 'god' or 'self' sits very low on the priority table. The prime focus is to increase financial, educational and social clout of the family. Families work as a unit to achieve these goals.

Whereas self realisation is an individual pursuit. Religion means re-ligation or re-connection with self and through that with the absolute. Upholding self' is the personalized religion. Every self has his own work to do, which is called the purpose of life. His purpose is his personal religion and the way one does it and the changes one brings in the life to actualize his work, become his practices. Person's purpose in life, makes him drift away from the dependency upon his socio-religious group and his dualistic idea of religion. Gradually person moves towards the absolute and thus comes out of the confines of duality and makes oneself free of various perceptions & beliefs, which he used to live with while being in duality.



This whole creation is a manifestation of duality. Any act that is happening or being performed falls within the limitations of duality. All the acts happening in this whole cosmos can be aggregately labelled as a cosmic dance of duality. This cosmic dance can be divided into two parts. One which is happening under the influence of nature and another one, which is being done under the influence of mind. Nature's dance is cyclic and continuous while the mind's dance is interrupted. Nature's dance is synchronized, graceful, spontaneous, soothing, eternal and productive. On the other hand mind's dance is attractive, impulsive, random, constructive and destructive, limited, emotional, unpredictable and perishable.



A handwritten signature in blue ink, appearing to read 'Anurag', is written over a vertical line. The signature is positioned above the official stamp.

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