

PRESENT IS **POSSIBLE**



SHUNYO

Present is possible

Truth remains same.

It's identical in past, today and future. Only dimension of time, where the truth can be realised is present.

This realisation becomes the solution of past, today and future. Present removes all the distinctions & differences that ranges from past to the future. It allows the individual to take his focus away from time and instal it upon the truth. Through this, individual gradually realizes that life may be based upon the time but everything within and around us is based upon the existence. So there is something even superior than time & even life also.

Author's name: Kishlay gaur

Diary Number :

Author's PEN Name : Shunyo

Author's Address :

Dr. Kishlay Gaur

Opposite GIC

Kotwali Road

Deoria - 274001, UP

Mobile : 7307648991

Email : kishlay_euphoria@yahoo.co.in

Time (elaborated)

How intensely we feel the time is related with the fact that how sensitive we are towards it.

Plants and humans are not equally sensitive towards the time.

The period of the experiences are like the body whereas the memories related with it are like the tail.

Animals have the tail, humans have lost their tail during the process of evolution as it doesn't serve any purpose anymore. Any desireful act that we do, it surely leaves a trail of memory along with it. This trail of memory becomes like a tail that keeps entangling here and there often and that obstructs the forward movement. This forward march is related to our spiritual progress.

The process of getting rid of the tail has been completed on the physical level however on the mental level getting the rid of this tail of thoughts and memories still remains suspended at our back.

Present provides a ground of neutrality and containment. In such a case one is not too fascinated with what exists there in the contemporary world. This is a privilege that allows one to explore if there is some wealth that lies within. Life is a journey that allows us to seek our internal wealth as well and that can happen when we are able to get rid of this tail of thoughts and memories. For this our fascination and initiation should also be contained.

Physically Lord Hanuman had tail however his mind is much more evolved than a normal human mind.

Just because of his mental evolution he got to use his tail in such a way that helped in fulfilling his duty towards Lord Rama. He used his tail to burn the Lanka city of Ravana.

Condition with humans is just opposite. We might not be having a physical tail but our mental tail is too big and strong. Another thing is that we love it too dearly. That's why we keep preserving it, being unaware of the benefits of leaving it.

When we look closely then it is found that the activities related with our profession and our learning of life keeps going on the parallel tracks.

It means activities related with knowledge seeking and skills gaining are different than those that we learn through our experiences in life. Some addition or deletion keeps happening. This is a process of continuous remodeling that keeps going on during the life. Professionally we might be successful or in a position to guide others however in the life we might be seeking guidance from some sources. Professionally we need mentors however in life we need friends, guides and philosophers, whose inputs can help us to steer in the right direction. Until and unless the process of thinking keeps going on, the process of experimentation and related learnings also keep going. The process of thinking connects us with the world that will live in.

Till the time one finds the stable state of present, this process of thinking and experimentation keep going. Present helps us in a unique way that it abolishes our dependency upon thinking and the related experimentation. Thinking and memorizing is that link that connects us with our surrounding. This process particularly get enhanced, when we are fascinated with something. So fascination is the fuel that supports this fire of thoughts and related actions. During the lifetime we are not just looking for the best of the experiences however the best of the feelings as well. Seeking the variety of experiences is related with the mind whereas looking for the verity of feelings is related with the consciousness. Matter provides us variety. Variety & diversity provides us the opportunities. Which provide us the experiences & experiences provide us feelings. Experiences can be seen but the feelings can only be felt.

After a certain level, our journey of exploration gets transformed into the journey of seeking. From exploring the world to exploring self, from being wonderer to traveler to seeker there are various stages of one's journey.

Yajna keeps happening in present:

Fulfilling the demands of present is like providing own offering. Wearing the sacred thread means devoting oneself for the fulfillment of all the demands of present. Present needs food, water, air, medicines, service, knowledge, love and wisdom.

One who wears the sacred thread offers oneself for providing the services and this way he is no less than a deity. Alternatively one who realizes the truth, wants to serve it with all of his might. Trees donate their fruits. Trees are not concerned about the fact that who are picking the fruits. Their donation is absolute. They just remain focused upon the process that produces the fruits.

The process of production belongs to the nature It keeps happening through billions of units spreaded across the plants, animals and humans. All of them produce different kinds of fruits and progeny. The products of this one process are too variable. There are two options available with every living being and that is of training the focus upon either the process or the product. One who enters into present, gets to focus upon the process only. Until this state is achieved, one keeps focusing upon the various products and their onwards development. This one process is universal and eternal. Which means it is present all over in all the times. On the other hand the journey of the product is too confined and limited. It is uncertain and unpredictable as well.

This process keeps happening in present and the journey of the product is a limited to past, today and future. This one process is known as the eternal yajna of nature. When the person becomes aware of it and present, then he wants to play his own little part in this grand process of nature.

Major difference that comes to our approach is that until one becomes aware of this process, one keeps working according to own wishes and desires. Once we become aware of it then we become a part of it by shedding all the mental desires and wishes.

Sensitivity towards time dilutes the bliss:

More one is sensitive towards time, lesser he is sensitive towards the bliss. Our sensitivity towards the time and the bliss has one major difference and that is more we are sensitive towards time, more we want firmer grip upon the prevailing conditions.

Person's receptivity towards the bliss is a levitating state, where one let's go of every grip and even the ability to grip anything. Our sensitivity towards time makes it mandatory to remain aware and even alert of the things that are present around us.

On the contrary bliss is such a state, in which our awareness gets trained upon just one state and that is of bliss. Through the bliss only, it expands in every direction.

Becoming sensitive towards matter makes it mandatory to become sensitive towards time and vice versa. Just opposite of this is a state where one is sensitive towards the truth only. In such a condition, our sensitivity towards matter becomes secondary just because one comes to know the fact that the cause and the effect are not the same. Our journey towards the cause gets started with our sensitivity towards the effect. Sensitivity towards the time and matter paves the way of developing awareness about the conscious aspect of the life.

Enjoyment is related to the feeling of exaltation whereas the joy is about our awareness towards the bliss. Upon observing minutely it is found that once we become aware of our physical presence, then only we become sensitive towards is the world around us.

Upon observing a candle it is found that the best part associated with it is the light. In the absence of light candle cannot attain it's utmost glory. Candle might be there in a corner of the room however light reaches to distant places and this reach is what the awareness is all about. The light associated with the candle is like the bliss. Bliss for the candle is the hope for many. Light in one is a guidance for many.

For the jeeva past and future are two different shores and today is the bridge that connects both.

All the time person remains stranded on this bridge only looking towards past and the future. One keeps moving towards the shore of future however it remains distant from the individual. A bridge gets support from two of the shores. Similarly today gets support from the past and the future. This is how it always remains dependent upon them. No matter how stable it looks however today is not that stable a ground. Once

the person gets this realization then only he gets ready to move on to present. Present is neither dependent upon the past nor the future. It has its own standing. The relationship between present and today is similar to that of consciousness and matter. Today is dependent upon the material existence where present is independent of it.

Once an individual is able to experience present then only he realizes that there is more about him apart of just a physical presence. Experience paves the way of knowing whereas absence of experience can only facilitate beliefs. This is how present brings more deeper understanding about oneself.

Through the present only one comes to know about the self that remains hidden within every identity. This way present facilitates knowing. Knowing is about self and knowledge is about everything that is related to self and how this whole universe is connected with the self. Knowing opens the gateway to the knowledge about self. Through this knowing only one comes to understand the relationship between the cosmos and the existence also. As an individual we always have been believing this point that we are the part of the Cosmos however this statement could be refined a little bit and presented as every individual or living being is the part of the existence. The reflection of existence through the matter is known as manifestation. Manifestation is just a matter of time not the matter of self.

Why do we remember days?

Because that particular day provided something unique, something pleasant.

If person starts getting the most unique experience within oneself then there won't be any need to keep remembering the days or the memories. In such a case

Days are relevant because we think that they do some value addition to us. It is considered that they bring along some value with them. So in such a case we are at the receiving end & the time is at the end of the provider.

Upon looking at the picture of Lord Vishnu, it is found that he is lying in a very relaxed state & is deeply immersed in yoga nidra. Which symbolizes the perfectly resting state of the consciousness. The cause of his rest is that he has realized that he is

the richest being. The best experience that could be found is there within him only. He knows that the adi Lakshmi is there with him. So the best of the wealth is there with him. This makes him Swami. Adi Lakshmi is the provider of salvation, meditation, peace, tranquility and bliss. That is why she is known as the mool Lakshmi or maha Lakshmi.

Anyone who realizes that the best of the wealth is there within only, then his mind can afford to rest. The realization of the internal wealth is necessary and that comes with the experience. This is not something to be believed in. This is to be experienced. This means this doesn't come with any external intervention. This is an internal and self-thriving process. There is a complete journey, devotion and duty associated with it. This doesn't come suddenly. This wealth has to be earned. Once the person earns it then only he loses the fear of losing it. As one is better prepared now to preserve it. It is important for the individual to know that what are the ways of preserving and improving it and ways of losing it.

From here more intense journey gets started & that is of getting more deeper understanding of existence and it's a ways of functioning.

The efforts that we put in today are related with the future and the naturality that is there within the person is about present:

Having future on our minds, we implement many of the plans today by putting the efforts in a particular direction. Mind wants the future to be covered & for that it prefers to tap all those opportunities that are lying there today. We over consume and over exhaust many of our resources. One of the reason is the individual's plans about the future. Nature creates the resources and we are dependent upon it for their availability. Under the effect of uncertainty, greed and ambition, we forget the fact that the renewal of the resources is a continuous process. This process of renewal goes on with its own pace. Our Ignorance creates a shell around us that doesn't let the awareness develop. In it's absence we remain segregated.

One might be too social or socially well connected person however till the time the we are not connected with the eternity, we remain segregated only. In such a scenario, even if one remains surrounded with many people, the feeling of detachment remains there. One might feel that the crowd would help in extinguishing this feeling however it keeps simmering within. This tendency of keeping the future continuously in the mind and dictating own actions according to it keeps thriving.

In another condition when the person remains natural and doesn't think much about the future even then he keeps working and keeps saving for future. Only difference that remains here is that there is no too much planning about it. When the person remains natural, even in that condition person's skills and working tendencies remain intact. When the work keeps happening, then the outcome keeps coming. Which means person doesn't remain deprived. He remains able to fulfill all of his requirements. He only replaces thoughts of future with his devotion towards his natural tendencies. This surely increases the person's working efficiency. A person full of awareness is lot more capable of executing his work more efficiently than the one who lives with ignorance.

Mind drags one towards the future:

In the absence of mind, one cannot travel towards the future. In the absence of engine train cannot travel towards the destination. End of life is that stage, where the compartments got dilapidated, fuel got exhausted however engine was still workable & on. When new compartments are attached with the engine and fuel is provided, then a new train gets formed. Now the engine again wants to run on the track and travel to the far distant places.

In another scenario, if the train gets devoid of the engine that is no more interested in running on the ground, then the compartments need not to run. In such a case, there cannot be any train and no need of borrowing the power for running any train. Whatever that is still is not mind. That gets transformed. Mind brings an identity along with it and keeps trying to transform it into an individuality. The activity of the mind

keeps strengthening the identity. Once the activity becomes zero then the identity associated with it, also get dissolved. No they cannot be near forts that are related to strengthening the identity. Once the created identity gets dissolved then the real identity gets revealed. Till the time person is under the occupation of mind, it keeps asking what is new? When the person gets in term with the nature, he asks what is natural/pure/innate/fundamental/ elemental/self or eternally real? This elemental identity is related with self. Mind has only the dreams of future & restlessness to offer. When the present is so overwhelming then why to go towards the future, that is mercurial and bumpy.

It was the uncertainty associated with the future that prompted Siddhartha to search for the answers of the impending problems. Under the hallucination of desires and lust, we might not be able to see those problems that Siddhartha was able to recognise. There was something associated with the future, what he was not comfortable with. He searched extensively and found the answers in present. This means present has answers and the solution to many of the questions and the problems.

Self realization and present:

Often we hear about living the life in present. Which means living the life without the intervention of mind. It also means quietening the mind. It is easier said than done. Living the life in present means getting hold of your mind. Mind is the most active sense of ours. It controls the rest of the senses that are present in the body. Mind is like the driver of the chariot that has 10 horses attached with it. Every horse represents a sense. This 10 horses are too competent and the one that commands them is too wild, that is mind. Mind keeps any of the horses active at any given point of time. These horses obey the commands of the pilot. If the horses are standing still then the pilot keeps moving within the chariot. So holding all the activities that keeps happening there is too difficult.

Living the life in present means making the chariot stand still at one point like an idol.

It's no wonder that idols have been associated in Indian culture with the gods because there is a similarity between both of them and that is the stability. Until & unless stability is not there, the divine presence cannot be felt. Life has two aspects. One is manifested one and another one is the hidden one. Because of living under the activities of mind, only one and that is the manifested aspect of it is known to us. Another aspect that is hidden and cannot be tapped through the mind or the senses can only be accessed by making all the activities go silent.

We all know that making the mind contained is difficult for even few seconds. So how to do that for an extended period of time? Here comes the role of self realization. Through self realization one comes in contact with own natural aspect that remains hidden generally. What's the person starts working on it then he realizes that the brakes of the chariot can only be applied by getting the power by working upon own Dharma. One also comes to realize that when the chariot stops a hidden picture emerges. This picture belongs to the truth and it can only be seen by the internal vision. Now only one comes to know that truth is present there or not & the truth and reality are different. One more thing is that which is it's not that only reality exists

For the mind, time is calculated from the moment of waking up and sleeping.

Intellect divides the time into days, months and years:

For the mind the time period from waking up to the sleep is full of opportunities. As during this period one can think, decide, act & enjoy. It is an opportunity to getting connected with own field of interest. Mind designates the task to some sense, through this mind wants to drink the juice of world. Mind likes qualities and time is a medium of getting involved with that preferred quality. Mind associates the uses of time with exploring the various facets of the qualities. It is one of the favorite ways of investing the time to extract the enjoyment out of the life. We often see people associating themselves with a particular habit. We even know about ourselves that some specific kind of habit tends to pull us towards it quite often. Didn't the beard of our indulgence into that particular habit we might be liking the experience however during rest of the

time we feel a certain pull towards it. In such circumstances one wants to finish the job fast so that the free time could be availed. This particular time mind wants to again invest into that particular habit. Mind wants that no one should intervene or disturb during this period, So that an intense experience could be generated.

Days, months and year pass by however the habit remains same. So everyday one feels a pull or craving. This makes a person be in a mode of hurry. As the person wakes up, the thought of that particular habit reappears. Along with the thought that pull also comes back to life. This is not a state of freedom as mind remains captive of some particular idea or craving. So no matter how hard one tries, it becomes so difficult for the mind to expand and feel freedom. It is a state of obsession that keeps coming back the repetitively and make the individual struggle with it continuously.

Present is such a state that is different from this. One doesn't feel such kind of push and pull in present. So one can just be without any thought, obsession or drag. This brings a unique kind of acceptance to the life.

Where there are time constraints, there are preferences and delays.

There are chosen ones and there are neglected ones. There are efforts of keeping the things in order and there are people who try to break the order. There are time bound duties and efforts to somehow cut the queue. There are regular & preferential facilities and the charges associated with the preferential facilities. There are queues and there are segregation. That is the need of regular maintenance and regular upgradation. There are consumers & service providers as there is demand and supply. There is patience and restlessness. There are people who are well connected and people who are favorites. As well as there are people who are avoided on the basis of previous experiences. There are skills and experiences. There are people who are devoted and some of them are partially interested. There is waiting and eagerness as well. There are the episodes of losing the temper and great exhibition of patience as well. There are surprises and opportunities. There are slow and fast lanes. There is promptness and carelessness as well. There are fun filled light moments created by the people around

and tense moments as well. There are suggestions and confusions. There is exhibition of smartness as well as the verbal altercations. There are moments of specific inclinations & attractions. There are facilities and their absence. There is the demand of more and making some out of the way efforts. There are habits and indulgence. There is a mind that is looking for a specific time frame, where it can get attached with whatever it wants.

There are appreciation and there are condemnations. There are inputs and analysis. There is help and pooling in of resources. There are moments of looking for support and taking some rest. There is a alertness and vigilance. There are requests and reminders. There is seeking of favors and providing the facilities. There are thoughts and memory creation.

In such a backdrop so many things are there except one thing and that is present.

Mind is time.

Just like a plant along with the mind, space and time also take shape:

As the mind expands, space and time also expand. As much as we allow our mind to expand, in the similar proportion our connectivity with the time and space also becomes stronger. They who know the co-relation between the mind and the time they preferentially work upon their minds so that the dependency upon the mind and it's effect upon the self could be limited. As a child keeps getting into his senses, he becomes more aware of the world. Similarly as the mind develops, one gets to feel more constraints of time and space. This could be understood through our liking towards the taste of desserts and delicacies. We binge upon them just for the sake of acquiring the taste however there might be many ingredients in them that are not very healthy. So the effect of this unhealthy part becomes a binding aspect, If we are not able to tame our craving towards those delicious items.

It is more about getting aware of the visible & the occult aspect of our likings and life. The human potential is not uni- directional. We as a human being can either develop our dependency upon the world & our senses or just reverse of it. Another option that

lays open before the individual is developing the self and investing own power and time in it. The effect of this is just reverse of the effect of investing and developing own mind.

Upon deeply observing it is found that our physical structure is directly related with the restraints imposed by the time and space.

So our mental cravings are not going to help in easing out the restraints laid by matter and time. In fact more the cravings, more the restraints are. In India vedic sages knew this. That is why they underlined the value of samadhi in life. They propagated that to come out of the effect of mental ways, one needs to create the state of Samadhi for oneself.

Read others, know oneself:

No matter how hard we try however there is no possibility of knowing anyone completely. In such a case there is no other option but to believe what others say. Some of the people who existed in past nothing can be known about them through one self. Even it is too difficult to know about them who live with you. You joined them somewhere in the middle so the past related with them cannot be known. Another thing is that one cannot be with anyone 24 hours. So everything that expands from past to the future, cannot be known completely. One can perform various researches related with other people however it has it's own limitations as well. No matter how extensive any research could be however it cannot be absolute.

On the other hand self doesn't expand from the past to the future. It is either at the surface or in the depth. So the journey of knowing self starts from the surface and it gradually progresses towards depth.

Very limited can be known about oneself through research. So it is all about soul searching when it comes to knowing self. Through this journey, one develops the awareness. Fragrance of love spreads from the flower of awareness. Love reaches to others in the form of service. The cup of love gets filled through the self. It is an

intrinsic process. Whenever this cup of love gets filled completely, it starts overflowing and starts reaching to others.

This whole process happens in present only. Being with self comes with an added advantage of producing the nectar of love within. So they who proceed on this journey get something to share with others also. This is like learning and earning simultaneously. Love makes one feel filled from within. Just like the rich people who create an ambiance for themselves to gather the better experience and segregate the unwanted from their lives. Similarly they who are filled with love, enjoy an inner environment of fulfillment and can distance themselves from unwanted mental activities like thinking. This is how present takes shape.

Future can be imagined whereas present can't be:

Imagination power fails all together when it comes to the present however it can certainly work as far as the future is concerned. future cannot be imagined because it is not an image, it is a state. So one is either in it or not. Today looks towards the future whereas the present looks towards the eternity. Future is related with the manifestation or the material aspect of the life whereas the present is related to the cause or the source of life. Today and future are related to each other because both of them are about the visible side of the life. When we look at the past and the current scenario of the world then it is found that there is a definite difference between what one used to see then and what is seen in the current scenario. There it is some development and deterioration both associated with both of them. The magnanimous architectural marvels of the past get converted into the dilapidated historical monuments of today. Civilization of the past looked quite different from the civilization of today. There is a definite change in both of the scenarios. This change continuous. Destruction and development keeps happening,. This ultimately changes the face of the civilization. The power of imagination keeps making changes in our surroundings that ultimately provides a new shape to the civilization.

This power of imagination can be transformed into the power of stillness. This very power develops present. It further develops the state of Samadhi for the individual, where person becomes able to gain the sight of oneness and equality. Imagining is too easy and every imagination week leads the person towards some activity. This consortium of activities together give the shape to future. So when we keep imagining, then we keep giving shape to the future. When the person becomes able to develop their state of Samadhi then onwards he becomes free from getting involved into such activities & to the future. Now the person automatically moves towards the present and further deeper, where he becomes able to extract the nectar of love.

Present makes us appreciate one very inherent aspect of the nature and that is 'dynamic stability'.

Dynamism is about continuous refinement and stability is about inter-conversion of different forms. Energy and matter keep getting converted into each other. Three different states of the matter keep getting converted into each other. Solid state is about inertia. Liquidity is about flow and gaseous state is about flight. Every state wants to retain itself. Anything that is allowed to settle down, wants to retain its position, which is known as the inertia. It is limited to various states whereas the natural cycle only values the dynamism. Nature values the overall stability of the whole cycle and the system. That is why it disallows inertia to settle down. With the material aspect of the life, we get to see the interconversion of various states and forms. This all happens so that the grand cycle of nature remains functional. Mind is associated with very small section of this cycle. It wants to retain its connection and it has a definite curiosity towards the future that is why it values own inertia. Because of mind's attachment with the current conditions, it doesn't get to experience the present. All the knowledge related with this complete cycle of nature is available in the realm of present. When mind enters into the present it becomes absent and the one that really exists get revealed. Here mind loses the attachment with the previous track and gets

one with the cosmic cycle of the nature. In the present only, one becomes zero and the truth takes over.

Just like the material part, two different forms are related with the conscious side of every living being. One is the cause and another aspect is the effect or manifestation. The manifestation remains visible and the cause remains invisible. Visible and invisible aspects of the life also keep interchanging.

Our relationship with the time is through the mind. Once the mind becomes stagnant, our perception about time also comes to standstill:

Till the time mind keeps moving, we only remain sensitive towards the time.

It is often said that the life is there in the middle. It is not there on the extremes. It is neither in the absolute hatred nor in complete indulgence. In both of the extreme conditions, the sensitivity towards the time becomes too intense. Life is about love towards the cause and service of the manifestation. This is the middle path. In the middle one can remain aware about the eternity of the truth and the limitations of the manifestation. Here only one becomes capable of holding oneself properly and utilize own power for self evolution. In the middle only one comes to realize that life is about supporting oneself and serving all. Service is about fulfillment of the essential needs. This way one gets to help oneself. Here only one comes to realize that time is not the ultimate treasure however it is the ultimate truth. As one part of it is on one side of time and another part is on the opposite side. This way the awareness of the fact develops that the journey is from time to timelessness.

In this whole process one gradually learns and trains oneself to have the control over own mind and desires. Through this only the sensitivity towards the time gradually changes. Once we become more sensitive towards the time, our connection with the world gets established through the mind. This way we become aware of awesome and the world, which means we consider them as the truth. This makes one invest all of his time in cementing the mental beliefs and the resources are utilized for to quell the fear

of unknown. This fear is related to the mind. Mind has only a limited control over the whole proceedings of the life and that is the reason that it harbors fear.

On the other hand when person comes to realize the truth then he comes to know that the time is just one aspect of the whole being. One needs not to remain dependent upon it solely.

Past is that moment lived by the individual that is devoid of light. In the presence of the light, there cannot be any past.

Light is overwhelming. Identity is nothing but a fort that we create for ourselves against the external invasions. When we get disconnected from our inner self then there is no option but to develop some understanding about our surroundings. If we monitor closely then we find that there is always some tussle going on between our internal journey and external excursions. The characteristics of both of them are contrastingly different. Our internal journey makes us contained within ourselves. Our excursions doesn't make us contained. That is why our achievements are always classified into the segments of less or more. Once the self containment is attained, these classifications of less or more get abolished.

Less or more are always the part of past or future. Present is about the internal wealth and that is equal for everyone. Present is about this internal wealth that leads the individual towards the absolute. Being wealthy is always related to our past and future as well as our external accomplishments. Internally everyone is equally wealthy. This wealth of equality can only be felt in present. Present makes one get rid of the effect of money and it highlights the existential wealth of the individual.

This is the reason that the taste of present provides the life changing experience. It leaves a great effect on the individual's approach. So the path to present leads to the path of course correction. It makes one switch from understanding to awareness. No matter how sensually appealing the past has been, It cannot provide one is stillness. There are moments in life when one wants to forget everything, which means one

wants to get rid of own memories and wants to get rid of this process of memory development. Here comes the role of present.

Acceptance develops with awareness. As low as the awareness is, our acceptance is likewise.

Days are different everyday however the sleep is same every night.

One thing that makes difference between both of them is the mind. Mind rides the chariot of senses during the daytime while during the nights it falls asleep. Once the mind brain complex goes to sleep, everything becomes same and comforting. Sleep is a natural gift to living beings, that provides one rest for a definite period everyday. It is an indication about the priorities of nature. There is a contrasting difference between the approach of the mind and the nature as mind wants excitement and nature values rest for the living beings. Through the various kinds of excitement one generates for oneself during the daytime, mind remains up and kicking. This definite want of excitement by the mind makes it travel towards the future. In the absence of the mind and it's wants, one gets comfortable with present and it's offerings. Under the dominance of mind, the ride of the day is bumpy. In the absence of mind the ride of the mind becomes constant and continuous during the day. In this condition living beings start matching the pace of nature.

We generally notice that music is so popular and appealing to the living beings just because the activity of the mind is uneven and erratic. So when we get something continuous and flowy, then It creates a magnetic and hypnotic effect. This indicates towards a very inherent trait of ours, that is our affinity with the flow and continuity.

Krishna created the same hypnotic effect through his flute. This is an indication from Krishna about the essential attributes of nature and it's functioning.

One gets to experience that the flow of music is a deterrent against the uneven activity of the mind. Music is used to create an effect of trans in many guided meditations and chantings. Whenever the music is played one gets include to the same position This indicates that the activity of the mind is coming down and the person is getting to feel

some unique kind of pleasure within. This is one of the ways of experiencing the present, wherever the person is.

One can divide the things & activities in past and future.

However those things that keep happening continuously neither can be classified or stopped. That just keeps happening without any interval or pause. That keeps taking shape every moment. That is why nature cannot be divided into past today and future as it is eternal and omnipresent. It's cycle doesn't pause for even a split second nor there is any delay.

The periphery of time starts only when there is some deviation from the natural course. Whenever there is some balls in the natural cycle and then only the count of time starts. The way we as human beings are dependent upon time, nature is not. Nature doesn't need time however we as human beings do. Nature is complete within itself and it is always continuous. Completeness and eternal flow are separate entity. It exists alongside of time. It has it's own presence beyond time. It exists parallel to the time. In fact it is the source of time. The origin of time is from the eternal and consistent flow of nature. The way humans relate to the time is largely dependent upon the mind and it's perception. Alongside of it, there are psycho-somatic tendencies. Collectively both of them create a particular sensitivity towards one self and that is often calibrated with some set standards. Generally these standards are co-existing society and contemporary people. Then there are some reference points of the time also there in the mind. They are related to oneself, like childhood, present time, quality of time, relationship and association with other people, job, experiences of life etc. Nature looks divided in trillions of different units however all of them are part of just one grand process, which is complete within itself that is why it doesn't need any reference points or calibration tools. All those units that work under the canopy of nature doesn't need any separate identity. They are not in the need of any identity rather they love the state of being identity less. In fact no identity or individuality can

match even a fraction of the nature's magnanimity & no individual can create something spontaneous without the help of nature.

An activity has a limitation that it cannot be created whenever one wants to.

That is why the moments are captured in images, motion picture or memory. Another restriction with any activity or the event is that it cannot be reproduced in the same way again & it cannot leave the same effect every time.

One peculiarity about the truth is that it can be viewed in the same way at any moment of time without any alteration. Neither one needs capturing any image, motion image or memory. So one doesn't need any gadget to get the view of it nor one needs any memory or imagination about it. It is same at any given moment. This is the beauty of present. It remains fixed and doesn't undergo any alteration. So through the truth, one comes to know about the static side of time. We have been listening this phrase that time keeps moving & it doesn't wait for anyone or anything. One another phrase says 'only thing that remains static is change'. This phrase is correct however it is limited to just one aspect of time i.e. material part of the life.

When we look at the conscious side of the life, then we find that only thing that remains static is truth. Another thing is that the truth can only be gazed upon through the window of present. So present is the window to the eternity.

Memories are like a burden on mind. In the present, system of recording the memory, gets deactivated. That's why nature and work gets exhibited through the individual without producing any baggage of memory. This is one of the reasons that ancient sages did lots of work related to scriptures without having any mental baggage related to it.

While being in the present, natural work keeps happening through the individual. If it is natural then it is effortless and spontaneous, that is why there is no thought process associated with it. In the absence of thought process there is no residue of memory. Present is a source of wisdom and divine knowledge. This is also a gateway that

connects humanity with divinity. Even the science has some curiosity in God however divinity or wisdom is one neglected aspect of the whole occult sciences.

Past & future are related with the experimental side of us.

Whereas whatever happens in present is known as attainment.

Experiments are done just to get the results. Through experiments We want to know that what works and what doesn't. Success and failure comes only after the experiments are performed. Once the student sits the examination, then only pass or fail can happen. One who doesn't write the examination, cannot fail or pass. Failure is all about knowing what is to be avoided and what doesn't work. Failure is one thing and not getting the optimum result is another. When we get some side effects or unexpected results then only with start examining and researching about the possible cause. This ultimately enriches the whole subject. Success is not only the sole finding related with any experimentation. Whatever one learns through the process can be shared with others. This helps them to hasten their process of experimentation while producing the least unwanted effects.

With all the experiments that we do, we just want to know that what works best for oneself. Once the person gets to know about it completely, then onwards the experimentation part gets over. As the person knows now that what is the way to attainment. Present is our attainment of life. It opens us from within. This means it is our internal unlocking system. Attainment is the key to the treasure of existence. Just like any invention or finding, once the attainment is achieved then it can be shared with the masses. Any scientist does the same. First he gets his findings then develops it and finally he presents it to the world.

Ancient sages were the scientists of the internal arrangement. They got to know about the mind and the consciousness and present through it. To know the present one needs to be the present. Through it only one comes to realize own oneness with the existence. Upon realization it needs to be developed. One gradually comes to understand the ways of developing it. Through this the science of yoga develops.

More empty we are, more receptive we would be.

Till the time one is detached, one can remain happy & ready to receive the gifts that are made available through present.

Past and future are loaded with thoughts whereas present is completely empty and free from the interventions of thoughts and desires. So present has the vast space where the light can travel. Space connects the sun with the earth. Sun radiates the light in 360 degrees in all the possible planes. Space let's this light and energy to travel and reach to the distant areas of the planetary system.

The same emptiness we need within as well. So that the rays of wisdom and hope that radiates from from the supreme consciousness can and into our system and provide us the guidance. For the mind space is a completely empty area, where nothing significant is present. In reality this empty space always remains filled with light and energy. This internal light constitutes our internal guidance system. Guidance is not just about what to do, It is also about what not to do. It makes one aware about how not to clutter the internal space and keep it clean.

Present is about being aware of this internal empty space. It is about knowing and developing the knowledge related with the internal sky. It makes one aware that it's not just the earth but the sky is also ours. So one can elevate oneself in the internal sky and make ways to remain there constantly. The mechanism is just like the flowering of lotus. It is much easier for the lotus to be in the pond however it selects the sky. One part of lotus is within the pond, second part is at the surface and the third one or the flower is there above the surface of the pond. The Beauty, fragrance and the utilization of this part makes it the most noticeable part of the plant. As the emptiness of the space allows the lotus to come up similarly the emptiness within allows the 'Saroj' or the divine lotus present in the human beings to come up. This is how the development gets completed. Present is that aspect of the individual that lets this development happen within.

Life provides an opportunity to peep inside time.

As an actor we keep looking towards the time for the moment of right opportunity. Till the time there are dreams or desires, then one has to wait and keep looking towards the time for their fulfillment. In such a scenario one wants to look towards the future and wants the future. As all the opportunities lie there somewhere in the future. Future is like a road that is laid on the surface. If we consider Earth as time then future is there just on it's upper crust. The Earth has a whole lot of matter beneath the surface. To know about the characteristic of this matter, one needs to enter beneath the crust and explore. The journey upon and beneath the surface are entirely different from each other. As a person travels above the surface, he gets to see more towns, places, people & geography. In such a scenario, focus remains more towards outwards than within. More than oneself person gets to know about the places, people, geography and some other specific characteristics associated with them. This makes the person an expert.

However there is an another opportunity and that is to go within oneself, which lets one go within the time also. When the person starts entering within, there is no difference as far as the place, area and people are concerned. Only thing that one needs is a little and light. As the person starts entering within, he gets to realize the darkness present there. That is why he needs something shining that can brighten everything. One has no other option but to search for the light within as it is the only sustaining form of light that can exist in these conditions. This light gets converted into the mast and that further gets converted into a master.

When the person starts entering within and keeps forwarding then he realizes that his perception of time also starts changing. As the person starts becoming lesser dependent upon the future, he gradually start becoming more self-reliant. Major shift that happens in this whole course is that time loses it's pole position of being most precious aspect of the individual. Now it gets replaced by the self.

All the days are same, just
dates are different.

As far as present is concerned, there are no difference between different days. All the days throughout the year are same. As nothing is being done by the mind on any of the particular day. That is why no significant memory is associated with any of the passing day. Only those things get registered in the brain as memory that are driven by the mind. All the initiatives taken by the mind get registered as the memory because a certain thought process and specific feelings are associated with them. Someone special means someone close, interesting and valuable. They who get classified in these particular categories, secure some specific place in person's memory. There are some definite activities related with these group of people, which the person needs to be considerate about. There are many activities that need to be initiated and with every such activity some definite objectives are involved. To fulfill those objectives, some detailed planning needs to be done. These plannings are executed on some definite dates and that is why those dates get registered in the memory. So some past memories and some future planning are associated with every special individual. With an actor or any specific character, there are some significance dates associated.

On the other hand a witness doesn't have objectives or the planning to execute. That is why he doesn't take any initiative and it makes him free from getting into a thought process. All of his connections and interactions are on being to being level. Where everything is natural and spontaneous. So no efforts are needed to influence anyone nor the person keeps getting influenced, attracted or distracted from anyone. He just prefers to stay with own being and he looks towards that same being in others as well. That is why all the days are same for him as all the living beings are same for him. Once the being gets realized then the journey progresses towards realizing the supreme being.

Through the offspring, one invests in future.

Through self awakening one invests in present.

Reproduction is about just one of the aspects. Like many other instincts that guides the individual towards the future, reproduction is just one of them. Parenthood is one of the feelings that one wants to experience during the life. Life is a journey of experiencing many feelings. If we can broadly classify the various feelings into two parts then one segment would be affiliated with the movement and another segment is affiliated with the stillness. First segment makes us connected with the future whereas the second segment makes us aware of the present. Public places are loaded with people and upon broadly classifying the mass into two sections, it is found that one section shows interest in those feelings or instincts that guides one towards the future and another small section shows interest in exploring the present. Only the present can make us understand deeply about the being. Future is about becoming. Any aspiration, curiosity or desire instantly make us get connected with the future. Even though present is there to be explored just now, we keep skipping this or putting it on hold. There are three stages of one's journey towards future. One is aspiration or desire, second is the experience and the third one is the ultimate effect. Desire or curiosity make us enter into a definite zone where one can get closer to the experience one wants however there are some definite binding effects of that very zone, which are not expected by the person however one has to bear with them.

Present is about being contained within sans curiosity and the ability to chuck off the temptations that keep knocking the door. All of them just allow the individual to let own unconsciousness lift up in the internal sky and stay there in a static state. Ability to get away from falling in trap of the sensual temptations, let's one maintain the stillness. This is how one can afford to live with the truth and tranquility.

Life is an opportunity to experience time in a different way.

Body and life both are the part of one's journey.

Gently looking at any experience that is offered by the life, It is found that their quality and intensity doesn't remain same throughout. When we look at the various

phases of life i.e. from child to old age, the quality is too variable. From being pampered extensively and being center of attraction for all during the childhood, one gets taken care of by others and nearly neglected in old age, the guardian. The carefree days of childhood having no baggage of past makes one feel like fast and extremely functional. This is the perception that one carries during the childhood. During the middle age one becomes more steady, considerate and comes to about own limitations. Now one is more aware of the realities. During the old age the physical reality of oneself is completely opposite to the childhood. Curiosity and exaltation of childhood gets replaced by insecurity and apprehensions. The level of excitement starts building up during the childhood. it gets converted into the lust and ambitions during middle age and gets converted into low and poor spirits during the old age. This directly affects the way we perceive the time.

This way the quality of experience is too variable in various phases of life. These three phases of life represent three different characteristic of the physical body that one gets to face during the lifetime.

Apart from this being in the material world and being in the spiritual world are two entirely opposite experiences that affects the perception of time. The spiritual side of the person is about oneself without any materialistic cover around us. In such a state others also exist in the spiritual form only that is just light. It means there's no difference whatsoever among all of them, who exist in this state.

In such a condition if the perception of time is not completely lost, then it is just faintly present. This perception of time only appears when one becomes aware of own physical presence and a physical world around it. Time is about what is being created through the individual.

Present is the gateway to the treasure of existence.

Past as connected to the future as it dictates many of the actions being taken in the future. In our pursuit of future, we create many memories that are known as the past. Past & future are like two sides of weighing scale that have limitations as far as their

movement is concerned. Whereas present is like the stem of a plant that is free to move straight towards the sky. It has the freedom to have oneself converted into a tree. This is how present lets one transform & develop completely. Present provides a lot of freedom of doing so. There's no counterpart of present that can put any check & balance mechanism in force. So there is a freedom to develop and transform both. This freedom of development let's person understand what the freedom is all about and how it can be capitalized upon. This freedom can be availed by something that belongs to the non-dual side of the nature.

It is the human consciousness that has the freedom to develop freely and have oneself converted into awareness. Consciousness is a small plant, awareness is a big tree.

Removal of all the constraints is about the experience of freedom. When we look at the society then we find that everyone of us live in some definite constraint as we have to respect other's respective field of dominance. So no matter how hard mind tries it can only developing some definite constraint and It cannot be totally independent as it remains dependent upon others and their corporation.

No matter how hard mind tries, it cannot amalgamate itself with other minds. Mind wants to keep it's unique identity intact. This one condition becomes hindrance in self transformation and internal evolution. Self evolution is about giving oneself total freedom to develop freely. It is about removing all the obstacles of mind. Consciousness starts it journey from knowing oneself and it proceeds towards knowing everyone. Later it takes another big step of knowing the ultimate truth.

We can easily see present and future alongside each other. A tree and a human being are the best examples of present and future.

Both of these two life forms can be differentiated upon two basis that are inclusive and exclusive. In most of the cases as a human being, we try to live an exclusive life. Where everything is centered around our own mind. In such a case life is like a coin. One of it's surface is about my aspirations and another surface is about my worries. It is like living a life in a shell of 'me' & keep frequenting between it's two poles. This

shell of 'me' creates an illusory world. This illusion creates a perception of exclusivity. Exclusivity is a fancy word. Another effect of this perception is written underneath and that is segregation.

This gets missed quite often. We might be living in a false perception of exclusivity & it doesn't help us to spread out & feel that element of all pervading inclusiveness.

On the other hand when we look at a tree, no sense of any exclusivity keeps hanging there. It releases all of its produce in environment and atmosphere. No brain storming sessions, no groupism, no half hearted efforts. Everything total and complete. Between one and all, there lies partiality, selectivity, elitism and beliefs. One can directly connect with all, that is not possible through being a part of some section. One getting connected with eternity paves the way of inclusivity. An individual can get much closer to the eternity than a group or a section. Every tree lives the life in present and whatever that is present becomes a part of the pan world unit called nature. Same rule applies on humans as well. There are multiple trees present in the vicinity of a tree however they work as a complete unit within themselves.

So for the individual, it is not about living in perfect seclusion, which is about living with own inner self and working according to it, even while being in the society. Right from the word go, a plant lives the life in present and it remains similar throughout the life. Humans have this possibility of introducing the change within and going through the transformation from future to the present.

Present is about productivity, creativity, stillness, potency and beauty.

To explore the beauty of existence, one needs the potency of consciousness. Creativity happens through the divine power. Productivity happens through the amalgamation of potency and resources. Potency is about keeping own power with oneself and letting it exhibit itself through various ways. The initiation of present happens through the productivity of something that is known as a 'self'. All the development related to the self happens in the limitations of present only. One of the very important feature of present is acquiring stillness. All the knowledge related to the subject of wisdom and

spirituality comes through present only. It is creativity because it is not planned. All the spontaneous things happen in the realm of present. When the person gets to see something being Manifested through oneself and that too without thinking or planning then it doesn't generate any residue into form of memory also. This way the person doesn't feel the burden of doing anything. This is how something magnanimous is created. They who have done tremendous amount of work during their life, become capable of doing so just because they never had this burden of doing something. It is about not registering anything in the mind at all. This is a completely spontaneous mechanism that keeps happening on its own, without the intervention of mind. This becomes possible just because they got connected somehow with the power of present. This power of present is responsible for fulfilling all the stocks that is needed to producing and sustaining the life on earth. It happens on such a huge scale that is unimaginable in extent. This one whole process of renewing or recycling is composed of various small processes. Decomposition of unuseful paves the way of all the future compositions. All the natural ways of filtration facilitates purification. All the processes of change are the part of this big cycle. Aggregately all these small units are the part of one big process that is known as the power of nature.

Happiness is proportional to investment of time in self.

Resentment is proportional to investment of time in various topics related to senses.

Investment of time in self is about the development of happiness. Until an unless we get to experience the real happiness, we keep considering jubilation and excitement as happiness. Finding happiness is a total journey in which sometimes we drift towards the world and sometimes we drift towards ourselves. Sometimes we get to enjoy with people and friends and sometimes we get to experience some bouts of joy within. Happiness is a multi-layered phenomenon. For body, mind and soul the meaning and the related experiences of happiness are different. For the body happiness is about fulfillment of demands related to various senses and comfort. It generates a certain kind of satisfaction. For the mind deepest sense of happiness is related to it's own

safety. For the soul it is about feeling proximity with the source of life by being able to maintain a certain mental tranquility. It enables one to swiftly enter into the meditative state. Sitting for meditation in a secluded & silent place and trying to achieve it's height is one thing & being among the people while keeping the eyes open & remaining in meditative state is another thing.

Second one is also possible. It happens when meditation becomes spontaneous. Such kind of person doesn't have any greed related with looking, listening and speaking. He sits among the people, keeping own eyes and ears open yet one remains able to maintain that meditative state. This is a way of investing own time within oneself. In such a case one is not a spending his time. He is just keeping it to oneself. With this investment person generates the tranquility of meditative state. When the person comes out of this state and gets involved with people, he remains happy. Which means the joy of meditative state gets converted into the happiness during activity. As the energy gets transformed from one to another similarly joy & happiness are interchangeable.

One who has more time is more prepared.

He looks forward to what is coming towards him and more receptive of the things that are being handed over to him. One who is more prepared is less anxious and that is why he has more patience as well. These are few of the benefits one inherits, by living in present. One of the reasons of losing the patience is some unfulfilled expectation and some unexpected happening that is not according to own wish.

Having more time is directly related with having less indulgence into the sensual pleasures. Having lesser time is about the restlessness that simmers within. It also means having much bigger a demand that becomes difficult to fulfill in the given constraints of time. When demand or desires consume much of the time then their remains very lesser time for the individual to invest in the fulfilling the need that exists around us.

There are two major changes in the individual's life. When the person starts switches from my desires to my needs and becomes comfortable living with it. From there onwards the next big switch is about from my needs to everyone's needs. When we look closely then it is found that one who is known as the God, remains completely involved in fulfilling the needs of living being. On the earth this is what the nature's task is, which she keeps fulfilling with utmost silence & dedication. We can't see the god but we can see nature. Humans complain about the paucity of time however never the nature. Upon looking at the nature, we find that humans are not completely different from her. She remains present on the Earth in the form of life. However there is a wide difference between the nature and the human life. Life in the form of nature sustains the humans and animal's life. Nature works in conjunction with the elements like water, air, earth, space and fire. She maneuvers them in such a way that they keep getting a refined themselves through various cycles so that they keep supporting the life. On the other side humans just keep consuming them while remaining ignorant about the grand proces that makes it happen. As mostly we remain vigilant about our various indulgence & aspirations. So as a living being, there are two possibilities. Either we keep chasing the sensual and material pleasure or we join the nature's grand process of facilitation and service.

Within the individual, there is a power to connect:

With whatever thing this power gets connected, it develops awareness about it and because of this specific kind of awareness, a different kind of feeling is generated within the individual.

This very power to connect is responsible for developing various facets of the individual like understanding, intellect, skills, knowledge and finally the awareness.

All those thoughts that keep doing rounds in our heads are related to this power of connect only. As when it gets connected with some contemporary topic, a point of view develops based on that. If there is some point of view, then there are various thoughts associated with it as well. When this power to connect gets attached with

some ideology, then it gives birth to a definite perspective that has associated views and ways of thinking.

When it gets connected with a particular subject knowledge develop. When it gets connected with a particular person emotions develop. When it gets connected with the particular topic database develops. When it gets connected with the word around us attachment develops, when it gets connected with various essential pleasures, liking & thus dependency develops. So we need to be mindful about the fact that with what thing this power of connection is getting attached with. Another aspect is that at which height this power of connection is located at? They who able to lift it beyond the confines of own physical limitations, gradually get immune from both jubilation and sorrow.

So as to be just present we need to be mindful about the fact that with what particular aspect it is being connected to. The way to meditation is the way to present. It is about restricting own dependency upon various senses and the mind. So that this power to connect can become free and move on to the next level. Present makes us aware about the fact that what is present, what has been present and what remains present in all the ages.

Passing the time is related to doing that whatever comes to our way and in mind. Whereas

Utilising the time is related to being in complete self control and remaining devoted towards own natural work.

Passing the time is related to the mind as it wants an alternating setup of activity and rest, like the body that wakes up & sleeps alternatively. Passing the time is equal to spending it whereas utilizing the time is about producing or creating something. Passing the time sounds like one is doing nothing during this time frame. However even to pass the time one needs to do something that is pleasing for the mind. That is why to pass the time person either reads, writes, plays, watches, eats, drinks, travels or just thinks. When the person gets tired of thinking then he just wants to sleep so that

the time passes and mental activity could be halted somehow. However there is a limit of sleeping as well. Once this limit gets exhausted and persona wakes up then again he starts thinking that how to pass the rest of the time. For the mind, life is either about implementing any of it's ideas or just passing the extra time. Under the occupation of mind, even if the person tries to do nothing, he fails miserably.

On the other side when the individual is tranquil and let's it's own nature take over then self kickstarts a process, in which the individual tries to sustain own natural tendency from there onwards.

Upon the initiation of the process of letting own natural side sustain itself by executing it's specific work, one who introduced it becomes secondary as he was just a catalyst, who initiated a process. Later on refining the process and if possible, taking it to the next level becomes primary for the individual.

So the utilization of time is about developing own natural side. Then onwards a momentum gets initiated that lets some extraordinary work happen through the individual. This is not about alternating sequence of activity and rest. Mind remains at rest throughout this period yet the momentum sustains itself.

Time is the currency of life.

We get to experience time through life. Entering, being and exiting from life is a troublesome procedure. Which means we earn time through difficulties and the thing, which we earn through difficulties cannot be spent unnecessarily. It has to be invested with mindfulness. We are not happy with ourselves whenever we waste our time. We waste it in our various indulgence although after doing so, we don't feel good about it. We come to realize it very soon that it has been wasted unnecessarily. They who are able to take the utilization of their time in their own control are too advance people. As they become able to deliver a lot in a comparatively smaller span of time.

Shrila prabhupada spent his last 12 years traveling around the globe multiple times, interacting with people, taking care of his organization, introducing and explaining about bhakti to the Western world, spending a lot of time among devotees yet he

wrote 60 books during that time. They who know how to utilize their time in the best possible way are able to fulfill some larger than life tasks during lifetime. So with the currency of time, some people manage to buy something valuable for all. That remains relevant for a very longer period of time. This is about bringing value to the people's life. Once it is introduced every individual tries to preserve it as it is the part of their own being. So there are two kinds of works that we do. One of them tries to entertain the mind by trying to fulfill their demands although in this process when gets deflected away from on being. Another one tries to bring people closer to themselves. First one is like the resource that is procured from the outside world through the mind. Second one is like the light and a more stable internal state that person tries to intensify and reinforce through the internal development. Providing resources is a time bound process however once person is able to feel the love and get the glimpse of light, then he himself tries to further improve it. This is a self sustaining process. It only needs to be introduced to the individual then the individual oneself tries to develop it.

If there is a gate to the eternal presence, then it gets opened through the present only:

Future keeps getting converted into the past. When we look at the future or the past, one common thing happens with both of them. That is the attention gets divided into two parts, the moment and oneself. This means there is an individual and there is some specific happening. Either it maybe future or the past there is a certain image associated with it. In case of the future, it is an imagination and in case of the past, it is something memory. Because of the division of focus, the effect cannot be absolute. Eternity and absoluteness correspond to each other.

Present makes both the actor and the moment or the activity melt into just one experience only. Individual finds that only that specific state is present and he becomes absent. It means individual gets merged with the experience. Individual has limitations however that experience or state can expand immensely. Because of it's absolute nature, this state can transform into eternity. This is how when gets to

differentiate between past / future and present. Past is matterless memory and future is matterless longing. Past and future are the part of individual's journey. Variable feelings get generated through experience and their record is known as the past. The longing for summer specific kind of feeling makes one give birth to some experience. Just to have this longing fulfilled, one needs future. Any feeling that is dependent upon own physical presence and time makes one travel towards the future.

In the confines of present, no feelings are required. That is why there is no need for any material experience. It makes one bypass the activity needed for it's generation. So there is no need of any guided activity. It means there is no longing, no material experience, no feeling, no activity and no related memory.

Just to make more stable ground for oneself in present, one can skip on the aforesaid elements.

Present is about mental relaxation.

While being in present one can remain relaxed like sleep and at the same time remain awakeful like a working person. It means it is an intermediate state between activity and sleep.

It is about being awake without getting engrossed into the world or the various mental thoughts. It is simple about being. It is like being a living statue in the supermarket. As we know that in a supermarket, things and people keep moving. If nothing is moving then the mind is moving. In the realm of present mind becomes static however consciousness keeps developing. It is about being there while completely holding oneself. Without letting any mental appendages to grow and try to reach out to various sensual pleasures. Having no dreams or aspirations within the mind. It is light being a tree on the planet Earth where all the possibilities of sensual appeasement are present. We have seen this in the classrooms that when the attendance is being marked, everyone stops doing everything and focuses on the voice that is calling their roll number or names. So everyone present in the classroom focuses upon that one voice

of the teacher. This is done just to make sure that one doesn't miss the opportunity to register their presence in the class.

Present is about being aware of the surrounding world and the presence of truth as well through whom all the activities of the individuals is made possible. Under the effect of ignorance, we get forgetful of that one source, whose power makes the activities possible around the globe.

This intermediate state makes a person realize that experiencing a unique kind of mental tranquility is possible that gets absent, when our mind takes over and starts producing various thoughts. Which means only two states are possible throughout the life. One is full of mental currents and another is about total absence of it. Various experiences are achieved under the effect of these mental frequencies and realizations are achieved when these mental frequencies go missing.

Culture makes us aware about the fact that one can become compatible with the present also. One can seek the treasure in present.

Only the culture can do one thing and that is to make person look towards present. This is to provide the clue regarding bringing the individual close to one self. When this happens and person gets to realize oneself then onwards he's no more excited about the privileges of future. As he comes to know that the treasure of existence lies in present and it is not a good idea to sacrifice this for some meagre gains of future. If one is able to find everything now only then why to look towards future? When the valuable aspect of life is here and now only, then why to chase some inconsistent advantages. Why to go behind 'choosing and experiencing', when the best of the experience can be found now only and that too a matterless one. If time has the capability to make person feel excited & even anxious, then another aspect of it has the capability to make one feel a rarely talked about internal pleasure.

The extent of control one exercises over the internal power, makes one experience wide spectrum of feelings and the way one perceives the world and the self. Taking

the leap from indulgence into the various sensual pleasure to the truth is one such a journey of variable feelings.

Either our vision or glaze is filled with excitement or with tranquility.

This treasure of present has the ability to fill the person's vision with tranquility. Till the time one keeps looking towards the fulfillment of one desires, vision remains filled with excitement.

Rather than remaining arrested in the past and future, one gets to know about the inner development in present. Present opens the gateway to understand the culture in a better way and vice versa. Indian culture is unique because rather than giving importance to the worldly accomplishments and sensual pressures, it finds 'self' and 'present' valuable as life is not just about the planet, it is about the existence.

Past belongs to mind. Future belongs to intellect. Present belongs to consciousness.

To every specific differentiation of time, there is a specific element within the individual. Past is about fulfilled and unfulfilled desires and some missed opportunities. Those missed opportunities can be transferred to the future to have them converted into the successfully handled opportunities. We want to successfully convert every opportunity into a pleasant experience. Mind wants to feel like an all potent individual, who has the 360 degree ability like a magnet. It feels like that all the good things about life should belong to him only. It is like becoming a centerpoint or the unanimous choice. Every effort whether that belonged to the past or that would belong to the future remains centered around this ideology only. It is like being tajmahal, that remains that single center of attraction in the whole area. That has the ability to draw everyone towards itself. From past to the future, this remains one important agenda for the mind. Mind wants to ascertain that it is not a spent force. It wants to keep traveling towards the future while keeping oneself totally intact. For this mind needs to remain alert and active throughout the time. In short it has to remain intact and strong. So just to ensure own viability and relevance. Mind needs intellect just to reinforce whatever it is carrying from the past. Intellect works upon the

technology and it wants to embrace it, so that one remains visible on the new platforms also and own brand remains viable. In such a scenario life becomes like a book. A number of its pages has been read and a lot is there waiting to be read in the future. Which means something has been known and something is yet to be known. Which means it is an ongoing agenda that has to be taken care of on the other hand present is all about looking at that one single point of engagement that neither has past nor future. It is so complete that one who looks at it finds that he himself is not present. Only thing that is present is that point of light only.

Present is like a ladder that facilitates to climb up on the path of consciousness.

Till the time we are not in present, this one question constantly lingers that what to do next? Normally we don't get to find something that satiated us fully. That is why this question always looms around that 'what is to be done?' what I am here for? So once we initiate something, another question pop-ups that what to do after this? What is going to be the next step? Where to go from here? what is the next plan? We try our hand at everything, yet this thought of our next action doesn't disappear. In short this knack of thinking doesn't disappear. Which means future always remains at the center. As we know that summers get changed into a rainy season and that further gets changed into winters. Winters again paves the way of summer. Similarly we keep looking towards future for something that we are not even aware of however one knows only one thing that the journey is still on. This goes on until one find day person finds something that is so overwhelming that one doesn't even feel like sharing about it. Which means person gets into some pleasant silence. There individual just wants to maintain it. No the old question of what's next doesn't remain significant anymore. No it is about just being there in that silence without having any question. Here one gets to know about what is known as the self or being present. Now the person comes to know that neither the question nor the answer satisfies me fully. They have been just a few instruments of the journey. In fact person doesn't look for any answers, one just looks for the self. We just look for that missing piece of the puzzle.

Future doesn't have that depth that can satisfy us. We just look towards the future to provide us a clue of that link. We just want to know from the future that what is that one thing that can make me rich & clear from within. So that one can stop demanding from the future.

Whenever we meditate or be in a completely relaxed state, we get to feel a completely different side of ours, which is entirely different from our regular life.

It means in two different conditions, we get to see our two different sides. One is sensitive and another one is bit insensitive side of ours. It means we are not stable from within or the same person all the time. In other words it can be said that while being in the present, one gets to feel a completely different aspect of oneself, comparative to that when one lives along the past and future. Living a regular life as an individual, we look forward to the moments of enjoyment and satisfaction. While living as oneself in present, one looks for joy and love. They who have the moments of enjoyment in life and are satisfied enough, are considered better than the rest. Similarly they who can feel joy and love are known as 'sthitpragya' (seated in absolute wisdom). Joy brings the love along. Children are filled with love and joy.

Time is potent enough to make person go through the change. Present let's a person to increase the content of stillness within, so that to remain more stable and same, irrespective of the changes in circumstances or the time. Present lets the person to hold oneself in a better way and minimises the changes brought in by the mind and the circumstances.

It allows the person to be more natural and spontaneous. Which means being contained & joyful within. In such a case person doesn't keep running towards the world. As he feels that whatever he was looking for has been found within only. Now the person is not considerate about own demands. All that he wants is to maintain this state of joy, if possible. Now he relishes the moments of being aloof & absence of thoughts. There is a definite kind of tranquility associated with this state, which one

wants to be in. Even if some thoughts appear in the mind, one wants to get rid of them at the earliest. So that distractions should not be allowed to disrupt this state.

Freedom is joy.

Freedom from the effect of both pleasant and unpleasant emotions and feelings is an altogether different experience. The comfort associated with this state is immense. We might or might not be aware of the fact that how the psychological activities affect the quality of life. Their effect on different individuals is variable. One aspect of freedom is related to the absence of mental cravings and mental state while another aspect is related to their effect on person's psychological well-being. In some of the fields of life we want to have ourselves involved, just for the sake of experiencing the enjoyment related to it. Just like dancing, partying, socializing, entertaining, traveling, chatting, exploring. These are the various ways of seeking pleasure. However our mental involvement drags us to such a state that are vulnerable to various unpleasant experiences as well.

On the contrary joy is not related to any sort of involvement that is associated with mind, senses or matter. It is so difficult to explain it completely however This is a state of thoughtlessness and during this the solitude becomes comforting. Even observing silence by being in a group becomes immensely pleasant. One feels that he has consumed some alcoholic beverage or some other intoxicating material, that is providing some mind to moderate kind of uniquely pleasant experience.

This provides one a better control over mind, voice and body. One feels that mental activities are settling down and one is not excited enough to talk. Even when the person talks his selection of words are more controlled. So the the quality of talks gets improved. As the person feels so lesser effect of mental and psychological activities, that is why body behaves more normally & it can function without their interference. Being out of the mind is not always about being finicky. It can be about freedom from the mind and brain & their binding effects. The joy of freedom is the epitome of present.

Eternally new doesn't have any past:

Only that can be eternally new that doesn't have any past. Past emerges from future. So if there is some inclination related to future, then one cannot avoid the past associated with it. In the absence of future, there cannot be any past.

During the period of growing up our vision is conditioned in such a way that it slowly gets trained upon the future only. Future is about the role playing and characters.

Life is a journey of multiple role playing & characters and every character has its own story. All the stories which are related to these multiple characters, aggregately give birth to the story of life. When the person realizes that he's no more just a character, then after the divine life starts. Every character arrests person's attention in such a way that one starts considering that character as life.

In such a case we get deprived of knowing that eternally new element of ours. It is about the direction of flow of power. If it is towards the mind and the various senses, then we are surely looking towards the future. If it is away from both of them then the power rises up to that height where it gets to realize own being or nothingness. When we look at the future then only a certain part of it can be intervened into. The rest of it is beyond the individual's control and binding as well. It is a person's choice to sit on a roller coaster however what kind of turns it is going to take & at what speed is beyond one's control. Showing the interest into the realm of future is about the freedom of activity however how the circumstances turn out to be is beyond own limitations.

On the other hand being is all about absence of any intentional activities. It is about raising the awareness beyond own physical limitations and trying to maintain it. This state is known as Samadhi. Through this one comes to realize that it is not just Earth however sky is also within reach. Being is about being in present only. Only the being or present can correspond to the eternity.

When you are free compassion emerges. When one is free, service emerges:

Due to the availability, one can connect with others and others can feel the compassion flowing through you. So the main driving factor behind the service is the love for the supreme being & compassion with the living beings. Compassion is the hallmark of freedom from mental dominance. Providing own services is one thing and having compassion within is another. Compassion emerges from knowing others from within. That is why it doesn't remain limited to the known people and humans only. Then you know someone from within then it hardly matters that another being is either a human or an animal. It is about internal knowing, which establishes an internal connection. In such a state person doesn't feel that he is serving someone else, rather he feels that it is about me only. It is about 'I am helping myself'.

This is connected to the present as present only provides this vision to the individual that lets see himself in others also. Being is about present only.

One who is seated in self & thus in present doesn't get this notion of helping others rather he knows that it is about helping oneself. The basic difference between past, future and present is this only. As the person seated in present knows it exactly that there is no possibility of anyone else exists there. As the appearance and being are different. When the being looks towards the supreme being, then it is devotion or bhakti. Apart from the devotion, it is indulgence only. A wise person helps oneself only by serving all.

Living everyday as it is the last day, means living in awareness.

In a more simple statement it's meaning is that the ability to restrict own aspirations, provides opportunity to develop the awareness. When aspirations get limited like a

stalk, then awareness expands like a flower. It means life is like a plant. It needs balance of external strength and internal softness. So that the possibility of continuous internal activities remain viable. The external strength of the stalk provides a stable bed for the bud to bloom and make itself converted into a fully developed flower.

One who is able to make efforts for buying meals for a day can escape the greed of getting free meals from someone. It is often said that there are no free lunches. A bird catcher knows it very well. That is why he positions his net in such a way that it goes out of the sight and only the food remains visible on top of it. Birds who fall prey of this gamble of getting free food may have to sacrifice their freedom to fly. It is said that greed blinds the person as when the sight gets set upon the short term advantage then the long-term disadvantages get out of the focus.

They who live in the awareness take their eyes off from both of them. Neither long term nor short term, neither advantage nor disadvantage bothers them. As their vision gets set upon the truth, which is the eternal advantage. As the feeling of love and happiness is associated with truth only. Feeling associated with some advantage cannot be so profound that can provide either love or peace. There can be excitement or a great relief but cannot be love or peace. When the person spends time in the nature & a quiet place then one gets to realize that there is some specific kind of joy associated with just being. That can't be found in any kind of benefit or advantage. As we don't get to feel this joy often, that is why we settle with a consolation price that is mild excitement or jubilation.

When the person gets to feel it then only he realizes that it is unwise to chase and run behind the excitement related with those petty gains.

Present makes you free from the requirement of body and the mind to witness and be in love with your eternal love.

Present is that ground that is equidistant from both the material side of life and the truth. That is why this is the place to fulfill own requirement of eternal love during the life. Love is that purest form of feeling that gets destroyed by the intervention of the

mind. As a seeker we try to find ourselves however through churning of the ocean of life, we want to generate the nectar of love only. Through the continuous gruelling of self and own emotions one finds that generating the emotion of Divine Love is difficult and it often gets destroyed frequently by our intellectual & desireful side. Ego completely destroys it and all the efforts go to drain. It is found that generating and sustaining it are two difficult challenges as far as our internal emotions are concerned. It was also found this whole effort is similar to growing up a crop. As crops need a stable & fertile ground, Similarly the emotion of love generates upon the ground of present that has to be stable and is quite potent.

Present is also about feeling presence of love within. For this internal environment needs to be secured from the continuous feed from the senses. As a seeker when we try to cultivate love within then often we fail to guard this feeling from other feelings prevalent in our minds. Love demands single directional approach and often we unknowingly and habitually get diverted towards different directions while trying to let it grow within. This is how the process gets disturbed. Our habit of checking out what's happening around the world generally takes us towards some different kinds of feelings and thus we get deflected away from our internal farming. Interest in the world either make us deflected towards the proud part or bright future. This way unknowingly we get drifted away from the present all of it's privileges. Love is that unique feeling that lets the person's consciousness rise. As air lets balloon rise above, similarly love is an environment that lets consciousness rise.

Past has left. It cannot be found. For future, one has to wait. Wait is about time. While one can be in present now. Now means without delay or wait of a split second. Now means within it. Embraced and drenched.

What is past? Past is that specific experience that was generated earlier in some specific moment. Later on once that moment has passed away, the experience remained registered in the memories. Every experience has related feelings that really incident remain connected to an often recollected through that feeling only. What

example some of our memories are related with the feeling of togetherness, care. Some are related to lust and desires. Some are related to pride and excitement. Some memories are related to the feeling of disgust and disrespect. Some are related feel feeling of respect and honor. As the feelings are related with some incidents and incidents involve people, so whenever we recall those memories, the images of the related people resurface. So at the core of every remarkable memory, lies some feeling. If the person is not to attach to or affected with some specific feeling then the incidents doesn't become significant and the related memory is very faint. As a human being if we are interested into a variety of feelings then the stock of memories would be much heftier. As an individual if we rejoice those feelings then a good amount of our time gets invested in recalling those memories. In such a case our today and also the future gets invested in generating more memories. As much as we have memories, stories are there in the similar amount to share with people. Whatever we collect we share that only. If we collect the memories, we share the stories. Memories are about the reverse thinking. Many a times we go into the reverse thinking mode, just to better the forthcoming experience. As our mind wants to make better experiences, that makes better memories.

They who prefer to live their life in present have very less memories and stories to share. That is why they are more into silence.

Living free means living free of mental worries. It means living with awareness. It is no less than an attainment, if one is able to live free.

The prevailing emotion with living free is called joy. In such a condition person remains joyous, which means being happy within oneself. Once the person gains awareness, he becomes free of mental worries. Once the person losses own awareness, mental worries come back to disturb him. As we need day to look towards the sun and night to witness a shining moon, similarly we need present to get rid of mental worries. Present makes us be closest to the truth & truth has one very peculiar trait that it doesn't demands wastage of our power. It lets one to retain it. Which means

present is about being with oneself completely contained. Which means whatever one has remains with the individual only and the possibility of expenditure or wastage gets eliminated. The biggest treasure of any individual is own power and present lets one to retain it and be in comfort of it. In such a state one feel that he is out of the bazaar and in the orchard where neither he is attracted towards anything nor anything is being demanded from him. Rather he is in such an area, where there is lots of open space and shadow. Worries are heavier in nature, so they have a limited area to operate. they cannot rise beyond a certain level. Till the time person's Consciousness remains in that field, one keeps feeling the worries. Once the consciousness reaches in the paradigm of present, it gets to feel the vastness. It is like being in the sky and getting to feel the unlimited spread. Mind finds it ok to live in a confined space however consciousness is lighter. It wants to rise up and fly in the skies of present. A bird feels safer in the sky than on the earth. On the earth bird is more worried and alert than sky. Sky is not just about the flight for the bird but comfort & freedom as well. Freedom to scale the height & explore. Freedom to be the part of sky. It is about the joy.

Living with awareness means making oneself available for one and all. This is how one cuts across all the divisions, diversity and differentiation.

In Indian culture life is often termed as Maya or indrajal, which means one is not able to see it as it is. One gets the illusion or miraj and then try to chase that. No matter how hard one tries to find water in the desert chasing a miraj, however ultimately one avails nothing as the person goes closer, the image of water disappears. Same is a case with us when we chase our perceptions. Perceptions, imaginations or fantasies never turn out to be similar in reality as they appear in dreams. We only chase anything just because we feel that the experience is going to be similar as it is there in our perception. Perception gives us a very pleasant feeling. Over a period of time our perception gradually changes into our belief. Our beliefs are cooked up in our mind however we keep them very close to our heart and identity. We keep covering the distance of life, holding our belief or perception. We keep struggling, keep facing

crisis, keep fighting however we don't want to part ways with our perception. Irrespective of the fact that one likes the result of the experience or not, they get delivered to the individual. Person has no other choice but to experience them. We may keep living in denial however that doesn't change the outcome of the experience. On one side there are perceptions, beliefs and desires and on another side there are blunt experiences.

This journey of perception and experiences are related to our mental identity. They keep happening until our mental identity remains intact and this is a key aspect of the Maya or the illusion.

Clearing all that illusion is necessary to get the real picture, once it is done, one can use own time and intellect to help oneself rather than wasting the time and creating the hurdles for oneself. Wasting the time is equal to wasting the awareness, which further means wasting the feeling of love. They who are able to invest their time in truth, get their awareness developed.

Transformation is a rule of nature. If we want to remain free of worries and tensions then we have to stop fuelling our craving for excitement. As our want of excitement encourages indulgence. Indulgence happens through mind and it ultimately strengthens our mental load. Which is a big road block to living the life in present:

Excitement is just one of the feelings that can be that can be experienced in life. It is not the only feeling that has to be carried along during life. It remains dominant in the adolescent and the later phase however if one decides to experience the present then excitement cannot help. Living an extended period of life with daily dose of excitement makes us habitual of it. So whenever one wants to go through a transformation and tries to switch to another feelings accessible in life, then just want of excitement becomes a hurdle. Switching from excitement to peace is a paradigm shift and one needs to go through a complete change over to become eligible for that. Living for future and living in present are two entirely different ways of conducting oneself. One develops a whole setup, when one lives for future. To go through this

transformation one needs to break away from this whole infrastructure which is created by us only and become comfortable with completely natural & spontaneous way of living. To go from ground floor to the upper floor, one needs to lift oneself up. Climbing the stairs, elevators and lifts help one achieve that however lifting own consciousness up can only be achieved through following own Dharma & sticking with own karma.

It needs both devotion and discipline to lift oneself up at the level of present. It is similar to climbing a mountain that is slippery due to snow. It needs both discipline and devotion to do that. Once a mistake is committed, person slips down below. Although one keeps making effort and keeps looking upwards only as this becomes one of way of living. A tracker feels comfort in tracking. He may not like comfort of a couch.

Whatever element of ours we lay emphasis upon, get strengthened and casts its shadow upon the moment.

If we strengthen our consciousness by putting our focus with it, then its effect is the awareness.

Although the word consciousness is used often however still it is a mysterious word. It cannot be understood, it can be known only. This can be replaced with another word that is 'self'. Even 'self' cannot be understood, it can only be availed. Person gets to know about the 'self' in the moment of self realization. When Ego vacates space then only self emerges out. Till then it remains hidden within and thus unknown. How to strengthen something, which is still unknown to us. This is done by cultivating virtues and upholding own values. They strengthen one element within the person, which is known as Shiva. The coupling of two complementary energies happen within the subtle body and in this very moment self takes birth, which is also known as the 'second birth'. Virtues and values have their own specific role to play in facilitating this coupling. So till the time self is yet to be awoken, person keeps working towards

making it happen. Under the effect of our ignorance, we might not be knowing about it however still person finds it natural to uphold own virtues.

Awareness is like the flower of life & it makes the present filled with fragrance of tranquility and nectar of love.

Through the awareness only one comes to know that it is not about expanding own beliefs or ideology rather about expanding own awareness. For this development one doesn't need to interfere or intervene into anyone's life and make any efforts to convince someone on something. This expansion is achieved within oneself. This is such a growth that happens within the person yet people comes to know about it. Only few people are able to feel it, who are more sensitive about presence of love around them.

With indulgence, patience level goes down as internal depth decreases.

With awareness, patience level goes up as internal depth increases:

When one is not expecting anything, then he is more patient. As he is ok with whatever unfolds. Whenever one is in hurry, one makes efforts. Person makes every possible effort, right from planning, physical involvement and even exhibiting ego to somehow tilt the tables in own favor. In the root of all these remains that desire of getting the thing done and that is related with the mind. When the things don't unfold in the way they are expected, then the person starts becoming agitated. This very feeling gives rise to frustration and even anger. In such a case awareness starts contracting as it gets directed towards the fulfillment of that very desire. This is the shallow state of our being where all the decisions are taken at the surface only. In such a condition we miss a lot and we tap very small. We finally might get our desired fulfilled however it doesn't help us to remain concentrated in present. As present is not about any desire, It is about acceptance. As it is not about the activity, it is about the truth. Truth is neither a process whose result is awaited nor it is an event that is unfolding. That is no shred of uncertainty related with it. It is there, It is still and it is eternal. It is that knowledge that remains constant in all the ages. So when it is there

before your eyes, everything else becomes secondary. When the focus goes trained upon the primary then the secondary activities keep happening without attracting much attention.

Once the awareness develops then person becomes comfortable with the truth, so his no more expecting or awaiting any favorable result. He becomes okay with whatever going on, as one got the ultimate finding. When you get something really valuable and soothing, then you try your best not to drop it for the sake of something momentary & not so pleasant. This inadvertently increases person's internal depth many folds as the incidents of constant internal ripples go down.

Living in the moment means you are open to the whole existence.

This is what our eternal longing is. We don't want to remain limited to ourselves and few people only. Mind prefers to live like that although our whole existence is not just about the mind only. The kind of life we live on the surface is just one small aspect of ours. All the conquerors want the absolute control and they want to achieve that through their various efforts. They want the whole land and want to impose themselves upon others. Their whole approach is all about my way, my might and my ideology. This is the mind's way of getting connected with whole world. To achieve this objective he looks towards the future and wants time. He applies his planning and uses his might.

The similar kind of thing happens in the present also. A truth seeker gradually feels that he is getting connected with the whole existence not just the world. He gradually comes to realize that this is achievable although his way is entirely different. He utilizes his awareness and love to express his oneness with the existence. He utilizes his might also but to serve and help others not to subdue them. That is why Indian culture says that the world is a family. This is awareness of the Rishis that takes shape, when this differentiative vision gets dissolved. They came to realize that if there is love within then It flows towards everyone. As love is not selective. It is there for one and all. There is a stark difference between a conqueror and a Swami. Conqueror

wants something from others whereas a Swami is connected with the existence and he wants to give something to others. Conqueror expects obedience, Swami expects nothing. This is how Swami is much more stable than a conqueror. Swami is fully contained, a conqueror cannot afford this luxury. Swami looks towards present, conqueror looks towards future. Swami looks within, conquerors looks in every direction.

Conqueror is not open to the whole existence. He's open towards a very little fraction of it, that is matter. Conqueror keeps focused upon the matter only.

Future and present are the two ways we have before us. Both of them reach to two entirely different destinations.

Journey to future is done under the influence of mind. Present is about stability that is why it doesn't need any mind. When one travels towards the future, then one always looks forward to. Whatever happens will take some time. It means there is time and distance between the viewer and the happening. On the other hand when it comes to the present, everything is just before the eyes. So there is no gap of time and distance. Another thing is the one who is watching becomes zero and the one who is being watched becomes infinite. Zero can merge in infinite, one can't. As the count gets started from one so the one always looks for another one. This another is that one option that opens up the gate to the materialistic side of nature. One option opens up the avenue for multiple options. This is how mind takes birth and with every available option and initiation, it keeps growing. This is how a new journey gets started that takes us towards the future. So the journey towards future is connected with the numbers and counting. The one who likes to remain attached with this whole process is the mind.

Till the time mind remains active, it keeps looking towards future. To keep itself viable, mind wants new initiations, which further kickstarts the generation of karma fruits.

On the other hand present is not about the initiations and it doesn't support the formation of new Karma fruits. Present is also about the fruits although they are not about the Karma. They are more about stillness, happiness and love. The canopy of awareness expands in present only. This is how person comes to experience that his borders are expanding and one is not limited to a single place rather he is present there in others as well.

Others are not very different rather they are quite similar to him. This is how the universal connection starts developing. Now the person starts becoming aware of the one eternal and universal grid to which everyone remains connected, whether that is a human, animal or plant.

Present is about love. Present is about the clear vision. It is about the truth & when there is truth before your eyes, it is all about deep love.

It is often said that truth is everywhere or in other words God is everywhere still we are not able to experience that. The reason behind this is not being in the moment and still developing virtue of divine love.

The perfect unit on both of them in any moment provides one the ultimate clarity that is light and the ultimate feeling that is love. In the moment of present nature takes over. It means the flow from within to outwards gets started. The channels that let the outward things enter within gets closed. So everything within becomes natural and spontaneous. These are the perfect circumstances for the development of awareness that ultimately leads one to love. So within the moment means within love as well. Love is that river within that gets originated within and flows towards outside. There's a word in Hindi known as prem- Ganga, which means divine river of love. Love is the best produce of the individual that can be offered to the truth. It is the best prayer.

Clear internal vision facilitates the transformation of other kinds of feelings into the feeling of divine love.

When we look at this whole apparatus through the eyes of mind then even if we get to see a meditating person, we won't ever be able to understand that what he is

experiencing within & what this whole thing called meditation is all about. Whenever we get to see a crop land, we never come to realize this fact that what magnanimous kind of creative activity is going on there. This is something to experience by one self. They who are filled with love feel much heightened proximity with nature. Getting closer to nature is like getting closer to home for them. They who get to feel the invisible side of nature, also feel the intense love. This very moment and experience makes the person realize that what the home is all about.

In the moment

With the moment.

In the moment means within oneself. With the moment means with oneself. It is about finding oneself and own connection with the eternity. Most of the time we remain out of the moment and get along with mind that further promotes us towards the world. In such a case a distance gets created between oneself and our actual position. Because of this gap, we get distant from the present moment. Catching the moment and catching the self are those attainments of the life. Those people who proceed towards the truth try to achieve this feat. One who is proceeding towards the moment doesn't even know that what one avails upon finding it as under the dominance of mind one completely forgets the effect of being in the moment. As when the person is grown up, he completely forgets that what was his state of being during childhood. One can notice various aquatic plants floating in the pond. Dew gets collected upon its leaves in the form of small drops of water. These leaves can support small drops however cannot some heavier object. Present moment is like that platform of leaf that can only support the self. So one needs to find some lighter element within that can become compatible with the present moment. That is why culture propagates that realising oneself is one of the most remarkable attainment of life. As it makes one realise or experience that which is not available through the mind, intellect and ego. That section of time which is not generally experiencable to us, can be accessed through self.

Once the person gets to experience the present moment, then the next stage is about how to sustain it and try to make this experience even deeper. As the karma are related to the mind similarly Dharma is related to self. Attaining self is about attaining own Dharma as well. As the person remains involved with own Dharma, one remains in the moment as well. Dharma facilitates meditation, which dilutes the effect of mind and makes one remain connected with self.

Present is about seeking pleasure in stillness whereas future is about seeking pleasure in maneuver.

All of our imagination are related to maneuvers only as they can be imagined and later on there implementation can be planned also. While imagination one gets to feel some kind of pleasure and this pleasure only instigates the person to move ahead and implement the idea.

On the other hand neither stillness nor the unique kind of pleasure associated with it can not be imagined. That is why there are a number of people who want to convert their dreams into reality but there are very few people who walk the path of stillness. This means it is such an experience, which even mind cannot think about. So the master of individual's activities that is the mind never gives any clue about present, stillness or meditation. The reason behind this is the past. As mind gets driven by the past and tries to shape the future that should be completely free from the shortcomings of the past and must carry a leap from it. Past is about the experiences & future is about the opportunity to better those experiences & if possible to erase, erase everything that was unpleasant. One more thing it wants and that is it's own survival. Future is about 'Me'. Till the time, this 'me' is there, some indulgence in the manevure remains intact. If 'me' is there then it should do some activities and actions. Interpersonal relationships are a common avenue of extracting some pleasure and investing our time into. That is why people love socializing. All these ways of establishing and experiencing the interpersonal relationships are the tools of extracting pleasure through activities. All that we want to know is how pleasant the activities or

the motion could be? These are the pack of our experiments that we perform, so that we should come to know about all the pros and cons of every experience.

Starkley opposite of this is to seek the pleasure in stillness. The sole crux of all those occult sciences is to find the ways and methodology of achieving it. It is also about finding that one aspect of ours that remains still and joyous in itself.

Present requires perfect dedication and perfect detachment. As whatever happens in present moment has nothing to do with the last or the next moment.

As if everything else has come to a standstill & ultimate finding of the life has been achieved. As if the river of time is falling into the sea of light & becoming one with it. One doesn't get to feel anything and that is why one remains still. It is like coming closer to the core of life, where nothing is revolving around and everything else is stable. A state of peace and absence of external sounds. Present is not about appreciating the material aspect of life. It is regarding becoming aware of the conscious element of the life. Material aspect of life goes through change whereas conscious aspect doesn't. That is why present is about being there and seated in perfect silence. This is a state where all the unnecessary wandering of mind and the body stops. When the person is attached with people and places around then he doesn't allow oneself to proceed into any such state, where one gets to feel the absence of emotional attachment. As an individual we preserve & develop these bondings, so we guard them and try to make them viable as long as possible. When the person feels that all the valuable things about life are around him and before the eyes then why would one be dedicated enough to enter within? Mind wants to keep own focus trained upon them only. All those explorers who go far away from their homes in the search of new worlds has to keep their emotional independencies in check. They must provide themselves this freedom of moving ahead and find new grounds or states of being. External layer of the seed provides freedom to internal content to grow above, kiss the skies, feel the rains, sun, cold and hot breeze and sway. It is the detachment of

external layer and the dedication of internal content to grow. Aggregately both of them give birth to a plant that further produces grains or fruits.

Indulgence increases a lot of our mental and physical problems wherein awareness has a solution of many mental and physical problems.

As under hallucination of our indulgence, we fuel many of our mental and physical problems. As we tend to ignore our physical aspect and unnecessarily strengthen our mental faculty. Any assertive or ignorant mental faculty ignores own physical restraints. As mine is the driver and body is the machine so mind has to have some respect and understanding about the machine it is running. A mature driver treats his machine differently than an immature one. Similarly who are not entirely dependent upon their mind and senses for the sake of obtaining pleasure and happiness, they are able to live a much disciplined life. In the society we often come across people living a much disciplined life than us. We may or may not express it however one harbors some specific kind of regard for those individuals. There is an undercurrent of curiosity as well that how they are able to do that? A section within us wants to be like them. We often wonder that how they are able to conduct themselves with much better control, that very few people are able to exercise. Our indulgence leads us to ignorance, that further leads to making more mistakes than average.

Living in awareness means living in proximity with truth. This itself is the biggest source of individual's happiness. Upon finding this, one is no more dependent upon diving into sensual pleasures for the sake of acquiring satisfaction. This is how awareness is a great tool for acquiring better control over oneself & bringing in a great change into the way we live the life. This sort of knowledge can only be provided by the people, who live their lives in awareness. So they who are curious about gaining this knowledge, go on to find such people who are living their lives like a sage, yet they execute their normal duties. These people don't show interest in the entertainment activities as normal people do, yet they remain joyous.

Past is about feelings, memories and senses. Future is about imaginations and feelings. Present is about joy. Past and future look divided however they are only about the feelings.

Then we look at the past, present and future, then we find that they are related with some specific kinds of feelings. Feelings associated with past and the future can be anything except stillness. Whether that may be pleasant or unpleasant, In both of the cases they provide some kind of excitement that doesn't let stillness to develop. That is why it is often mentioned in the various scriptures that one should part ways from both jubilation and sorrow. In such a case one lets own internal environment become conducive for the development of the crops of stillness. Upon these crops of stillness, the grains of peace and tranquility erupt. That is why stillness is the pre-requisite for all the developmental activities happening within. The question of how fertile the inner ground is secondary. Acquiring a farmland means acquiring stillness. A place that is out of the purview of all the ideas and planning. Where nature is free to exhibit itself & in charge of all the activities. Mind doesn't intervene here and just provides the assistance in the form of cleaning, providing manure, irrigation etc.

As we all know farmland remain static and peaceful and all the developmental activities happen there in utter silence. A farmer is the witness of this development, he gets to see the immense potential and reproductive power of nature. He gets to witness that how earth provides the nourishment and skies provide the water in the form of rains. This means from Earth to the sky, the whole nature work as a unit to sustain the development life. Witnessing this whole apparatus of nature makes one feel joy, as the person comes to know that he's not a segregated unit and the nature works everywhere even within the person. As an individual, either we are aware of it or not.

Being in present means witnessing his presence all over.

Being in present helps the person to witness the fact that truth is present. Means all those people whom we have been living and interacting with are merely just an extension of the truth. All those people whom we have been meeting, dealing, consulting, arguing, fighting, loving, cozying, sensualising been just an extension of truth. All of them had just one common seed and that is truth. Present makes us become aware of the fact that truth and it's manifestation are different. Wherever manifestation is there, nature is present there. All the manifestations happen through the nature only. She only facilitates them through own resources and imparts own different qualities in different manifestations. Every remarkably quality that gets visible in people belongs to the nature only. Because of the qualities one possesses, mind believes that it is about that specific individual. However they all belong to nature only. Nature has both visible and invisible aspects, through which she distributes various shades of qualities among people. Because of them every individual possesses some specific qualities. Till the time we start living in present, we keep spotting these various qualities in the people and places around us. In such a condition everything else becomes visible to us except truth. In such a case one can get everything else except truth. As whatever that is out of sight becomes out of the reach as well. Two eyes are enough to see the world however Shiva holds a third one also, just to witness the truth. Present makes the truth an automatic choice. The reason of Shiva spending majority of his time in samadhi is the truth only. The value world holds for an ordinary person, similar value truth holds for Shiva. To witness his presence all over around us, one needs not to keep own eyes open. Truth can easily be seen while keeping own eyes closed also. Present facilitates one a new sight, that helps attain the person peace and bliss. In such a case eyes become optional and strain free.

Always present means always free and always available. The way to freedom goes through present only.

Freedom means freedom from past and future. On the path of self and the spirituality, past and future are the road blocks and the distractions. Wisdom is confined to the present. Past is addiction, future is attachment. This way freedom from both addiction and attachment paves the way for the freedom from the past and the future. Being unconjugated from the past and future means being free and being available as well. Becoming free is the precondition of getting connected with all. This is only possible by raising own awareness upwards and the way of doing so is to remain connected with own divine karma. It is about working upon own core and to do so one needs to retract from own periphery. This way the focus gets concentrated within.

The precondition of providing own services is to make oneself free from secondary occupations. One who becomes disciplined to do so can provide own services to a number of people. Even when we see in the social setup, a person becomes able to sit in the office for 8 to 10 hours only when he is ready and competent enough to leave behind his secondary engagements. A student becomes professional. For this he needs to leave the student's way of life and mould oneself into a professional's way of life. Same is the case with the bachelor and married life. For getting comfortable in the married life, one needs to accept this new reality and fashion oneself accordingly. Similarly to prioritise present in life, one needs to give preference to own divine duty or Dharma. Teething troubles are always there during the transformation, however they will accept the new reality, they go through this more comfortably. It needs leaving behind earlier preferences and replace them with the new ones. Rama went through the transition of a crown Prince to a forest dweller comfortably and was more than willing to accept this new reality. For him this was an opportunity to live with nature, meet the sages in jungles and serve them.

Tomorrow never comes.

Today is always there.

Tomorrow is the measurement of distance on the parameters of time.

Tomorrow is the want of time. If it is want, then it is related to mind. For the mind want is about its own existence and identity. That is why mind wants materials, experience and time. Till the time want is related with the time, mind thrives. Tomorrow is an effort to look ahead. Past and future are about own presence in the span of time. Tomorrow never comes means want doesn't stop. It keeps moving. It can only seize to exist. Till the time it remains there, it keeps moving. Tomorrow is also about my efforts related to my want. Efforts are related to the sensual and mental satisfaction. They have their own methodology of sustaining themselves, in which they keep the want alive. A process gets initiated with this and this whole apparatus creates a vicious cycle. As we go through day and night, sleep and wakefulness, so for the comfort of keeping track of the time, it gets divided into yesterday, today and tomorrow. If an actor divides the time, then it would be like this only as mind and body become active and go to rest alternatively. As an actor we convert an idea, design or a plan into an effort.

On the other hand a witness not filled with any idea, design or plan. He just keeps walking according to his intuition and natural tendencies. A witness is spontaneous. That is why yesterday or tomorrow are not very relevant to him. As an actor we look towards future. As a witness we look towards present. As an actor we look towards the fulfillment of our wishes. In such a case future becomes imperative. A witness just wants to keep the sight of truth intact, that is why he wants present only. Past & future can be about day and night, month and year, winter and summer however present is not about either of them.

It is just about stillness and a sense of existence. Stillness has a unique pleasure associated with it that can neither be elaborated nor could be understood. It can only be tasted and experienced.

Present and awareness support each other. Being in present helps the awareness to develop. This is the reason that often it is suggested that it is better to live the life in present.

This is easier said than done. Although they who have been capable of doing so, get to know about the qualitative difference it brings along to the life. Dharma is so revered word of any existing society on the world, Just because of the fact that it facilitates one living the life in present. It means it makes one's access to those hidden states of being possible that are not usually available. It makes one capable of experiencing the life in it's wide spectrum. Once the person gets to experience it then one gets a wider choice of variety to decide that on what aspects of the life one wants to work more. Which aspect should be given utmost importance and what are the unproductive & wasteful aspects of life that can be safely left behind. In the simple words if we want to explain that what Dharma does to the individual then it facilitates one living the life in present. Dharma, present and awareness are interrelated to each other.

Living the life in present requires giving the utmost importance to the most natural aspect of one self. This is about living in the world according to self, not about living in the world according to the world. Remaining in the contact with the world is easier than being in contact with self. An active mind automatically makes connection with the world. The development of our most natural aspect has the capacity to keep the activity of the mind in check.

Living in present helps to develop the awareness regarding the existence of truth. In such a case one re-arranges own life in such a way that supports awareness. It helps one to appreciate the significance of virtues in life. The real meaning of devotion can be understood through awareness only. A devotee wants to see the truth everywhere and serve it everywhere. That's why a devotee wants and values awareness the most.

Living in awareness means living in present.

Living in ignorance means living with mind, intellect & ego only. Both ignorance & awareness represent two different worlds, two entirely different aspects of life & two different directions & they promote the growth in their respective fields.

Awareness is a meaningful word as well as a mystery. It is a mystery because it cannot be understood. It can only be lived. The moment one starts living it, then only

one comes to know that what it is. Once the person is out of it, It becomes nearly impossible to describe it. Reason being it cannot be remembered. This is the reason of it being a mystery. It means it is a very individual experience. It cannot be organized by a group. It can only be achieved by raising own consciousness. It is like reaching to a new high from where the picture around us changes. Now the person is no more concerned about what happened in the past and what is happening around. In fact individual wants to get rid of those unnecessary thoughts of past and indulge into the activity happening around. Individual may not want it however it becomes a boundation to live them. One wants to break away from this, that is why one starts experimenting with various intoxicating products. It is just one of the method of breaking away from a regular mental functioning and getting to feel a completely different relaxing feeling. Path of soul searching is one of the way of finding something similar by adopting a completely different approach wherein one doesn't develop new dependencies for the sake of acquiring mental relaxation. Through this effort one comes to know that there is one more aspect of the time that is known as present. Present is a completely new discovery for the individual. As since when we came into senses, we have been living with our past memories and contemporary activities. So if we talk about experiencing the free moment that is completely empty and clean, then we must probably give a completely blank look as we never tasted it since late.

Omkar is the sound of present.

Omkar is that specific sound that can be heard within, when the mind comes to standstill. Concentrating upon this sound is a way to raise own awareness towards existence. Once the person becomes able to hear this sound, rest of the thoughts start declining. This way the focus starts becoming gradually stable. This is one of the ways of gradually slipping into the meditation. It is too difficult to bring own focus under own control. Solitude is a beautiful opportunity for meditation although converting

solitude into meditation is a difficult process. Even when we are free mind keeps drifting to various other

directions. Solitude is an effort of achieving internal silence. Achieving this internal silence is all about progressing towards the omkar.

Omkar is that constant sound that remains present in internal sky. As the person's awareness starts moving inwards, one gradually gets closer to this sound. Person's awareness bathes in this sound and starts losing the effects of outside world. This is a method of self-cleansing that is done at the inner level. This is where one gets to see the transformation of persistence into awareness. The basic difference between both of them is that the first one is related with the matter and the second one is related with the conscious element. This is a way of development of internal vision. So a dip in the internal sound paves the way of acquiring the internal vision. This is like facilitating the development of eyes and ears of own soul. As life is an opportunity to develop so it is the individual's choice that what one wants to develop. This sound makes one forget the external world and an opportunity of getting familiarised with the internal world. More and more time one spends amid the presence of this voice, one gets more opportunities of making progress in the internal dimension. This is where meditation comes into play.

Past is stale, future is imagination however present is beautiful. Internal beauty depends upon the fact that how much we are filled with present:

Past is stale because it is not supported by the nature's power. That is why it is not lively. Absence of nature means absence of creativity, sacred emotions, colors, fragrance, tenderness, improvement, evolution, healing etc. Past is about memory and it gets supported by just a fraction of the nature's power.

As far as future is concerned, for the mind it is want of more. For the intellect is planning, research and development. For ego, it is ambition. So aggregately all three of them (mind, intellect and ego) want future. So there is a complete section within the person that relates with the future.

Apart from this section, beauty is a completely different paradigm. Beauty is about openness, vastness full freedom of growth, development, manifestation, surrender, acceptance, nurturing, continuous flow, dependence, evolution and transformation. So the beauty can be found in the most old age person also. As it is neither about the form nor the feature. In the simple words it can be said that it is about the divine aspect of the individual. It is about the heart filled with love. It is totally beyond from the mental tactics. It is about full detachment and full devotion in any given moment.

As much as we create space for present within ourselves, content of love gradually increases. This love makes the person beautiful from within. This beauty gets exhibited in the form of silence, creativity, compassion, meditation, wisdom and togetherness. As we want more space around us similarly we need to create more space within ourselves so that many hidden possibilities get a chance to manifest themselves. It is also about creating space for beauty within. This makes us free from searching for beauty around us. This condition is similar to that farmer who produces his own grains and is not dependent upon the market for it. Even if the physical beauty declines, inner beauty keeps growing this way.

Everyone has the opportunity to convert today into present.

As the past has left & future has not arrived yet so one is there in the middle, either looking towards the past or the future. We may be frustrated with the past and expecting something from the future. This way either we are living with the frustration or the eagerness, that keeps alternating between each other. In either of the conditions, one cannot be peaceful. As the past has already left and that is beyond any intervention and the future has not arrived yet. So one can only wait and remain eager about it. There are few things associated with the wait. One remains doubtful about whether the wait is going to be fruitful enough? As everyone maintains their presence through a susceptible and fragile structure called physical body that keeps declining with the advancing age and person keeps losing his earlier capabilities. So another thing is that whether one would be able to wait for that long? Another thing is that one

keeps thinking that when the wait would be over? A certain curiosity and anxiety always remains associated with the future. In such a condition, peace is not possible. Past is stail, future is uncertain, so where to look to find some internal happiness? Certain faction of the past may have been beautiful however that is beyond reach now. Furure makes all the physical characteristics decline. This means content of beauty is variable throughout life and it keeps declining with time as far as the attractive looks are concerned. So some other beautiful aspect needs to be found that remains stable. So is present beautiful? The answer is yes, certainly. Because it makes one get connected with all at the deeper level not just at the surface, as it is in the case of physical looks. As the physical looks decline, the connection with the people follow this decline. Love is one of the essential needs of everyone. It makes one calmer and feel safe. It is like a fragrance, that certainly attracts others. Generally we draw love from the past and ignore our present. All that we need is to reverse this tendency.

One gets best of luck wishes for future but what about present? Present is not about luck. It is about the individual's choice.

Luck might have a role to play as far as yielding better results in future is concerned. Luck is about the favorable and unfavorable circumstances. Another factor that is related to the future is effort. It is a social pattern of living that we keep implementing some of the mental ideas all the time. Most of the population live the life according to this pattern only. That is why wishing the luck to others has become a social norm. Best of luck is more of a Western term. In Indian context it has always been ashirwad (blessings) or shubhkamnaye which means 'pious wishes'. It has either a divine or a sacred intent associated with it. This means It is not just about getting the desire fulfilled however whatever effort that you make, some sacred or pious aspect should remain associated with it. Here the thrust is not about the favorable circumstances rather upon the sacred intent associated with any act. Upon deeply looking into it, it is found that the approach towards the future is such that it should pave the way of present. If it is only about my desires then it is purely about the future only. Desires

take the one towards the future. If desires are given the preference then they always produce the same effect that is known as the future. So one easy way of diluting the content of future in our lives is to gradually move away from igniting the desires within.

On the other hand present cannot be approached through either the desires or the luck. It is purely the individual choice to limit oneself or restrain oneself. Not it can be available through any effort. The person has to find out the spontaneous element within. Which means investing our time into the natural activity, not the intended one. As much as individual starts developing own spontaneous element, when keeps getting closer to the present. So the key to the present lies within. It is hidden somewhere in the internal nature. So the one has to do the soul stirring, so as to get some really valuable element within. No University in the world can provide this. It is the individual only, who probes, finds and develops it.

Why we should remain dependent upon the past for commenting on the things, which we see today? In fact we want to see the things happening around us without any commentary running about them in our minds. Any running commentary affects our focus negatively and dilutes it. So it would be a great idea to see the life without any influence:

It means without any prejudice and premonition. If past affects our way of looking at the proceedings then the possibilities of present cease to exist. In such a case it becomes today. So there is the difference between present and today. Today is connected with the past and the future. It is just a part of the picture that spreads from the past to the future. That is why today fails to give us any clue about the truth. If one remains divided between the past, today and the future then how can the picture become complete? If a mirror is divided into three parts and at any given moment only one part of it is accessible then how can it provide a complete picture? That is why one needs to break away from the series of past today and future. As today takes the

individual towards the future. So today is just the preparation of the future. It means it is just a part of it.

Past has the efficiency to cast its effect upon our today, so as the future has. This means today is not independent. Any effective that is either pleasant or unpleasant cannot make one self-sufficient. That is why present is not about seeing, it is about a witnessing. Witnessing is not about individuals or individualities. It is about the nature taking its own course and mind making its efforts for the sake of fulfilling own wishes through the expenditure of energy and power. One can only utilize the energy & can't destroy it similarly one can't destroy the karma fruits, which are binding in nature that is why it is often said that becoming mindful is a better choice. Under the ignorance we may fall prey of our mind's tendencies & hurt others. Whenever some feeling arises, its effect stays with the individual. Every feeling is initiated keeping others in mind. When it comes to the self, the mercurial existence of feelings can't help. Then it needs much more stable ground of being that is known as Bhava. We can make contact with others through feelings however can't do that with the self.

The moment person comes to know that whatever that has to be earned tomorrow, can be earned now. Then the focus gets shifted from tomorrow to now.

If we analyze this whole point on three aspects that are power, focus and time, then we find that the energy when it stores for the future can be concentrated and utilized at this moment only. This is how one ensures the optimal utilization of resources as one becomes able to check the loss of power. Optimal utilization means instantaneous conjugation. The ultimate destination of the power is truth and ultimate utilization of power is seeking the truth. Power & truth get conjugated in such a way that they become existence. They become one. A completely self-thriving unit.

They become one in such a way that every other thing gets dissolved they become condensed the way a nucleus in the atom is. They get distant from the material aspect of the nature as the outer orbits of the atom are from the nucleus. They get in such a position that they support the whole existence as the nucleus holds the whole atom.

Another aspect is the focus. If the focus is not conjugated with the present then it is definitely limping somewhere in the past or the future. This is such a state for the focus that it remains diluted and unconjugated. It is like searching for something either in the past or the future, when it can only be found in the present. Till the time, the search is on person keeps thinking, keeps getting affected with various feelings, remains uncertain and keeps getting affected by the various kinds of images in the mind. All these things are various types of distractions. This means search keeps progressing through various distractions. This can be balanced through own Dharma and Karma. Dharma means my divine and spontaneous duty. Karma means my natural duty.

Third aspect is the time. Till the time it is about future, it is about wait. The moment it becomes present, wait disappears. It is about the ultimate finding. Till the time it has not been attained, one has no other option but to remain sticking with time. Disappearance of the need of the time is the ultimate attainment.

A unique feature of trying times is that it makes one aware of own fault lines.

These fault lines trouble us more during the trying times. As a living being we have both positive and negative aspects. During the favorable times we capitalize upon our strong aspects. Our weak and negative aspects still remain there. Mostly they remain unnoticed and due to the favorable aspect of the time they don't pose any problem for the individual. This is the reason that they successfully keep engaging the person's time and power and thus keep harboring. So under the safety blanket of good times, our defective aspects keep nourishing themselves. As during that time they don't create any problem that is why they often remain unnoticed as well. Because of the safety profile of favorable times, person mostly keep fuelling own negative aspects and even goes on to flaunt them publicly. It is often seen that people acknowledge their negative aspects and even prefer to advertise about them. Few of the people go to the next level and capitalize on this aspect and develop a profitable infrastructure around it. On the subtle aspect we use some of our negative aspects as a shield against the

uncertain and confusing activities of some of the people. So sometimes as a social animal, we also use them as a protective gear for ourselves. There is a subtle kind of current of excitement associated with these negative aspects of our individuality. One often enjoys these currents. This is another reason that our negative aspects keep sticking with us for a longer duration of time. We keep harboring them just because of the fact that they provide us some kind of pleasure. So if someone asks us about our negative aspects then we may not be able to highlight them, as we may not be sure about them. If something is providing us pleasure then why to point them out as a gray aspect of ours.

This scenario changes when we go through the troubling phase during the life. Now these fault lines or the gray aspects provide very less pleasure and more problems. Now we become more aware about them and even start realizing their detrimental effects.

Upon looking towards the past, we get to see an image of the people & upon looking towards the future, we get an imagination. Present is in middle. One can get to see the truth there:

When we look towards the past we have to rely upon the memory. Upon looking towards the future one needs the support of imagination. Both past and future are related to form, shape, physical characteristic and individuality. In other words, both of them are about personality and individuality. As personality is related to the physical characteristics, that is a part of the material aspect of the nature. Individuality is related with a person's qualities that are related to the mind, intellect and ego. Qualities develop and get deteriorated. The effect of this change gets reflected upon the person's individuality. Similar to them person's physical characteristic also go through the change with time. That is why whenever person look towards the past and then at the future, he certainly notices some difference. Sometimes imagination improves the picture multi folds than it is in reality. It is not possible to weigh, either

past or future exactly. Their effect either increases or decreases upon remembering or imagining.

Present is neither about an image or any imagination. To imagine anything we need to have some clue. Something about which we don't have any input, cannot find any place in our memory or imagination. So if we minutely observe then we find that there is a trail of incidence from past to the future. Same as multiple pictures woven in a long string. It means it is a sequence. Both past and future need some intervention. In the absence of intervention they cannot exist. It is mind's intervention.

Present cannot be tapped through mind, truth cannot be gauged by mind. It is something completely new. Something completely new and self-sustainable, without any strings attached. Without presence of any trail that ranges from past to the future.

While being in present one only gets to face the problems related to the physical body. As when we remain attested with the past and future, one also gets to face the sufferings of mind.

If the mind is strong enough and thriving then it wants to sustain itself at any cost. All of the sufferings are related to this very point only. As the mind if when we look at the future, then we have control on a limited aspect of it whereas a vast sum of the future is beyond control. This is a state of helplessness. In such a condition on one side there is desire to sustain oneself and on another side there are limitations. Limitations remind the person that something is there that is unmanageable and binding. This is a condition of deadlock. Which means the absence of moment. Mind wants to live without restrictions and act freely. So when it gets to face the restrictions, it doesn't accept them. Mind always wants a road, that is wide & smooth enough. So that movement remains unrestricted. It is not just about the future only. There something's about the past which mind wants to change. Few of those things which mind did under ignorance and got to face the unpleasant results. As mind is about the currents of desires, so sometimes it also wants that if it could alter some specific things about the past. As it is not practically possible. So this want remains unfulfilled. This specific

current of unfulfilment creates an effect, which is known as suffering. Similar kinds of desires remains associated with the future as well. Desires doesn't know about limitations as they want fulfillment. Desires are like a pot that wants it's requested item. So limitations are secondary for it, fulfillment is primary.

As far as present is concerned, It is devoid of demands and desires. As it focuses upon the expansion of awareness that becomes able to concentrate upon the eternal as well as imminent needs of the living being around. This is the next level of awareness as it doesn't remain limited to me only. It advances towards being general or universal. This is like expansion or the canopy, that every tree possesses.

Timelessness can't give birth to past and future directly. For this it has to give birth to present.

Present then gets extended into past and future. As earth can't give birth to leaves directly. For this it has to produce the main trunk & the branches.

Super consciousness is in corruptible. Nature is a eternal which means that is present for the entire duration of time and matter. Every individual has a past and a future. Everyone's past is sponsored by nature and future takes birth from nature only. Super consciousness is beyond the boundaries. Every living being lives and works within the limits. That is why they are the manifestation of the truth and nature. Limits can't hold the limitless. That is why limits are provided to them only, who are ready to leave behind the limitlessness. Identities are not fixed. They keep getting eroded. Identity is bounded by the limitations. These limitations are imposed by the law of nature. Only eternal thing is being. Eternity means beyond time and matter. Nature's laws mandate change. Changes happen because of the nature's adherence with the continuity of cycle. Nature facilitates the change of form and interconversion.

Every living being thinks and believes that they are one of their type. They are exclusive and they have the connection with the world as this is the home. This connection strengthen their belief in their identity. When the mind start getting driven by this belief then it tends to forget the truth. Unlike the identity that is unique for every single living being, truth is one common thread that joins everyone. No one is

beyond this thread as everyone is roped in. Our connection with the world create such an illusion that we get dependent upon our thinking process. This way we become forgetful of the peace. Once the person attains the peace then he comes to know about this fact that no one else exists except the super consciousness. All the identities of the past and future aggregately cannot overpower one eternal being. This eternal being has been present, when there was no life and no identity was there. This being remains there even if the solar system becomes dysfunctional and life ceases to exist.

Either we want something from time or from ourselves:

First one is related to achievement, second one is about attainment. Achievements are about doing some courses, obtaining degrees, fellowships, decorations, planning projects, materialising them, achieving the goals of family life, having ambitions, working upon them. Future is needed to work upon them.

On the other hand it is not future that is needed to work upon oneself rather it is the present. As much as time one spends in present, one inches closer to the attainment. In this case one doesn't want anything from future or the world. He just wants to go deeper within oneself. This happens when one remains more consistent with own natural work and spends more time in meditation. This person tries to limit own involvement in contemporary world matters as this involvement is not going to pay any dividend or produce anything productive. These matters are not related to person's natural field. Person remains connected with them through the interest which his mind shows in them.

When the person's goals are limited to himself then It is all about intensifying own focus and eliminating all the barriers which dilute it. Through the practices one tries to quieten the mind, which helps in quieting the brain. It creates a suitable condition for the peace to appear. It helps the consciousness to usher into a new dimension of possibilities.

Everyone has a hidden treasure. Everyone has access to happiness. Which is about limiting the interaction of mind & time with each other. In this case one is not dependent upon time to find happiness. Which means happiness is not present at the materialistic level. Everyone is a king. Some people have experienced it, some haven't. It is a common treasure, that cannot be divided. It doesn't get diluted. Whosoever reaches up to the treasure, becomes treasure himself. A yogi is a seeker of hidden treasure or internal possibilities.

It is either the movement or the moment:

When your energies stop flowing towards future, that increases your power to see what generally remains hidden from us in the present moment. Like the future, present is an entire dimension. The amount of work one performs in future, equal amount of work can be produced in present as well. The structure of our social setup is such that we are continuously encouraged towards future. The talks about future are so intense that an environment of contest is created. Whether the person is willing or unwilling, he has to take part in this contest. So some of them are encouraged towards it and some are reluctant. Everyone of us is weighed on this scale of future only. Very few people are there in the society, who take keen interest in present and even few people are there, who talk about it. People who are internally motivated about it, can motivate others as well. They who move towards the future, they try to amass as well as utilize the resources in larger quantity. Maximum living is about maximum utilization of the resources. We get to see this trend in the western world, where per unit utilization of the resources is much more than the rest of the world.

People who live in present are okay with the minimalistic living. They are not dependent upon the resources heavily. Neither they utilize the resources maximally on the day to day basis nor they try to amass larger some of it for the future. Only connection they find with the resources is the fulfillment of the basic needs. They want their current and the future's basic needs to be fulfilled.

People inclined towards future often find it little confusing that if it is not about the resources or the future then what it is all about? Present makes one aware of that the purpose of life is not about gathering resources & polishing own image only. Rather it is about the wisdom, the self control, inclusiveness, sharing & caring, happiness and love. The real celebration is inclusive of all of them.

Imaginations or fantasies are about today as through them person tries to extract some pleasure, while dreams are about the future as their manifestation is a continuous work in progress:

Imagination and dreams are like projections. They are like the design or the outline, that mind want to see in a real form. Whether it may be some expectation or the dream, it is all about the future. They take the person's efforts and focus in a particular direction. This doesn't let the person to be in the center as it creates a deflecting force upon the mind. Whether the person gets deflected towards the past or the future, one becomes distant from the truth. Whatever feed we acquire through our senses is about the reality that is present there around us. A small section of this reality can be manipulated through our mind and senses. Because mind becomes affected from all the interactions and the reality that is present around us as well as it has the facility of manipulation, mind rears some dreams which it wants to see getting realized.

Future is not the only way that lays ahead of us. It is one of the two ways that can be opted. One is the present and another one is future. Those people who are done with their dreams can opt not to proceed towards future. This journey is carried out at the level of mind. As the softwares are mind & consciousness. All the decisions of advancements are taken here only. Body is just a tool, which implements the decisions taken at the level of mind. There are old age people who look towards the future whereas there might be younger people, who are still & want to advance towards present. It depends upon the person's nature, level of saturation and the internal motivation. Everyone of us move in either of the directions. Either we look for the success or attainment. Success is towards future whereas attainment is towards

present. Either we move or we develop. Till the time we are moving towards future, development that happens in present remains stagnant. At any given moment, it is not possible that nothing would happen. Either one of them keeps happening at every given second.

Past is the temporary folder filled with memories. While future is a Wishlist.

Together both of them consume a lot of space in our brains. Alongside of the brain, mind also remains active and keeps looking towards the fulfillment of it's demands. It creates a trio of mind brain and the world. Together all of them create such a magnetic effect that keeps engaging the human consciousness. Mind is never neutral. It is either male or female this side or that side, for or against, here or there. That is why it always remains distant from the conscience and the wisdom. Mind is the link between consciousness and matter. Mind gets along with the matter. World that has been created by humans, the science of it has been done by the mind through the intellect. Although all the art that remains visible is through the nature within humans. This question is often does the round among us that who created the world, this creation and how it was created? As we construct our houses, offices, civilization, infrastructure. That is why we believe that everything has to be created. If there is a creation then then there has to be a creator. Among the talks of creation and creator, we miss a link and that is known as the nature. The power of nature and the way it can utilize the matter in the presence of the supreme consciousness is not known to us. We are not aware of the mechanism of the creation of various elements through the power of nature. The invisible power of nature creates the visible part of the Cosmos. The creator of the visible part of existence known as the Cosmos is the power of nature. The reason of our being unaware of this is living in the limitations of mind, brain and world. When we choose our territory of past & future then everything that is beyond it remains unknown to us. Apart from the previous data and the wishlist, a lot of activity can be done upon the software of human brain.

Stand before a mirror and everything around you becomes nullified because focus remains on oneself. Stand behind the mirror, no image is there, only the imagination about own look is left behind. Imagination has this knack of being untruthful. Once you get rid of this business of image and imagination, you become present:

Whatever is there within us, we try to superimpose it upon the world. If if he had greed within, the we believe that the world is similar. If we believe in religious fundamentalism, then we think the world believes the same way. If we are miser then we think that the world is similar. They who are kind, they find kindness everywhere. The perception that we create for ourselves, we try to deal with the world with the same perception.

Everyone of us go through some kind of experiences on a day to day basis. What is our take away from these experiences depends upon the fact that how much we are involved with them. When we are interested in a particular field then the perception that is made through the experience is different than the regular experiences that happen with us in a daily life. One thing that makes that difference between two experiences is our expectation. We go through the experiences with or without expectations. When we expect something then our perception is different and when we don't rear any expectation then we don't create any perception. In such a case experiences are not experiences anymore. They are just activities happening around us.

There are three ways through which we collect our knowledge. First one is through books, second one is through experiences and the third one is through attainment. They who are not interested in gathering the experiences, they keep collecting the wisdom. Wisdom is that kind of knowledge that has the awareness within. That is why it restrains from creating the perceptions. It helps the wise to understand the cause of the activities rather than focusing upon the individuals who perform them. The basic difference between the experiences and the activities is that the individual is neither affected nor involved with the activities while he is involved and gets affected by the experiences.

All the writings that had been written previously on the slate were the past. Writing which is being written on the slate is "today". All the writings which will be written on the slate is "future".

An empty slate is "present", which lets some words spontaneously appear on the slate.

They get embossed on it from within the slate without any external intervention. So this is not the earning, it is the gift from eternity. When it is not the earning it cannot be claimed. As it is the gift so it has to be shared among all. We often talk about the questions that we have within about the life and ourselves. All these questions belong to the realm of past and future. Questions indicate towards a disconnect that we have within from our inner self. Having questions indicate towards the non-functionality of the mechanism that draws the answers from within.

Answers of all the equations and formulas are found in the books and that can be understood through the teachers. However a section of our questions are not about these equations. They are about ourselves, our life, our journey, our search, purpose and about how to evolve ourselves. Learning, understanding and awareness are different from each other. learning is associated with the bookish knowledge. Understanding is about the knowledge one gains through experience whereas awareness is about the journey inwards and the development of our wisdom towards the eternity and it's presence and effect on the every fraction of life that is present on the earth. It is about the journey from exclusivity to inclusivity. It is our attachment with anything that makes us rear the expectation. This expectation is connected to the future. So attachment and future are closely associated. Future always denotes some distance. This distance introduces time in the whole picture. Whereas eternity is not about the distance that is why time has no role to play there. Eternity is about complete inclusion & assimilation. That is why no element of future is required there.

Separate the male from the female and the future vanishes.

Unite the male and the female and future vanishes.

first one happens in the outer world while the second one happens in the inner world:

Long journey in the future is only made possible once the male and the female get united and through them, a new life takes birth. This life has the possibility to carry on for the longer duration in the future. This is how the baton of future is handed over to the next generation after completion of the journey. A new life respects the association of the male and female seeds. It is like when the two parts of the picture get united, then the possibility of future takes shape. Life facilitates function & to produce a new functional unit, two counterparts need to come along. Life requires balance & through two countering halves a condition of balance is created. This is an invitation to the life to come and take over so that this raw unit can be converted into a multifunctional and multi-organ system.

Life is supported by the nature outside and the existence within. With the help of both of them the it keeps maintaining itself and functioning.

When we stop looking towards the life in the terms of past and the future, then we find then the other two aspects of it is the present and the eternity.

As the male & female counterparts are present in two different physical forms similarly the male and female energies are present within every life. In Indian context it is known as Shiva & the Shakti. When they meet person becomes able to explore the realm of present & all the potential and possibilities, it offers. What one gets to know there and what one can develop there is gradually known once the person starts investing own energies and focus in present. Our interest in excitement takes us towards the future or the past. Whereas the inclination towards stillness takes us to the present. Stillness makes a person develop the awareness towards the still aspect of the life, which supports it from within.

Present is in the root of every search.

Every search ends at present. In life either you will do what you are trained at or something gets shaped up according to what you are. First one is about performance. Second one about the flow of nature through the individual.

The ability to gain the vision that helps to witness truth gets developed by own natural work only. This is the reason that Dharma has been connected with the God or the truth. Being natural is related to shaping something natural. Person's natural side is related to his natural activities. Everyone of us has two sides, mental as well as natural. When the mental side acquires a certain level of contentment then the natural side starts taking over. When the person has acquired enough satisfaction through own skills and knowledge then the next step starts coming to the life and that is the natural side.

Science says that the human evolution never stops. The same is the case with the internal evolution. It keeps continuing. It has videos of steps on every step individual stays for some time to experience it and conduct the activities related with it. One thing that has to be kept in the mind that all these steps are present under the ambit of nature that is why every action that is performed by the mind invites some result. That is why the individual gets to feel The feelings are associated with experimentation as well as the results. When the person acquires such a level that he realizes that he is done with the experimentation and the associated results are more taxing than the benefits associated with experimentation. Now the next possibility automatically gets activated. Alongside of whatever level of activity we perform, nature continuously maintains its presence within every living being. Whenever conducive conditions are there, nature reveals itself. The divinity is associated with the nature. So nature revealing itself is like a divine intervention in the individual's life.

Time can be divided into 2 parts

1. Time frame in which, one does experimentation
2. Time frame in which, one is just a witness:

Doing experiments, generating experiences, building up good memories & dabbling with various emotions is about a specific time period, when one is daring & outgoing. One only knows that what he wants and where he's going to get it. This is a case of buyer and market. When we are the buyer, then we look for the available options and our purchasing power. According to this we move ahead and go for the suitable option. For a buyer, market is temple. Buyer recognizes, appreciates, grades & attests the market.

When we go for the shower what we want to achieve through this? It is the freshness that has disappeared. To get rid of dust, dirt, bad smell, sweat and the heat. So it is not about getting something new. It is about getting rid of something unwanted and to break the inertia of heat by making the body cooler through the water. It is about getting rid of the unwanted effects of previous day. It's a method of freshening up the body.

Similarly at the level of mind and brain, we want to get rid of thoughts and worries. Which comes back to us almost instantly when we get some breathing time and space. In such a case acquiring happiness is just a distant dream only. Getting into the present is like bathing the mind and brain. This is how they acquire freshness.

The uniqueness about the present is that it fixes the person's focus towards the truth and it makes one devoted towards own natural work. This unflinching focus and consistent work creates a unique effect of freshness. A similar effect can be seen in children. That is why yogis and children have something in common. The difference between a person living a regular life and a yogi is that Yogi gets back to the point from where he started his journey of life as a child. It is about claiming back the spontaneity and start living the life again in present. This is how the agenda of life gets completed. It's about what one had in the beginning, one developed that back.

Nature knows her work perfectly.

That's why her whole satisfaction is hidden in the completion of her work. She doesn't need appreciation from outside world. Contrary to this, mind is not sure about what it

wants to do. That's why it wants to see the effects of its work. Its future course of action depends upon the result of its previous work. That is why for mind, there is past and future and for the nature, there is just present.

Any person's natural karma is his Dharma. Nature knows her dharma perfectly & she remains absolutely involved in it. Material aspect of the existence has qualities whereas the conscious aspect of it has Dharma. Indian culture has been knowing the differentiation between consciousness and matter. That is why it always talks about the 'gun-dharma', which means the quality and the natural karma. Through the guna or qualities, the matter or the element is recognized. Through the various Dharma, the various grades of consciousness is recognized. Indian philosophy propagates that the elements or matter always remain connected with the conscious element. That is why planet Earth is often referred in India as mother Earth. Other elements like fire, water, air & space are considered a specific form of deities.

Dharma and present are closely interrelated. To deeply understand Dharma, one needs to be still in present and being in present helps one to continuously execute own Dharma. Past & future are related with change and alteration whereas present is about the consistency.

Existence is about eternity but we can only get to recognise this aspect and then develop own awareness towards it needs the power of present. Matter is about change which is consolidation and degradation whereas the power is about consistency. It is purely about being. Time becomes the dominating factor when one gets associated with the matter whereas power remains the dominating factor when one is perfectly seated within own being.

One can get to understand about eternity & feel the proximity with it while being in present only.

Knowing own natural area and remaining absolutely devoted to it makes the human consciousness evolve as a divine consciousness. This crossover becomes a possibility when one is not concerned about acquiring rather he's more inclined towards giving.

Parents depart but progeny continue. This means that past is left behind, while the journey continues towards the future.

Among entire array of living beings, humans like to keep the track of history. As they have developed the language and the writing skills as well. Any memoirs gets converted into history later on. This knack of registering history started from registering the human history. Then humans started showing interest in the history of Earth, the Milky way as well as the Cosmos. Cosmos is oldest, Earth is comparatively newer whereas life appeared quite later. Even in the history of life on earth plants came first, animals second and then humans evolved. In humans and animals, comparatively life span is too short. These groups keep maintaining their presence on earth through reproduction. In this one generation produces another generation and the process keeps going on. Previous generation produces next generation and one day this next generation becomes the previous generation and this train of previous and next generation keeps proceeding. Future becomes past one day but this knack of looking towards the future keeps continuing. Future is an open road whereas past is the closed lane. That is why it is a common tendency of keep continuing towards the future. Both past and the future are associated with the movement. They can only happen when the movement of mind keeps continuing.

Movement of nature and movement of mind are different from each other. Nature starts moving from point A to reach back at the same point after completing a full circle. Whereas mind moves from point A to point B and then to point C. There is one constraint with the movement of mind that it can never get back to the same point from where it started. Nature's movement happens just to keep maintaining the balance and order whereas mind moves to excel. Mind doesn't accept the order imposed or introduced by other minds. Every mind wants to compete with another one that is why every now and then, it accelerates or decelerates own various processes. On the other hand nature has a fixed process. It doesn't move to edge others out. She maintains the harmony in movement. This is the fundamental of peace.

Individualities take birth in that layer of time, that's record is kept in the memory or history.

One can travel towards the core of time & even the periphery of it. Center or the core, both get supported by the nature. Matter remains present at the periphery of it, while power remains condensed towards it's center. One's being remains present towards the centre whereas this being once gets drifted towards the periphery, gets converted into individuals and other forms of life. This outer layer goes through continuous change, just like sand dunes keep changing their position in the desert under the effect of strong winds.

Nature is the source of love. It is not possible to generate love without getting attached with nature. All that love which one talks about belongs to nature only. Mind knows interest, nature knows love. It is only possible to get connected with the world by going inwards. If we move towards the world and show interest in it then it's not possible to get one with it. In such a case it is not even possible to consider it home. It will remain a supermarket. It is needed to go inwards to love the world. No news from the world can help us to become more content. As we are not looking for the news. Each individual looks for the eternity. News is just a fraction of the knowledge. Eternity is the reservoir of all the knowledge.

Nature doesn't support history because it is as new everyday as ever. It is the mind that keeps the track of day and night, date and years. Sun doesn't know them because there is no day or the night near sun. An eternally consistent process keeps happening in the sun. That is no variation in the activities there as neither mind nor living beings are present there. Only one state prevails and that is the light and production of energy. Both of them doesn't remain limited to the sun. Upon getting produced they start the journey towards every direction of the Cosmos. This means sun is not a secluded planet. Whatever it produces gets distributed in entire cosmos. Sun doesn't need any memory or history as there is no differentiation in the activities happening there.

I don't have time means I don't have time for you.

It means that one is so much indulged that his mind is always engaged in own addictions. This also means that I need time for my involvements as well as I don't have time for my inner self. This means if we are not able to connect with our inner self and develop the awareness then we always complain about the lack of time when it comes to getting associated with other people. This happens when we are not able to curtail the leakage of time that is happening from us. It's requires some extensive work to be done to fix the drainage.

Till the time this problem remains with us, one is not totally present with whomsoever or wherever he is. In such a condition physically person is at one place and mentally he is at some other place. This prevents person's total involvement & creates a situation of conflict within. As the duty is there at point A and mind is dragging towards point B or person starts mixing the duty with desire. In such a case one cannot ensure own total conviction.

This way person is neither able to fully discharge own duties. In this condition going beyond and reaching out the people who are in the need of it is beyond reach. A tree expands his branches like spreading own hands so that anyone who wants to hold it can do it easily. Although till the time we are struggling with this condition, this cannot become possible.

The person himself might not be comfortable with his situation and often wants to come out of it or resolve it. He knows that he has to make changes in his way of living however many a times one remains clueless about the root cause of this condition. One knows that he needs help as well as he has to help himself also. Person wants to be comfortable with whatever he is doing and whom so ever he is with. He also admires those people who ensure their full involvement in any task. Person wants to know the secret of this comfort that people exhibit.

This is not a condition of independence. Independence means dependency within. This means individual is not attached to any particular substance, person or some specific time segment. Person is satisfied with whatever information one gets to find about existence within.

There is a direct relationship between the vision and the direction of life.

A fascinated person keeps investing in various interests as well as indulgence similarly a recluse person tries to develop his awareness. First one is associated with matter whereas second one is independent of it. First one has its epicenter in the material aspect of life whereas second one has its epicenter in the conscious aspect of life. Both of them possess two different kinds of vision and that is why they lead towards different directions that takes them to two different aspects of the life, that ultimately progresses towards two different realms of being. First one moved towards future whereas second one moves towards present. Living with past and the future is like dividing own energies in two different directions. Present support the fusion of those energies that give birth to the future and keeps one connected with the past. If the person is able to extract love from the present moment, then he hardly needs past & if someone is along with own natural side, then he hardly needs to think about the future. Present has its own methodology and the effect which is overwhelmingly calming. Methodology is related with the way of life, the work done and overall productivity.

When it is compared with affect that future produces then person realizes that present is more fulfilling and productive. Future is result oriented. It has nothing to do with the productivity, which happens in present. Future demands constant involvement and constant vigil.

As well as it lets the person enjoy more independence by providing a state of nearly no thinking. So one can stay in own being without thinking anything. This is what stillness is about. This state facilitates the emergence of sacred & divine 'bhava' from within. Everything that emerges at the level of soul, gradually comes to the level of our being. They who practice stillness and able to maintain it, are more receptive towards this sacred inspiration.

Nature's power & the present are the force multipliers for the individual.

Force multiplier is all about the extent of productivity a person has within. When we are not connected with the productive aspect of ours, then we look for the favorable results. In this condition, we expect something from today and tomorrow. Productivity never expects rather it delivers. Expectation is associated with future and the mind. Humans expect, trees don't rather they deliver.

Present is always associated with some definite objective and a great amount of focus. It is about intensifying the life's vital force. The hallmark of an individual who lives in present is his contentment within oneself. Present provides such a unique kind of pleasure to the individual that one doesn't need to look towards the world for the sake of establishing connection with something interesting.

The cocktail of ideology and over ambitiousness makes the person slump and this darkens the future of the individual and it surely leaves its effect upon the adjoining people. No matter how effective an ideology is however it cannot make the person feel love. It is culture that helps the person to extract the nectar of love through life. This is what the quality aspect of internal being is about.

The effect of an embrace is much powerful than the thousand words associated with a particular ideology. Warmth calms down the mind, ideology ignites it. Effect of warmth of love in the life could be understood by the effect of a warm quilt in a chilly winter night or the effect of the conditioned air in the scorching summer.

Bed is an integral part of the household because it is imperative to catch up with sleep everyday & to do that one needs to lie down, let the muscles relax and then sleep takes over. Similarly to learn the art of getting peace and love, one needs to part ways from desires, keep continuing own natural work and let the brain relax. This helps to let the picture of existence become clearer, which is known as the truth.

There are two kinds of people in the world.

1. They whose productivity is low
2. People who have great productivity.

Both of them utilise the same amount of time although the second group of people are able to deliver a lot more than the first group.

Both of these conditions might happen with one single person. Where in one same person's productivity is negligible in a given time frame and the same person becomes able to deliver much more in another time frame. The difference between these two time frames is the revelation of own hidden natural aspect. Till the time this aspect remain hidden, person has no other option but to keep continuing with own mind and it's thoughts. Many a time thoughts are too contradictory and conflicting. Person might keep delaying the action just because he is not sure about which thought he wants to work upon. Sometimes person starts working on one Idea and after sometime he finds that this idea is not worth working upon so then he changes his direction and starts thinking again about where to head to now. A new phase of efforts are started all over again now without being fully convinced about it.

Every person's natural talent is his x factor. They who able to recognize their natural side and remain stuck with it, they are able to do more in a comparative lessor frame of time. As it doesn't involve any thinking or mental conflict. That is why mental fatigue and distractions are less. People with their x-factor are like juggernaut. These people are able to utilize the efficiency of their brain, much more than the first group of people.

Second group of people belong to present. That is why they execute their work without thinking about the results. This way they are able to increase their commitment in great extent towards their work. This mixture of present & the natural trait works wonders for person. They don't run after the dreams rather they become still in their own being. That is why they are able to generate productivity wherever they are.

Truth is soul. Reality is body. Illusion is the mind:

Mind keeps on producing the imaginations, which have a form & a framework. All the forms are destructible and fragile. That is why they keep changing often. That means in a moment, they are there before the eyes, and at some other moment in the future, they change or get invisible. In the past as well, their presence is limited to a certain period of time.

It is own identity that remains in the centre of all the dreams.

Threats to own presence remains in the centre of the reality.

Peace & joy remains in the centre of truth.

All the secrets of a peaceful living remains hidden in the truth. Peace means the absence of worries and the acceptance of the reality. The response of the mind against the reality is known as worries. When we live for the future then there is no guard against the untoward happenings of today as well as the future. That is why if we keep dreaming then there is no other way of doing away with the worries.

They who live in truth can make their minds still. That is why they are not much affected by the worries.

Dreaming is about making oneself wealthier as far as wealth, experiences and reach is concerned. Along with this, one wants to get admired and gather a sizable following. This is how our mind works. In the root of all the dreams lies desires. As far as the fulfillment of the desires and having a control over them is concerned

Mind is considered an illusion because there are two conditions associated with it. Either mind keeps controlling the person's conscience or his natural tendencies or mind gets overpowered by them. So either the life keeps getting driven by the mind or person moves ahead accounting to own conscience. Yogi's try to take control of their own mind and then live a free life. Only a free life can attract the happiness as more than anything else, mind likes excitement. mind talks about happiness but it looks for the excitement.

A phase of transition facilitates the point of evolution. It is followed by the phase of practice.

Living with dreams, living with reality and living with truth are three separate things. While living with dreams, when one comes in contact with the reality of life then mind gets saddened. As it is something, which is not being considered even. One remains totally ignorant about this aspect of life. As and when one gets to face the reality then there is no option left but to get saddened about it's presence in life. One totally remains involved with own dreams and reality remains thriving parallel to the dreams. Dreams may or may not be present there within the individual however reality is about the laws of nature that is why they always remain closely associated with life. Presence or absence of dreams doesn't affect the reality. So the basic reason of presence of 'sadness' in life is the disparity between the dreams and the reality. When there is no way to cover this gap, then there is no other option but to become saddened. Dreams can only get fulfilled in the world that is made up of matter, which means the world that is present before our eyes. Exaltation is related with the fulfillment of dreams. When something beneficial happens out of the planning then it becomes a cause of 'astonishing exaltation'. For the person who prefers living for the fulfillment of own dreams, in that case when one gets benefitted through the planning then it is a cause of jubilation. When some great benefit happens out of the blue moon, for example someone gives you a lottery ticket and that ticket hits the jackpot then one gets to feel being on top of the world.

Living with reality gradually facilitates the realisation of truth. Once the person realizes it then he doesn't relate oneself with the dreams or the reality. That is why one doesn't relate with the sadness or the jubilation. When the person's consciousness meets with the truth then the awareness develops. This is how the soul expands. This is the pathway of peace, That takes the person towards the present.

More depth your silence has, more powerful your words are:

Shallowness of our being, make our words too ordinary. As far as wisdom is concerned, they who can go more deeper within themselves, provide more crisp and clear messages. They are not much interested in casual dialogues, which are intended for passing the time or making others appreciate own sense of humor. Present is more about diving deeper and floating. Diving is done in solitude and floating is done in other's presence. In either of the conditions person wants to keep own connection with the water intact. This contact with water can be compared with the moments of present. It is about making the mind disappear and let the inner nature come to the fore. When this happens one needs not to make any targeted efforts. The process of getting the work done keeps continuing although it is so spontaneous that one needs not to think about it.

There are two kinds of work in our lives. 1. That makes us move towards future & the memories of past. 2. That makes one become comfortable with present moment. First one closes one from within and makes a person selective whereas second one opens the individual from within and makes the one accepting. Only the open doors welcome the incumbents whereas closed doors disallow anything to enter within. One with the open doors is ready enough whereas one with the closed doors is still preparing oneself or busy with own indulgence. That who are prepared act fast and act on time. Whereas they who are not prepared, think and continue thinking. That is why If we don't live in the present, then we often fail to rise up to the moment. Present moment makes the inhibitions go away and awards the spontaneity to the individual. This makes the individual welcoming. Such person is always charged and ready to act when need arises. Spontaneity eliminates the waiting period. Mind waits, nature doesn't. The origination of time happens when the process takes break. Until the nature's process is continuing, there is absence of time.

Thing that is 'simple' is similar in all people:

Every individual considers few things important to him. Person develops a connection with all those important things of life. One considers that these things belong to him

and he is the privileged one as far as retaining absolute rights over them is concerned. These important things are different for different individuals. As people divide their share in the bread Similarly people segregate their share of important things from others. This is about the privileges offered by the life and every person claims to have some specific privileges associated with them. These privileges are about the smooth access. People purchase the ownership of the land or the car so that they can have the smooth access to them. So that the thing can be used according to their own wish. Things those fall in the category of 'my' belong to my privileged right, control or access. Even for the 'body', term that get used is 'my body'. Everything that falls under the category of my, can be just an attachment only.

Everything that is 'not important' for the mind is not importable. Which means that is innate to us. That is the part of our own being.

Everything that is present before our eyes is important to us. Our own being is not present before our eyes rather it is present within. That is why we never get bothered about our own core. Somewhere subconsciously we believe that we should focus on those things, which we are getting to interact with, within the confines of time. It is easier to point out towards what is important to us however it is too difficult to find out what is the simplest part of our being. The reason behind this is that is not visible to the eyes or the mind. That is most simple and available within, gets the attention at the last. As the thing which is always there, remains always there as well. It doesn't seek any attention nor raises any demand. It is like the core of the jet engine, which is invisible from outside yet always there. This all can be experienced in present.

With every next level of stillness, a fraction of understanding related to the world becomes irrelevant.

Mind has the tendency of forming assumptions and keep living with those assumptions. Reality remains on one side and truth remains farthest. Being ignorant and unaware of both of them, mind keeps living with own assumptions. During adolescence, one loves to dream. Whenever some interesting music or favorable

conditions are there, mind dives deep into dreaming about the future or the love interests. This is a particular hallmark of living in own assumptions. When person gets to realize the reality then he tries to get into meditation to find some relief. In the third condition when the person realizes truth then the world of dreams is left far behind. Whenever person finds some solitude and free time, he tries to go deeper into samadhi. So the journey starts from the world of dreams and it gradually progresses towards developing awareness. From adolescence to old age, the journey is not just about the decline at the physical level rather about transformation of mind & evolution of consciousness as well. They who are able to notice this trait of material part of nature, go back to their internal nature for self evolution and de-alignment with this boundation of going through the same process of life again and again. They who are able to dilute their ignorance, increase their capability to realize these binding features of life. Realization facilitates the journey from movement to stillness, from future to present. Through stilling own mind, one gets to witness the still aspects of the existence. When mind keeps moving at it's own will, then it gets aligned with all the inconsistent and mercurial aspects of life. As it is said that birds of same feather flock together, similarly the flickering aspect of consciousness gets aligned with the inconsistent aspect of the existence. There is a lot of information related with this coupling. Mind keeps relying upon the knowledge for the sake of ensuring own survival, relevance and share in the pie of interesting aspects of life.

Service is related to mindfulness.

Mood is associated with awareness.

Receptivity of love increases with awareness. In the absence of receptivity we are not ready for whatever and whoever comes to us. This is how we often get caught off the guard. This is often get noticed by the people that how prepared we are to receive them. Guest can only be considered God when the host is ready to receive them and serve them. Some of us are readily prepared to receive whosoever comes to us and some of us are not ready enough that is why we exhibit reluctance. Our transition

into present is a gradual process. They who have completed this transition and have become fixed in present, their receptivity increases to a great extent which cannot be availed by them, who are yet in the process of transition. Person's hidden potential comes to life in present. We get to learn a lot from them and admire them, who have this enhanced and developed capacity of receptivity. These people are living examples of kind human beings. Coming in contact of such kinds of gems is relatively rare.

Person's total potential gets activated, when loved gets added to the kitty. Love has the ability to erase the borders of age, gender, cast, creed, financial status, genus & species as well as matter and consciousness. Resolve of being in present is about providing oneself this freedom of going through complete transition.

Present is about power, which is the cold flame that purifies the mind. Through this process one comes in contact with the eternal aspect of existence. This makes one gradually richer in the divine virtues of politeness, kindness and love. These people get to develop an intense connection with them, whom they meet even for a short period of time. The effect of any meeting can be gauged upon this parameter that how intensely one became able to feel the internal connection. Those meetings are very rare, when someone's warmth uncovers the warmth within you. This is like upon meeting someone the person gets to feel that some lock has been opened within himself. Now the person comes to know about oneself even better.

We generally track our journey with reference to place. Time is just another reference.

Sleep takes us to timelessness while pre and post life, person becomes fixed in present. This present gradually gets diluted during the childhood. Present is the reason of child being spontaneous.

Once the person comes out of childhood, he loses his Spontaneity. Now one has no other choice but to embrace the role playing. Spontaneity is the reason of children's ability to cry every now and then. Spontaneity is the reason of children being

extremely sensitive towards love. Children cry when they feel that they are getting deprived of love while adults cry when they feel that they are getting the love. Adulthood is generally so deprived of love. The reason behind this is we lose our ability to produce it within as our spontaneous nature is left behind somewhere. That is why rather than producing love within, we search for love in our vicinity. Any kind of emotional love cannot satiate our thirst of love as it can only be quenched by the divine love. The reason behind this is it raises our awareness towards our source. Mind looks for the close ones in the material world whereas soul looks for the eternal one in the divine world. Mind is dependent upon the senses to get in touch with the loved ones. Whereas soul rejects any dependency upon senses as it looks to get merged with its eternal love. Mind values affection and physical proximity whereas soul rejects any kind of emotional attraction and physically close association. Soul wants the connection at the deepest level of own being. As soul looks for the full awareness and absolute availability in its love. It is only possible with the divine love. That is why soul prefers to establish the connection at its own level. For the soul it is not a meeting rather it's a merger. It is about getting back to that, where one belongs to. That is why this unification is beyond mind, senses and world.

It is not important that how last 10 or so years have been. The important thing is that how instrumental they have been in shaping the current moment.

Mind is bothered about the current condition of the individual while the consciousness is sensitive about the current state, which surrounds it. Mind values the memories of the past while the consciousness values only the state, which is present in the current moment. For the mind time is that substrate, which is used in shaping the person's condition. Mind dilutes the person's focus and spends the time in fortifying the current status. Whereas the consciousness just condenses the power to consolidate the person's focus. It just wants person's focus to become so potent that it can transverse beyond the matter & the events happening around us. It doesn't want to remain attached & involved with the read your things that keep happening around us where

the person has no role to play. We might not be involved with such things but because of the interest that mind takes in them, person starts investing own time in such activities, in which individual is not even remotely involved with. When the focus moves beyond this cloud of multiple activities then he gradually starts understanding the traits of time.

Present is about the focus that can get to see the deeper aspects of life and our being. Time is one of those aspects. Beneath the slurry of actions lies the moments, upon which all the activities keep happening. Reaching out to those moments make the individual understand the activities of the mind and the way it uses the physical body. We need more in-depth knowledge about oneself because we are not much clearer about the fact that how the happiness comes and goes away. What are the ways to restore it and how to get the inner fulfillment? We are also not aware of the fact that how to utilize life in the best possible way and how to delete regrets from life? We also want to know that how the time can be utilized for the sake of decreasing the sufferings? We also keep probing that if our mind is connected with the matter and the world then is it possible that it's another end is not connected with the eternity?

Life is about journey through the time:

Nature gives birth because she is sensitive towards the past. Destruction keeps happening because she is sensitive towards the future. Nature nurtures because she is sensitive towards life and the fulfillment of the needs that make the life possible.

Nature can not become insensitive towards the future that is why she goes ahead with destruction. Future is about maintaining the balance of all the elements and keeping the fertility of the land intact. So that the process of bird and life can keep continuing. Nature can not get heavily dependent in the favor of today and the existing lot. Her vision is different from that of the living beings. They want life to be eternal whereas nature keeps her eyes on the eternity. Living beings go through the alternating phases of dormancy and activity. The active phase is called life and that is expressive. The

expressive aspect of living beings can try to tilt the favor of nature in their favor however nature remains equidistant from both the active and dormant phases and equi-available to both of them. Nature provides an opportunity to the past in the form of future. Future is about time and opportunity and that is a gift provided from the nature to each living being. Future happens because of past. Nature is ever fertile and ever potent. Just because of this past gets the facility of future. Nature is equally affectionate with the life of past, today and future. Nature wants to maintain the balance of elements and resources that she provides. As she nurtures today similarly she wants to preserve future as well. It is our limitations that forces us to see the life divided into previous, existing and upcoming generations and time divided into past, present and future. She won't allow to eliminate the possibilities of future.

If the existing generation tries to disturb the balance then she doesn't accept it. She is eternally peaceful and creatively driven. This is her Dharma. She maintains her dharma in every possible way. A cosmic grand process keeps happening to ensure the balance. When the living generations try to disturb the balance then they get to face the repercussion as well. The visible side of nature always remains devoted to the existing generation of living beings.

Mind is about today while the consciousness is about the present.

Today is that ground where all the diversity, differentiation and classifications are present. Whereas present is like the sky, where none of these exist. If we represent both of them with a dot, then horizontally there won't be any distance between both but vertically these dots will be far apart from each other. Although they would be found in a vertically straight line. One would be on the earth and another one would be in the sky. Upon looking at it more minutely one finds that today consistently provides this facility of being in present. Future is at a distance from today and there is uncertainty between both of them. Upon looking at the future, one finds that it is not about just single objective. Future is about providing the facility of meeting those multiple objectives at different points of time.

Whereas present is about just one single objective. Most important and the most unique thing about present is that one single objective is there to be fulfilled for billions of people who walk this path. It means billions of people reach at one single conclusion and state. This means whatever one of them knows ultimately gets known by each one of them. If we represent one individual with one dot then the billions of dot would be superimposed upon each other. This is how the distance shrinks. Our self perception comes from the knowledge that we possess. This means we are, what we know. Our identity comes from the knowledge that we have. Different beliefs systems guide their followers in different directions however spirituality is one single knowledge that drives every one of us towards one single state. One divine aspect of spirituality is that it is uncorruptible because it is not provided by a third person or party. Everyone comes to find it within themselves. Our inner knowledge comes to satiate our inner thirst. This means our queries get answered by our own wisdom. This is how one comes to realize this fact that every knowledge related to self is available there within.

It is the mind, which stands between the individual and the present moment.

It is the mind that doesn't let today get converted into present. It needs an air strip to provide the air connectivity to any city. Until that is done city remains dependent upon the surface transport to secure the connectivity with other areas. In this case lack of air infrastructure poses the hindrance. Similarly the lack of internal mechanism of raising own consciousness above poses the hindrance of being seated in present. Every individual has to develop this mechanism of raising own awareness above the physical level through working along own natural aspect that is known as Dharma. This happens when one comes in contact with own inner being and gets to know about own natural potential. Through this one comes to know that it is not imperative to always remain dependent upon own senses and keep conducting the activities related to them. That is one way of investing the time and that is being with that hidden aspect or

natural uniqueness of oneself. This is that natural gift which definitely presents to the individual.

There are two processes that keep happening in everyone's life. One is spending the time and another one is investing the time. They who are disciplined enough to invest more than spending, their balance always remains tilted towards the positive side. These people are able to generate happiness & thus get to feel the carefree moments. A carefree person's mind sways in love and bliss. In such a case soul becomes alive. This person exhibits a nice control over oneself while dealing with others respectfully & lovingly.

One cannot do away with the 'today' forcibly. Person is highly sensitized with the time, if the mind is excessively active. One will be least sensitized towards the time, if the mind is least active. Today can be transformed into 'present' through detachment, Dharma and meditation. This is like taking the leap from something to nothing. Something is too small, nothing is too vast.

How to do away with the past?

living spontaneously and working on the purpose of life makes the person least bothered about the past. In this case only thing, which he can feel is the present. This is the simple methodology of reaching in the limits of present. Present is all about spontaneity & spontaneity is all about being natural. A natural person doesn't need the support of past memories as he can create fresh beautiful moments. Meeting people with warmth and affection makes one create some beautiful moments. A natural and simple person is a beauty in a human Avatar. This kind of person finds it easier to connect with unknown people without having any longing from them. Sometimes they get to establish some instant connect with the people. This connection is without any strings attached with past or future. So the person gets to feel a great amount of warmth and energy in that moment as there is no need to spare any energy for the future. The meeting, the connect and the exchange of warmth happens then and there. This is like distributing love on the go. Sometimes the onlookers get to feel that these

people might be knowing each other from earlier. Here the conversation starts without exchanging any formal pleasantries. As they're not needed to develop any rapport before going ahead with a main course talk. One can feel the level of comfort these kind of people share with others.

When the person develops an artificial nature by thinking and Imitating others, then it is done to meet some objectives. Those objectives can never be related to self evolution. They are about some worldly achievement.

In Indian culture it is often propagated that eat simple, live simple. This simplicity helps the individual in reaching out to present by becoming flexible. Flexibility and liquidity helps the person in adapting to the different situations. Through this one remains committed to own internal journey. By becoming stiff & stern, we make sure that we do not compromise with our individuality and image. This is done when we put too much emphasis upon future. Image is valuable for future. That is why branding and imaging are two often heard words in the contemporary society.

One gets to understand the mechanism of nature's functioning in the state of peace only.

What kind of evolution happens gets facilitated through the peace can be felt in present only. We have been told this fact that if no effort is taken, then nothing would happen. This is true as far as fulfilling our own needs, wishes, demands and desires are concerned. Whatever comes to the mind has to be fulfilled through the efforts only. Nature doesn't take responsibility of fulfilling individual's wishes. Demands and desires originate in the mind. Nature fulfills all the basic needs life space, air, water, earth without making any efforts. To fulfill the mid-level needs like food, energy, nutrients, water in own house, proper ventilation etc. One needs to go back to the nature and initiate a process called farming there. Nature produces food through the participation of Earth, water, air and space. Individual needs to put in own efforts without incorporating thoughts and contemplation. It just needs set efforts and then nature delivers after the process gets completed. Farmers can do the improvisation

however the basic process is same. Eventhough person thinks too much about the outcome, it won't affect the final produce. Another example is the development of baby in the mother's womb. Two people initiate the process through intercourse and then a nine-month long process of development and growth gets initiated that is totally supervised by nature only. It doesn't need any outer intervention. When the person gets involved with such kind of process then One comes to appreciate the fact that initiation needs minimal efforts but the processing & completion is a massive process that is solely undertaken by the nature.

A grand process of nature keeps functioning in the absence of mind. Our awareness related to this aspect of nature can only be experienced in the state of peace.

The third type of process is the fulfillment of own desire that needs one's complete involvement, a continuous thinking process and continuous efforts. Nature just provides the resources for it.

Any thought erupting in the mind is unnecessary as it is either connected with some person, incident or desire.

Thoughts to become an obstacle in the way of an natural process that happens within the mind. Thoughts and this natural process happen at the same level. Thoughts have a nuisance value as they engage that very moment. They deflect the focus in some other direction, which is not the normal course of the focus. One's natural habitat is peace. As the vision one acquires in the state of peace is entirely different from the vision that one keeps possessing in the regular course of life.

A unique thing about peace is it's presence. It's presence is an absolute state as there is nothing that can be labeled as absence of peace. Absence of peace is the regular life. One comes to know about it when one gets into it & can keep recognising it, till the time one is in. As the mind comes out of it, the regular course of life takes over. Thoughts and desires get activated in it's absence. So there is nothing that can be labeled as the 'memory of peace'. Peace cannot be memorized. There's no opposite side of peace. Absence of peace is the presence of thoughts and picture of memories.

One word that fits well with peace is the 'is'. The real experience of present can only be gathered in the state of peace. One gets to know about the meaning of heaven in this state of peace only. One gets to hear and read that deities live in heaven. In the state of present and peace, one acquires that vision where one can witness the presence of the elements of deities in the world around us. He comes to know that only thing that is present around him is nothing but deities. In Indian culture deities have been associated with the elements of nature that are fire, earth, water, air and space. Spiritual progress cannot be attained through the thoughts. It can only be acquired in the thoughtless state. Thoughts can fuel the efforts but not the internal evolution.

Internal evolution is purely a natural process. Neither it can be increased nor decreased through the thoughts. It can be felt in the absence of thoughts only. Along with the thoughts, internal evolution is merely a word not an experience.

One who is restrained during the favourable times of life, his preparations are better for going through the difficult phase of life.

Good preparation helps at the physical level and keep the morale high:

Preparations of all those problems that are related to the real life is about development of our awareness. Some sufferings are there that are common for everyone. Sufferings don't discriminate among people. We may or may not be mindful of them. Good Times can make us ignorant, which doesn't make one stronger at the mental or the physical level rather It keeps making the individual weaker from within. Individual may or may not be aware of it. Even if the person becomes aware of it, one may keep continuing with the habit. Ignorance gradually gets converted into compulsion. Compulsion keeps strengthening itself and ultimately one finds it difficult to resist it. Ignorance leads the life to this definite pattern. It needs strong internal will to break away from this pattern and make oneself free.

On the other hand people like Siddhartha are there, who get to realize about the real problems of life at very early age. They are competent enough to keep themselves free

from getting draped into the blanket of ignorance. This makes them able to maintain a high level of mindfulness. Which ultimately gets evolved into the great awareness. This makes them beloved of many. Mindfulness of the problems leads the way towards finding the divine solutions. When there is ignorance then there is no other way than to find the success in life. Upon sitting on the dining table, one looks that what is there in the plate. Under the effect of hunger, no one can go to the vegetable market or grocery store or prepare any new dish. So whatever is there has to be consumed then.

Upon getting enrolled into any course, students know that they have to write the examination after a certain period. So the sincere ones keep preparing accordingly. More prepared they are, more comfortable they feel while sitting into the examination.

Time keeps changing the reality.

Every era has its own reality that is different from another era. General conditions of every era are different than another. Challenges are variable in different eras, that are subjected to the prevailing conditions of that era. Although the basic reality of every era is same. That are diseases, old age, decline in various physical conditions and capabilities and ultimately body becoming totally dysfunctional. This means in every era few things are variable and few things are fixed. Scientific researches of different eras would be different because the conditions in every era keep changing and science itself keep developing. Most of the modern scientific researches that we rely upon have been conducted in last 150-200 years. Earlier than that scientific development had not been so prevalent like it is nowadays. Science had been there 500 years or 1000 years back also although its level of development and the work conducted on it was of a different intensity. Problems and the solution seeking ability has been there always.

Similarly the mindfulness related with the problems related with life must have been there thousands of years back also. That is why the philosophers, soul searchers and spirituality must have been there since thousands of years.

When we look at our own lives then a section of it is associated with the ignorance, that leads us towards the various habit formations. We do come across with the problems that are there although we don't get to realize this fact that these problems are going to affect us also. Our ignorance makes us believe that these problems are other's problems, not ours. Our own problems create sufferings for us. Other's problems have the capacity to make us realize about the presence of problems in the course of life. Although it needs to be mindful about them to initiate own search and related preparations. They who are mindful are able to develop awareness about the larger truth of life. Our indulgence makes us remain involved with petty gains & funs of life although when one becomes desiraful about them, then the possibility of being mindful and development of awareness come down sharply.

Immortality is about seeking persistence.

Persistence of own physically form. Out of mind's many desires, it is one of them. It is about our ignorance. Ignorance related to the nature's cycle and process. More we get loaded with desires, more we become ignorant. More we become mindful, more aware we become. Desires don't have any logical ground. They are just about acquiring a certain kind of feeling. They might not be adding some specific value to the life however just for the sake of acquiring that certain kind of feeling, one wants to pursue them. Similarly immortality is about persistence of own physical form till the time there is life present on the earth. It is about keep holding whatever one has in hands. It is about keep maintaining the inertia.

It is about aligning own future with the future of life on the planet. This is the mind's way of maintaining the status quo. It is also about being immune to the changes that get induced by the nature. Upon looking deeply into it one finds that nature keeps affecting that part of the individual that is provided and governed by the nature. Which means that is sponsored by the nature. No matter how deeply one wants it, one can not make any changes in the laws of nature. So desires have a limited ground, where they can yield some result. This very ground is also provided by the nature

only. When the person starts crossing the limitations of this ground, desires remain desires only. They cannot get themselves converted into the reality. Just like a society where children get to play in a designated area. Outside of this area, some other activities are done that cannot be manipulated by the children through their wish.

What immortality is for mind, present is for consciousness. Knowing oneself is related to being limited to own area, that is free from the encroachment of materialistic side of nature, where all the activities related to life & living keeps happening.

The supreme form of consciousness is not bounded by the materialistic design of life & living.

A river has such a great volume of water that to incorporate all of that volume it goes deeper in the earth.

As it would require a lot of landmass to incorporate all of that volume, if river doesn't possess the depth. That is way along with it's length and breadth, rivers keep their presence on the surface however carry most of their water in the depth. Similarly past and future have length and breadth but what the lack is the depth. Present means just a presence on the surface but most of it's content lies in the depths of the moment. Our eyes get to have the look of the length and breadth of river in a limited area only. Our eyes can cover only a limited area. Eyes cannot see the river in it's entire length, from the origin to the destination, at any given moment. It only gets to see the river in multiple segments. For example people get to see the Ganga in Gangotri, then in different cities and finally at it's destination known as ganga sagar. Same is the case with the past and future. We get to see it in dividend segments only. One segment at a moment. On the country when one takes the plunge to go deeper within and finally touches the riverbed, then gets to have some understanding or awareness about its magnanimity and the content. This makes one aware about the support system of the river and it's close association with it's support system. From the shore we get to see only the open surface of the river where it comes in contact with the air. What we miss from this angle is it's association with the earth. Earth supports the river, river enriches

& remineralises the earth. One who dives within gets disconnected from the surface. That person gets one with the river. Till the time one is within, he has no separate identity. River becomes his identity. Diving within is only possible, when river accepts you. Present is similar to the river. One who enters within it, gets disconnected from past and future. One who goes within, length and breadth becomes irrelevant for that person. For that one it is just about the depth and the surface. His concern is not length and breadth anymore. To go into the depths of life and being, one needs to go into the depths of present.

Journey is not just about traveling along with the time rather It is also about segregating own path than that of the time's path.

Traveling along with the time and self evolution are two different ways. Both of them leads the journey in entirely two different directions that leads the one towards two different realms. Traveling along with the time is about getting one with the various experiences that are freely available there to be done. Our identity along with the experiences create a phenomenon that appear too real. Such is the extent of this effect that It appears that it is the only truth that can be availed. When we get one with our materialistic experiences, then we are completely taken over by the time. As it is the time that provides the facility of experimentation and gathering experiences. As far as gathering experiences are concerned there is a constant thirst within the mind that pushes the individual towards them. The lust of getting into the experiences, make this very thing out of the reach from ourselves, which is known as the 'self or present'. 'Self' is a tool of getting this very experience that is known as the spiritual experience. Unique thing about this is that it doesn't require the materialistic intervention. Another thing that is of prime most importance is it doesn't require any identity either. So this is an identity less and matter less experience. That is why the intervention of time gets too limited in it. This is a very unique condition when there is neither any identity needed nor any matter or time. In such a case only one gets to find something that is too deeply seated within everyone.

This is about finding the real independence. As it makes one free from dependency upon matter, identity and the time. This also makes one realize that there is another way of being and that is completely free from any kind of movement. Which means no movement is about being in the moment. The best of the states that is of peace and the best of the feeling that is of bliss can be found in this state of absence of movement. So it is about from believing in oneself to being in oneself.

Mind wants a smooth functioning road between today and future:

This is what as an actor we want. We want a smooth journey and least difficulties in our way. One doesn't expect extra facilities being provided on the way however if they are there then it becomes a cherry on the cake. This is why people put so much emphasis upon world class infrastructure and higher quality of life. People often try to migrate to such places, where both of them are available. Migration is like a leap from one standard or level to another. It is like transforming the new era into modern era. Things are moving from analog to digital, regular to smart & cumbersome to comfortable. Mind has its presence in everyone and it works through all of them. That is why whenever change gets initiated, it gradually proceeds in new areas. As they say that fake news spreads too fast. The reason behind this is everything that is interesting and carries the capacity to generate curiosity in the people gets readily received by them. Every idea that succeeds somewhere, gradually gets introduced in new areas in the hope of receiving the similar response and outcome. This is how civilization elevates its standards and continues redefining itself. Gradually new concepts keep coming up and one of them is 'future ready'. This means the technology of the future, that has been made available today. This also means that this is going to remain relevant in the future and needs not to be replaced sooner. Journey and migration are an intrinsic part of the mind. See, land and air every route has been explored. Courageous and bold people have been exploring them. In the search of future, now the excursions are being planned in the outer space as well. Mind wants to know how that how far we can go successfully. In the first step all the efforts are planned towards

successfully completing the journey. Once it is accomplished then efforts are made to make it a comfortable one. As there are no options to move into the past that is why mind has just one way forward and that is towards future.

For the mind, future means the ability to bring some change:

Future is that ground, where the individual capabilities meet opportunities. It is about achievements. It is about make the world see what one can do. It is about proving own point and mettle. It is particularly about mind and it's confidence, that wants to convert all it's ideas and plans into reality. This happens when both mind and brain works in close association and mind fully capitalizes upon the brain's ability to push oneself up to the limit and even beyond it. This makes one move ahead with all the courage and try to convert every dream of oneself into a reality. For the mind favorable time is that time period, when the brain fully supports all of its excursions and flamboyance. In this condition mind feels that everything is possible and doable. This is where It makes short terms & long term plans. Finding all the mental and physical capabilities on its side, mind sometimes even go ahead and show the recklessness. They who have culture and character, they have more will power to control own audacity in a much better way than them, who don't possess them. Culture is about wisdom and character is about conscience. Both of them are the balancing factors within the individual that controls the inadvertent behavior of mind. Going into the future is one thing and going into it with all guns blazing is another. This also means that both the elements of future and present remain there within the individual. Just like the car has both the accelerator and brakes. Humans use the cars but plants don't. Because they can achieve all of their objective standing at just one point. They also have the challenges as the human mind has but they know that how to develop and achieve own full potential without making any horizontal moment. This is how development happens in present. Even within the individual this methodology is same as the plants. So for the mind it might be about registering own presence in all the available territories on the earth whereas for the consciousness, it is about expansion in the sky.

For the future it is about going places whereas for the present, it is about going spaces.

Desire gives birth to the future, whereas peace shapes present:

As the cause has the effect, similarly every karma has the results and the associated fruits. The segment of results & the fruits belong to the future. Future is not the only way ahead of the individual however it is surely the only way ahead of the mind. Mind means desires. In the absence of all the desires, mind gets transformed into something that one gets to know in the moment of self realization. Our fabricated identity is related to the mind only. Which means our desires create an effect of an identity for us. This is to make oneself identified by others & hold a sense of being distinguished among different identities. Mind doesn't only create an identity for oneself but it creates identities for others as well. This helps him to be selective in his treatment that he dishes out to others. This means mind is not just about own desires rather about selectivity and exclusivity also.

Until one remains under the effect of own desires, one keeps looking at the people around him in a different way & keeps interacting with them differently. This way it is not possible to look at the world in totality. When it glances towards the world, then it finds that it is divided on multiple grounds & in multiple groups. Till the time future keeps dominating our mind, we keep looking at the world in this fashion only.

Ancient sages of India get to see the world in a totally different way. Their mind were not under any Mirage of future that's why they got to see the world as a family. This happens when your vision becomes a vision of a witness.

Upon looking at the court proceedings, it is found that witness is a third party person, who is not involved in the dispute. He was just present at the place of incidence. Because of his presence he got to witness the incident. He just narrates, what he saw. Witness needs to be truthful. His testimony holds a phenomenal place in whole proceeding & helps the judge to know the facts & deliver the justice.

So the one who is detached & uninvolved narrates the picture as it is & without creating any distortions in it.

The fruit of today is crushed for the sake of acquiring the juice of tomorrow.

As far as mind is concerned, it keeps crushing today for the sake of amassing the wealth for a considerable length of future. This way today becomes an investment for tomorrow. This idea works when it is just about creating material wealth is concerned. This is to evade the insecurities of future. It is also about keep maintaining own capabilities to stand against the challenges of future. This approach considers today as a brick to fix in the building of future. As far as the mind and physical capabilities are concerned, future poses a challenge. That is why mind wants to prepare better. The crux is one prepares for the future. This approach is just like that of a student, who wants to prepare better for the tests. As far as the mind and physicality is concerned, it sounds reasonable.

Although when it comes to own soul, it needs a different kind of preparation than future. If future is represented by a building then present can be represented with a flower. Building needs money and matter to have itself constructed whereas a flower needs the power of nature to have itself developed. No matter how austentatious a building is, it looks lively when it has plants kept in various parts. Life is not just about battling the insecurities however it is also about finding the beauty hidden in existence and the development of own natural aspects. Construction is just one of it's part whereas developing the inner plant of consciousness is another. That is why it is not just about future, it is also about present as well. Life is not just about ensuring the security, rather it is also about finding the ways of salvation. Chaos is it's just one of the aspect, peace is another.

It is not just about struggling with unwanted thoughts, it is also about gathering knowledge.

Acquiring satisfaction through gathering knowledge is the highway of natural process. Looking for success in the outside world is nothing but choosing a short cut.

Future is about role playing where is present is about all the work that is being done by the nature.

All the knowledge and wisdom comes from this process only. They who keep reading and keep acquiring knowledge are more humble than them, who stop reading. There is a burning pursuit of knowing. It is a natural process and through this the knowledge that is related to the visible world and the wisdom that is about the inner self, comes out. This is how these people remain connected with the natural process & are not much involved in egoistic proclamation. Decorations, degrees and titles don't provide that satisfaction, which knowledge provides. Decorations and titles are like external armor whereas knowledge is like nutrition. Adequate nutrition ensures good mental and physical health. Knowledge has this great capacity of providing internal satisfaction to the individual. Similarly wisdom provides peace. Thus both satisfaction and peace are related with either knowledge or wisdom. It is such a fulfilling experience to see people loaded with knowledge exhibiting great amount of humility. This is the hallmark of those people who continuously remain attached with acquiring knowledge. On the other hand when our skills are not adequately developed then we try to hide ourselves behind the armor of degree and conduct ourselves in an egoistic way.

One who keeps diving in the sea of knowledge doesn't require endorsement from other people. That individual becomes a self satisfied entity. When the process of acquiring knowledge gets inhibited then the focus gets extroverted and now one tries to showcase own achievements & tries to find the admiration of own achievements and respect for oneself in other's gestures.

When we deeply look into this, then it is found that our way of living can be divided into two parts. One is natural and another one is artificial. When we get detached from the natural process then there is no other option left but to indulge into artificial activities. When the process of getting satisfaction gets over then there is no other option but to seek success in the outside world.

If one is sensitive towards time, it is there. If one is not, then time is not there.

It is all about having the receptor of time within oneself. Either we strengthen this receptor or drift away from it through our actions during the life.

'Oneness' is about parting ways from this receptor and 'indulgence' is about strengthening this receptor.

As the person moves from categorizations to oneness, one gets to feel the stillness.

More one is able to still own mind, more he is able to develop the awareness. This makes one becomes open to the world and look for the solutions for them also. This way one gets ready enough to become a medium to serve and find the inclusive solutions for all.

Together love and awareness are like flower and fragrance. Present brings oneness along with it. It is about getting to feel the presence of existence in every form of life. Till the time vision remains eclipsed with desires, one keeps looking towards capitalising upon the available options for the fulfillment of desires.

When one looks towards the world then it is done through the window of time only. When one looks towards the existence then it is done through the window of self only. Vision can remain nascent and it can metamorphose also. Both of them makes one look towards different aspects of the existence. Depending upon the extent of activity of the mind a simple material object can appear so enchanting that one gets ready to make yourself associated with it and create the time so that one can remain in the vicinity of it. It is true that to have oneself associated with someone or something, one has to create time through the mind. Once the person decides to be with the internal pleasure and keep capitalizing upon it then it is not needed anymore to create time so that something or someone could be incorporated along. Spirituality is about learning

to drift away from this tendency of creating time for the materialistic pleasures rather it is about the development of the divine pleasure and remaining associated with it.

Favourable and unfavorable time are related with the mind.

For consciousness there is no such division of time exists. For it, time is just time. Time doesn't remain favorable always. Unfavorable patch of time may stretch longer however it does pass away one day.

Unfavorable times help the person in developing awareness whereas the favorable times can make the person become ignorant. Pleasant times are like pleasant weather, when people like to go out and enjoy the environment, conduct more activities, make more inter personal connections, trying to generate curiosity in others about oneself and become curious about the attractive aspects of the life. It is the time of selling and buying. It is the time of inviting others and expecting invitation from others. It is also about fulfilling own dreams and aspirations. This particular time is also about indulging into adventures and testing own abilities and limitations. This is the time of challenging oneself and conducting more experimentation. Confidence hits the peak during this period of time as the individual feels totally safe. As the individual gets to feel least troubles during this period, so under own ignorance and even ambitions one might create problems for others. Until one faces the troubles, one remains unaware of their effect. This creates the effect of ignorance, due to which one might become insensitive enough to do injustice with others. In some of the cases one might go even further to inflict damage and indulge in violence.

So the cocktail of ignorance and good times is not always good for the individual and own internal progress and it is even problematic for others living in the vicinity.

Moreover the cocktail of good times and awareness can do wonders for the individual's internal process towards attaining peace and for the people living in the vicinity.

When someone's goodness becomes a facility for the others then it creates an effect of the garden in the society. Such places create a charm for people who live distantly and

they want to visit such places, so they themselves can feel the divine ambiance of togetherness, which exists in that very locality.

Calling oneself a male or a female is nothing but a declaration of own incompleteness.

Being a male or a female is just about a physical attribute. Genders doesn't show the completeness of nature that is why the lack of flow. Considering oneself a gender makes one follow an intermittent path. In such a case individual follows a definite pattern of living, which is stop, think and act. If the things don't work according to own ideas, then again one moves on before stopping at a new station. That is why this journey has an intermittent pattern. That's why it doesn't represent the flow of the nature, that is always continuous and uninterrupted. When we look at the time, it's journey is also divided into past and the future that is intermittent. Till the time today is connected with the past, it keeps giving birth to the future. This way it lacks the flow as the person keeps jumping between two shores of past and future and this way it misses the flow of present that remains in between both of them. Mind that considers oneself a male or female can never enter into the current of present. A boat is compatible with the flow of river. Like the trees boat doesn't belong to either of the genders. It doesn't have it's own active plans or wish to move towards either of the shores. It shows perfect compatibility with the river. That is why it is free to cover the length and breadth of the river.

Person's journey of the life and internal journey is either about what we can do in this moment or what this moment is providing us. It is a journey from being actor to receiver. From being how capable we are to how evolved one is. From how much we can control to how much we can accept from the eternity. People prefer shores, boat prefers the flow. Unlike a machine or a car that runs on a static ground, boat moves on with the flow of current. It means boat can cover the journey effortlessly. The flow of the river takes the boat along with it. Boat can cover the journey without making own efforts. Additionally the creatures on the shores are not that blessed as they don't get

benefitted from the power of the flow. They have to make their own efforts to cover the distance.

It is too difficult to shield ourselves from the ever changing currents of feelings.

One always keeps experiencing these tremors of feelings rising and settling down within. Mind keeps changing them at own will although is it possible to change this state of the mind all together, which one remains confined with? Is it possible to come out of the limitations of mental state and proceed towards the soulful state. Is it something called 'self' beyond the mind, Which is not that mercurial that a mind is. Is it the only way of living when we keep implementing the ideas and keep the mind in a highly active state or some parallel ways present there?

Our ideas and their implementation is our choice however the thoughts and the worries are our compulsion. One cannot stop them at will. We only know one way of tackling this situation and that is of diverting the mind in some other direction or engaging it with something interesting. Although we know that it is not the cure, just a symptomatic relief. That is why remaining engaged with something is suggested as one of the mantras of life. In the absence of peace, we look for some interesting chaos. To get away from one kind of chaos, we get into some chosen kind of chaos.

Upon deeply looking within oneself one finds that there are only two basic kinds of states exist within ourselves, that are curiosity and peace. Curiosity is too prevalent whereas peace is nearly inexperienced. Peace is that very feeling, from which we remain unaware of. It cannot be accessed through the mind, which is the absence of any desire. It's possibility originates only when one decides that it is enough of sensual indulgence. When one washes off the hands from all the ideas that might be experienced in future. When one decides that no more want or future. When the flow of energy gets a diverted towards present. Peace is the peak of the mountain called present. No matter how lucrative or exciting future maybe although it keeps one in the confines only. present provides the opportunity of rising.

Peace has been experienced by only those, who have this internal strength of saying no to any kind of Cupidity or craving.

Person's appearance in the realm of time is called life.

The difference between a single life and multiple lives through reincarnation has one difference that a single life gets to face the time for a brief period while through the multiple lives, one gets to experience the time and this realm for an extended period. Person gets to experience the time through life. Experiencing the time and experiencing self are two different things. Time directly affects the individual through the physical body. Every living being has a physical appearance in the realm of time. Time is about to change and variation. Same is the case with the matter, which is also about variation. There are hundreds of elements and countless material variations. When it comes to the living beings, vast diversity is present there. A vast range is there, when it comes to the life span of various living beings. From few days to few hundred years, this spectrum is wide. On the basis of activity and movements, a big variation is seen among living things. Few of them are too active and possess the ability to cover very long distances. Whereas few of them are too slow and remain limited in a definite area only. Some species are too interactive and social whereas some of them are preferred to remain secluded. Some of them have very developed senses whereas some have the primitive ones. As far as the intellect is concerned, a large variation is seen. Some species learn by instincts and observation whereas humans can learn through the audio visual mediums also. Then there are extrovert and introvert people. When it comes to the inclination towards acquiring more and more experiences, level of curiosity and interest in some particular fields are concerned variation is seen among humans. That is why differentiate species and people make the use of time differently. Different humans make the use of their senses differently. Some use it for making strong bonds with the world and some wants to have much clearer picture about oneself and life.

This whole package called life and world offers so much variation among experiences that one is never able to gather every aspect of it in one single lifetime.

Time heals body

Detachment heals mind.

Asceticism is a multi-layered phenomenon. Practicing austerity is also a part of asceticism. One doesn't remain attached with the people only. There is a big section of attachment that remains connected with the various areas of interests. So apart from the mental, financial and emotional levels there is another obstacle in the way of asceticism and that is our various areas of interest. That are there because there is a certain element of curiosity within everyone. This curiosity gets converted into interest and interest gets converted into investment of time. It's living example can be seen in the societies now what is when rather than making connections with the real people it is preferred to remain connected with own mobile that opens the gateway to the virtual world. This virtual world exists in the form of data. It doesn't have it's own real presence however still it acts like a magnet and people love to remain attached with the virtual world than the real world and this is the problem that expands right from the children to the older ones. Nearly all of us have experienced this newest form of addiction. No matter what kind of attachment it is, that always affects the person's ability to experience peace and a perfect present. One needs to provide oneself the total freedom, then only the chances of rising up in the cosmic love becomes possible. No matter what kind of attachment there may be, it always makes the person to fall down because one becomes dependent upon either of the senses to pacify own connection. Total detachment makes a person free from the dependency upon the crutches of senses.

Detachment has ability to heal the mind because the mind then gets lifted to another dimension of time, that is known as present. This way only mind gets to know about a completely new dimension of being. Non-dependency paves the way of self sufficiency. When mind aligns with the self and then it comes to know about the vast

spread of nothingness, where self has the access. Hear only mind comes to realize the fact that it's not just about the activity that ensures the being but it is also about the dormancy that ensures much magnanimous scale of being.

Cause of breking the relationship is that the person decides that "I cannot go into future with my existing partner".

So one might decide to move on & let go the existing partner. Finding the solution in replacements is not about change rather it is about a new experiment.

Another option is letting the partner be there and rather than going to the future person decides to stay in present. Then the partner becomes inconsequential. In this case change happens too. However it happens at the level of time rather than the person. Which means it happens on the micro level than the macro level. At the macro level replacements happen. Change always happens on the micro level.

When one becomes comfortable with there existing arrangement, then he gets ready to induce change at the deeper level.

Present is about acceptance plus evolution. Whereas future is about denial & replacement. It is about where we are finding a way out. Future is about looking for the solutions whereas present is about the salvation.

One may be very particular about what kind of or which partner one wants to move towards the future.

One can go into the present with any partner as partner is not that important rather it is the individual who decides about the direction of the movement. Future has to do with the aspirations whereas present is about the acceptance. When they are aspirations then one can never remain totally focused towards own duties. As a part of the focus remains connected with the advantages one would reap in the future. This way the force gets divided into two parts. One is about the current scenario and another one is about the future. The total commitment that present needs can only be availed when one takes on focus away from the future. This way the force doesn't get divided into two directions. Total acceptance paves the way of full commitment or full devotion.

This means the total convergence. A diffused light cannot penetrate the mist or its effect gets limited. However a unidirectional strong light has more chances to penetrate the mist and becomes able to have a connection with the another side.

One beautiful part of the culture is that people don't learn from the history rather learn from the culture:

Civilizations and people who cultured they don't learn from the incidence, mistakes and the bright side of the past rather they learn from the wisdom .This way did need not to carry the baggage of past in their minds. This makes them free from heading straight towards the future only. Future is not mandatorarily one single option for them. This way you are not considered just a part of the group rather you are considered an individual who is free to take his own decisions. This is what the freewill is all about. When you are considered an individual then it means your culture is not counting on you to take itself forward rather one takes the help of the culture to evolve oneself. This is how you're not driven by others rather you can develop freely. One who is free from past can choose his directions according to own instincts and nature.

Knowledge gathering is one essential part of our lives and that is why in Indian culture there is a goddess named Saraswati and Mahalakshmi who are known to provide the knowledge related with the matter & the self. In Indian culture the knowledge is always divided into two parts. One belongs to the material side and another is related to the self. Wisdom is considered the higher most form of knowledge because it is not gathered from outside, it is self evolving and self revealing. All that one needs to do is to go deeper within two have the access to it.

When the focus gets shifted away from knowledge gathering, then the various memories and unnecessary thoughts start occupying the mind.

As far as the evolution is concerned It needs one free mind, that is non conditioned, free from the baggage of past & compulsions of future and a refined nature, who is ready to embrace all. Together both of them create a fertile ground for the internal

knowledge gathering. Knowledge and wisdom both of them represent cosmos & existence. Everyone needs a self guidance entity and that is known as the wisdom. This is what the freedom is about. Not remaining dependent upon the borrowed knowledge rather acquiring it from the existence within. It happens when the connection gets created with the existence.

Effect is time bound phenomenon however the cause is not. Cause is eternal.

It means there is cause and there are effects. Effects do not appear on their own. There is something that converts the cause into effect. It means there is some intermediate thing that creates the creation. It has all the power of creation. It is known as the nature, which has invisible as well as the visible aspects of it.

This can also be summarised as if there is the creation then there is the existence. Creation that is the cosmos, is the materialistic or the visible side of the existence.

The effect of the time is different, when it comes to the creation, the nature and the ultimate cause. Describing it in simpler terms would mean that the creation has yesterday and tomorrow. Time is divided here in two different segments. At any given moment, neither past nor future is there in someone's hands. It means some part of the individual remains dispersed in past and some in future. The moment that remains there in the individual's hands either remains connected with the past or the future. In this case, what this moment does for us? it either takes us towards the past or the future. When we deeply look into it then we find that it is not the moment that is leading us towards something or somewhere rather it is our own interest that is taking us towards either of the directions. Interest is some definite form of some underlying desire. This desire is one fire that fuels many interests.

Upon looking deeply one finds that one has interests in multiple directions. It is like the same fire that cooks multiple food items. Whatever knowledge one earns and whatever type of science one gets connected with gets energized by this one single fire only.

For the understanding purposes we can divide this fire into two parts. One is the hot fire & another one is the cold fire. Hot fire provides us all the knowledge related with the material sciences. Whereas the cold fire provides us knowledge related to the inner science that can be termed as the 'science of self evolution'.

Our conscious mind feels the time differently.

Subconscious mind feels it differently &

Or our transcendental mind or consciousness get to feel it differently.

When someone declares that there is nothing then one must keep this in mind that there is something that is voicing this conclusion. Transcendental mind comes to know about this fact that there is nothing. This statement is quite contrast to what conscious mind makes and subconscious mind harbours. Whatever informations that a conscious mind collects by being watchful of the surroundings, gets processed by the brain and then the decision is taken that which information is a workable. Once the person engages with that option, then it initiates a process and that process delivers some experience. If these experiences are pleasant beyond expectation or unpleasant below expectation then they leave their effect on the subconscious mind.

Conscious mind that remains involved in the activity whereas subconscious mind remains in hindsight. That is why both of them gets to feel the intensity of time differently. Conscious mind is much more action oriented than the subconscious mind. Conscious mind is about recording the details of everyday activity in the form of memory. That is why it is much more sensitive towards the movement of time. As every activity corresponds to the movement and a particular moment. Three of them deliver three different kinds of experiences.

Conscious mind is related to the success and interactions done at the level of senses. Subconscious mind is about doing the things in an orderly way and some specific kinds of feelings. The transcendental mind is about attainment of peace or present and also about unearthing the secrets of life and the eternity.

Transcendental mind remains even below the subconscious mind. Our day to day engagements largely depends upon the fact that out of these three, our awareness resides at which level.

Wakefulness and sleep are two states. There is another state between both of them and that is known as peace or present.

We are well aware of these two states known as being wakeful and sleep. When we are wakeful, we are aware of our surrounding and when we are sleeping, we are not. The moment we are much more sensitive about our surrounding then is it possible to be aware of oneself absolutely? Just being aware of our surrounding is one thing and having some demand from this surrounding is another. The moment one knows oneself absolutely, in that moment one remains encapsulated within perfectly. There cannot be any demand nor there could be any surrounding. Everything else loses its relevance and gets merged with the self. No one else fulfills someone's demand, it is the individual's own part that does it. This means every experience is funded and energized by us only.

We either try to impress others or convince oneself. What kind of output one gets during the life, largely depends upon the fact that out of the two, with whom we align our focus with.

Every experience related with the individual's life takes birth from individual only. This means it is the individual's power that makes it happen.

They who are able to convince oneself that enough is enough and no more splurging of own energy and diverging own focus is to be done anymore, knowingly or unknowingly, they prepare themselves for an internal revolution. This resolve can make them experience something that is not possible in the normal routine. If we are looking for something pleasant in our surrounding then it is highly likely that we are unaware of that pleasure that remains hidden within.

The third state that lies between being wakefulness and sleep is about that unique pleasure that lies within. There are two aspects related with this internal pleasure. That

is either we haven't experienced it or we don't know about the methodology of generating it. There might be both of them. That is why we try to get whatever world offers to us. Another thing is that we try to convert every attractive thing, place & person into an experience. This is how we become an actor & remain separated away from peace or present.

Guru and present are correlated. Guru lives and resides in present.

Whenever the Guru is found, he is found in deepest peace only. In the absolute absence of mind, guru appears. Mind and guru are two different dimensions of the supreme consciousness. Mentor is related with the mind similarly the moment guru appears, individual gets to know about the self. Which means it is a moment of self realization that can happen in the presence of Guru only. This way this could be understood that Guru is not a human being. It is one of some deeply seated phenomenon, that happens within the person. The moment individual gets to know about the Guru, he comes to know about peace, bliss and present. Guru is an amalgamation of mother, father, brother, sister, friends, near & dear ones and well wishers. Guru seldom speaks. However whatever he speaks becomes writing on the stone. Through the Guru only one comes to know about the fact that it is not about the volume of your words rather it is all about the gravity in them.

The internet journey is also known as a journey towards unknown. Guru is the first station, that is found in this journey. Presence of Guru in this deeply unknown place makes one realize this fact that this is not an inhabited place. One gets to read the stories that in the journey towards deeper Himalayas, a yogi was found living in a cave. To find someone in a completely uninhabited and unknown area becomes a pleasant experience.

These places are completely secluded from rest of the world yet they manage to live there for years.

Having found someone in such a lonely place is like finding a hope. In such conditions if someone forgets the route & one is least expecting anyone's presence.

Then one happens to find someone, who gives you such a gift, that is related to your own inner self, then that person is not some unknown individual. You realise that he is a part of you. When you think that you have lost everything then then the next moment you find that you have found everything and that too because of someone's divine presence.

Present exists with past,

present exists with future and present exists with today as well.

So it is like an eternal river, which is present there in every time segment.

That is why people of all the era have this opportunity to dive into it. Experience of present erases the curiosity of the mind about the experiences and the feelings of the people of history. It also erases the curiosity of the mind that is related with the people of future. In the present only mind gets convinced about the fact that he's not missing anything that existed in past and that would exist in future. This means whatever there was and whatever there would be, can be availed now. Now the mind gets convinced about the fact that the best of the experience could be availed here and now.

Present is not an experience, it is a state. Every experience is a time bound phenomenon, which needs some action or activity. Every experience needs two surfaces or two entities. Whereas present is totally different from it. It only needs mind to turn inwards. This is the only way by which, mind gets to feel the transformation within itself.

Others can see you performing some experiment however no one would ever be able to know when you entered into present. This is that internal revolution that happens super silently. One who gets to feel it, doesn't even want to talk about it as that aspect of mind is lost that loves to talk. It is like an internal dessert that can be tasted but cannot be shared or talked about. Through this only one comes to experience that how one is connected with all those hidden realms that are generally not known to us. Because of this they are not even talked about. Being a normal human being driven by

the mind, we remain unknown of the language of silence. If something is not spoken by words or by the body language, we remain unknown of it.

In the present only mind comes to know about the presence of peace. Present or peace is that bigger line that can be drawn against the line of material world and It only can dwarf or supersede the materialistic inclinations hidden within the mind.

One who gets to control own mind, acquires the state of peace and this state is known as the state of present:

Getting the control of mind means not surrendering before the current of lust. It is not about fighting with it rather standing own ground. It is about the willpower to say no to the desires that erupt within own mind. It is about saying no to the option presented by the mind. It is not about throwing net in the pond and collecting whatever gets trapped in it. Rather it is about sowing the seeds mindfully and waiting patiently for their development to get completed. Nurturing & protecting them and harvesting them once the crop is ready. This way mind becomes a part of this whole process of development and ripening. Now mind knows that it is not just about the good luck that prompts a good catch. Rather it is about selecting the good seeds and then waiting patiently. In the meanwhile nurturing and protecting the produce.

Present makes the mind reach in such a state, where it finds that there is nothing. Nothing means internal emptiness. This emptiness is full of openness and cleanliness. In the present mind feels cleaner than ever. Mind prefers to memorize and print everything It comes across to. However the comfort of present is such a unique kind of feeling for mind that it forgets to record and print it. Peace is that very state where mind becomes dormant from active. Here mind wants to enjoy its own dormancy. Just like the sleep, mind loves its state of dormancy. This state can only be availed, when something gets transformed at the level of mind. Here the most active element of ours that is mind, just prefers to float in the river of present. This is such a rare feeling that person comes to know about its presence once one enters in it. One doesn't come to know about the moment, when one slipped out of it. Which means only its presence

can be felt. In its absence mind again takes over. Its rare occurrence makes it a kind of divine feeling. It happens when mind turns inwards, from material realm to the non-material realm.

Rama is personified present:

If one wonders that how present would look like as a human being, then it would be like Rama. An individual with full of mindfulness and awareness. Key spends his childhood in Jungle, in the gurukula of his teacher called maharshi Vashishta. There he takes care of his siblings like a mother. This is mindfulness. When mothers were far in the city he dons the role of a mother for the siblings. This makes all of them love and regard Rama like no one. This made them learn the traits of mindfulness from own elder brother. This makes them realize that how evolved their brother is. One who could discharge the duties of a mother in his own childhood must be a great compassionate human being. This makes all of them realize this fact that how compassionately he takes care of all of the people, who are under his purview. Rama is an obedient and bright student and a compassionate brother. There is a famous book named yoga Vashishtha, in which guru Vashishtha explains every minor details about the life, its origin, its hidden aspects, its meaning and its utilization to Rama. This dialogue between two of them is all about awareness.

Siblings knew how capable he is as a human being and as an administrator.

When the course gets completed and all the brothers come back to the capital, then the king decides to announce Rama as the next king. When Father expressed this desire to Rama he agreed without showing the emotions of jubilation and exaltation. Preparations got started.

Then the twist comes. On the advice of her aid manthra, step mother asks king to appoint her son Bharat as the king and ask Rama to leave for Jungle for 14 years. King Dashrath was bound with a promise. So unwillingly he had to do so. When this was informed to Rama, he showed no signs of dissent or remorse. He agreed instantaneously and left for jungle.

When his brother Bharat requests him to come back to the capital and take the charge of the state then he says he's bound by the promise however he will come back and accept the duties of the state once the period of 14 years is over. . Upon coming back to the capital he goes to the stepmother and bows down before her and seeks her blessings. He also informs her that he met the spirit of his father. Upon Rama's request he has forgiven her stepmother, so she needs not to live with the guilt then onwards.

He even goes to seek the blessings of her stepmother's aide mantra, upon whose advice he was expelled from the state.

This shows his heart was not maligned and he had no hatred for anyone.

This elaborates that present is about some specific power or abilities. It has the ability to insulate the individual from exaltation or grief. It denotes that for the individual living in present, the external currents of jubilation and grief are small choices. This person lives in some totally different kind of state, which he doesn't want to sacrifice for the sake of acquiring some small benefits. So he prefers to accept whatever happens around him as it is. As if he is internally enjoying some specific kind of pleasure that is much more valueable than the regular benefits that are generally seeked around us. So this individual just lives without being inclined towards all those materialistic pleasures, which are too dominant otherwise.

For stepmother kaikeyi, the lust of kingdom for her son Bharat was too dominant. This made her ignorant about the atrocities of the jungle life, which she demanded for his stepson Rama. Her Ignorance made her commit injustice with Rama as she was not hesitant of sending him to face the dangers and the unhostility of the jungle's life.

So desires send Rama to Jungle and leaves Ayodhya with grief. Then the devotion, love, austerity & discharging of duties on the behalf of Rama makes Rama to come back and take the charge. This makes the entire city get filled with some divine pleasure.

नटवर: नत + वर

वर्तमान की ओर गति।

Natwar = nat + var :

Natwar is a Hindi word which means the moment of present or the moment towards present. Natwar is one of the names of Lord Krishna. Who is also known as the dancing Lord. Lord Krishna's dance is known as maharasa, which he performs with gopikas. Krishna is the world for gopikas. They find their life meaningless without the love of Krishna. Till the age of 10 years Krishna lived in braj and then he left for Mathura. From Mathura Krishna did not return back to gopikas, whom he spent his childhood with. Yet throughout their lives, gopikas remained devoted to Krishna. They could feel the same love in their hearts and soul. That is why the physical absence of Krishna got balanced by his presence in their souls. When the person starts looking inwards then he's not too much oriented about the past or the future.

Past remains connected with the future through today. Whereas present is neither connected with the past nor future. Today facilitates present, Just like a ground facilitates a flower. Flower keeps swaying with air by maintaining a connect with the ground through a stem.

Dancing in love is the epitome of being in love. When the intensity of love increases, person prefers to sway or dance in ecstasy. It is because of feeling the proximity with the Lord or the chosen one. It is a state when all the fear and insecurities get washed away. Mind feels light like petals.

No matter how intense our past or future may become however they always remain distant from truth.

We can take our eyes off from the truth however we cannot replace the truth with anything else or displace it completely. No matter how forgetful we become of our backbone however it keeps discharging it's duties consistently. A wheel can only become useful and discharge own duties once it gets connected with the axle. Wheel and axle both compliment each other. Together they chart new territories and simultaneously they get a lot of work done by keep discharging their duties. Wheels are visible however axle are not even visible in the vehicle. They who travel in the vehicle get to see new cities however for the axle every place is same. As it's focus is never towards them. It just keeps carrying people and weight on it's back and remains fully contained within. People who utilize it, remain completely unaware of it. Axle always remains equidistant from the ground. The best part is that it never complains. From nomadic living to the modern era, human civilization has seen a massive change. In the future it will achieve new milestones however nature has been consistent from the past to today and it is going to be the same in future as well. This means there is a section of life that remains consistently productive throughout. It doesn't have any history or dreams.

As far as plants are concerned, they don't possess brain, senses & central nervous system yet they are maximally producing entities of the world. There is a definite message associated with their way of living and that is rather than anything else it is prudent to achieve own potential maximally. They don't show keenness in interacting with others rather their total commitment in being connected with their source remains intact. It is all about total connection, no wastage and total production. One can get a clue about the supreme being or the lord or the God by looking towards the nature. Nature is a visible yet absolutely devoted. God is invisible yet equally devoted.

If the person is marching towards future, then he wants to take someone along.

That is why such a person is always in hunt for someone appropriate, who can compliment his company. It requires a certain extent of mental and emotional connect. This is one of the reasons of future not being an absolute entity. There is always some

kind of uncertainty remains gripped with the future that is why there are very few people, who have the courage of walking towards future alone.

Although walking towards present is different from future. They who are devoted about their advancement towards the future often prefer to walk alone. They might be living in the society as a householder or a monk in a monastery, a married or a bachelor, they avoid getting connected with the people on an emotional level rather prefer to have connections on the natural level. Such kind of person might be living in a social setup however at the mental level, he wants to practice solitude. As an emotionally dependent and a mentally connected person, it is too difficult to experience what the silence is all about.

As a connected & dependent person, we always want to listen from someone. In such a scenario we don't allow ourselves to listen to the silence. Then we don't aspire to achieve anything then it is too difficult to get hold of it. As the person's dedication and energies are not in that direction. Mind always wants something that one is looking for. This is what the dreams & aspirations are about. The reason behind this is the want of fulfillment of that feeling of aspiration, that one associates with the dreams in the waiting period. Different people live in different circumstances. those particular circumstances encourage the person to have a specific dream. That is why different people aspire for the fulfillment of their particular dreams.

On the contrary, one who is the devoted towards own inner fulfillment doesn't follow any particular dream. His every advancement provides him a new vision. This is what he wants to restore and keep moving towards the untold and unimagined. Towards the internal fulfillment.

As some thought erupts in the mind, focus immediately gets shifted away from truth. Once any past time memory erupts in the brain, one gets distracted away from the beauty.

Any search that is about the truth or some article, gets carried through the individual's focus. An empty brain is a facility for a Yogi as it doesn't produce anything that can

engage the focus. As far as developing the awareness through the the consciousness is concerned, this free focus is like the fuel. Yogi's use this free focus to develop their awareness regarding the cosmic consciousness. They also use this focus to develop their mindfulness about their imminent duties. Through this person becomes aware of the imminent need that is there waiting to be addressed. Mindfulness helps to stay away from the guilt of not being able to discharge own duties properly. This also makes one realize the level of preparedness. Some people are able to develop high levels off mindfulness then the other section of people who prefer to live in an ignorant state. Sometimes animals are much more mindful than their human counterparts that's what has their involvement with the surroundings are concerned. In a Sanskrit shloka it has been elaborated that one who seeks knowledge should acquire the mindfulness of a dog, who doesn't ignore the activities of the surrounding for the sake of acquiring sleep.

When mind part it's ways from remaining indulged in the fulfillment of sensual pleasures, it gradually becomes more mindful. An ignorant mind ignores, thinks & analyses, which delays it's response time. Sometimes this state of ignorance is maintained for months and years. Our ignorance doesn't allow conscience to provide it's help. They who are able to evoke their conscience seldom repent on their actions. Conscience help to take the right decision at the right time. Conscience and mindfulness together create a very potent combination. Mindfulness makes the person act when it is needed most. They were able to maintain the combination of these two command higher regards from the society.

Everyone's past is different however present is same for everyone:

Past is related to the background, history and memory, that is variable for everyone. People staying at the same place will share different stories related to their past. Even the siblings have different stories to share. Past is not just about the circumstances only. It is also about how we perceive it. Different people perceive the things differently. It could be understood by one simple example that people around the

world have different addresses however they get supported by just one nature. Due to the historical background, people consider themselves different. Based on their background they receive different feed. This further makes them believe that It is difficult to find similarities among people. If it is the condition then there is no other option but to keep holding own individuality and identity tightly. A certain past remains associated with every identity and individuality.

All those people who get to experience themselves without any identity and individuality come to realize this fact that there is nothing different among living beings. This very state is known as present. Here the person gets to see that no difference exists among all. When all those involvements and fascinations associated with individual identity are gone then the picture becomes a lot clearer. When all the material differentiations get deleted then the person's vision becomes a lot more broader. Materialistic layering creates the primary level of differentiation among people, places and articles. Imagine looking at a picture where all these things are not present, then only thing that could be visible is the light. In such a case there would be either darkness or the light. When every individual is just a point of light then the picture everyone gets is similar for every being, who is present in that state. This is the perfect state of equality as everything is equal and same for everyone. This is what epitome of present looks like. Ipon looking at the materialistic life then success and sex are it's two epitomes. Imagining about matteless life, that could be only two epitomes. One is the perfect light and another one is the bliss.

All the beauty and love are different from all the attractions and seductions. Life is an opportunity to realise this fact. The process associated with this realization is the process of internal evolution.

There is a one common world available for all and one personal World that is unique for everyone. Person connects with the outer world through this personal world. Which means the cause that connects with the outer world is there within this personal world. Word in Hindi is known as duniya which means bipolar. If the person is able to

solve the mystery of this bipolar world within then he comes to know the fact that living within this bipolar world is just an option. One can live the life without being involved with this bipolar world that exists within also. A detached person tries to find the meaning of life more intensely. One that has an inclination towards attachment and another one that is inclined towards the detached way, both of the elements remain present within every individual. They're like the genes that are dominant and recessive. One section of the population prefers to live in an attached way and another section prefers to live in a detached fashion. Detachment doesn't mean segregation rather it is about not looking for any rewards. A detached person comes to experience the fact that the inclination towards profit & loss makes one move towards the future. In this very moment, if the mind is not inclined towards anything then it gets to experience present. The 'satsanga' or the face off with the truth happens in present only. So today is an opportunity for an attached person to move towards the future. Similarly for a detached person, today can be a facility to be in present.

This outer world is a venue for the people of different inclinations and states to come together and share the experiences and the knowledge they have. This is the place where help can be requested and availed, not from the almighty but from the people. This is a place where knowledge could be gathered from unknown people through their literary work, discourses and even interaction.

Dreams are associated with the future whereas hope is related to the present.

Whatever we see, we narrate that only. If the view stimulates the mind then it produces continuous thoughts and images associated with it. Pictures and images associated the world that we have created, keeps producing the related thoughts within us. So even if the person is sitting ideal and wants to still own mind, then this becomes a problem. When the person says sits in the nature then it leaves a different kind of impact on person's mind as it doesn't stimulate it. That is why nature doesn't leave any baggage on the person's psyche. It sends person refreshed & lighter. Whenever mind feels lighter, it feels rejuvenated & happier. Another view that people have access to is

the view that is seen in samadhi. This is the image of non-duality. One who gets to see it becomes absent and only thing that remains there is the view. This makes this view absolute. This means that the image & the eyes that get to see it, become one. Here the person can rest for much longer period of time without having any thought or the movement. This state has been described in various ancient scriptures. This is what being Yogi is all about. That is seeing the consciousness apart from matter and almighty apart from the world. It is about getting to see the juice and the fruit differently. It is the juice that makes the fruit valuable. Food is just a shell that keeps the juice within.

Our all the dreams are associated with those pictures that depict changes from our current scenario. Dreams are about creating a beautiful picture of ourselves that we term as our world. Whereas present is not about creating any picture. It is about absorbing an accepting the existential and the eternal picture. That is why present is beyond imagination. It cannot be dreamt of, it can only be attained. This makes one realize that this image or the scenario is not the part of my world rather I am the part of the picture. This is how mind that keeps moving becomes absent. As all the light belongs to the sun, similarly all the hope belongs to present.

One can think about the future or can discuss about it with others.

One can even plan some part of it.

Whereas as far as the present is concerned, one can neither think about it nor can discuss or plan. To get into the stream of present, one has to take off the clothes of thoughts and the shoes of discussion. All the external conditioning has to be taken off. Another thing is that it is not a group activity, It is just an individual sojourn. Family, friends, husband, wife & children cannot help.

Until and unless we get rid of this mechanism of thinking and acting, one cannot get to feel what the present is all about. Through this only one gets to know about this fact that one is not an act, actor or an exchange. There is much more about oneself apart from these. Mind has this tendency of engagement and movement. If one is not

connected with natural side, then there is no option but to engage with the people & ideas and keep moving. Until & unless our natural side gets awakened, there is no other option but to keep engaging with something or another. Although during this period one definitely gets to feel that something is missing from the life. This very feeling of deprivation makes us seek and show keen interest in other aspects of life, to which we are not exposed to. This is just a part of our seeking. When we try to find something, we search in every available direction and place. This is like tasting various food items before we select the food of our choice. Our journey towards present gets facilitated by existence and that only knows what we are looking for. In our pursuit of present, we even don't know what we are searching for. This establishes the individual's deeper most connection with the existence as those things that are not even known by our own mind, gets facilitated by the universal design. This can be termed as the present or the individual's hidden potential or even the divine intervention. This can also be termed as the pursuit of knowing oneself more deeply. Through this only one gets to know about the fact that how everyone is connected with the cosmos and the eternity.

There are two sources of initiation related to whatever happens through an individual.

One is the thought and another one is the inspiration. Every thought that gets converted into a task needs efforts and careful planning. As far as the thoughts are concerned, there are two aspects associated with it's processing. That are planning and execution. If anything is not planned well then it's execution can't yield the desired results. As the design gets converted into the project that further gets converted into some task, infrastructure or mechanism. So the execution of any thought requires a considerable effort that is invested into the planning level. Many ideas get rejected at the planning level as upon evaluating all the aspects related with the idea then many a times it is found that few of the ideas are not workable. Whenever some uncertainty gets associated with anything, then it can will only be classified into the category of future.

On the other hand execution of any inspiration is spontaneous and automatic. It doesn't require any planning and evaluation. This means there is no element of uncertainty associated with it. If it is an inspiration it gets executed automatically. Mind remains closely associated with a planning part. Hear only it gets the feeling of claiming the credit of the work. Every inspiration gets executed by the nature's power and through the inherent skills that are already present there. This is the reason that mind doesn't find any opportunity of claiming the credit of the work. From here only one gets to understand that how things get done spontaneously in the realm of present. Being present means being there and working merely as a facilitator. That is why every inspiration is like a divine intervention in human's life. This is how one gets to know about the present through the task that gets executed by oneself. Present is an experience. Only by living it, one gets to know about it. This underlines the value of karma in life. From here only one comes to understand about the differentiation between the Karma and the Dharma. Through Dharma only one gets to experience the present,

Mind wants your time.

Mind can only remain active in the dimension of time, where something keeps moving. The movement of the mind, keeps the time active and the movement of the time, keeps affecting the mind. When the person stops devoting own time to the mind, then the mind comes in balance. Mind's attraction towards the movement, makes one move towards the time. When the mind becomes balanced, then only it sheds own curiosity towards all those activities that involves some mental involvement. When the mind becomes neutral towards the movement of the time, then only person makes progress towards the self. This is the methodology of developing own 'self'.

Self is much more neutral and stable part of the individual. Unlike the mind it is not dependent upon the time for self sustenance. Mind becomes excited and even reckless when it gets to see the abundance of time. Just like the process of respiration is dependent upon the atmosphere, similarly the activities of mind are entirely dependent

upon the availability of the time. Through the activity only, mind keeps oneself going. Unlike the mind self can sustain itself in absence of mental activity and gets to develop only on the grounds of stillness. That is why through the self only, one gets to experience the present. Present is related to a particular experience that is about being I am present, irrespective of any mental activity . It is about exploring a whole new dimension, just by becoming able to be present.

Self gets to experience a state, where everything remains stable and nothing changes. This means the treasure of present remains constant and it cannot be diluted. It is always intense, in it's own dimension. Every time person gets to enter into the present, he gets to experience this abundance of the treasure of stillness. It is there for everyone. Whosoever gets to enter into present gets to enjoy this abundance of the pleasure of stillness. One's kitty of experiences remain incomplete until one gets to feel the stillness and unique pleasure of present.

People either tell us that

1. How much they have struggled or been able to achieve.
2. Another group belongs to them, who got to able to dissolve their minds, who remains keen to elaborate own achievements. They neither talk about the struggles nor achievements. More than the excitement of elaborating, they have the stability of silence. Work that happened through them, speaks for them. They don't want to keep their memory too active. Rather than the mind that relates to the memory their consciousness remains active that relates to the eternal reality.

This eternal reality doesn't have any past or future. It has various elements that keep changing among each other & aspects that keep transforming into one another. So the novelty always remains maintained in a cyclic way.

As far as the humans are concerned the ability of forgetfulness is a great power. As the person brushes the teeth and showers so that all that dirt that belongs to yesterday gets cleaned and the freshness is restored. Being forgetfulness is not related to dementia ratio it is about cleaning the mind by dipping it in the pond of meditation. Another thing that values is weather the person nurtures own nature or the mind. If the

person prefers living a natural life then he is not too much concerned about the memories as the beauty and tranquility offered by the naturalness can never be provided by the memories. The comfort offered by the natural work can never be compared with the effect that gets generated by implementing the mental thoughts. When every day something natural can be done then why to get entangled in the web of thoughts and memories.

When the person gets to feel the ill effects of the memories and uncontrolled thoughts then only he realizes the value of all those efforts that make him drift away from all these unwanted mental tendencies. Sleep provides great physical and mental relaxation. Similarly getting associated with own natural work makes one capable of subsiding the psychological inflammations. Healthy living advocates external as well as internal cleaning. That is why person has to balance own inclination towards the material aspect of life with the spiritual aspect. Taking the middle path requires keeping away from both the edges.

Natural produce and 'making' are two different aspects of one's life.

Today is opportunity of making whereas present is the opportunity of natural produce. Mind utilizes today for getting attracted towards something new, for exploring and finding something interesting, for generating new thoughts and associated feelings and making new endeavors. Everyday mind keeps thinking that something could be done today and it has even plans for the next days also. So there is a lot of possibilities of acting, working and initiating. For the aerated and artificial drinks, one can go to the factories however for water one needs to get in touch with the water bodies that are natural. There is nothing to remember about drinking the water or inhaling the oxygen because it is regular and daily routine. However One can remember that when he drank some specific or special drink.

Both of these processes get facilitated by two different kinds of elements within the living beings. All the efforts get facilitated by the mind whereas all the spontaneity gets facilitated by the nature within the living beings. Supreme consciousness lies in

the center of every natural activity. So the best way to rejuvenate own soul is by letting the spontaneity take over. All these activities don't get registered in the memory as they happen on their own. This is the reason and the secret that by letting spontaneous things happening, one doesn't get to feel that he did something. So the person feels fresh and light as there is no associated baggage of 'doing' something. That is why there is no tiredness as well. One gets to feel the peace and stillness through this. This makes one remain motivated about it spontaneously.

For the mind everyday is a new day, for the soul everyday is the same day. For the mind today means activity related with fulfillment of own wishes. Routine means the fixed everyday activity. Mind has wishes, intellect has projects. So both of them need today, tomorrow and the forthcoming years. Nature has no plans, It just has dedication and full surrender.

Almighty could be remembered through name and image however there is one more way of doing so and that is of feeling the presence of truth.

The third one can be attained through the samadhi. Through the first two methodologies one gets to believe that almighty, oneself & the world, all are present. Through the samadhi one comes to experience that only truth exists and everything else that looks visible is his manifestation only. In this realm whatever that we see is his reflection only. In the innermost dimension he exists in his own way where the surroundings are not different from him there. In his vicinity everything else gets dissolved and disappear as truth exists in most absolute form. There cannot be any option of existing something else.

This element is what truth is all about. Which means the presence of the only eternal element and the absence of the rest. It means whatever that one does gets facilitated by him only and whatever we do, should be surrendered to him only.

This is the world of reality. Which means lifeless and living beings both of them get exhibited in the material form. One remains dependent upon the senses to get in touch with this reality. Senses make oneself capable and dependent both. Whatever that we

do in the visible world, gets done by the mind only. This means mind is the most necessary element or the sense for the visible word.

Similarly self-realization is about finding that internal element that is necessary for the internal world. As the visible world belongs to the mind similarly the internal world or the existence belongs to that internal element. Through this, one gets the preference of experiencing the peace, stillness and bliss. Bliss is related to existence which means the eternal presence. Stories are many but the truth is one. Similarly past and future are about too many identities, people & the related stories& experiences but present is just one in all the ages.

Place where nothing is beautiful, one wants to come out of there at the earliest. Whereas the place where everything is beautiful, There the speed of the mind automatically gets reduced. Individual keeps forgetting oneself amid that beauty. Here one is no more concerned about the speed or the time. As the beauty of the surrounding makes him forget all those secondary support mechanism.

To achieve the great accomplishments, one has to go through more challenging situations. If one is able to remain closer to oneself, then it doesn't matter much that weather the person is going through extended difficult phases during the lifetime.

Inculcation of the virtues is related with making oneself more resistant towards the variability of the time. Virtues are nothing just an armor of preserving own house of present. During the adverse phase one gets to face the heat. Presence of heat reminds oneself of own vulnerability. Presence of cold breeze makes oneself feel more comfortable. This makes one get forgetful of own vulnerability and fragility. One who feels safe wants to maintain the status quo. He doesn't want any change or any self improvement. All that he wants to fortify this stage. No matter what preparations one does, stages are temporary. They go through change.

When we look at the life from a this perspective then it is found that it is all about either preserving the stage or attaining a state. One who feels safer earlier goes through change later and one who feels vulnerable earlier goes through

transformation. Siddhartha felt vulnerable earlier, that made him realise the instability of this whole arrangement. This made him look for a more stable state. They who find this arrangement safer, don't go out to seek any alternative arrangement. They who finally get the attainment, don't require any secondary support mechanism. They become happy with what they get.

When your vision remains stable in present then neither you are keen to stay longer in the pleasant situations nor you want to move out of the unpleasant situations anyhow. In most of the situations, you remain nearly same.

There are good times and bad times, pleasant and adverse conditions during the lifetime. Like there are some phases in life that are more pleasant than others. Like childhood is considered more pleasant than the old age because of its carefree nature and the radiating exaltation.

Then there are conditions that are created by the Karma fruits. They are binding in nature. If this bondage of Karma fruits is done away with then there won't be any way out of the duality. During the adverse conditions imposed by the Karma fruits, individual gets more closer to oneself than the sensual pleasures. A better understanding and presence of self facilitates the way out of the confines of duality. There are times when people try to impose themselves upon you whereas you just prefer to remain polite and let them act the way they want, just because of the fact that you want to uphold your value. Sticking with own value makes oneself remain more composed and present. This allows you to remain same individual during variable conditions. There are people who exercise such a kind of control upon themselves that their behavior remains unchanged during the favorable & adverse times.

Values are the walls of the state of present. They just protect the individual's presence within the confines of present. They are like the Laxman rekha around the hut of Sita. Which ensures the safety of Sita, irrespective of the variation of conditions happening outside of this line.

When the mind becomes sensitive towards something that remains same in all the conditions then it gradually becomes less sensitive towards the good and the bad quality of time. It is about finding something more precious than the time.

In each moment there is a lot of information that is willing to come to you from your surroundings.

One can receive them, If one is not busy planning for the next moment. Every moment has something to offer. the information keeps flowing to the individual from the outside world as well as from the existence. The external information are related with the world, the society and all those desires that keep simmering within the individual. They all keep generating some data that keeps flowing towards the brain. these are those set of data that come to the individual from ever changing scenario of the outside world. nothing is permanent in the world and the picture present around the individual keeps changing with the time. Nothing of these images are permanent and all the data which gets provided from them is not related to the person's inner self. Just because of their changing nature a current of excitement or resentment remains connected with them. The effect which it leaves upon the individual also keeps changing with the time. This creates a cyclic phenomenon, where person likes the preferable data or the activity and tries to dodge the uninteresting lot of data. all of our senses keep accumulating the data throughout the day from our surrounding and brain keeps producing the thoughts related with them as well as own desires. There are people in the society who are very active socially and knows a lot of the information that is related to our vicinity. Then there are people who try to gather the information that is related with their area of passion and interest. whatever person does throughout the day surely generates some data however there is a distinction related with it. some people are into this data collection and some people just keep on executing their

respective duties without being too much involved with the accumulation of the related data.

When the person turns inwards and starts emptying his brain by practicing the meditation then another segment of our being becomes active, which is known as the consciousness. This is also capable of collecting the data not from the word but from the existence.

This is all part of the individual's improvement

It's not race against time.

It's about moving on with time.

Growing upwards with time.

Race against time means doing something in a definite period. To achieve success, timeline needs to be respected. If one is not able to abide with the timeline then the objectives would not be achieved. This phrase is limited to humans & animals as they have the active mind. Mind has some wishes and the desires. All these wishes are not in sync with the nature's process. Life gets constituted by both the mind and the nature. Nature gets regulated by its own laws and mind tries to keep upholding it's wish at any cost and in any given circumstances. sometimes two or more people want to achieve one same objective and for that they need to contest with each other. Then there are resources. sometimes there is a gap between the demand and the supply. this creates a situation of confrontation. When we look at the social objectives of the individual, then to achieve them the individual contests with many other people.

there are two stages of life. In the first one person competes with others and tries to fulfill own wishes and for that he keeps a vigil upon the time and makes many time-based schedules. This is all done to fulfill own wishes and establish own identity.

In the another stage there is no friction with others but person competes with own mental desires so that he can grow beyond them and avoid all that wastage of time and energy that gets induced by those habits. to achieve it person needs not sit in any external examination and abide with some definite schedules rather he starts utilizing

the time for the sake of internal development. he starts investing his own time within oneself. This investment is so much fulfilling that person comes to realize the fact that it is not the world that supplies everything to us rather the nature sits within the individual as well. It is about evoking that internal nature so that it can flourish with time and creates a refreshing environment similar to that of a natural mountainous terrain.

Present is all about presence.

Beyond a definite time period in past and future, individuals were not and won't be present. Being visible or invisible is another thing and being present is another. One's being is always present in present.

Present is that stable ground which allows the person to have a look at the flow of life, while being stable.

Past is not common for everyone. Similarly future also remains different for everyone however present is common for each and every one.

Present remains same for the people of every era. From stone age to modern age it remains consistent. Thousands years back or thousands years later, it remains same. Time doesn't alter it. People of the past and people of the future get to feel it the same way. Only after living it, person gets to realize that how the people of earlier era would have had attained & what the people of future would come to know. This makes the individual come on the same ground with all those realized people of the past and the future. This erases all the affinity with the past as well as all the curiosity about the future. Both of them are the forces that drag the human mind towards them. In the absence of both of these opposite forces, one can feel the joy in present. Joy is that particular feeling that makes the individual comfortable with oneself and the current moment. One comes to know that whatever best that can be offered by the existence can only be facilitated through present only. This brings the realization that it is a futile process to look towards the future for acquiring the best of the experiences. One also comes to realize that no matter how grand an experience

becomes, it can never match the comfort and joy of attainment. Present makes one realize about the difference between matter and consciousness. In the absence of present, one considers oneself a life or a living being. Anything that is looked from outside generates curiosity and when the person gets to look something from within then it generates the awareness. It applies on the life also. From outside life means living beings. From within one comes to realize that it is not a matter of matter. It is much more refined than the matter.

Mind needs only one thing from you & that is 'time'.

As the space and time are interrelated, same is the case with mind and time. Time has the variable effect upon the body, mind and the consciousness. Mind identifies itself with the time. Mind creates a halo effect, which is known as the identity. Mind keeps maintaining this halo effect through various activities and to perform the activities it wants to keep the expanding the time. This way mind has a particular affinity with the time. Mind never says that it is enough now. When the effect of identity is generated then it becomes a responsibility to keep sustaining it. This means keep generating future, so that under the canopy of identity, mind keeps harbouring. This is the inertia that gets generated & keeps thriving within us. This inertia doesn't let the inner nature to exhibit herself. This is like getting a baggage of inertia of identity on the back, which doesn't let the individual to bend down and get the water from the flow of inner river. This doesn't let the individual acquire inner refreshment. This happens because of the loss of the ability of kneeling down. It means a tired person can not satiate own thirst just because the inertia has crippled his flexibility. The individual doesn't even want to get rid of this baggage because he thinks that it is his earning. To defend the baggage there is no other way but to keep doing activities and moving towards the future. This is how we become the captive of our own mind through our desires.

Mind can only remain active in the dimension of time. Till the time mind exists time remains their and vice-versa. When one denies feeding time to mind during life time, then mind doesn't remain strong enough in afterlife to force consciousness to venture

out in the dimension of time. One aspect of ours demands time but another aspect of ours demands love. Whosoever aspect becomes strengthened starts driving the life according to it's virtues or tendencies.

Living being's deepest mystery is time:

It needs a master of the respective subject to through the light upon it's deeper aspects. An artist can make us learn about many intricate details of the arts. It needs a sound intellect to get a better understanding of any subject.

Consciousness is that element within every living being that can generate the awareness about the time within the person.

Time is the mother of all mysteries. Individuality cannot concentrate over consciousness. Consciousness cannot concentrate over individuality as it look inwards whereas individuality faces the world.

To work for individuality, you have to be an identity whereas to know super consciousness, you have to be consciousness. That is why the god realization is facilitated through self-realization. The awareness about the time element is facilitated by the self element.

Our mind knows too little about the time. It knows that the time is divided into past, present and future and it keeps moving with a consistent pace. All these things have been told to us.

Upon looking deeply one finds that all those consistent things generate two little curiosity in the individual, especially when they cannot be even manipulated with. Even if one wants to know more about the time then what is the way of doing so. Mind wants to engage with those things that can be manipulated and with whom preferably an interaction can be established with. All those things that are absolutely inert strike two little curiosity within the individual as mind operates through the senses. When the senses have no role to play in any subject then that subject is too dry & boring. In the absence of pen, nothing can be written on the paper. Pen is a link between the thoughts and the paper. Similarly when it comes to knowing indepth

about the time, a link is needed. Time is one of the mysteries that are related with various aspects of the existence. It cannot be understood through the books. It is that minute element, which is beyond the grasp of the mind. Through the mind one can interact with the world however 'self' has the access to various little known aspects of the existence.

As far as knowing is concerned, there are two aspects of it.

One is the knowledge and another one is the awareness. Simply awareness is the source of all the spiritual and existential knowledge. As far as the material knowledge and science is concerned, one needs to remember & practice it. Spiritual knowledge can be availed anytime without memorizing it. Only thing that is needed is awareness. Whatever you get to see, you can describe it in your own words. Thing that is not present before you, needs to be remembered. Anything that is not part of you needs to be remembered. The quality of connection that can be established with the truth, can not be established with the matter. Any knowledge that is related with the matter has to be acquired by reading and learning. Whereas knowledge related to self and the truth is known spontaneously without using any other senses i.e. eyes or ears.

Knowledge about to the world & own physicality is acquired through the congregation of senses and intellect. Self is beyond senses, intellect & the world. That is why it gets to achieve it's share of knowledge without their help. We want a balance between both of these segments of knowledge providers. If we have material knowledge only and no knowledge related to oneself then one segment of ours remains empty. We might be wealthy from material perspective but we remain poor from the self-perspective. Money is about the buying power, knowledge is about the wealth. It is too difficult to know that how much money ramanujam had but people know how proficient he was with mathematics. Knowledge is much more closely associated with the self than the money. Buying power cannot unlock the intellect or the wisdom. However the intellect can surely increase the person's buying power.

Knowledge can answer only half of our questions but to have the rest of our questions answered, we need wisdom. Knowing is different than understanding or memorizing.

Internal evolution is related with the the transformation of 'vyashti' to 'samashiti':

'Vyashti' means living the life centered around the expenditure of energy through mind, intellect, ego, eyes, nose, ear, skin & tongue. In such a case person's focus remains conjugated with either or more of these senses. This makes the internal power move towards the world through the various senses present in the human body. This whole setup doesn't let the person experience present. The energy expenditure in such conditions doesn't evoke the 'self'. Self has such a vision that can see beyond the body and the world. When the self gets awoken, only thing that it gets to see is the truth. When the focus gets directed towards the truth then it cannot get diffused towards the rest of eight gates of expenses. Now the internal structure gets changed in such a way that converts the expenditure of energy into the utilization, which is the yogic way of living.

'Samashiti' can be termed as the way of a Yogi. The way he likes to utilise his resources. It is about seeing the truth and serving the truth. Yogi realises this fact that whatever power, energy & resources he utilizes, gets drawn from the truth only. So he utilizes them in such a way that it could serve the truth. This way whatever has been drawn, gets deposited exactly the same way.

When this mechanism gets introduced to life, then one can afford to relax in present. In the present only, one gets the freedom from living in the mechanical way. Now one can get the joy of living in the nature's way. This individual gradually earns the eligibility of experiencing the privileges that remain confined to the fold of mother nature. A saint learns to give back. Whomsoever you are giving, you turn your focus towards that. Something that is before your eyes affects you the most. Something that you turn your back towards to, gradually becomes irrelevant. Our inclination is in making some exchanges with the world whereas we try to surrender to the truth. So

with the world it is about give & take whereas with the truth it is about surrendering everything back.

How does awareness develop?

More than more time one invests in stillness, ultimately gives birth to awareness. It's not just the money that way invest rather it is time too. One needs to be a little more mindful about where he invests own time? They are only two conditions. Either our mind remains still or it keeps moving. In the first condition one knows that the source remains still so there is no need to unnecessary run after the options and attractions. This one knows that that is a difference between the eternal reality and the material reality. Eternal reality doesn't go through any change whereas the material reality keeps going through the cycle of change. This individual knows that the connection with the eternal reality can not be established by indulging into these material movements.

In the second case a wandering mind keeps training the focus upon the material reality. Material reality looks very real because they can be accessed by the senses. Another thing is one can retain oneself while making the exchanges with it. This creates a unit of two different poles. One is the consumer and another one is the trader. On the contrary eternal reality is so overwhelming that the presence of two poles are not possible here. Just like the black hole. Anything that comes closer to it becomes a part of it. Similarly one that comes closer to eternity gradually gets transformed into it.

What awareness does to the individual can be understood by this example of a classroom. An aware student knows that whatever that is going on in the clas is an examination. So he remains completely mindful and keeps own focus upon answering the questions. Another student considers it another regular class. So he may keep his partial focus towards the subject and the rest of the focus remains engaged with either the friends or in the dreams or thoughts. Both of the students deliver two different outcomes. Looking at the answersheet or notes of these two students, teacher

instantaneously comes to know that which one is devoted. A devoted person does one thing perfectly and that is the utilization of the time.

Nature utilizes time for transformation. Mind utilizes time for sustaining own presence upon the earth:

Human nature also utilizes the time for the self transformation. Because the way nature conducts itself during the lifetime is entirely different from the way mind behaves.

Upon looking at the natural and mental growths, one finds that the natural growth happens in the vertical direction whereas mental development happens in the horizontal direction. There is one basic difference between the nature and the mental development. Every tree wants to reach out to the people by expending itself whereas mind gets connected with the people through making the movement. This is the basic differences in their approach. Trees create an area of coverage whereas mind develops an area of dominance. Trees create canopy that consistently remains along with them throughout. Their branches shelter other animals and their shadow keeps the area habitable. This is how an entire ecosystem is created which is just like a civilization for animals. There they can live, hide and thrive. The fruits, soft branches, leaves & root parts serves as the food for animals.

Being present is enough for the nature whereas becoming noticeable is important for the mind. Both of them adopt different pathways for achieving their respective goals. Nature retains own power that is why she makes it available to others. That is why she always remains there as the provider. Mind keeps spending it's power that is why it always remains in the hunt of something. This way there are two definite conditions, that is completely opposite for the nature and the mind. One wants to provide another one wants to receive.

Consistent transformation ensures consistent improvement. This is the nature's way. Consistent improvement ensures more power. No matter how developed a mind becomes however it has to abide with the nature's laws, which gets applied on the

matter. The world of consciousness and power is different than the world of mind and matter.

There are multiple spiritual paths and everyone of them produces one common effect and that is the generation of peace:

Other emotions can be expressed however peace can not be expressed because when the person experiences it, mind goes blank. So if there is no corresponding picture to peace within the mind then one has no clue about the way to express it. And when this feeling of expressing it goes away, then person remains contained within without having any desire of establishing any link with the outside world. That is why peace can make a person become stable & sit in a meditative state that depicts a statue.

That is why rather than considering it an emotion, it should be considered a state. States are different than emotions because emotions can be expressed while the state is somewhat innate. Emotions don't have this capacity however peace makes the individual become independent. As one loses the desire of making any exchanges with the outside world. Thus it can hold the mind within. Mind is like air it keeps flying. However peace has such a binding effect upon the mind that it gets converted into a semi solid state of jelly. It generates the ability of keeping oneself intact. This means it has a binding effect. The particles of flour are separated from each other however when the water gets mixed with them, they get converted into dough. Flour can only get converted into the bread, once it transforms into the dough. So this change facilitates the flour to get utilised for the sake of benefit of the living beings. Peace introduces such kind of glueing effect upon the mind. When mind gets glued then it provides the best opportunity for the awareness to develop. Grain goes through few intermittent stages to have itself converted into the bread. Same is the case with the mind also. When it gets transformed then only the consciousness and the awareness come to life. This underlines the value of internal evolution that happens at the level of mind. Peace is the power that can contain the mind. Meditation is the methodology of producing peace.

Future is for experimentation:

It is about those experiments that are to be performed. All those plannings that has to be implemented. Future belongs to all those adventures that are there on the list. All the interpersonal activities that are performed under the effect of mental excitement.

All the lustfull activities are performed in the realm of future only. Anything that sensitizes the mind is about either the past or the future. Until and Unless dissatisfaction simmers within the mind, one keeps continuing towards the future.

Future is about diving deeper into the world. To obtain success one needs future.

Any experimentation surely produces related results as well. Surge of future surely creates a byproduct known as the past.

While being in the cycle of options and imagination, one creates future and the past. If there is a blueprint in the mind, then one definitely wants it to materialize. Run towards the future surely makes us more experienced and mentally mature. Maturity is related with knowing the outcomes and effects of all the experimentation. An amateur person doesn't hesitate in throwing the cautions to the wind whereas a matured person is more considerate about the possible outcomes and that is why he prefers to move with more discipline.

One who is happy within oneself can go deeper into the present.

Someone who has a satisfied mind proceeds towards the self exploration through maintaining the self-containment.

A tranquil mind wants to retain this state at the expense of sacrificing the indulgence into all the exciting activities. Peace cannot be obtained through any interpersonal activity. World is full of charm & opportunities whereas the individual is full of possibilities. Both the future and present surely award their respective fruits. People of different inclination express interest in either of them. Future is the ground of all the rich and potentially rich people whereas self enrichment can only happen in present.

If time is money, then who are you?

It means time is related with treasure. Amassing treasure is related with earning more in a limited period of time. People who are able to earn more in a relatively short period of time become able to create a treasure. Wealth creation is related with the ability to earn comparatively much more than the others. Money and the treasures are related with the external aspect of the individual. If money is another the aspect of the time, then we keep converting our time into money. This tendency is something like the mass-energy conversion phenomenon. Where mass gets converted into energy and then energy gets converted into the mass. Upon analyzing the society one finds that people keep converting their time into money and then keep spending money for the sake of buying the time.

If time is money however the individual is certainly not the money. As if the individual becomes money then he becomes the part of someone's treasure. In this case the individual is not the master of oneself rather he is just a slave of someone else.

It means to find oneself, one will have to see beyond the time and money. As far as the internal wealth is concerned, money is not the currency there. Internal wealth is related with values, the self, peace, vision, devotion, compassion, awareness and love. Material wealth can be seen however this wealth is too minute to be seen through the eyes. It requires an advanced level of awareness to recognize this wealth among people. Peace is related with the extraction of mental activities. It is related to attaining the internal silence, which has to earned by every individual. This is not a treasure which could be inherited. Earning is related with making this process functional within oneself. This is related to earning the eligibility. Inheritance of wealth is related to the genetic and emotional connection. Everyone is is a progeny of the mother nature. That is why there is nothing like chosen one and the preferred one rather it is about the purified one or the one who is ready enough.

We live in past and expect from future. That's why we go to fortune tellers. When future holds no hope, then we go to the religion to find peace.

Our mind and fortune tellers have one thing in common and that is future. Both the mind and the fortune tellers like to talk about the future. Individual has questions regarding the future and the fortune tellers has some information regarding it. When current situations trouble the individual then he tries to find some expert fortune teller, who can predict the future and give some hope to the curious or troubled mind. Individual has the expectations and fortune tellers have some solution. Fortune tellers don't just predict the future rather they also provide some solutions to minimize and negate those troubles. So both the diagnosis and the treatment is offered by them. Mind holds the courage, takes the dive and upon getting the negative results get discouraged. Then a whole lot of confusions start coming to the mind. Then the mind starts thinking whether his decision was right or not. Is it worth to spend the effort and time in the same objective again or is it better to look for some alternative objectives? This is a peculiar trait of the mind. It keeps collecting courage and keeps getting discouraged. It keeps thinking, keeps consulting, keeps taking decisions, works upon the project and then feel confused that whether it is going in the right direction or not. One thing that mind keeps retaining in this whole process is the excitement. For the mind, if something is exciting then it is doable. Future is exciting that is why mind keeps moving towards it. Till the time the realities of the life remain out of the sight, one keeps pursuing for the dosages of excitement.

When the person realises that life is not just about the excitement rather there are very harsh realities related with it. Then the very future that looked exciting becomes sorrowful. Now there is no point in turning towards it rather person starts becoming curious about the religion for the sake of attaining the peace.

Time that is allotted to everyone can be spent in four ways.

- (i) On exploring options that has been made available by life.
- (ii) To achieve objectives of life.

(iii) To fulfill ambitions.

(iv) To work on the purpose of life.

Ours & other's mind always keeps throwing options and ideas at us. These ideas are related with available opportunities. It requires keep spotting opportunities and the threats and keep utilizing as well as neutralizing them. There is an ideology that propagates that every available opportunity should be capitalized upon. For this one needs to be in the vigilant mode always. No matter how well we implement this ideology however it makes us a customer only, who remains at the receiving end always. This means there is nothing substantial which is being produced within us and provided to others. Abiding with this ideology requires keeping own natural side on the back burner.

Then there are certain social and individual objectives in life, which one wants to achieve. Since the person comes into senses he realizes that a definite competition is going on in the life. It wants everyone to prove themselves. One realises that the society, family and friends encourage the individual to put up a good show and prove their salt. So everyone wants to aim high and achieve more.

When the person becomes able to fulfill his objectives and feels satisfied then he keeps looking further. Once he's done with developing own intellect and establishing the individuality then further either he moves on to substantiate his ideology or work upon the new found ambitions in life. As in the realm of future, some aspect of the individual keeps running.

When the person is done with his objectives then rather than going towards the ambitions, person alternatively moves towards finding the purpose of life. The basic difference between the purpose and ambition is the inwards or the outwards flow of the desires. If the person is able to take control of own desires then the purpose can take birth in life.

Time measures distance and mind measures difference.

Time and distance are correlated with each other. Reaching to some destination doesn't mean that the distance is eliminated. Earth is one common ground for every living being and everyone has created his own destination on its multiple points. So every living being on the earth has different destinations.

To travel between these two different destinations, time is required. This distance creates a gap between the people. To overcome this, one needs time so that this feeling of gap could be eliminated. Humans invented various methods of communication and the feeling of this gap is one of the reasons behind the zeal to invent something that can eliminate this gap. These communication lines are the fastest bridge to kickstart a conversation between two individuals. Mind wants privacy and it wants to connect with the people as well. It wants to keep different time slots for these two.

Nowadays people have divided their life in three segments. One is family, another is society and third one the rest or others. He wants to be physically present with the family. With the society he connects with the social networking and through the business and he wants to stay away from the third segment which is known as others. So he wants to keep his time divided into three parts. Which are the private time, family time and the office or the society time.

Mind decides about these two segments which are whom to connect with it and whom to avoid.

Mind wants to retain its exclusivity and it harbours insecurity as well.

Exclusivity is the another term for the difference.

In the social setup we are often advised about many ways to stimulate own mind. Finding ways of stimulating own mind is easier as mind itself wants it and it keeps generating new ideas and thoughts related with it. It is economically advantageous as well. That is why society wants to provide it and mind wants to receive it. It is simple give & take.

One thing that is not taught to us is the relevance and the methodology of quietening the mind.

Future is that carpet that mind lays open for itself.

If we consider that life is so much fun then we would definitely move towards the future only. As in such a case future would be more fun. If the road or the life is smooth then it is about moving faster and forward. If we decide to take this path then it is certainly heading towards the future.

One can get everything in the future except oneself. Self, stillness and truth are interrelated so our knack of traveling towards future won't help us in attaining them. We know that the last thing which a child wants is discipline. If the child wants to go outside in the ground or the park to play or he wants to operate television or mobile are he wants to have some toy or get some sweets and chocolates then parents know how difficult it is to say no. The same is the case with our mind also. When disciplining someone is so difficult then disciplining oneself is how tough.

A tranquil & disciplined brain is more sensitive and compassionate. An excited brain is less compassionate and disciplined.

Discipline is not about convincing others to follow the rules rather it is about making oneself earn the stillness. Only the stillness or peace facilitates happiness. The point is if the brain or the mind is not helping us out then it is better to take the shelter of own consciousness and try to achieve stillness. If tranquility is not being facilitated then it is better to move towards stillness. Future is exciting but the present is peace. So if the journey towards future is tough then it's better to divert towards present. Present is also about journey however it's direction and the dimension is different. Sometimes people look for someone in their life who could discipline them more. Many have the secret admiration towards their parents just for the fact that they lived their life more disciplined and they keep underlining the value of it to their wards, mostly through their actions.

When the desires strike, the last thing we want for ourselves is the discipline. Desires may intensify our indulgence but they dilute our stillness.

One thing that can be continuously tried is to increase the density of present during the course of lifetime.

This can only be done when the person gradually starts taming own dependency upon the emotions and the interest in expressions. This is what sadhana is about. Sadhana means own spiritual practices and living the life according to own natural tendencies. All those tough conditions in life make us realize that self-help is about improving the self discipline. When everything goes smooth then person gives this leverage to oneself by relaxing the norms of self discipline. When the situation becomes tough, then one realizes that it is better to go back to the high levels of self discipline. When the person realises that if the help is not coming from outside then it is better to help oneself in whatever way possible. This is done by parting ways from various mental patterns that keep dragging the individual towards various indulgence. Mind retains it's control over the individual through these patterns only. Self discipline helps the individual by minimizing the effect of mind and brain and increases own alignment with the peace and stillness.

Indirectly all these practices help the individual in intensifying own stillness. As through the stillness only one gets to witness the truth. If the things are not granted to the individual then he tries to earn them. If the person lacks the gifted mental tranquility and nothing is helping him to the optimal level, then he tries to help oneself by taking the path of meditation and other yogic practices. This makes one realize that the life is not a play rather it is an opportunity to practice and earn. They who don't face the same difficulty may not be interested in exploring the various self help tools. That would be rather interested in exploring various entertaining aspects of life. This certainly helps a person to enjoy more however the first group of people try to earn stillness.

Entertainment appears more interesting however stillness allows the person to have a more productive life.

Mind divides time into past, present and future. Intellect is there for future only. One can't change anything about the past through intellect.

Past doesn't allow the individual to make changes. It cannot be lived again although one can try to recreate few episodes of it. Even they cannot be recreated exactly. Storytelling is all about this recreation, If not on the ground then in the person's imagination. Living the same moment again with the same intensity and with the same feelings is not possible. This happens because Every moment that person lives is made up of two segments. One is sponsored by the nature and another one is the individual. Even the individual has two aspects. One is the nature and another one is his mind. Often there are more than one people are involved in any emotional chapter of the past. No matter how much effort or money one pours in however the past cannot be relived exactly the way it was.

One can become emotional remembering certain chapters of it however that is no way to re-live it.

Future is like book which is completely packed from all the sides. One can only become curious and guess about it's content. Future is another opportunity to better oneself. Future is an opportunity to improve own knowledge. Once the knowledge increases, person starts doing the things in a better way. Along with the commitment knowledge helps the person in discharging own duties in a better way. So intellect is a tool that designs one aspect of the future. Individual travels towards the future however past doesn't leave him alone. Past is not just about the moments which involves us rather it is about those moments as well which were lived between and among others. There are cameras now through which they can be captured. All the data related with these captured moments are stored on the server nowadays. We get to connect with them because we have the access to the television or the internet.

Mind produces the outcomes on the basis of the analysis of all that data that is presented to it.

If we go by the looks and thoughts then people would never be feel oneness. Looks and thoughts sensitize the mind in such a way that It starts processing a lot of data. When multiple types of informations are mixed together then it's result becomes a lot confusing. When everyone has a different identity, a particular way of thinking and belief and everyone has an underlying ego, then there is no way to feel the commonality among ourselves. Even the multiple belief systems are not able to see the commonality that exists among all the living beings. That is why they air very confusing messages to the masses. Belief systems are more interested in retaining their identity. That is why they are of little help to the people, who want to go beyond the identity and witness a new dimension of their own being.

This is the reason that the belief systems behave like an enterprise or company. It is not the belief systems but the wisdom that comes to the rescue. Wisdom is the product of present. One who is a struggling for his own identity always look towards the future. Present belongs to all those people who have dissolved their identity and are much more productive by being nothing. Nature always connects with the individual not the masses. One who is ready to become just an individual has greater chances of establishing the connection with the eternal source of life. Seekers are individuals, they are not the group. Followers are the part of a group. Seekers are ready to embrace the mistakes. Followers believe that they cannot make mistakes. Secrets believe in acceptance, followers live in a denial mode. Cults and sects just want to leave their impact and expect of favorable result. It is an effort of establishing oneself. Not all people can believe in others beliefs. More than their beliefs they surely believe on that very individual. This is one common ground that establishes connections between people. Belief is a methodology adopted by the individuals however nature is the innate trait of every individual.

Karma is about future. Yoga is about being in present. Yajna is about working in present.

If one is not working for future, then the focus is not upon the individual. Neither oneself and nor upon any other person. Some individual always remains in the center of any effort related to the future. Truth remains in the center of all the activities related to the present. Service of the truth is known as yajna. One who remains in the meditative state, knows all the time that everything that he gets to see is the manifestation of the truth. Which means it is the effect of the truth. Truth in its pure form can only be seen within in the state of trans or samadhi. Which means the cause can be seen within and its effect is seen through the eyes. Cause is common, effects are many. One common truth looks divided in multiples and millions.

When the person gets to see the truth by oneself, then his emotions start getting transformed into a much more stable state. Now the concern that remains for shaping own future gets transformed into serving the truth. Our concern for future is related to getting a stable ground for oneself and own people. Till the time mind remains puzzled, we know the condition is shaky. That is why we need some stable ground. While living with that puzzled state of mind, one always keeps looking towards the solution. As the solution is not right there so one will have to wait and work for it. So the state of mind is responsible for the direction one looks towards to. It all depends upon the fact that what solution do we have? If we opt for some plan, then one tries to implement it, to have a look at the outcome. Until & unless this propensity of creating the mental puzzle is not resolved, we keep creating new puzzles and keep trying to resolve the existing ones. So we have two ways. Either to go ahead with the process of thinking the ideas and consult with others regarding the ways or find a way of attaining the yoga. As with the yoga, the process of creating new puzzles gets halted. With this love and humility come along and a new vision emerges & that is if the truth. If truth is the solution then the karma gets converted to yajna.

All the achievements are in the confines of time. Beyond time there are no achievements:

As a humans we are much more interested in the achievements of life. However neither the Earth nor our solar system is interested in achieving something. It's all devotion is towards one thing only and that is to keep maintaining this whole system. It is like the Dharma of the solar system and every part of it to maintain this arrangement. Just like the human beings, even our solar system has a life. Comparative to the limited duration of human life, the life of the solar system is too much expanded. Solar system makes us aware of the fact that when the things are in order the beauty of life thrives upon it. This happens because of the divine power gets the desired stable ground to have itself gets manifested. Divinity remains distant from the mercurial grounds. It wants the stability. This stability can either be provided by the soul or the mother earth. They who are able to develop their souls become able to see the divine side of the existence.

So what is beyond the achievements? It is Dharma, the divine duty. When the person chooses Dharma over achievements, he gets to enter into a much more wider cycle. The human aspirations are too small, when we compare it with the whole cosmic arrangement. Just because of the whole Cosmos remains adherent with it's Dharma, individuals on the Earth get to pursue their want of achievements.

The processes of the nature are at a much higher level than the achievements that keep crawling on the lower level. At the lower level the power, energy & the time remains available to the individual however when the scale becomes larger the power, energy as well as the time gets expanded to the remarkable level. We get to see the humans but not the God just because of the fact that our eyes are designed to see the material aspect of the existence. That is why no matter how much it gets to see however it can never get to witness the entire.

How we perceive time can be gauged by the way we utilize it.

Humans and the cosmos treat the time and differently. The movement made by the livings being is quite different than the movement made by the whole Cosmos. The planets make two movements continuously & unflinchingly. One is rotating on their

own axis and another one is the rotating around the sun. Rotation around the sun is about retaining own orbit and rotation around on axis is about retaining own mass. When we look at the movement around own axis then the process of churning or continuous stirring gets reminded. It keeps all the impurities away as it doesn't allow them to get mixed with the pure content. Through this all the impurities come on the surface and they don't go unnoticed. This process also ensures that all the valuable things remain under the effect of own center.

Science tells us that the cosmos is expanding. There is a message hidden in this development of the Cosmos which is about developing own awareness and that too continuously. If the development is the continuous feature of the Cosmos then it has to be an essential feature of human consciousness as well. There is another outcome related with all these motions. Which is when all the planets and the solar system keep following their own unique path and maintains the integrity of their core intact, then it allows the whole Cosmos to expand.

Similarly when the individual keep consolidating own soul by following own natural course known as Dharma and keep the truth in the center of the life as the planets keep the sun as the center of their movement. Then it ultimately allows the expansion of the awareness.

As the focus gets deflected, the movement also gets altered. When this happens then the outcome gets changed totally. This become evident by the fact that the person can either collect karma fruits during the life or can develop the eternal awareness. First one is outcome of our materialistic affinity and second one is the outcome of the divine devotion. Absence of the materialistic desires makes one develop the patience and this is how the cosmic awareness develops.

The divine aspirations make the individual move towards present. Which is facilitated by the existence and that is known as the destiny.

People of different backgrounds, different circumstances as well as environment get to learn more about different aspects of life. The unique feature of adaptability is

found among the living beings that helps in adjusting in different circumstances. For example, people preparing for various competitive examinations develop this habit of sitting for longer duration of time for studies. This helps them later to undertake the specific projects, do the related researches and remain associated with them for a considerable period of time. They know the value of devotion and building something brick by brick by continuous efforts.

They also get to learn that the focus has to be kept associated with one particular project and how the deviations in the focus has to be minimized.

People having different physical, mental and psychological capabilities try to learn living with them. There are people who live out of the suitcase and there are people whose physical condition doesn't allow them to make even little movements.

Humans look same but each one of them have different capabilities because each one of them get to live in a customized and improvised package that is provided to them by the existence. So everything looks same from outside but from within different people get to relate with different feelings and that is why they behave accordingly.

Then there exists one more differentiation, which has been elaborated in Gita. Which says that there are two kinds of people. One have the inclination towards the divine aspect and another one are more towards the materialistic aspects of life. Life allows them to connect with their chosen aspects. There are two different aspects of life which is associated with everyone of us. One is the previous karma and another one is the desire of achieving something specific for us. This desire can be materialistic as well as the divine also. The divine desires are related to the development of divine traits, which are peace, humility love and awareness.

West has the ideology of moving with time or moving ahead of time. East follows the wisdom of moving beyond time.

One who is not working on options and objectives feels that there is ample of time. One who works upon options and objectives feels tired. One who works upon ambition, feels that there is paucity of time and he needs more hours in a day.

Whereas one who is working on his purpose has nothing to do with thinking about the time. He is not even looking towards time. He neither feels that time is burden, nor he is bored or feels that there is the shortage or paucity of time.

We keep hearing about the talks that the time is changing. This means the lifestyle, the quality of life and the thought process of the masses are changing. Mind also keeps working upon changing own time. Which is about leaving behind the trying times and getting more success and stability. On the other hand life keeps changing. Childhood changes into adulthood, which further gets changed into old age. This way on both the ends of life, there is a movement. This is the typical pattern of living the life for most of us. This way there is no stability on either of the ends. In this condition there is no chance of knowing oneself or the eternity. In this way one is just an identity and nothing more than that. No matter how strong an identity is however it perishes with time.

Now let's look at a different scenario where the stages of life keep changing as it is a natural process of aging and it cannot be halted. Although the change comes in the way, mind drives the life. One stops endorsing the mind's methodology of living the life. One starts making efforts of living the life in present rather than moving into the future. This way this end of the life becomes more open, transparent and permeable. No life is no more a journey rather it becomes a process of development. Now it is no more a journey of an identity rather it is the growth of nature. The flight of an identity can never be compared with the power of nature.

Present is present now. Future is still at a distance & it gets exhibited through desires.

One can't go to future, if desire is not present. Intellect works on the planning of fulfilling the desire.

Future is about the result of the current action. The effect of the various conditionings of the mind are so strong that the most usual fact starts looking unusual to the individual that this very moment is about present. Every action that has some

associated expectation, takes time for producing the desired effect. That is why every such activity is labeled under a different category, which is known as future.

Parents want babies not the grown-up children because the freshness that babies bring to the parent's lives cannot be introduced by the grownup or the married children. Babies are about the innocence, whereas grown-ups are about the developed understanding.

People can be more closer to the present in acquaintance of babies. Grown up children talk about future. Present and innocence are closely related. Innocence can more comfortably generate humility. Developed understanding is more prone to fall prey of an attitude. If given an option then we would definitely like to see humility in people. It is the humility that we want to develop and maintain in ourselves in every condition. Whenever we loose it then we surely feel guilt about it. One who is capable of maintaining humility within is very less prone of developing guilt within, compared to that person who keeps losing humility more frequently.

A brain having more psychological problems makes a person realize the value of living in present. Various troubles makes the person realize the value of bringing the mind, brain and body in balance and developing own spiritual quotient. Spiritual aspect makes a person become more independent and avoid falling back again on this process of churning the mind, brain and body. Any activity that has no other end embedded into the future is spontaneous and lets the person have the joy of being in present while keep working.

Clock always points towards now. calendar gives an identity to today, in the form of a number. Which is called date.

Clock and calendar both are about numbers. These number are related to a particular identity. There are 365 days in a year and every single day is given a different identity in the form of a date. Similarly clock gives a different identity to every moment of the day. Our general perception about the time is through the time and the date. We consider the time, the way our minds are, that is continuously changing. As our mind

remains crowded with multiple thoughts that keeps moving continuously similarly mine has given a separate identity to every moment, which is different from another. This indicates towards the fact that mind relates with time and finds it closely associated with itself. That is why it has given the same pattern to the mind.

Mind divides own desires into two parts, the previous ones and the future ones. Similarly it has divided time into two parts, previous years and upcoming years. There is a peculiarity in the clocks as they always make the moment from the previous moment to the current moment. This means they always take the jump from the previous moment to the current moment. So it's whole effort is to keep indicating the current moment always. It is about sustaining the same movement with an equal pace and that too unflinchingly continuously. All the process of the nature and it's cycles are just to make sure that this present moment always remains intact. The whole power of the nature makes sure that the present moment always remains intact. Nobody goes into the future. Everyone keeps holding the present moment only. As the mind is not in sync with the nature that is why it has it's own notion about time. Because of it's own pattern of thinking mind may not come in terms of the eternal continuity of the present moment. This creates a mismatch between the mind and the nature. The moment both of them coincide with each other, truth gets revealed.

The tendency of expansion is related to an unsatisfied mind.

As much as we are unsatisfied, we feel that the expansion should be equally same. More unsatisfied minds try to conquer more lands. The secret behind this tendency is the internal disconnect. As much as this disconnect is there and the trench is wider between the truth and the mind, one tries to bring more land under own control. All those people who had this tendency towards conquering the world had the same dilemma and the disconnect within. This disconnect creates a raging fire of unsatisfaction and insecurity. That is why person tries to douse this fire anyhow. Mind has only one option of doing so and that is to expand own clout. So that this assurance

could be given to one self that the condition is not that pitiable and mind is doing something to turn the table. This is a way of arranging self assurance.

As this level of dissatisfaction gradually comes down, one starts improvising the ways to gather enough happiness in a confined space.

As the human consciousness arises above, focus gradually starts converging. The trait of expansion dilutes the focus whereas the construction creates condensation. The journey from expansion to eternity gets facilitated by the constriction and condensation only. There is a tussle and friction in expansion as many people try to achieve it in a limited locality. Expansion requires a form whereas eternity requires awareness only. These are two different kinds of expansions. One is the expansion of mind and another one is the expansion of awareness. These are two different worlds. Mind can expand in the material world whereas the consciousness can expand in the eternity. Every living being has this mental tendency of expanding in the material world whereas a hidden tendency of expansion in the eternity. Mental expansion is achieved on the grounds of future whereas the awareness can be expanded on the grounds of present.

Mind considers something as mine, in which it has invested 'time' & efforts. Where neither time nor efforts are invested, one knows that it is the gift from eternity. That is why it can't be claimed as 'mine'.

One knows that it is the nature. It is she, who does it all. One comes to realise this fact that It is the window of present through which nature exhibits itself. So one can claim future as mine but one knows that it is the nature, who is there all along the present. Present makes one appreciate this fact also that if the nature chooses someone to exhibit herself, it means everyone is connected to and a part of nature. She always remains there in present and lets the individuals to experience the future. She's like a mother who introduces her child to the playground. Now the child can run, play and drift away from mother. Get attracted to others who are there in the playground, can establish connections and plan the journey of future along. Can even decide to

establish themselves in that ground. Everything on this ground can be done however through the efforts only and through utilizing the time. Now if I listen and spontaneous aspect of that child always remains the mother. She doesn't desert the child, just lets the children to enjoy the journey into the future till the time they wish so. Whenever someone decides to get back to own natural fold then it is the nature only, who restores the spontaneity & effortlessness in his being. So everyone has just one back up plan and that is getting connected with own natural side. So as the person loses the desire, divinity knocks back. Both of them cannot thrive along. As the direction of flow of energy is completely opposite in both of them. Desires keep losing own power, divinity keeps retaining it. Desire wants whereas divinity delivers. The jump from future to the present is about the leap from mine to the only one. When the person realizes that till the time there are desires, it is not possible to become effortless. Your own natural side wants to serve the mankind through own natural trait. Serving doesn't require any planning, It happens spontaneously.

Present is 'mist' for individualities and one who lives in present is a 'mystique'.

Not because of the fact that his words are unclear or he speaks Greek in Africa rather he talks about that different vision through which he looks towards the life. For a mind that is conditioned in the worldly chores It becomes difficult to see that picture which a mystique paints through his words. In the normal course whatever we listen mind creates a picture according to that description. One thing that works as a catalyst in this process is our own interest. If we are listening to a lecture that is not of our interest then those words don't create any kind of picture in our minds. Rather mind remains packed with some other kind of pictures that interests us more. So if any question is asked regarding that lecture then one would say that he didn't hear anything. Which means ears remain open however listening or not listening is optional.

So the conditioning of our mind plays a vital role in sorting out the information that is relevant to us.

The conditioning of the mind varies among people that is why different people get attracted towards the different types of information. Acquiring all these informations provide a sense of satisfaction to the people, which is related with the mind.

Mystics are those segment of people who are not dependent upon the books and the various senses for securing information that are related with the field of spirituality. It is related with their vision. The vision of present is not related to the world rather it makes us become aware of the existence. Mystics are able to connect with their natural talent, which mostly remains latent. Till the time this is not known to the individual, it remains really impossible to get hold of own thoughts and making the mind clear. Person remains stuck with this natural divine talent and keeps practicing it regularly. Through this person becomes able to extract much more information about the self and own connection with the eternity. This is what a mystic likes to talk about. One whom you call a mystique, will prefer to be labelled as an 'actual.

Einstein told us that the gravity has effect upon time.

As the gravity increases, time passes slowly. As it decreases, time moves faster. One thing that is very clear by this example is that time is not a fixed entity. It is also variable. In the strong gravitational field it behaves differently. Gravity is associated with the mass. Mass is about the matter. Which means that in the close association of the matter time behaves differently then those places which are far away from the gravity or the matter. In the yogic methodology the presence of various chakras have been mentioned. The lower most chakra known as 'mooladhar' is present close to the base of the spine. The topmost chakra is present somewhere above the head, which is known as the 'vyapini' in Sanskrit or the 'soul star wheel'. It is above the body and in the internal sky. It's location is similar to that of the satellites in the space. As the height of a satellite increase, the effect of the gravity gradually comes down. Same is the case with the consciousness also. As it can rise above so it can feel the variation in the gravity imposed by the body and because of this variation, it can feel the variable effect of time. According to the ancient Indian philosophy space is one of the five

elements that are needed to constitute a life. Proximity of the consciousness with the matter affects the mind differently. As in such a condition mind continuously keeps playing very thoughts and images. As the consciousness gets to feel the proximity with the internal sky, the effect upon mind gets changed. In such a condition mind becomes transparent like a glass. The flow of thoughts and images stoops down to minimum. Resultantly the illusion created by the mind also comes down significantly. This is where one comes gets to witness the cosmic truth. As the clarity in life increases, one becomes much more capable of conducting oneself in a much evolved way. The various energy centers of the body definitely cast their effect upon the consciousness when it is in their vicinity. When the mind becomes clearer of it's connection with the existence then the world becomes own and everyone becomes known.

Present looks into infinity. Infinite is the timelessness.

Future looks towards something definite. That definite can be defined & explained. Everyone wants to paint own future with a selected color. That is why that definite is different in everyone's case. Imagination has a limitation associated with it. Imagination can only remain centered around some definite things. Imagination can only associate itself with three dimensions. Whether It be length, breadth and depth or past, today and future. Whereas infinite is beyond the limitations of three dimensions. These dimensions are related to the matter & space. Life needs a functional physical form to sustain itself. Whereas no such necessity is remain bounded with the consciousness. The conscious part remains within the physical form.

Infinity is related to the infinite potential. Potential that doesn't goes down with time. Which remains intact like energy. This potential can take the trillions of forms yet remain intact. The best of the potential is about retaining the ability to remain free from the laws and implications of nature. The development is always related to some hidden potential. This potential only sponsors the development. It is well recognized fact that there is nature and there are various laws associated with it. If there is action

& reaction, then there is karma and its effects. These laws are not just about the foundations rather they are also about the limitations to remain present in this realm. If these limitations won't be there then there won't be the inverted flow of energy. This world facilitates the conversion of being into becoming. However the cycle only gets completed when the becoming further gets reversed and again the internet evolution is initiated. So the life allows both kinds of developments. External as well as internal, development and evolution. Evolution ultimately helps the person to get the experience of present. Present is about becoming aware of the infinite potential of the supreme consciousness. It is also about experiencing those best kinds of feelings namely peace, stillness, love and the inclusiveness that are really rare during lifetime. Another pole of the present is timelessness. Present dissolves into timelessness.

Past and future both are tensed because of looking at each other.
Present calls for just being present, not to indulge.

Being in present doesn't require any need of either using brain or senses. So if it doesn't require any help from own physical structure then any transaction from the world is also not required. Under the effect of ignorance created by our own mind, we doesn't get to feel any presence of the divine power, which exists in the form of nature. We consider nature as a resource. Which exists in the form of land, timber, oxygen, grains, fruits, vegetables, grains, minerals, petroleum, water, fire, space etc. Mind considers them a mean of generating cash. So it is okay for the mind to exploit the resources according to own desires. For the mind it is the free gift from someone, whom it considers God. Mind doesn't know about its dynamism and the necessity of striking a balance between the consumption and the productivity.

It is so much engrossed in the multiple exchanges that happen with the civilization and the society that it never gets to see beyond it. There is an essential condition exists with everyone of us that either will live in ignorance or in awareness. Under the effect of ignorance one does remain connected with past and future however that is just my

own past and my own future. It doesn't know about the common past and the common future that the living beings on this planet share.

Awareness knows the clear-cut difference between the civilization and the nature. It knows that civilization cultivates within nature. Even the intellect and the tool called body which has hands and legs has been provided by the nature only. One part of nature supports and another part thrives on it. If ever that balance is disturbed then this process of securing support gets hampered. That is why people with awareness are able to contain themselves with the minimalistic living also. They know that it is not about the grand living rather about the meaningful living. That is why they have nothing to show off rather keeping the reality of life in mind, they want to see beyond it. That is where the truth is.

Time is a product created, sustained and reinforced by mind.

Mind wants its own world where it can live, act and build according to own wish. Mind is an offshoot of the cosmic consciousness. When it ushers into the dimension of space it gets the freedom to think and act. This activity mostly gets inspired by the various impressions, which it gets from its surroundings. Mind wants freedom, the freedom to expand. Cosmic consciousness remains limited to its very own dimension. The gradual expansion of mind into the dimension of space makes it feel the presence of a limiting factor called time upon itself. As the mind always operates through a physical structure that is made up of matter, then no matter how deeply it desires, these boundaries and limitations of time can not be done away with. Matter and time are interdependent. That is why my mind gets to see various changes which it doesn't like but it cannot alter them. This whole dimension of matter and space is regulated by nature, which gets governed by certain laws. That is why mind can sustain itself but in an intermittent fashion. Indian wisdom knows this aspect of nature from ages that is why the concept of reincarnation took shape here. Life is not independent of nature, it is always sponsored by it. That is why initially mind gets

elated by the advantages associated with the body & gets influenced by the material aspect of life later it gets to feel the sorrow, when one faces the limitations of it.

Rules of Nature that doesn't get applied on the conscious aspect gets enforced upon the material aspect of life. When the person gets to realize this fact, then only he realizes the limitations of time. This is where the mind decides to turn inwards. If one is not into the advantages of own physical structure and the material world then one gradually starts probing the ways to turn towards the tranquility & peace. Life is not just about the fact that what I can avail from here. It is also about the fact that what I have within. Life is also about realising the fact that I am not just a buyer in the market of the life however an explorer as well.

Only present can give the explanation and understanding of the life.

As present provides the facility of being still and let the picture of life keep running before the eyes. In such a condition one realizes that it is the life that is moving not himself. Till the time one remains integrated with the life, because of the continuous movement of it, one keeps considering that he is also moving along with it. To get the in depth view of anything, one in needs to become still first. If we are affected by the past then some kind of movement keeps happening within the mind. In this scenario the focus gets diverted away from present. If our eyes keep looking towards the future then again we cannot keep our focus fixed upon present. Both the past and future are like moving vehicles. If one decides to get along with any one of them then the mental movement gets initiated. Generally these vehicles remain loaded with people as most of the population align themselves with past and future. There are very few people on the street of present, who rely upon their feet only. They who love the destination prefer the vehicle whereas they who love the journey, prefer to take a walk. Walking makes them self reliant as they are not being driven by someone else. They don't have any dreams in their minds. They just want to have a look at the reality from close quarters. Living the life of dreams and living it with reality makes the person get two completely different outcomes from it. One who relies upon his feet gets the feel of

the place. This person is not in a hurry. He is slowly progressing towards the destination. He's not into covering any surface distance rather this experience of journey is making him evolved from within. Gradually he loses interest in covering any distance on the surface as he realizes that the journey is about the attainment not the distance. This person knows much more in depth about the surroundings than them who boarded the vehicle.

Till the time one does not secure a seat in the auditorium of present, one can take the help of someone, who lives in present. This association serves as a preparatory phase for the individual & helps the one in deciding to take this journey on his own one day.

Present is peace.

Silence and peace are two different things. Silence is about absence of external voices and peace is about absence of internal currents, turbulence, thoughts and imaginations. In the state of peace, person might keep listening the sounds generated in the vicinity although his mental state remains thoughtless. This state is free from feelings and emotions. There is no space or scope for silence in the society except for paying own condolences. To pay own respect and homage silence has been considered the best practice.

Silence is something that makes everyone equal. As no one is either delivering or receiving anything. Everyone unanimously trying to observe the silence. It makes a knowledgeable and an ordinary person feel equal.

Environment around us is either filled with pleasant noises or the unpleasant ones, happy noises and the sad ones, exciting noises and the irritating ones. It is considered normal having too much of noises. Whether we know it or not, we have some kind of liking towards them. So if ever a person reaches at some place that is too quiet then that silent environment makes the person uncomfortable. The level of conditioning towards the noise has reached to such a level that chaotic situation makes one feel normal & silent situation makes one feel abnormal.

Peace is such a state, where person realises that whatever he was looking for has been attained. Unknowingly we often try to achieve this state through various activities. In the state of peace person realises is that no more activity or effort is needed anymore. All that one wants is to sustain this state anyhow. Now the person realizes that peace is so rare occurrence in life that one doesn't even like to make any sound fearing that this might disturb this state. Without thinking twice person relieves all his senses and let them become relaxed by not involving anyone of them into anything and then he draws all his attention inwards so that the effect of this estate could be relished to the maximum.

Mind travels with time to learn it's lessons.

Gap between the imagination and reality is filled with lots of experimentations and experiences. To collect them one needs time.

Time creates a basket that is filled with lots of experiences as well as the feelings. Some of them are pleasing however rest of them are surprisingly unpleasant. The pleasant feeling associated with an imagination makes a person travel towards the experimentation.

What waking up does for you? It provides all those lessons to you in the confinity of present. These lessons are made available to the civilization through you. Now you don't remain dependent upon time to teach the lessons. Initially time was present between you and your realization. Now you and your realization can meet in present moment of time. This ends the chapter of imagination and experimentation. This basket that generally remains filled with feelings is not there. This bag has a weight that generally shapes the future. The feelings present in this bag paints the picture of future. So if this bag goes missing then the liability of creating a certain type of future is not there anymore.

When a certain kind of future is created by the mind then it creates some specific kinds of feelings. These feelings then further give birth to some specific kinds of events that are the part of future. So the investment in future keeps getting

compounded. When the mind reaches to the state of meditation then it becomes free from imagination and feelings so it doesn't further initiate any process related with generation of future. So getting rid of future is a continuous process of training own mind. It requires a certain extent of detachment from the world. A detached person can keep executing own duties. An attached person always keeps some interest & feelings connected with the proceedings. As he wants some expectations to be fulfilled. A detached person just keep executing own duties without any trace of expectations.

It is often said that when the slate of the mind becomes clean then one can be in present and listen to the sound of Omkar. This further helps to deepen the silence & peace.

During the course of the day,

We either see people doing something or entertaining themselves.

It is too rare to find people who are just free. Which means not engaged anywhere.

The state which is beyond either of two is being witness & meditation.

Not doing anything is not wasting the time. Rather it's investing the time in the present.

This person is like a king as he is situated in the sphere of time, without being influenced by it.

At any given point of time, majority of the population longs for time.

There are only a fraction of people there, who are done with the time.

They are just present now.

These people are able to realise their own truth and witness the truth everywhere around them.

Mind either seeks pleasure or shelter in movement. For this it either prefers to move towards something or move away from some. In both of the condition the movement remains common. Only the direction just keeps changing. Sometimes it wants to move towards something pleasant and sometimes it wants to move away from something

horrifying. This means the world is divided into two parts, favorable or unfavorable. So as the experiences are. Mind just wants to keep maintaining the movement somehow. Just because of the movement of mind life is termed at the journey. Desires fuel the movement however we don't know how to curtail this movement of mind. Also we are not aware of the benefits of doing so. So this entire subject remains hidden from us. This means one aspect of ourselves remains in darkness. Because of this no matter how progressive one becomes, development remains partial. Because of this particular way of living our whole understanding of the life becomes movement centric. That is why anything that is beyond movement becomes a dark mystery for us. Knowing or understanding introduces acceptance to the life. When something is unknown then developing an acceptance about it becomes difficult. To develop the awareness about certain aspects of the life, one needs to invest into stillness.

The design and objectives of Maya or illusion is to make the person drift away from the present moment.

What the moment offers to the individual can only be realized when the person turns away from having interest into every kind of movement. Present moment has a lot to offer however we are not able to absorb it, just because we are not ready to become still. As our lives are dominated by the mind and mind wants to seek everything into the movement. That is why everyone is continuously on a prowl too find and collect anything that is found during making the movement. We have become so adapt with the movement that we have almost forgotten the way of living that advocates being in the moment. It is often talked about, thought, imagined & well advertised aspect however the shot of tranquility that is offered by being in the moment is very rarely experienced. Present moment is filled with tranquility that is provided by the existence so the person needs not to run after the various mental aspirations and sensual pleasures. We all know that what the world can offer to the individual but it is very rarely talked about that what existence can offer. World offers the options. Mind can think about the shortcuts. One can buy the experiences however one needs to earn the

offerings of the moment. Taking the shortcuts are much more easier than covering the entire stretch of the walk. It requires so much self control to collect the offerings of the moment. So we have two options either to acquire this from the world or from the existence. First case makes us dependent upon the world and the second one makes us free.

Being Buddha or ' sthitpragya' is about being seated firmly in the present moment. This is about keeping our own internal area clean. In this state nature fills that internal area & takes over the person as one of his instruments.

This is the divine life.

We are either the instrument of mind or nature. At any given moment, we are dominated by either of them.

'Attention + Power' give birth to 'Time'.

An attentive mind creates 'Time through Power'. Power is the raw material through which the time is created. Every living being has internal power and this is the substrate that get used by the mind for the various activities. All the Yogis try to preserve this power by continuously diluting own mind, so that the internal transformation can we made possible. This power is like a totipotent treasure that can either be used by the mind or the consciousness. It can either advance the person deep inside the material world and it's activities or it can alternatively make the person rise in the existential dimension. The very power that can fuel the lust can produce the peace also. Only thing that makes a difference is whether it is being used by the greed or by the conscience. The power remains same. It can either be used by the demons or as the divine power. Natural resources belong to the nature. However they can either be used to amass a private property or can be utilized to fulfill the basic needs of the living beings.

The major change starts happening when the attention gradually starts transforming into awareness. Attention creates time, awareness creates timelessness. When the time

is created an identity is born. As the intensity of time increases and it starts getting segregated into past and future, this identity starts becoming strengthened.

As the awareness develops the identity gradually starts getting transformed into the identification of truth. When the truth is identified or realized, then the mental identity gets dissolved. Names, outlines, images and ego, everything starts getting dissolved. Along with the various identities, time also starts melting down.

When attention turn inwards and gets converted into awareness, then the internal currents start settling down. A peaceful state is created. No mental identity can hold itself in this state of tranquility and stillness. This is like a state of clean glass through which the truth can be observed. Truth is the epicenter of everyone's being.

Two points :

Time gets allotted to mind, not you.

Time gets over for the mind, not for you.

Mind and time are like two sides of one coin. Both of them are intrinsically correlated. Mind doesn't value any other thing, the way it values time. Mind and time create a triad with money. So it keeps investing its time to generate money. Money is about the buying power. Mind correlates with the activity and all the activity are done in the realm of time only. Mind finds it's existence in the activity. That is why it always wants to maintain a certain level of activity so that it's own existence can be supported. Mind considers time the most important aspect because of it's adherence with the activity.

The moment it gets to experience is stillness then it realises that time is not the only shelter that is available because stillness opens a new facet of own being. Without stillness being cannot be experienced or realized. Being never associates itself with time as it knows the existence and seeks shelter in that only.

Activity opens a new dimension that is becoming and that is supported by the mind. Upon it's development time becomes a necessity as the duality limits and controls all the activities happening in this dimension. When mind becomes aware of the space,

then it gets an option to expand there. That is why time becomes an indelible as space and time are integrated with each other. Science has been conducting researches and studies to understand the space and time and their effect upon the life and the configuration of solar system. Science counts upon the intellect to do this exploration and studies. Similarly wisdom is an integral factor, when it comes to the existence.

When we correlate life with space and time, then mind can never be left out. Becoming is related to the cosmos whereas being is related with the existence. So these are two different pathways one gets to choose during the lifetime. Space and time are related to the cosmos whereas existence is entirely self sufficient and self reliant. Existence is the innermost core of the Cosmos.

At the same point of time, past and future exist for humans, whereas they don't exist for plants. Both living beings, present at the same time, experience time differently.

That is why they are termed as nature, even being the living beings.

Do humans support nature? Answer is no. Humans utilize and even exploit the nature. Does nature support humans? The answer is yes and wholeheartedly. One thing that becomes certain by this example is the nature has the conscious element related to it and it cannot even appear in the form of living beings. There are two aspects of the nature. One is visible in the form of plants and another one is invisible and it remains as the power clad consciousness. The invisible part supports through the power and the visible part supports through the productivity. So the life exists in two forms i.e. producer and consumer, supporter and beneficiary, lender and receiver, self sustainable and dependable, internally inclined and externally inclined, independent of the senses and purely dependent upon the senses, living in the absence of thoughts and living with the flood of thoughts, static and wandering, living peacefully while maintaining silence and living illusioned while creating noise, enriching the environment and draining the environment, entirely dependent upon Sun for securing own share of energy and securing the energy from every available resource, keeping the flow of energy and power in one single direction and making this power diffuse in

multiple directions, living a desire free life and living having multiple desires and continuously striving to fulfill them all, this elaborates upon the necessity both of the life forms have for mind, not into processing the data related to informations and processing large amount of data regularly, following a continuously constant pattern of living by becoming the indicator of changes happening in environment and weather and living just by responding to these changes. Plants are so much in tune with the environment and with themselves that they are not into the past or the future rather they make the present pleasant. On the contrary humans keep chasing the future far availing own share of pleasure and shelter.

Most natural thing which happens with us daily is the sleep. it take care of the tiredness of yesterday and makes the mind and body relaxed and ready for the next day.

Sleep is one of the realities of life. The duration of sleep is variable among different living beings however this phenomenon is common among all of them. During this period mind can't use the brain body complex as it goes to rest. The major difference between the period of sleep and the waken period is the level of alertness. This means the sensory and the motor pathways of the body go to rest. Person cannot perform any action during the sleep. To initiate any activity one needs to come out of the sleep. The awareness towards own physical body and the world becomes zero. Any karma is performed by the mind brain complex and executed through the body. Brain is the command center of the body which does all the analysis and processing of the data related with any action. So the mind, brain and body complex is related to the decision, processing and the action. During the sleep this pathway gets closed. This makes us aware about this cycle of activity and sleep, which is an integral part of brain body complex. Sleep is not a part of the person's planning however it is mandatory. This points towards the fact that humans may not be aware enough of the limitations and capabilities of this machine called brain and body however nature is much more aware of it that is why she makes it run in an intermittent fashion. Life is

an ongoing movie. It is the nature's provision to direct it, act in it or just remain a part of it in an intermittent fashion. So it is about making the senses work and rest intermittently.

Upon looking it minutely nature provides everyone a definite phase of peace every day to everyone. For the nature sleep and active phases are about peace and productivity. If the person becomes capable of maintaining peace during the waken state then his actions get transformed into service.

Throughout the life every morning a same story is repeated again and again, which is called day:

Same day comes to us throughout the life, while mind terms it 'a new day'. A new day means another opportunity. Another effort. Another chance.

Why every day appears new to us? Because everyday an expectation gets resurrected repeatedly. Either it takes birth in our own mind or in someone else's mind. So every day either we expect something from someone or someone else expects something from us. Our eyes gets trained upon fulfillment of these expectations. Either these expectations get fulfilled or they fall short. Harboring expectation is like initiating an action and it's fulfillment or unfulfillment sparks off either favorable or unfavorable reaction. There are some definite feelings associated with them that keep shuffling according to the results. This is how every day gets a definite kind of color which can never be same always. It keeps changing and according to that specific feeling, every day gets registered separately.

Having this knack of expectation ensures that the person's focus remains extroverted always. This way all the focus remains upon gaining the favorable response & results everyday. Any deviation from this line becomes a sour experience. This way a pattern gets developed with shows a zig zag curvature of sweet and sour experiences. Until and unless person stops feeding this knack of expectation, this pattern keeps going on. On the other side there is a different type of people who don't start their day with any expectations of results and responses. They just remain stuck with their natural work

and duties only. For this they need not expect anything from anyone. That is why their movement is more smoother than the first lot. Their chart of feelings is not zigzag like the first group rather it is more of a straight line. They are more into harmonizing their feelings and attaining a stable state. That is why day is not a date for them. Their focus get shifted away from date to the truth. That is unanimous & beyond changes.

Past is about inherited treasure.

Future is about acquiring the treasure.

Present is about reclaiming the treasure.

Most essential and valuable treasure that can be claimed in the world is oneself. As this is the element that can develop towards the existence. When we talk about two completely different dimensions as the super consciousness and the matter are, We need to find a link between both of them as we know mind connects with the matter comfortably but there must be a link that can connect itself with the super consciousness. Our search is related with finding that link. Until this link keeps missing, one remains obstructed. There is no way to look beyond mind and matter. A machine can be too much capable however if it's software has the limited data then it cannot perform up to maximum. Is everything associated with the individual belongs to the world only or is there something that can be claimed as self? As a person gets out of the self he gets some identity whether physical, mental or many other forms of them.

They who work for the future and they who develop in present are two separate varieties. Future is always about looking forward or looking away. Whereas present is about looking within and towards the existence. If one is utilizing the present for self development then there is no need to look away or towards the future. As all the constructive things are happening, so no expectation remains there. If the person is not able to utilise own potential to the fullest then there is no other option but to look towards future. If the mind gets tranquil in the present then it doesn't need future. Mind keeps experimenting with various feelings and keeps expressing various

emotions. However no other feeling is comparable to quietness and tranquility for brain. As this is the perfect condition for the mind to achieve the state of stillness. This also means that brain doesn't find itself much comfortable with the buildings, chaos & gadgets that it feels in the natural landscape. Brain also knows that which is the place to work and which one is to rest.

Human nature and it's interaction with time can be understood through Einstein's theory of relativity.

Within a short span of time, some people get bored of life. Time starts appearing harder and heavy. While for some people, time is light and smooth. We interact with time through our nature. Person's nature is the natural protection against the hardships offered by time. As the person moves towards the divine aspect of the nature, one gets to feel lesser sensitivity towards the time and it's impact upon the mind. Different planets of our solar system have different number of days in their one year. This happens because of the fact that they are situated at variable distances from the epicenter of our solar system. Mercury completes one orbit around the sun in 88 days whereas the farthest planet called Pluto completes it in 248 years. So the notion of time is variable on different planets. According to the theory of general relativity, a clock in the outer space moves more quickly than on earth.

Through this we know now that travelling towards the centre of our solar system and away from it creates variables in time.

Same condition is seen in two different people who are inclined towards two different aspects of the life. One is the materialistic pleasures and another one is the divine attainment. People who are inclined towards self enquiry and the conscious aspect of life they become lesser sensitive towards various changes that are bound to happened with time. They who are more sensitive towards these changes get to feel a variation in their feelings and the planning. Another group wants to develop it's awareness towards the truth, Which is independent of time. That is why they are not much

bothered or involved with the changes that keep happening on a day today basis. This group wants to develop a vision that makes him capable of becoming aware of the omnipresence of truth. This way they become independent of the support of the eyes. As they get to see a picture within as well that can let the tranquility seep in within the individual. The pictures of the world excite the senses. Truth tranquilises the mind.

Just like a tree develops around a trunk and a flower develops around a stem. Similarly, past and future develop around present. God will let you come merge with him through this path only.

One remains a part of the world until one is not living in present. In such a case one is nothing just a part of the world. We must acknowledge this fact that all the social-economic & scientific development supports the humans and to an extent animals only. However nature is independent. She can support and take care of herself. This growth is not making humans independent of nature rather humans have started interfering more in the nature's area and cycle. No matter how developed humans become, they would remain dependent upon nature only. This is the rush towards future and until It keeps continuing one lives in an illusion of own identity. The reality is the trillions of humans and animals had been present on the earth and finally they all got assimilated in the earth and the environment. So no independent identity exists except the earth and the universe. So it hardly matters that how fast and far one runs into the future, one cannot establish one self as an alternative to Earth. She is one single mother of all living beings. Living beings are like the bubbles on it's surface only. As the bubbles keep appearing in a pond similarly life keeps appearing on the earth. So only two things exist. One is the reality and another one is the eternity. Earth is a single reality similarly existence or the super consciousness is one single eternity. Rest of the things are temporary & transient. Mind can exhibit itself in the form of life but the single most agenda of mind is to get the experience of qualities and various feelings. Once the focus gets directed away from this, The power starts getting concentrated towards the existence again. In such a case, the obligation of the life is

not required anymore. Geeta elaborates it further by saying there are two kinds of human nature. One is divine and under one is materialistic. The divine nature helps in relieving the bondage whereas the materialistic nature is prone to the bondages of duality.

Duty is often related to the sacrifice:

The sacrifice of own desires & dreams. It is often seen in the families one part of the family in most of the cases parents sacrifice their dreams and rather prefer to keep performing their types so that the another segment of the family namely children can develop adequately. This is done so that the optimal utilization of resources and the efficiency could be ensured. One section of family performs them so that the another section can enjoy it's benefits. Upon looking at the larger picture of life, it is found that one section of the life performs its duties so that another section can enjoy the benefits of life. Nature performs it's duties so that the humans & animals can experience what the mind and desires are all about.

Both the sacrifice & indulgence have some associated effects. Life can be divided into two parts. First half is about the indulgence and seeking the knowledge, wherein the second part is about the sacrifice and attaining realisation. The journey of realization facilitates the occurrence of wisdom. That is why easy or the difficult one, both the parts have something to offer. Parents realize that it is about the future of the children that is why they choose the path of sacrifice. Those children who are able to recognize the sacrifice of their parents, they become more dedicated towards their objectives & try to be more self restraining. It's dividends are definitely paid in the long run. Results are visible to society however the self improvement provides the contentment to the individual. Through this person moves even further towards the meditative state. Upon arrival of this state person becomes more capable of experiencing the present.

Just like the energy, conscious element of life keeps going through transformation too. Whether this transformation would be fast or slow, depends upon the fact that how the

conscious element is conducting itself? Is that letting oneself lose and expanding in the material realm or it is maintaining a perfect restraintment.

Movement & stillness, these two words correctly summarise the future and present:

Past was start, future will be onwards journey. Train called life has engine called mind. This engine does not let the train stop at the station called present. Life is a non-stop train from past to future. To halt the train to future, one has to detach the engine. This stops the train in present. Present is about learning the art of detachment and letting all the natural processes take over. Natural processes are not dependent upon the time the way mind does. This is the beauty of nature. All these processes gradually make the consciousness turn towards it's natural most and eternal duty. This gradually makes the time secondary and then redundant. Redundancy of becoming gradually promotes the efficacy of being and vice versa. So if it is not about the desires then it is about the duty. If it is not about the nature then it is about the mind and vice versa. If it is not about own identity, then it is about the existence and vice versa.

The process of centrifugation and amalgamation are completely opposite to each other. In centrifugation different elements are segregated from the mixture. This is done to acquire the pure form of an element. Amalgamation is a process of making the mixture of multiple elements. Present is about centrifugation, future is about amalgamation. Both of these processes keep happening in every individual. If one wants to know about one self and the existence then one needs the process of centrifugation. Self attained knowledge is the product of this process of centrifugation. As the process continues, one keeps getting more and more knowledge.

That is why one needs more fire within, so that more purification could be attained. The fire is generated by meditation, yajna, physical labour or asana, self enquiry, service, love etc. These are the sacred fires. They only let the impurities burn away. They all improve the internal warmth.

On the contrary the fire of desires and anger are related to the mind that actually supports the mind. That is why it fuels the process of thought generation & imagination only.

Present means the ability to remain aloof in this very moment.

This means being detached from the activities of the mind and brain. This means both the computer and the engine of the machine are at rest. In this case fuel is free and it is not being utilized by any of them.

In such a case no pollution, heat or sound is being generated. A yogi or sadhak utilizes the fuel of life at some other level. They just shift the fuel from one level to another so that development can happen over there. Soil remains stagnant at a place no one can see any activity happening there yet it supports the development of seed into a plant. This means development can happen in the absence of any visible activity. This is how the development happens within the nature. Silently, creatively and efficiently. This sort of development happens in the individual as well. This is how the earlier sages came into existence. They were the product of the internal development. Internet revolution happened in modern era however the internal revolution exists since early ages. Internet came later but the internal connection was established with the existence thousands of years back also.

This can only happen when someone within you is present and not over powered by senses or mind.

A plant is aloof but it is so engrossed in the individual development. So the one who prefers to travel alone is not left out. That one might be totally involved in internal development.

It is often talked about that how the environment & the surrounding of the individual impacts the physical & mental growth of a child. Children living in different environments show different kinds of progress. Same is true for the internal environment as well. Different kinds of internal environments of the individual facilitate the development of different kinds of virtues in them. This gets exhibited in

their actions and nature. That is why different people leave different kinds of impact on people. As they have different kinds of energies and the topics to discuss. As well as they have variable depths also.

We need the future because our incompleteness asks us to look at the future. We need the future because we need change in the current scenario.

Time becomes a tool for the individual to reach up to oneself and through this finally become able to realize the truth. A sadhaka needs time so that one can practice to live in present. Different people utilize the time in different ways. For the fulfillment of ambitions future is needed. For the sake of acquiring the attainment present is required. Future driven tendency is needed for developing the understanding of the world. They who are in line two words the spirituality and curious about knowing oneself better day develop their awareness so that the life could be understood in the light of the existence. Life cannot be understand in the absence of existence as the existence provides the real purpose of life. Apart from fulfilling own desires and ambitions, life has many more avenues hidden under it's wings. Those people who are inclined towards the divine aspect of life, they want to develop these virtues even further. The divine aspect of existence supports each and every living being. Even them who are least bothered about it and inclined towards the negative & harmful virtues.

Memory connects us with the family and known people whereas awareness connects us with the world. There are people who prefer to remain themselves limited up to their family and the business. As well as there are people who want to have a developed awareness so that they can feel connected with as many people as possible. Person gets to feel the completeness in the realm of present only. Journey doesn't get completed at this point only. From here onwards person tries to develop his eligibility to the maximum. For this he adopts the path of yajna so that mind could be controlled further and intellect could be purified. This is how the yajna gradually replaces the

various activities of the individual. This way mind and actions both get improved & purified to a new level.

Upon meeting with self, time starts losing its existence:

Time has such a great influence on the mind that an individual correlates own existence with time. An identity always connects itself with an era and a time duration. This means identity lives in some definite time frame and for a definite period of time. With every historical figure date of birth and date of demise is often mentioned. So the life is about a period of time. Time remains such an important factor of our daily life that own activities and routine are planned on its basis. Time is an indelible factor of all the future plans. So whether it may be the future, demands, wishes, ambitions or dreams, all of them are based on time only. Demands and aspirations are so fast that it is considered impossible to have them all fulfilled in one lifetime. This is the reason of the rebirth. Many of the belief systems of the world don't align with the ideology of rebirth. They are true in themselves because an identity takes birth once only. Mahatma Gandhi cannot take birth as Mahatma Gandhi again. Every time the backdrop, era and the identity gets changed. Every identity is so much amused with oneself that it invests its considerable time and energy into developing own individuality. Embracing someone else's identity is the last thing anyone would want to do. So the life that is a particular time period is connected with the identity of the individual.

Now the question arises that whether an individual and an identity are same? An individual is about nature. It is about being human, a kind human. People often remember some individuals just as a very nice human being, who proved to be a great help in the hour of the need. Depending upon the level of support they provided, some people often remembered as deities or even as the god. Point behind this is that these people are able to leave such a great impact in a considerably small duration of time that they don't only get etched in the memory but leave a great impact on person's

belief system and even help in developing own awareness. This is how the journey gets deflected away from the time and turn towards oneself.

Future is all about excitement:

Excitement can be of any type, whether jubilation or grief. Only worthy thing that can happen in the future is attaining 'self' or getting to meet oneself. Until this happens one remains confused about the real course of development. Any individual is not just about taking the action. It is full of potential so the development also happens here. The whole nature remains standstill and develops at it's very own place. It is not interested in any movement. This is the message from the nature that anyone who wants to develop within have to make own mind still. On the tree of soul the fruits of compassion, awareness, wisdom and service develop. One who is not interested enough in availing something from the world becomes ready to deliver something. This is the transformation of a consumer into the producer. Life is that ground which provides the opportunity of transformation. If the focus remains outwardly directed then the internal atmosphere keeps bubbling with emotions and expressions whereas when the focus turns inwards, the outer atmosphere enjoys the fruits of soul. This journey from being a consumer of artificial things to the producer of natural virtues is carried out on the grounds of present only.

Nature is full of joy, energy, freshness, fruits, fragrance and deep peace. She is welcoming. Nowhere in the nature one would find it written that the trespassers would be prosecuted. There are tribes who have been living in the jungle since multiple generations. They know the life hacks of survival in the difficult conditions. They have been spending their entire length of life in the jungle. Nature doesn't impose any taxes on them. Life in the civilization & life in the jungle are entirely different. Civilization and it's attractive features maybe too much enchanting for the mind however natural environment is too much supportive to the soul and internal development. Civilization came much later, nature has been there since the beginning.

That is why nature can let the person know a lot about living in present as it represents more deeper aspects of the existence.

One thing that every realized person hates to talk about is future.

When this very moment is complete and full of stillness, then why anyone would need the future?

Future cannot fulfill every demand of ours. If it could then there would have not been any talks related with present. Present is not talked about often & not by many yet it is definitely probed by few.

The ground of present is still there and remains in every era. A fraction of every era becomes curious about present.

Bank can provide us money but it cannot provide us the food. For the food, we need to find a kitchen. So to get the desired thing, we need to probe it at the right place. One might often hear the talks related to the future course of action whereas present doesn't require any action. All that it needs is stillness. One only needs to find that suitable karma that helps the mind in becoming more stiller. We try to find out that what I have to do in the life? To find the answer of this question one tries multiple things. After doing one thing one shifts the focus on another. This process keeps going on until one day one finds something that makes the person's mind more calmer and create a meditative state. Then the person realizes that this was the job he was looking for oneself.

All the journeys related to the future are done through the mind. When mind starts enjoying the calmness then the interest in future keeps coming down gradually.

Later on person realizes that future is just one of possibility to find out the natural gift within oneself. Future is not just about our demands rather it is about the world as well. Whereas present is related to our seeking and acquiring own Dharma. Involvement with own Dharma and practice of meditation take the person towards this rare finding of happiness. Person needs to be present to find the omnipresent. The

finding and the proximity with omnipresent is the reason of happiness. So being present & being happy are interrelated.

Infinity is that place where the journey becomes destination:

For the consciousness when the distance becomes zero, time gets dissolved. The absence of distance and time happens at this state of infinity. There remains only the presence. Complete absence of memory and thoughts happens there. It is a state of complete knowing and presence of light.

It is often said about Shiva that he lives in shamshan. The worldly meaning of shamshan is the cremation ground. However the word is formed by unification of two words that are sham & shant. Which means same & peaceful. It is about that level of consciousness, where it keeps the eyes on truth, which is uncorruptible & unchanged. Truth is that element which always remains same. That is why it doesn't need any distance to cover. In the absence of time the state of total peace is restored.

Whatever we get to see in the world on a daily basis is no less than a motion picture. We call it a reality. Then there are movies, which are produced directed and acted. They are a product which is then marketed. Everyone associated with these movies try to earn name, recognition and money through them. These movies are seen on a screen whether that may be the cinema hall, TV or mobile. When we see a movie in the cinema, we don't try to intervene. Audiences might think or comment on them but they know that the picture has been picturized earlier so there is no point in intervening in them. Audience has become more civilized now. Earlier in the single screen cinemas people used to react more openly on the scenes by clapping, whistling, shouting, throwing coins on the screen and even narrating the story to someone who is sitting next. This happens just because of one thing and that is the involvement. This happens when people associate themselves with whatever that is running on the screen. Life is another kind of motion picture which is produced & directed by the ego, mind, intellect and acted by the brain & senses.

That's what is the motion picture of life is concerned there are two kinds of people. One who are totally connected and that is why they act and react upon it, considering it a reality. Another group belongs to them who keep their eyes upon the truth and consider the life just a motion picture. That is why they are able to restrict their involvement with it. For them life is just an opportunity to serve the manifestation of the truth because in it's elemental form truth can not be served as one can only get absorbed in it.

One who is able to see that element which doesn't change can maintain the uniform state within. All the actions of the daily life can be divided into two parts. One is about involvement and another is about service. There is a difference between the truth and the reality. Until we develop our awareness about the truth, we keep considering the reality as the truth and this is the reason of wholehearted involvement with the reality. Which is nothing just a bundle of multiple actions and most of them driven by the mind. Our all the actions are driven by our vision and they who are develop able to develop their vision, become able to control the horses of the actions more efficiently. One just needs a right vision to make a move in a particular direction. It is not needed to rope in horses in all the directions of a chariot & hire a disillusioned pilot. A chariot with just one, two or four horses in a particular direction driven by a visionary pilot is enough to make the significant progress in a particular direction.

That is why it is rather more fruitful to divide our energies in two parts. One of them develops the vision and another one takes the charge of the actions. That is why preparation must precede the action. A teacher teaches the students for a considerable period of time and then after taking the examination, students are made free to apply that knowledge and serve the society. First phase is about letting the students develop the knowledge and understanding of the subject and second one is about the application of that knowledge. This means preparation precedes the application.

Even in the future, we will need present only:

Future is related to one essential demand of ours and that is the super consciousness. Person's journey towards future covers all the feelings and states in its entire spectrum. This journey can not become complete until one gets to feel the peace and bliss. So the journey to the future gets diverted towards present at one level. Future can make us experience multiple feelings in their all the shades. Some of those shades of feelings are desired by people whereas some of them have to be felt even if they are not desired. For example one wants to feel the excitement, jubilation, proud, lust, success, respect, dominance, excellence whereas people like to avoid failure, fear, disrespect, getting ridiculed, suppression, neglect, hatred, depression, worries, sorrow etc.

Countries to various advertised things all of our wishes are not related to future only a section of them are related to ourselves. To get in touch with ourselves we don't need future as that can be done in present moment also.

People also want to feel the devotion, the internal connection, love, compassion and togetherness. Peace and the bliss are those states which are desired by our core although we might not be knowing this. Once the person gets to feel them somehow then only one realizes that this is the destination.

Our mind remains attracted towards various products and experiences although they are just one of the fold of our demands. Person's innermost demands are never expressed. Person's soul knows that demand as this very demand belongs to her only. This is such a demand which is not discussed among the people. This doesn't mean that no one knows about them. Some divine elements definitely know them. The events of life get designed according to that only. Only present has the capacity to fulfill the demands of soul that is why sometimes people go through various difficult phases so that present could be introduced to them. Once the connection with the present is established then the individual turns into a perfective and then onwards he tries to intensify his taste of present.

Time has its effect on only 1×10^{-23} part of whole universe. This part belongs to the matter. Rest of the part is space and that is unaffected by time:

Whatever visible alterations happen they happen with the matter only. Space is empty which means there is absence of matter. Only light and energy remains present there, which are not visible by the eyes. History of planets can be written but history of space can't because no visible change happens there. Space is divided into two parts. One is empty space and another one is the matter, that is present in the form of various planets, satellites, asteroids etc. The biggest mass of the Milky way remains situated in it's center and due to it's gravitational pull, planets keep circling it in a definite orbit. Because of the gravitational pull of those particular planets, some other material objects keep rotating around these planets, which are known as the satellites or the moons. Human civilization keeps sending various satellites to study different planets of our milky way. Based on the various data gathered over a period of time and the researches, some history can be written about them. For the mind and the senses the area between the planets is completely empty, so it doesn't generate the curiosity the way planets do. That is why the thrust of human civilization has been on sending various satellites in the definite orbits to keep observing the various facets of earth from a certain distance. These satellites don't show interest in this empty space. For the science space is about nothingness that is there around the earth. Spirituality has been able to find nothingness or emptiness within also. Which it considers the zone of self realization. As when all the external influences are gone, then only one gets to realize oneself in true sense. This is where the real recognition of present comes and the affinity starts developing with it. Just like the external space, internal emptiness remains unchanged. That is why people of every generation keep travelling to them, either to acquire the experience of the lifetime or the attainment of self.

Arms of the clock always move in forward direction however it repeats the same cycle:

Similarly, we keep on moving in future, at the same time continuously playing the memories in our mind. Which means our progression is not free of the past and past

keeps casting its effect on the future. Past and future both are related with the story of life. Nature's cycle and the cycle of karma are two different processes. Nature's cycle is to support the life whereas the Karma's cycle is to sustain the mind and the world of duality. The world of karma bondages are not eternal one. It affects the animals and the humans although the plant life is free from it. Even among the humans some are deeply involved with the Karma whereas some try to come out of it by following their natural Dharma. This way some people are able to make themselves free from it while rest of the people keep continuing with them. Karma has the widespread effect yet some people are able to live the life along with their natural side. This way they are able to maintain a distance from the karma bondages.

The karma cycle wants to sustain the sensual pleasures. As the mind believes that the only way of obtaining the pleasure in the world is to get along with the senses and fulfilling their demands. The side effect of the mind is its alignment with the past and the future, the memory and the desires.

Present is free from the demands of sensual pleasures. Along with that it is also free from the currents of thoughts and the propulsion of activities. Only thing that happens in the present is the condensation of the energies and the development of the natural aspect of the individual. This way the individual comes to know that it is not mandatory to remain adherent with the sensual pleasures and the thought process. Meditation and stillness also offer pleasure, which can be generated within, without the intervention of the senses & the mind. So to collect happiness, it is not mandatory to keep planning the karma and travel to the future. It can be gathered by performing yajna and living in present. One can look towards the various yajna & try to find out that which of them are closer to own nature. So that they can be introduced in own way of life.

Whatever that is beyond time is called god:

Why it is said that we are bound with time? Because we are bound to go in the future. This is our real bondage that is travelling along with the time. It's may or may not be

our choice however we have to do it. No options. It hardly matters that you are travelling with bags full of hard cash or empty handed. Being there in the process of recycling makes sure that everyone loses their identity on a regular interval. One who is sole witness of this process of recycling is the God. He is not bound with future, nor he is affected by past. Which means he is untouched by this process called life. Life keeps happening in some dimension whereas he resides in some other dimension in own true form. This doesn't mean that there is a trench between these two dimensions for him. We might not be aware of the presence of supreme consciousness however the case is not same for the supreme reality. He might be at a distance but he is not away from this dimension also. He maintains his presence here also in the form of nature. Nature may not be there in our planning. Nature can never be in anyone's planning because she is self supporting unit. There's no contradiction on this fact that nature was always existing on this planet, animals and humans came much later. So she is not part of our plans but every living being is a part of hers. Our actions might harm her but her actions support us. We might be creating imbalance in nature but she is always there to create balance in us. Life cannot be a possibility in the absence of nature. The reality is that every single aspect of life is facilitated & sponsored by nature only. Krishna says in Geeta that I am the beginning, middle and the completion of life. Truth is the food and he is the digestion power also. He is the energy that is gained through the food and he is the power of life as well. Truth is beyond time, nature is along with the time whereas living beings are bound with the time.

One who stays in present has the taste of few drops of timelessness & gets to know about the absolute truth. Way to timelessness goes through the present.

एको अहं, द्वितीयो नास्ति, न भूतो न भविष्यति।

There is only one, none to second. Neither in past, nor in future:

This is a famous ancient verse that says there is only one. Nothing except that exists, not even past or future. Only thing that exists is the supreme reality. This means that is the only supreme reality except that everything else is temporary and an illusion. This is an indication that the supreme reality cannot be found in past or the future. So there is no need to look towards either of them. Only way that could be helpful in realizing it is turning own focus within. This verse may have been said by some sage in vedic or pre vedic era however the fact towards which it points could be realized by the individual of any era. It means truth is equally available for every individual of every era. When the person realizes 'self', then he comes to know that he is nothing. According self is acquiring nothingness. This is internal emptiness. It is the channel through which the divine inspiration and the wisdom flows. This selfless state is known as the being. Nothing and entire seems to be two opposite and contrasting aspects however the reality is that they both support each other. Only the nothing is ready enough to get dissolved in the entire. The matteless reality holds the absolute power of the universe. The power remains conjoint with the ultimate reality. This absolute power is known as the power of nature. Nature means the manifestation of truth.

Present means productivity and nature exhibits it. Nature has nothing to do with past or the future. All it's productivity remains centered in present. That is why she is able to feed the billions of living beings daily. Every edible thing is produced by the nature only. This is just a fraction of nature's power that feeds such a large quantity of living beings everyday. Present doesn't produce any product. It just produces the produce. Which is the defacto necessity of the living beings. That is why this produce doesn't require any advertisement. The end user automatically reaches to consume the produce. This produce is the offering of the nature to the fire of stomach. The most noticeable point is that the nature is completely devoted towards each and every living being. The reason behind is the presence of soul that exists within everything.

Shiksha and diksha:

Shiksha means education which means downloading the available informations in own system. Diksha means uploading the information. These information are mostly gathered from within and transferred to the world. They are related to the wisdom, philosophy, spirituality, self help category. This continuous upload of information happens through various individuals, which makes the culture dynamic. If future is about the activity then present is about the dynamism. Future is related to science whereas present is related to wisdom. That is why whosoever wants to gather wisdom, he needs not to wait for future rather he can gather it in present only. The dynamism of culture always keeps it afresh. That is why culture is not centered around the individuals rather it remains centered around the knowledge and self. Everyone has different identities although has one common self within. That is why culture becomes helpful for each and everyone, irrespective of various differentiations imposed by mind. As science is helpful for all irrespective of the their backgrounds similarly culture is helpful for all, irrespective of their various backgrounds and lineages. Like the science, culture remains around in the contemporary world. We may or may not be sensitive and aware about it. There is always a segment of people who remain aware about the science similarly there is always a group of people who remain aware of the culture in any given society. Science is related to the material aspect of life whereas culture is about the consciousness part. Science and culture both are two specific kinds of information that affect two different aspects of us, which are the life and being. Science keeps the life in center whereas culture keeps the being in center. Science works upon improving the quality of life whereas culture works upon improving the awareness towards self within the individual. After attaining a certain level in life, person becomes more curious about the being. Development is a continuous process of life. In the first phase it might progresses towards the world however in the later phase it turns inwards. That's where culture comes into play.

Nature does not need tomorrow. Humans need future:

Nature doesn't need tomorrow because it knows the eternity. Tomorrow is just one of the desires. Eternity means eternal service, eternal duty and eternal dharma. Tomorrow means once more. Once more means 'I want' whereas eternity means being provided by nature and I remain nothing but a witness. The demand of tomorrow is so much engrossed with this want of once more that it becomes ignorant of the eternity that makes this show called life possible. Till the time we remain driven by the mind, we know only one thing and that is our 'want'. This condition can make someone a believer not a knower. The irony of a believer is he gets to believe anything, which has been said by someone, by whom he has been influenced. This is how a person who could be a knower gets converted into a follower. Only thing that makes the difference is our want of more. Till the time this want of more is there, one cannot know the entire. One who has dropped the desire cannot remain a follower anymore and that person gets to know his path. So our want or desire doesn't promote us rather it demotes us. One who is happy to be with self and doesn't want anything, he is ready enough to get introduced with the entire. Present is the ground that makes it possible. One who has in abundance gets to be pinched by the greed. One who faces the dearth, only looks towards the fulfillment of all his dreams and desires. Greed is about getting hold of past & future in one hand and present in another.

Present is about balancing the brain, mind and the soul, So there are the consciousness can remain elevated in the sky, which needs dedicated focus. Future is the want of some more, which is about getting hold of new by keep shuffling and trying. There is always some element of wait related with future. It means one section of focus always remains diverted towards it. This doesn't let the focus become absolute. The the juggling between future and present is not possible. As future is about what I am going to do next? Present is about stillness.

Time and form are corresponding to each other:

Formless is beyond the time and forms. Just because of the fact that we are considerate about the time that's why we remain concentrated towards the various

forms. When our focus becomes fixed on these two, then the formless reality gets unknown to us. Becoming sensitive towards time means getting sensitive towards the change. Change is the very aspect about which mind remains totally concentrated. Every change gives birth to the desire of the next one. That is why this trail of change keeps occurring. Our interest in the impending changes makes us harbour desires, expectation or the imagination. As the desire emerges, one can no more remain stable in present. As with every desire a current of feeling is associated which remains absent in present. Present cannot house the currents of fluctuating feelings. Present is like a waterfall where continuity and freshness both remain intact. Rather it is an inverted rise of energy which takes the consciousness up above the limitations of thoughts and imaginations. So present can make available something which world cannot provide. As all the attractions and offerings of the world are situated in the downward side. We may keep enjoying these offerings however tend to forget one fact that it makes us dependent upon our senses. The offerings cannot make one self reliant. It makes us a customer. Customer maybe portrayed as a king however he needs both the market and the money. First he earns money so that he can spend it to buy something which he started liking. So the earning of life is splurged in something, which caught the imagination of the mind. The end of it the dependency upon senses is strengthened and the dominance of mind is established. This condition makes us keep longing for one thing and that is the time. As the mind knows it internally that the best of the thing is yet to be built and acquired and the consciousness knows that the destination has not been reached.

Detaching oneself from this process of action and reaction is being present:

Actions are always initiated by either thoughts, imaginations or dreams. No matter how hard we try to dispel the thoughts however they keep recurring. If we comply with the thoughts and initiate an action in accordance to it or we try to dodge the thought, then even we initiate some different action. So that the previous compelling thought could be erased. In this condition thoughts and actions create a cycle that

doesn't let the person's brain come to rest. To come on out of the cycle person tries to introduce discipline in the life and make oneself involved with more natural activities that are related with the inner nature. This certainly helps to break the vicious pattern. Now the person feels more relaxed and even minded.

Now when the divine, compassionate & lovely feelings starts coming out and one feels much comfortable & connected with everyone around, then greed and lust knock back again. They try to convince that the situation is okay now and there is no harm in a little indulgence. If the person entertains this thought & allows the sensual indulgence or the lust take over then again the same cycle of thoughts and compelling actions return back.

Earlier the person was able to feel what the even ground of present is about and later one starts feeling the turbulence of past and future. Present focuses upon the individual whereas future focuses upon the incidents, other people and own individuality. So if the person wants the shift from individuality to self, from world to consciousness, from making efforts to being effortless, from future to present and then one will have to part ways from the sensual adherence. It is equally important to keep holding the present once it has been earned. One needs to make the wholesale changes within oneself and the way of life to have the taste of present so it is definitely earned. To preserve this earning, maintain it and have it gradually developed is yet another task.

Super consciousness is everyone's that part, that is beyond the closet of time. Which exists beyond the realm of time.

We have seen the world, which is made up of matter and it is the reality. Because of the long journey that starts within the womb and the ignorance that gradually got cultivated within, we forgot the super consciousness, which is the eternal reality. So either one remains on this side of life or that side, which means active or dormant, one remains associated with either the reality or the eternal reality. One either keeps traveling through the time or rests in timelessness. We all know that life and time are

correlated however this is just half the truth. Because of the undeveloped state of awareness we are not aware of the fact that being and timelessness are similarly correlated. Life and being keeps juggling and transforming between each other. Just like the energy and the matter keeps transforming between each other. Because of the ignorance, one is not able to see this obvious fact that life is being produced and sustained by one common entity that is known as the Nature. So on the material side or the visible side one common and eternal entity is there that is liable to produce everything that is required for sustaining the life. So if that is one omnipresent, eternal and common entity is there which sustains life then there has to be it's invisible side also that sustains the consciousness in the non-material form. When the consciousness get attached with the matter, it becomes life. The consciousness through it's own power constructs a tool will that helps it to sustain and move in the world. For the living beings it is about the movement whereas for the non-living articles it is about displacement. Non-living articles need external force for displacement, whereas living beings can manage the movement themselves. It is the consciousness that covers the length and breadth of the matter in the life. When the consciousness can get attached with the matter and sustain itself in the realm of time then it can sustain itself without the matter and in the absence of time.

As the natural power keeps awakening within the individual, one gradually become aware of the various forms of Devi and their significance:

If one wants to understand the divine manifestations that are portrayed in various religious scriptures then one will have to travel through the present. So that all those divine power gradually awaken within oneself. This is how one comes to know that these manifestations are not beyond him. Rather they are present within every individual. Once person gradually moves towards more deeper aspects of oneself, one comes to know about them as his advancement keeps reaching to new levels. No matter how deeply one reads about them in the books, one won't be able to know about. Divine power cannot be memorized, it can only be awakened within. Books can

only indicate towards them however those things that are related with person's being can only be known and felt within.

Those sages who gave the description about the various forms of divine power, did not see them through the eyes. They knew them through their internal journey and gradually came to understand their effect as they advanced towards the highest realization that could be attained through life.

Every realized person gets various levels of the attainment and through them he describes or paint the picture of the divine aspect of the existence. That is why one realized person describes or elaborates the work done by the previous sages. The existence and it's various aspects cannot be understood through the intellect. This can only be known through the purified intellect. All those sages and seekers travel through the unknown aspects and the dimensions of the existence and our being. That is my all the knowledge that flows through them is termed as the wisdom. Scientific knowledge is just one developmental aspect of our being, spiritual knowledge is another. No matter how developed science becomes through the time however it cannot provide one mental stillness and the peace. As these are the part of our internal evolution. That is why spontaneity can not be substituted by intellect.

Present has three layers that segregates the material world from the spiritual world.

They are peace of brain, tranquility of mind and the samadhi of consciousness.

Peace gets facilitated by non-involvement of the senses. Mental tranquility is facilitated by meditation that happens when person becomes satisfied by own natural efforts. Whereas Samadhi happens when the awareness starts blooming & it doesn't get disturbed by person's mental sensual involvement. The facility of living in the material world and looking towards the spiritual world gets initiated by the present only. This is why present holds so much significance for all the self & spiritual seekers. When the modern human civilization has reached to such a new height then even why it is often advised by the learned and the wise to live in present? Apart from having the capacity of arresting the mental cravings & it's ill effects, another reason is

present facilitates self exploration. Present is not something that can be offered by the world. Rather it is something that can be gifted by every individual to oneself. This means no one can offer it to anyone. It can only be produced through the self help. This is the reason of self improvement being so valuable for everyone. Life is not just about making the money and gaining the name. As they can only elevate the level of the future. They are of significance when it comes to the connection between the individual and the society. However when the person is alone or in seclusion, only present can help the individual there. Present has the capability to segregate the silence of existence from the noise of the population. So present makes one capable of not being lonely in the phase of seclusion. One who can get the acquaintance of truth is not alone. It is possible without uttering a single word.

Through the present only one comes to know about the fact that the most consistent pictures is the most beautiful picture & this picture belongs to the truth only.

It is not just about being proud of our heritage or lineage. Rather it is also about feeling blessed of our cultural background.

More than all the ideologies, culture knows the human potential in a much more exact way. That is why it doesn't overburden the human mind with some particular informations. Rather it just provides the manure of the wisdom. Control knows that the soil and the potential is there all that it needs is the right manure. Ideologies believe in themselves, culture believes in human potential. This is the reason ideologies recruit people and make them followers. Whereas culture let's everyone become self-reliant by developing own awareness through the utilization of own potential. Ideologies believe that the best has been arrived whereas culture believes that everyone can take out their best by inverting own energies within. Reinventing oneself facilitates that realization. The Vedic sages knew this. That is why they give the oblations of their own identity into the sacred fire of wisdom that spreads amongst the people in the form of culture. The potential hidden within the humans can not be utilized to the fullest, if one doesn't become aware of the significance of present.

Ideologies guide individuals in a particular direction whereas culture nurtures them. Nurturing facilitates the quality. Quality facilitates value and value attracts appreciation.

Getting proud is about appreciating what others achieved and what has been achieved. Whereas feeling blessed is related with all that natural produce that comes out through oneself. Getting blessed is about rejoicing the presence of the divine fractions within oneself. It is also about recognizing oneself and finding own ways. In true sense finding own ways is related to finding own religion. The religion is not about becoming a follower. It is about shaping more evolved form of oneself and this can only be found within oneself. Others can give you an adopted identity but the religion has the capacity to erase the identity and identify the ultimate truth. Spiritual guidance is about recognizing the spiritual path, which happens within only. The navigation in the material world and spiritual world are different.

In the state of awareness person comes to know that Every incident happening around is examining him.

That is why person remains in the state of witness. Living in present makes one aware of the fact that the activities are different from the truth. That is why one gets aligned with the truth and the activities become secondary. Present makes one aware of the fact that the life is about an examination for the person, where one is continuously examined on the fact that if he is able to differentiate between the truth and the activities. Through this only one becomes aware of the fact that the peace is about the brain and the tranquility is related with the stillness of mind. This is how one learns the art of ignoring the activities and focusing upon the eternal truth in daily life. Present is capable of recognizing the truth, which is the eternal identity of the existence. In such a case mind has no interest in securing and fortifying own identity. In this state one comes to know that there is nothing to hide and there is nothing to show off. This is why person can afford to embrace the simplicity.

In the state of ignorance, person keeps judging every incident on the basis of favorable and unfavorable.

This forces one to become an actor. Actor wants to take the charge of the activities happening in future. He wants to correct them in mould them in own favor. This is done through the involvement of mind. Converting the unfavorable into favorable is a job of an actor, which requires an active mind. An actor keeps judging the incidents then and there. Keeps analysing them later on and keeps planning the next course of action. Activities are related to the future. As an actor we are not aware of this examination being carried out. That is why activities become primary for us and truth gets out of the sight. Mind can only fight for the sake of securing own recognition & pride. That is related to fortifying own identity. As an actor mind continuously strives to influence others. It requires total involvement. Totally involved person cannot become totally dedicated. A totally dedicated person can establish a direct connection with the truth by serving it through it's various manifestations.

The best utilisation of time can be done by investing it fully in own natural most aspect.

Upon deeply looking into it with find that we either invest our time in our demands desires or ambitions. So we invest our time in either the mind, intellect or the ego. What if we don't invest our time in either of them? In such a case we have a lot of time in our hands waiting to be invested somewhere. There is a segment of people who are naturally gifted with some particular trait. There are artists, scientists, players, intellectuals, businessmen, philosophers etc. who invest their time in their particular fields. These people remain dedicated in their specific fields and yield some remarkable results. All these people are not only blessed with these particular gifts but they also know that this is their natural field and they have a dedicated inclination towards it. That is why they are not much confused about what to do and where to go? This means it is a blessing if person gets to know about own natural side and the potential that can be invested in that. Realization of truth can be the highest search one

can conduct however the imminent and the closest search that is related to oneself is about own natural gifted aspect. When the individual starts working upon it then only he gets to develop that very aspect of oneself that is known as the consciousness. Till the time one keeps thinking and acting, only thing that can be developed is own individuality. Awareness can only be developed through own consciousness. As the awareness develops one gradually moves towards the next higher searches of life, which is known as the realization of truth. This means investment of time in this particular direction develops an entire dimension for the individual. This entire dimension belongs to the truth.

Awareness can be described as internal expansion. More expanded one is from within more capable he is to absorb the negative attributes of the world. Awareness can also be termed as the flower of present. It emanates the fragrance of love.

No desires and no attachment mean breaking all the relations with the future and being ready to accept what present has to offer.

When our mental state is greater than the pace of present then we move towards the future. When we become able to cut the pace of our mind and quieten our brain to such a level that starts matching the pace of present then we start appreciating the nature around us and get to realize about it's contribution in making the life a possibility. No one else can make another person realize this. It is about every individual to go through such a process that helps him in slowing down the surge of mind and then get to realize the contribution of nature in everyone's life. Until we don't get to find an entity that is equally available and supportive to every form of life, a gap between the mind and the truth remains open & wide. Till the time one remains segregated from the truth, we remain unclear of the exact purpose of life. It is also not getting to relish the feelings of peace and love.

The heightened state of vision helps one to relish the beautiful feelings of love, compassion and service. Lesser our mind remains cluttered with thoughts and vision, the level of mindfulness reaches to an altogether new level. All that one wants to

become a witness of his presence and when the vision gets developed then all that we want is to work for the truth. When we get to see many people around us then the only possible way to become connected with them is to get involved in some activity. Whatever we see we get to see, we work for that or towards that. Same is the case with the truth. When we become aware of the presence of supreme consciousness, then we want to serve him.

This is about deleting the external influences upon our minds and brains, so that the natural settings can take over. When they become functional then activities become effortless. This is the way of seeing the truth and working for truth.

This is about working for that, which we know by default. This is what spirituality is about, which means getting to know about the truth by one self and within one self. This is how the Karma, the dharma and the attainment help each other.

Present lets us develop such vision, that helps us see the life and the world from a different perspective:

Our perspective helps us to choose the right direction and that direction helps us to reach in a certain state. It all depends upon the direction of our development that whether we tend to get more stillness or confusion. With a confused state, we become less mindful that surely affects the quality of work that we deliver on a daily basis. Present makes us reach to such a state, where along with the reality the truth can also be visualized. This effects the quality of the feelings that we get to feel. One major advantage of this state is one is no more solely dependent upon the activities the life or the world for securing own share of good feelings.

At any given moment we get to see just one shade of the color. This is called illusion. When we get to see the all shades of the color in totality and at any given point of time that very moment is the moment of reality. This means our vision has a lot to do with the illusion and the reality. Throughout the life, we get to see many shades of the same color. If ever we get to see all those shades at once, that is the reality. One shade attracts us and other shades may distract us. This means that in one moment we move

towards that direction and in another moment we move opposite to that direction. This means that our one action is related with one shade of the color. This is how we remain active throughout our life and never get a chance to become still. What will happen, if we get to see all those shades of just one color in one go? in that very moment the resultant displacement of the person becomes zero and he becomes still. This is the moment of complete detachment. In the moment of stillness only, the secret related with self gets revealed to him. This moment becomes the moment of self-realization. This very secret is the personal treasure. Rest other things are worldly treasures. Which are given to the person and taken away after a long pause.

As the journey through the mind, matter and time is way too long. That is why breaks are needed in the journey. The time period between two lifetimes is the break.

Dormancy and activity are two phases of one same seed. Physical presence is about the active phase of the seed. The physical presence is so overwhelming that one tends to forget and become ignorant about the dormant phase of the seed. We remain ignorant about the seeds that remain in dormant phase within the earth.

Reality has two parts. Active reality and dormant reality. Every life has a visible potential as well as the hidden potential. The visible potential gets exhibited in the form of physical presence. Mind is not much aware of the hidden potential of the life as it is so much concerned and overwhelmed by the visible aspect of it. Reality remains a visible. Potential remains hidden. Lotus exhibits it's potential of becoming alive during the rainy season. It spontaneous comes to life without any human intervention whenever the favorable conditions are there. It is the potential of nature that keeps alternating the visible and dormant phases alternatively. Lotus is considered a suitable metaphor for the hidden potential of nature. That is why it is often seen in the various religious symbols. Nature's potential is always there behind any visible reality. Mind considers this visible reality a complete entity. Manifestation or visible reality is just like a front office, which does various operations. Functionality and

potential are two different things. To sustain the optimal function, potential has to be there.

Same is true for life as well. Nature remains connected with the truth. Truth and nature work as a complete functional entity. The visible reality is just a tool of this entity. Nature is a sponsor of every visible reality and very identity that it keeps carries along. That is why lotus is often referred as the divine Lotus or the Brahman lotus. Which means every manifestation has a divine aspect hidden within it. Every manifestation is an offshoot of truth. The very fact that the life is there indicates towards the presence of supreme consciousness.

Differentiation between today and now:

The whole journey of life is traveled on the grounds of today only. This pattern is same for every individual.

If we leave aside the body then today is that ground, where mind remains active. As the mind executes its actions through the body as its various senses are present within the body. That is why mind utilize the body for the sake of fulfilling all the tasks it has planned and thought of. Today is that closet which has a hidden section within itself, which most of us are not even aware of. As the closet is filled with so many interesting objects and ideas that is why the person's mind gets attached with either of them. That is why exploring any hidden space within this closet is not the primemost choice of the individual. It is about the reality and its charm. We are charmed by the realities to such an extent that we prefer to invest all of our assets in them only.

The biggest asset of the life is time and the utilization of time is done through the person's internal power. Time is the currency of the living beings during the lifetime. However the individual's power remains constantly around on core. That is why it remains there with the seed of life during the two lifetimes. It is often said that time is money because they know to have money one needs to convert own time into money. Different people might be investing the similar amount of time but all of them get

rewarded by the variable sum of money. The reason behind this is the quality of that individual. Every individual is a different package from another individual. The world is a market and it is interested in what is there in the individual's package. When the demand matches of supply then it generates money. During the the schooling, individual prepares oneself in such a way that one can fit itself in this chain of demand and supply.

Apart from this whole methodology, mind and marketing, there exists the human consciousness within. It is directly in connection with the nature within. It just keeps delivering what it acquires from the nature. That is why it doesn't need thinking or planning. That is why it can afford to remain there in present.

Present is that gateway, by which nature delivers through the individual.

Appreciating nature is one thing and invoking nature is another. Nothing divine or too substantial can happen in the life, if the force of nature doesn't get along with the individual. As a human being we are very tiny creatures. If you remain driven by the mind only then our actions and the outcome is also too tiny and nearly unproductive. Productivity is not about fulfilling own wishes and demands. It is also not about our karma and our affinity with the results of those karma. There is nothing unique with having demands and rearing ambitions. People fulfill their ambitions for the sake of satisfying oneself. In no way It is going to help the society if I am solely inclined towards satisfying myself through various means.

Future is about what I can become and many a times inspiration is drawn from people who have made big in their lives. Many a times we are not even convinced about what is doable by us and what is not. We surely dream but we definitely doubt also. If the dreams are inspired by others then they are not dreams but mere imitations. No matter how well I imitate someone but I would never be able to become a photocopy of that person just because of the fact that everyone has an exclusive package of skills, talent, destiny, energy, drives, backdrop level of satisfaction, level of curiosity, commitment & the depth of seeking. That is why it is always better to become an original copy of

oneself rather than being a photocopy of someone else. People don't share the same past similarly they don't share the same future as well. As far as the today is concerned It is too variable in everyone's case. Same is the condition with present also. Some people have inclinations in different directions whereas some people have intensity. Inclination and intensity are is related to two different realms and two different aspects of our being. As the person moves more towards the present, he gets to feel more intensity within whereas future is related to inclination towards something.

History means reality of the past.

There are few things which can be termed as the reality of past, reality of today and reality of future. Life and matter both come together to give shape to the reality. Mind gives all the testimonials related to the reality. Dream, reality and truth, three of them are an integral part of the person's package. Dreams take birth within the person's mind. There is a lot of reality that keeps happening around us on a daily basis. We often talk about the next level, which is about taking a leap from the reality of the past and moving towards the reality of the future. When we talk about the developing and the developed world, then we are mostly concerned about the reality of those parts of the world. When we get astonished about something it is about the reality of that person. thing or place. We often try to imitate and change the reality of our lives so that the whole standard of living can be taken to the better level. All of the achievements of the life are about the realities. Ambitions are about converting the dreams into the realities. The reality is the most prominent symbol of the level of development that has been achieved by a particular society or the nation. When we look backwards in the past the reality of few generation back was entirely different from the reality of today. This is how the growth or the recession of any particular family or the society is gauged.

Many of times it is said that it is always better to learn from the history learning from the history is about learning from the reality that took place in history so that the same mistakes are not repeated again and the same ill-effects could be avoided. Many a

times people sacrifice a lot and work dedicatedly to achieve the reality of today. Mind relates with the past and the future but the consciousness never relates itself with either of them. It is all about the intensity of present. That is why the wise men don't get old they get more intense by the day. Getting older is about the states of body and the mind but consciousness gradually becomes more intensified.

Today is that time period which has to be faced.

Whether the person likes it or not, one has to go through it. There is no option to skip it. It means it is a part of us. Time is one of the part of the individual. On the one side there is existence and on the other side there is time. As the person keeps facing day and night alternatively similarly he gets to face the existence and the time alternatively. Just to make the person remain connected with both of them life and after life keep alternating between each other. Earth is a planet and planet is made up of matter. As all the material part of the Cosmos is regulated by some eternal laws of nature, that is why person keeps experiencing day and night in a repeated fashion. Every individual on the earth has to face it.

Today can be converted into present. It is all dependent upon the individual that how much prepared he is to make this conversion a possibility. Today has to be faced, present can be lived. There is a difference between two of them. Facing something is related to receiving the signal from the world whereas living is about sending the signal towards the world. Living is about adding value. Facing is about absorbing the effects. Whenever we desire or there is some greed within us, we remain in a defensive mode. As to fulfill that greed, we need to protect ourselves. Living is about absence of fear. In a complete state of stillness, person gets to witness the life happening. One who is completely still in the moment can witness the movement taking place. Only a still person can decide perfectly that whether he is much closer to stillness or the movement. It is about the selection that whether the stillness has to be developed or the movement. The decision can only be taken when the person gets to experience both of these stages. Continuously staying in this state of movement is not

about the choice rather about the compulsion. Freedom is about being compulsion free. Knowing happens in the state of movement whereas awareness develops in the state of stillness.

Present is related to purpose only. As past is related to memories and future with planning.

What is so unique with the present that it can engage the purpose of life and why it is not related to the past? Another point is that why the planning and the purpose are different to each other?

Past is that very time frame of the life when the person was looking for something meaningful in life. One was absolutely sure of the fact that during that period there was nothing meaningful in life. That is why person keeps feeling that something is missing. Even the person doesn't know that what that something is. Although he can make it out very well that it is not the peak. The search is on and no external help is valuable enough to guide me into my desired direction. Person realizes that people are important, scenario might be better however picture is not complete yet. Planning is related to what I can achieve more however the purpose is about what I can deliver more. As the person keeps delivering he feels that something is getting lighter within. No matter how fantastic an idea is however it makes the mind heavier. On the country no matter how meagre some delivery is but it makes the mind little lighter. Getting heavier is related to the material aspect of the individual whereas feeling lighter is about the consciousness. Mind is related to planning whereas consciousness is about the purpose. Plannings can make projects, which further requires keeping so many minor details in mind. On the other hand purpose is like a flow. Even that very individual doesn't know that what is going to flow out of him. This is how you start appreciating the nature and the existence and feel proximity with this aspect of life. No matter how well executed a plan is however it makes a person tired. However working on the purpose makes a person feel relaxed and makes it easier to slip into the meditation. The search of our lives is not just related with the entertainment or the

excitement but it is also about feeling the meditative stillness. Entertainment cannot provide any information related to ourselves however meditation surely can. During the lifetime we surely want to get in touch with ourselves. As this subject is not taught in any school or university. That is why it never becomes a talk of the town or even get mentioned in common conversations.

7 different days of the week means 7 different plans. Each slated for one day.

In the absence of any plans, no differentiation among days are needed. Like plants don't need any segregation among days. Every single day of the year is same for the plants only thing that keeps wearing is the intensity of sun temperature rainfall and dryness. As far as the plant's side is concerned they don't have any plans. They are ready to go through whatever comes to their way. They concentrate fully upon their own development. If the environment supports their development then the transformation takes place and the plant gets converted into a grains yielding unit. Nature has been feeding people through this methodology only.

On the contrary the human mind has a different way of working wherein it keeps shuffling between the plans everyday. This keeps diverting their focus and the flow of energy in various directions. Humans might be working on a single agenda for years but their focus keeps shuffling on a regular basis.

That is why the kind of effect plants produce cannot be produced by the humans. We surely want something dearly but at the same time we want many things more. That is why we keep investing our time focus and energy in those multiple things as well. This is the reason that the kind of result plants achieve as a human being we are not able to achieve that quality of results. Life exists in both plants and humans but both of us live the life differently. Plants can survive in present comfortably but we mostly spend our time in either past or the future. Productivity is associated with both of the forms of life but in humans it is planned and in plants it is spontaneous. Humans don't know balance the way plants understand it. That is why humans put more thrust upon the management. Management is the plan B after the balance. Management also needs

planning and preparation. These are some of those basic principles that make nature a self supporting and thriving unit. Whereas humans always remain at the receiving end.

Sit in a position for hours and try to find ways to go within. Then you realize that this is the best experience that cannot be found by wandering in the city:

As this state of being static makes the consciousness rise up within. People often talk about getting a high. This is the high that can be attained without the help of any material. Every individual needs to become well not for anyone else but for oneself because when this happens no one else is present there except the truth. So everyone gets the service irrespective of his background. Present makes one realize this fact that no one has any background. One thing that he possesses is his self. Through the meditation koljo person gets to realize that his o ll oo oljoo oo oo koi oo ooo passes through such a track which generally remains deprived of the energy flow. When this track gets filled with the energy, it creates the state of a high. These all experiences and information person gets to avail through present only. L loop yy oyohll Earth is known as the House of treasure then one must realize th okh of kljoolkoi yoat a piece of this house is allocated to every individual that remains along with them as the phl okysical body. That is why the treasure is hidden within it also that can be excavated and explode through meditation.

There is a current that always keeps radiating from the source of our life. When we don't utilize this current for the koo yykoo6oootsk kk okojlokkkklljpake of the fulfillment of our desires then it can follow its own natural course and rise up and reach to that realm which is its very own place of being. For every river it is said that the river knows to make itskolo ll kjkolojololkpljjo ko oljl lo oo kloo6koookkkkkkkokk own way. Similarly the current of power radiating from the source of life also knows its own path of rising up and beyond the realm of materialistic involvements. Through this flow of power only person realizes that he doesn't belong to the matter only rather there is something more about oneself, which is beyond the matter. Rivers or currents

are considered sacred in Indian culture just because of the fact that many a time they drive the person's quest to it's destination.

Others can take your time away but it's own mind that takes one away from the truth. Ultimately there are only two choices left with the individual. One is time another one is truth.

Future= actions+ destiny

It may sound too contradictory but it is not the materials that makes our life happy rather it is the truth that is the source of happiness. Reason behind this is the sense of security and uncertainty. Having the focus on the material when the focus gets off from the truth, one might be enjoying with abundance of materialistic or sensul pleasures but the sense of insecurity always looms around. That is why in this case one cannot feel the happiness.

One can provide all the best things to play and food to eat and a comfortable cage to a bird but he's not going to be happy in the cage because the way she feels connected with this sky, cannot feel the same with the cage as sky is his happiness his freedom and his security.

When consciousness wears the clothes of awareness, it becomes soul. For the soul except the existence, nothing else exists. We often talk about the quality of the life but we seldom talk about the intensity of the moment. First one is required when we are a common man having simple vision whereas second one is required when we become a sadhu. Intensity of the moment makes the person forget everything else and become limited to oneself. This makes the individual a non buyer or a non-customer for the world. When the person starts getting the best of the experience within oneself, then it is not required to remain a customer anymore. In this condition no dream or memory gives him such a high which this state provides the individual. So life is nothing else but a journey from time to the truth.

Omkar is that sound that keeps ringing in the temple of truth. Through the omkar person gets to realize that he has reached his destination. This is the state which is often referred in the text as upasana or being close to the almighty.

Through the hands on experience only the knowledge gets converted into the skill. Skill becomes the experience and that becomes the delivery or the product.

Developing the awareness is like developing the vision for the truth. In the womb and even after taking birth, our eyes go through a definite phase of development then only it becomes able to see and properly focus upon what is there in the world. This process of continuous development of the organs or senses is handled by the nature. That is why they become a ready and workable within a definite period of time. The process of development of the divine vision or the awareness is in the individual's hands. This makes him see whatever that is not visible through the eyes or the minds. The role womb plays in the development of the child, the same role present plays in the development of awareness. Dharma is not just a belief system rather it is the way of living and the wisdom of doing. When the divine realization gets fused with person's natural inclination, then some wise creativity takes shape. In most of the cases divine blessing & support is sought of, no one even thinks of some divine revelations as first two are enough to fulfill our demands and wishes. We want divine intervention but not within us just around us. So that everything that has been made up of by us keeps continuing and without having any changes in this established system. We want midas touch but on our articles not on ourselves. We want our software to remain same, we just want our all the hardwares to get elevated to the latest form. This is how we elevate our levels from the technology to the cutting edge technology and our regular facility to the state of the art facility. This is fine as through this only from our infrastructure to the facilities to the quality of life, to the level of dreams increases. We are gradually progressing in the phase where people would realize that most of the things are doable. Only thing that is needed is your buying power.

That is why the concentration gets shifted upon giving the boost to own buying power.

This very moment is a lock, which can only be unlocked by a hidden key, which is present in each one of us.

This lock guards the treasure of existence. Consciousness is that secret key. If one can take the transition from the movement to moment, then one can become still and then it is considered a moment. It is stillness only that makes one realize that it is a moment. Otherwise mind always keeps considering that it is all about movement. Mind is true and its own sense because if one lacks the movement then he lacks the future. As mind doesn't know about the moment that is why it believes that if the future is lost then everything is lost. Mind knows that the movement can be stalled. That is why there is always some kind of uncertainty associated with the mind and the future. Mind correlates itself with the earth or the matter just because of the fact that like the mind prefers the movement, earth also relentlessly prefers the movement. Earth facilitates the life whereas mind correlates itself with the life because life provides the endless opportunities of actions, which are nothing but the movements. Mind has the affinity with the desires and desires get fulfilled, when some change or the movements happen. Mind like all those movements or the changes that suits him. Mind dislikes the changes happening with it's vehicle called life. So with the mind it is a very contradictory phenomenon that the thing which it likes most and the thing which it dislikes most are the same and that is the change. Only thing that makes a difference is either it is my way or not. If it is going in my way then it's fine. If it is going beyond my way then it is a problem.

Alternatively when it comes to the moment, all these conditions become pointless. As the moment is that window through which one can peep into the eternity. There are no alternative ways associated with the eternity. With the eternity one comes to realize that it is going to be stable. Only thing that is desired for remaining connected with this stability is my stability.

The effect of existence over the individual is known as the awareness.

Investing own time into the void or stillness is known as the meditation.

Meditation is the pathway of developing the awareness. Just like there is a virtual world exists that can be accessed through the gadgets, similarly there is a world of awareness whereas a sadhu or a perfective tries to live in. Dharma facilitates meditation, meditation facilitates awareness, awareness facilitate service and service facilitates the proximity with the almighty. Most of us want to remain connected with either the real world or the virtual world. Very few of us want to be connected with the world of awareness. The beauty of present is that the service can only happen in present because the awareness towards the service develops in the realm of present. Present makes one aware about the gaps that keep on appearing around us. This way the person spontaneously comes to know that where his role is or where his presence is required.

Otherwise our focus generally remains trained upon the demands that are present in the society and our own demands that requires a whole lot of efforts. So that they can be fulfilled somehow with some required supplies. Alternatively we keep looking towards whatever the current trends in the society. So that we can think ahead, think fast and prepare ourselves so that the opportunities could be tapped fully.

When we convert our identity into an individuality then the next step is to create an enterprise around that individuality. To do that we invest in human resources. We try to find the right talent which would be capable and suitable of converting all our ideas into a workable reality. There are people in the society who are ready to render their services for a suitable amount as well as there are people who are ready to engage the talent so that their enterprise can be taken to skies. Few people have aspirations whereas few have dreams. Aspirations are smaller, dreams are bigger. That is why it is often seen that people with lesser qualifications but with bigger dreams do better than them who are more qualified but don't carry bigger dreams.

On the earth or in the cosmos the journey from point A to point B can only be done through the movement or displacement.

Similarly on the surface of time, the journey from point A to point B can be done in the waken up state or in the sleep.

First journey is possible through the material, where the material body makes the movement between two points. This is how the journey from location a to location be is done. Whereas on the planes of time the journey is not done by displacing own physical body. Time changes because of the planetary movement on their axis and around the sun. That movement is not under the control of human mind, that is why the change of time is also not under the control of human mind. By mistake

So the first journey is done in an active form and the second journey can be done even passively, which means it is not possible to hold it for. Being a part of the Cosmos everyone is vulnerable to the changes happening in it that is why some journeys are covered during the sleep also. So we might consider ourselves a separate unit but this whole cosmos works as a single unit.

Either the individual is making the movement or the earth is making the movement. This means there is a part of us that corresponds with this movement. There is another part of us, which is sensitive towards this movement. Which means along with the change in the time happening in the Cosmos some change keep happening in our package also. This can be correlated with the changes happening in the age of the individual. Movement is just one part of any package, the another part is the steadiness, the resilience, support and firmness. Movement catches our attention first. And it can keep our attention engaged for very long period of time because There is a certain charm associated with the movement & mind becomes fascinated with it. Mind wants to rope in itself with the movement. That is why it keeps connecting itself with it's various colors and even the various shades of those colors.

Consciousness is present:

This is a general thinking that we don't get to see the God just because of the fact just that he might be living in heaven or some other place that is far distant away and unreachable. We also believe that he doesn't intervene just because he is far distant. It is also believed that this is a place where different individuals & animals live and all of them are different from each other. Here every individual is a subject and everyone has a subjective perspective. Every individual is blessed with two things. One is his own nature and another thing is his perception. Our life remains dominant by either of them. If we shape our lives by our perception then every single day is a challenge. As everyday someone is doing something, which is potentially against our interests. In this scenario every single day is like a front where the person has to remain too cautious. When we develop this tendency then rather than keep looking towards oneself or self evolution, we look forward towards every incoming day. As everyday is like a challenge and a struggle as well. When this happens then we keep an account of previous days as well as every apprehension and struggle gives birth to a memory. This way everyday is like a struggle and everyone wants to keep away from struggle. The side effect of this whole process is that whether we like it or not, we have to keep living with past and future. The kind of information that we get from the past and the future is individual specific. Till the time one remains fascinated with oneself, one remains fascinated with past and future also.

Wisdom is that piece of information that becomes applicable for everyone equally across the boundaries of nations. Present breaks the boundaries of individual and individually driven activities. This provides the person a different class, that is completely unique in it's own. Now all that information that he deals with is not individual specific nor they are related to first or future. That is why it is related to all and useful for all.

Oneness with God means oneness with all.

If someone doesn't like anyone then even getting a glimpse of that person makes him get filled with hatred and anger. That person might not be knowing about it however

someone got filled with good amount of poisonous feelings just because of him. If a boy or a girl like someone then even getting to see that individual make them filled with so much of excitement, dreams or even nervousness. If someone admires someone then getting to meet that person make him get filled with too much of gratitude. If a person finds someone sexually appealing then a sight of that person makes this individual get filled with sensual excitement. When two soldiers of opposing armies get to face each other then they remain filled with too much apprehension and they remain in a highly vigilant state so that to avoid any kind of untoward condition. This makes the person reach in such a condition, where he keep getting affected by variety of feelings just because of others. When others can have so much of impact upon us then It is also true that person receives lots of blessings by others just because of the fact that he can witness the truth and finds everyone a manifestation of that truth. So people might not even know about it but he keep getting blessed by others. As he visualizes that truth is in everyone and everyone is blessing him. This is what a person receives in present and that is blessings.

If mind is into our identity and it considers us an individual or a name then the soul is something which knows that it is nothing and only thing which exists is truth. We have heard many different ways of describing the soul and one of them states that there is no soul. This is just because of the fact that when person realizes that it is only the truth which exists then every other kind of identity gets dissolved. That is why this state of nothingness is considered as the soul

If a person has nothing to get anything from anyone or he doesn't carry any desire then that person is free and rich because he can only give something to the world. This person prefers to live in present as this is that realm through which all the wisdom of existence enters into our world.

Knowing the world, knowing the life, knowing the self and knowing the truth, all are different domains however eventually all of them are interconnected.

When we refer to the development, it is about the civilization. However development is not just about the civilization, it is about the culture also. Development of civilization is just one aspect of human growth. although it is portrayed that it is the ultimate. It is just one of the indices. We can develop our civilization however self growth cannot lag behind. Alongwith the continuous development of science and it's implementation in the industry as well as human's collective experiences of past, humans took the civilization this far. This package of comfort and science can't let the person attain full contentment.sorting out our worldly problems are just one aspect however sorting oneself out is another. That is why we need growth but it has to be balanced. Mere financial and scientific growth cannot provide us what we are looking for. We aren't looking for the solution rather we are looking for the commonality. Not in the society but within us. We don't want to remain divided within. We just want an uninterrupted internal flow. Just like the sea. Which remains satisfied within itself.ot knows that the ground is just at the corner yet it prefers to remain confined within itself. Sea encircles the total landmass around the globe yet it prefers to remain busy in its own ecosystem. When we look at the life the most of the time we become clueless. That is why we want something larger than life itself and that is the truth. Life is a puzzle, truth is the solution. Life is the lock, truth is the key. The indulgence into the life is that cost, which is paid to attain the truth. World, life and truth exist simultaneously.

Parents don't get appreciated for their efforts that they make for others. This is what bothers them. They think that children are not sensitive enough towards their pain that they take for the sake of solving their lives. Or they feel that children lack the awareness about this whole process that needs massive selfless devotion.

Rather than making sure our presence at some place, thing that is important is our being in present.

This eliminates the waiting period completely. alongwith the waiting, period is also gone.

Many a times we remain in hurry just to make sure that we may not miss the opportunity.

There is a sense of insecurity associated with any desire. So till the time desires are there, one can't feel fully secured as it is about securing own achievement. There is a particular kind of feeling associated with this condition where person feels a little anxious. In such a condition person cannot be in present. As being present is associated with acceptance. This means person doesn't associate oneself with the circumstances and he prefers to remain in the stillness. It is not about abiding with all the plans that had been laid out by others as the outcome of any process is same and equal for all of them, who are associated with that very process. So no matter how much person keeps debating upon it, nothing substantial is going to come out of that. Rather it is much about how much devoted one remains with that process because through this he will be able to extract maximum knowledge and improve upon the skills than just thinking or debating upon it among friends or relatives. This all gets started with the curiosity about any new initiative. When the fruit gets into the juicer, It is just the juice which person acquires, the rest is useless. So it is upon the individual whether he concentrates upon the juice or the byproduct.

One who prefers to live in present yet remain involved with many of the activities happening around, understands this fact that it is the present which is the primemost attainment. Rest of the things just keep happening on the sidelines. Participation and involvement are two different things. One who just participates, remains sure of the

fact that If nothing is acquired then even present remains along. On the other side one who gets completely involved with the process and makes oneself emotionally attached with it, he let's go off the present for the sake of securing some objectives. Objectives are many, present is a singular. Mountains are many, Everest is only one. Present is not a roadblock in achieving some objectives. It just facilitates the achievement in a more smooth fashion. Once the person decides to get rid of emotional involvement for the sake of living in present. He lets the activities happening on the periphery of his being, not in the center. As his core is much firmer like stillness and present.

Whenever we go anywhere, what we do there?

We just create memories.

The utilization of the same time can be done differently. Instead of creating memories during that time period, one can create a meditative state. How to achieve two different kinds of results? What do they do differently? Memories are created by converting the thoughts into activities. Another one just abides with own Dharma. Dharma is related with own innate activity. Both of these people definitely do something. However there activities are way too different from each other. First one has no option but to create memories only. It is either related with experiences or about the knowledge of some subjects that are gathered through the books. In the classroom also we get to see two different kinds of students. One group is not much interested into studies but they socialize more, experiment more, conduct more activities and they interconnect more than others. Then there are another segment of students who is study more socialize very less and don't prefer to spend time in unnecessary activities.

When we further proceed in age then similar conditions arises again. Now after obtaining a certain level of experience and bookish knowledge, similar kind of situation

reappears. Noe the option is either to keep conducting more and more experiences and keep gathering more knowledge about the society and the fulfillment of own ambitions or we try to find a way that can help us in vacating the various mental faculties of ours. This methodology helps us in experiencing more stillness and gradually decreasing our dependency upon various sensual indulgence. There is a similarity that the studious group in the school acquires more knowledge about the subject whereas this group acquires more wisdom regarding the life.

So two different kind of people would utilize the time in two different ways for obtaining two different outcomes.

Generally the time can be divided into 3 parts

- 1.past
- 2.present
3. Future

This is a way of describing that what was in our hands what is still there and what would be there. This is just like a student who gives the examination and gets the results. His results can make him convinced and encouraged to better it next time. It is about the feeling When we get the result we get a particular kind of feeling that the next time the result & situation should be better and the feeling should definitely improve. Our efforts make us seasoned, our results make us experienced, This gives us a confidence that if we do a proper time management and improve our devotion towards the subject then definitely the result would be better. This way the life gives us the opportunity to continuously improve ourselves. Time is the medium of all these efforts that a person makes. So time gives us an opportunity to satisfy ourselves and continuously improve as well. Our want of time doesn't die until the individual reaches up to a definite evolved state. Because at that very moment the dependency upon the time gets shifted from the dependency upon the truth. This is like crossing the bridge and finding the ground. It is like a graduation ceremony where a student

gets converted into the professional. No he doesn't need more classes and practices as he can move forward and render his services to the society now.

If we can disconnect ourself completely from past and future then and we can be present in this very moment as this very moment is filled with wisdom. This whole process of entering into the present is about curtailing own sensual energy and converting it into the peaceful energy. It is about knowing a little more deeply about oneself. It is also about knowing that what can transform our sensual energy into the peaceful energy. When we say that there is no peace in the world then one needs to look towards the life that are there some indications about peace scattered within the life? It only needs the area of investigation to be changed.

Time can be divided into 2 parts

1. Time frame in which one is excited
2. Time frame in which one is still.

This is not a story of a day but upon deeply looking, it is found that these are two separate phases of life. We look towards the world with excitement and we look towards the life with stillness. Mind correlates with the world as there are many things that could excite the mind. That's why we often prefer to go to such places which are full of exciting and entertaining things. We just want food for our mind so that it can feel excited and jubilated. This is the reason we divide the world into two parts. One is exciting one and another one is boring. The exciting part of the world stimulates the mind accordingly and mind feels that this is the place to be. For the children the exciting side of the world is about the sporting activities. As a children we make most of our friends during the gaming activities because our frequencies match the most during all these gaming activities. Excitement is not just related with the activities or articles but rather it is about people as well. This is also true that some elements of attractions are always associated with these activities. These elements get more pronounced in the adults they start looking into the sensual aspect more deeply and keenly. Everyone has the energy that is ready to couple with people. When one is

totally driven by this energy then it keeps capturing the images and memories of the people and all this data keep getting stored in person's mind that comes to play when the person is alone. All these data comes to play when the person is among the crowd and even alone. This way mind is never free and maintains connection with the emotional and sensual data.

This scenario changes when the person's mind changes into another phase, when the epicenter gets shifted away from sensual pleasures to the stillness of mind.

Now the person gets known to a methodology that can still the mind and the sensual part is kept away from our daily life. Now the focus gets shifted from the world to the life in real sense.

Whenever you wake up, it's the dawn.

The awakening has a direct connection with the dawn. Awakening doesn't follow any sleeping and waking up patterns. Morning has no connection with the waking up. Person can wake up early in the morning or even late in the afternoon as well. Morning doesn't wait for the individual. They who are able to lift themselves up at the right time become able to see the sunrise whereas the rest of the lot gives preference to the sleep and they prefer to wake up when it is a time to start their daily schedule. It means sunrise and the waking up might or might not coincide with each other. Upon looking closely we find that every new day is the repeat of the same old schedule, which one keeps following throughout the life. So it is not a new dawn rather it is a new day. A new day where all the old schedules and patterns would be followed. So it is sort of a repetition rather than a beginning. A scheduled way of functioning is known as a job or employment. Sleep takes the baggage off the mind and the body gets to get rid of the yesterday's tiredness. Every morning mind gets filled with fresh stock of chemicals and one feels that he is charged again to live up to the occasion. This is the regular story of mind, body and the morning.

On the contrary awakening is related with something beyond mind. Dawn is related to the start of a new era in life. This awakening doesn't go through the repeated phases of

sleep and waking up. Awakening is related to resurrection of a forgotten and unknown element of self. Just like the mind when this element gets awakened, A complete New journey related with the development and knowing the self and the field of spirituality is kicked off. This dawn brings up purpose to the life. In the absence of the dawn, darkness keeps prevailing and one remains clueless about own role in this whole structure of life. So the power, energy and time neither of them can be utilised for the sake of own upliftment. Until then they are used for gathering experience and fulfillment of some dreams and objectives.

Satisfaction is the highest form of happiness.

A satisfied person doesn't keep running towards future. Although the flow nature still exists within the person, which eventually gets diverted towards present. Present facilitates the way of going beyond the confines of the mind. Param means something that is beyond mind. Mind is designed to be eager Just because of the kind of options and opportunities it gets to see in the world it doesn't get satisfied. No satisfaction means continuous movement and continuous engagement. This way the outcome becomes dependent upon the outcome of the engagement between two parties. When two unsatisfied parties meet they want to extract their own quality of satisfaction through this conjugation. Both of them get to think about the fact that whether they extracted the kind of pleasure or result they wanted from the association or not. That is why one common process delivers two different kind of satisfaction levels in two

different individuals. Just because of the fact that both of them have two different expectations from the same process.

The moment person becomes satisfied he is no more inclined towards engaging people and initiating a process of experimentation that yields some results. Satisfaction makes a person contain own flow. Making the shiva bathing with the water is related to diverting this inner flow of nature towards lord Shiva, who resides within. This ultimately makes him awaken and functional within the individual. Shiva is considered to be the source of beauty within the life.

This statement has a subtle message that demands don't provide happiness rather it is the internal satisfaction, which makes the satisfaction evolve from within.

It indicates that world can fulfill your demands however the supply of happiness always happens from within only. People who are able to exercise a definite level of control over own desires are able to become much more peaceful than them who always demand and expect from the world.

A person can not utilize all of it's resources until the internal resources are tapped.

Actions are related with becoming while present is related with being.

When the person is in the action mode he is not in the present. All the actions are done in this very moment. All the probabilities of doing or acting ceases in present. Present is about being oneself. Actions are not possible in present. Present is all about happening. All the happenings are related with nature as it governs all of them. So one has to surrender all his actions and doings for the sake of witnessing the happening. Thus happening and doing are different. These are two different streams. Doing can be done now while happening can be witnessed in present. This is all about being a witness. A witness witnesses the happening as happenings are related with the nature & governed by it. That's why a witness gets a chance to be seated in the lap of nature and see the things happening. There is a flow of nature in every person. Limiting oneself as a witness allows this flow to happen. This flow is all about the flow of

wisdom. This is how a witness allows a stream of wisdom flow through him. Duality is all about doing or performing.

There are two possibilities with everyone of us. Either we keep getting guided by our own mind and is related infrastructure or we get guided by our natural aspect. Unplanned life is not unproductive life. The productivity is related with person's nature whereas the execution of the plannings is related with the mind. Our thoughts and the imaginations are the part of our illusion. When the person part ways from the illusion part then the natural part gets a thumbs up to get activated. As either we are controlled by the mind or the nature so throughout the life something would keep happening. Either we keep designing our own life or future or we keep marching ahead according to the nature's design. The implementation of our own plans makes us feel satisfied and richer whereas abiding with the nature's plan makes us experience the meditation and feel contained. Allow the nature to work and it will surely deliver something. It is never individual specific. Nature's fruits are for everyone although the one who is medium surely gets to feel it's serene effect.

Present is all about meditation and wisdom.

When one becomes still in present this is meditation and when the person see the flow or current of wisdom flowing before his eyes while remaining a witness of it, this is wisdom. Past and future also also some kinds of information. Past is about memories, future is about expectations. Similarly present is about the truth or the super consciousness. As far as the future is concerned there is a difference between what is being expected and one who is expecting something.

Whereas present is entirely different from future. It holds no expectations, no grudges, It holds nothing except silence. Once silence seeps in person tends to lose own identity also and finds that the environment and the self are merging with each other. That is why what is there becomes absolute and complete. No desires means the element which is responsible for generating the desire has been subsided. In the place of it the other element which is responsible for 'being' originates. Being when gets

merged with present, becomes awakening. Which means it is about openness, endless boundaries and clarity.

Meditation is a process of keeping the mind still. Once this is done, mind stops generating the thoughts and reproducing the various images. In the absence of images what do we get to see is the truth. Wisdom guides us through the life. Through the meditation only we come to experience that it is possible to become still in the moment. Our mind is not designed for the stillness that is why every moment it keeps making some movement in the form of thoughts and engaging with the people. The real transition for the individual happens when the movement gets transformed into the moment.

In the present only we come to realize this fact that the life is not just about movement only. It is about becoming still in the moment also. A very unique thing happens when one becomes frozen in the moment. One thing that person realizes that it is possible to remain unshaken and unaffected. Another thing is that a particular kind of feeling is associated with the stillness also as there is some excitement associated with the movement. Sitting under the sun provides us a certain kind of pleasure. Similarly sitting beside the truth provides us a certain kind of internal pleasure and stillness. Whenever mind leaves this very moment to catch another one then it is like a leap because it gets to see a great amount of difference between the quality of experience provided by these two moments. When the personal ultimately realizes that he has a pleasing stillness associated with oneself then he's no more bothered about every coming and going moment. Now the moments are not exciting like earlier.

Where we see stability and patience, there exists the elements of divinity.

Question of 'who am i' arises because whatever identity we are carrying with ourselves in current scenario doesn't complete us. That is why our search goes on.

In the current moment we are often remain deviated towards past or future. That is why our contact with the present moment doesn't get established. Till the time we are not able to meet this present moment, many of our questions remain unanswered. We

are not able to recognise our that element, which is compatible with present. Our memory is compatible with past. Our desires, planning and insecurities are compatible with future. we always look towards future because mind feels that future will bring something substantial, which is not present with me right now. I am devoid of it right now. Show the treasure is there in future & i have to go into future to claim that treasure. Another point is that my task is yet unfulfilled, so I need future to complete it. All the unfulfilled tasks keep going towards the future as all the opportunities keep coming from that direction only. That is why if the individual has some unfinished agenda regarding his own expectations then there is no other way but to keep looking towards the future to hand pick the right opportunity for one self. As a person wants to make oneself at par with his colleagues whether it is related with the educational qualifications or the level of services provided. One just wants to reach at some leveling ground even if he doesn't wants to exceed others.

No matter how intense our demands or the desire could be however the kind of smoothness and the stillness provided by the divinity is unparalleled.

When the person is able to decelerate oneself to such a level, which becomes compatible with present, then present make him realise who he is. Getting to know about who am I makes one become attached with the divine aspect of the existence because now one knows that everything substantial that could happen through the life would be provided by the divine aspect of the existence only.

Past present and future are related with persons vision. Past is about the memory future is about planning, desire's, imaginations, ambitions.

Now is that ground on which person's acts are performed.

Which means today remains connected with the past from one side and with the future from another. So today is the link that connects past with the future. If a person is not able to do anything today then he believes that the opportunity got lost. As the fort of future needs consistent efforts of laying down the bricks. So every missed effort of today is not going to help the future in any way. That is why consistency is a required

even when it comes to the future. That is why all the students who prepare for the competitive examinations make sure that they utilize every possible moment to prepare themselves better. To cover a detail curriculum, one needs A detailed effort, which must be consistent. Continuous preparation insurance better performance. Thing that is required for this consistency is our internal motivation as well as the interest in the very field. This makes one convinced that he's utilizing his time for the sake of giving shape to his own dreams. Both of them aggravately keeps the focus in the right direction and preserve it from getting deflected away in unnecessary and wasteful direction. This is how the internal inspiration let's the individual to materialize his dreams. If one is able to realize his dreams then he surely knows the mechanism of keeping own focus in the right direction and one fine day realizing the truth also. Tomorrow is in line for the planned act. One needs tomorrow so that the planning can be laid out on the ground.

Till the time person is not concentrated towards present, his focus remains deflected towards the past or the future. At the same time his focus remains upon other's past and future as well. This is how he gets divided into two parts between past and the future and this gives birth to confusion. Clarity it's just about keeping the direction of focus in just singular way. When this happens nature keeps executing the work and the focus keeps getting refined with every moving moment.

While doing any task our focus remains dissected in few directions.

One is towards all the planning of the future and another one is towards all the experiences and the memories of past. This way no matter how hard one tries the focus cannot get jammed in one direction only and that is now. One remains excited and bored at the same time. There's a movement on one side and baggage on another. If the work is creative then definitely there is some effect upon it's quality. Creativity has nothing to do with the past. As it get maligned by the imprints of past. Creativity is not a job, it is an expression. It is neither an effort also. Creativity just needs some medium to get itself exhibited. If the person starts mixing his own efforts then the

quality of the creativity comes down. One who appears to be doing it, in reality he is just a present and keeps seeing it taking shape. Anything creative can happen in present only. Certificate can neither be planned nor architected. This is the reason that it is free from the boredom and the excitement. One who is the medium of it can straight away enter into the meditative estate once the job is done. He is never interested in any celebration related to the fulfillment of the job.

Meditation is the prasadam of creativity, which happens in present. Surrender is acceptance. The moment one becomes effortless, he opens the gate to creativity. That is why there is a famous proverb which says that 'I do nothing but the job still keeps happening.'

This is how one comes to realize the presence of the divine power in the human's life. When the person becomes a medium of some divine job then the fruits are also the divine effect which can be termed as the meditative effect. This is the easiest way of experiencing the meditation and that is doing your divine duty. This is how one comes to realize that just being present is enough for getting any divine job delivered. It is not just the mind, intellect & ego, which exhibits itself rather It is also the divine nature which exhibits itself through various people. That is why when we look at the examples delivered through the people's life and the various guidance present there. Then there is a variety of them available in the society.

There are two classifications of time.

1. According to the mind, it is divided into past, today and future.
2. According to the consciousness it is a present and timelessness.

Past, today and future is the most prevalent classification of time that is often referred to and reminded by the people around us

There's a difference between today and the present. Today is full of activities and intervention, it is about implementing lots of ideas, exchanges, interactions & generating experiences. When mind is active then today is an opportunity to convert it into the activity. Today is an opportunity to convert all the ideas and dreams into the

reality. One thing that remains common in past, today in future and that is the activity. There is a strong inclination within the mind to remain active and activate the whole infrastructure that is there at the disposal. Mind wants to keep all the things moving because if they remain stagnant then there is not outcome or productivity. That is way for the mind today is the building block of future. Management is all about maximizing the potential and the outcome of today. As the outcome increases so as the prospects increases. The performance of the individual and the organization is related to them. Today's performance related with the utilization of individual's focus in the desired direction. This is what every manager wants, the best of the efforts and the best of the results. Today is the building blocks of the efficient work. That is why the individual & the organization want to know that what was the outcome of today's work.

This is one of the ways of looking at the life through the point of view of an active mind.

The point of view of the consciousness is entirely different from that of the mind. It has no plans and no ideas to implement however that doesn't mean that it does nothing. In this scenario also actions keep happening although they are the natural and spontaneous activities. Which means person knows that what is to be done. He just presents himself and in his presence the nature within, keeps continuing in the job. In this state person's mind remains free yet the job keeps happening. When the individual becomes a part of it then he can have the experience of timelessness through samadhi.

Present is a mysterious word.

When we look at the actors who generally prevail in the society and keep working according to their own free desires, they all get novice in the realm of present. The reason behind this is that all the identities and the ideologies succumb in the realm of present. Present is natural and divine. It is overwhelming. The direction of flow of energy gets altered in present. Present is like the sun that keeps providing light and energy to the cosmos. No matter how rich and influential one becomes however no

one can provide anything to sun. All the hierarchy, social influences, financial status, political influences that generally exists on the world lose all their relevance when they come face to face with the sun. The reason behind this is no one can give anything to the sun.

This is the natural arrangement, the Sun always remains as a giver.

Like the sun, present is very clear about what it's preferences are. Present draws all it's support from the truth and keepy delivering to the world whatever it has.

Present and planning can not go hand in hand. Present is absolutely spontaneous whereas planning is absolutely deliberate. Present can remain completely relaxed while executing it's duties whereas planning needs to be totally vigilant throughout the course of the activity. In this state of vigilance person becomes so receptive that whatever comes from the surroundings, it keeps absorbing all of that. It is sure to leave their effect upon the individual. Each of this effect keeps depositing upon the person's mind as the various layers of conditionings and the memories. In certain countries it is a mandatory to go in the defense service for a certain period of time. Not everyone is a soldier by nature. That is why for some of them it is rather easier and for few of them it is too difficult a stint. All such people come out of their army services having a lot of mental, emotional and traumatic baggage. These people do want to experience a completely different way of life, where one can learn to be in present and become ignorant about the rest of the things. This is about valuing oneself rather than valuing own capabilities. It is about getting in touch with own inner purity and sanity. It is about that period where no rules have to be followed and no confrontation have to be made.

Life is time:

Utilization of time provides us happiness or sorrow. If time is utilized in natural work, it provides happiness. During good times, utilization of time in unnatural things provides boredom. During trying times, utilization of time in unnatural things provides sorrow. Happiness is not about doing whatever that comes to our way. It's

about reading own nature, being selective and doing that, which suits us. Our karma and own nature have a connection between them. Person's nature instantaneously comes to know that whatever being done is according to own nature or not. Nature is like a flame which carries an aura around it. Whenever the karma doesn't support person's nature then this aura get disturbed. That is a certain kind of mental serenity associated with own nature. Until this person keeps doing all the natural karma, this serenity remains maintained. This is how even they state activity, this aura or the mental serenity remains undisturbed. Are you okay considers it the best achievement if he can maintain on mental serenity even while remaining in the fluctuating, obnoxious and tempting environment of society. This is how we learn to maintain our internal environment stable even while remaining active and remaining involved with multiple kind of people in the daily routine. Every human being is not same because everyone has different objectives of life and that is why they have different nature and different approaches. Whenever two people meet, their aura or the impacts also come in contact with each other. This is the normal methodology of getting affected by others during our day to day routine. A yogi tries to take his natural refinement to such a level that he can live in the society without being influenced by it.

Till the time mind is restless, one needs future. When the mind comes at peace, then everything you need is here and now. You remain present and on another side of meditation lies your destination. Future is all about restless mind. Otherwise everything is present in present. Nature is present in present. Truth is present in present. You are present in present. Future is nothing but a creation of restless mind. Past is all about memory

Life and after life are two aspects of the being.

Birth and death are two points of transition between these two aspects of the being. Both of them are related with a vehicle called body. Birth marks the appearance of a vehicle in the world and the start of the activities. Post birth person's being is recognised through the physical appearance only. Once the vehicle called body gets

activated, Then the being takes the back seat and an identity takes over. Now onwards if at all the person's being is important, it is for him only. During the life time for the rest of the world It is the person's identity that gets recognised and dealt with. So the person has two choices. Either he gets too much connected with own identity or one takes the transition from the identity to being. In the general perspective person's identity is the most important thing for the individual however all the identities existing on the world are perishable and diminishing.

So all the karma related to the identity keeps producing the identity again and again. This way both the identity at the action are interrelated and interdependent. Until and unless we stop doing the Karma which supports and are related with the identities, creating identities and making one remain attached with them. Whatever one does for the sake of own identity, everything becomes degradable and perishable. If we keep utilising this fuel of time for the sake of fortifying the Identity, then this process keeps producing the time and our presence within the realm of time through an identity.

That is why self realisation is important because it makes one drift away from own identity and underlines the significance of own being in the life. The way identity values time, similarly being values truth and peace. Identity is the by product of time. Bliss is the fruit of truth. If the person becomes able to drift away from two things in life. One is own identity and another is the Karma then he can very well progress on the path of truth by aligning with own Dharma. Life exists in the realm of time and the truth exist beyond time.

The moment you come to know that the lady you are looking for is no one else but the peace residing within, you finally attain what you were looking for.

The very moment females come to know that the male they are looking for is no one else but the Guru situated within themselves. From that moment onwards one has nothing to be procured from the outside world. One becomes a pure giver to the world. Now this person is well contained within one self and this very state is known as samadhi.

Because whatever you have been looking for has been attained within. There is nothing to be procured from the world but there is a lot to be given to it. The time period that you spend with this inner lady is known as meditation. This lady is very simple without any artificial gestures or tantrums. She prefers to be there without creating any ruckus or unnecessary chattering. She is so silent that one can hear the cosmic sound known as Omkar in her presence. That is why her presence makes one automatic get connected with the existence. Being with her is like enjoying the comforts of the mother's lap. One can relax there without having any shred of concern. Children have the privilege of sleeping in mother's lap although the grownups can get the similar kind of feeling in yoga nidra.

When you come to know that the world cannot give you anything you are looking for, then your connection with the outside world becomes limited.

In such a case whenever you connect yourself with the world, it is only about giving something.

Now your daily routine is about performing your duties, performing your Dharma and then getting back within for the sake of availing daily dose of inner comfort. This is the yogic way of living. Residing in the inner world and serving the outer world. It is about remaining connected with the mothership and inculcating all the virtues of her like compassion, love, patience and blessings. The real blessings originate from peace. The realm where one can attain all these is present only.

We lay so much emphasis upon the past, present and future that we often set to miss what the 'eternal' is.

Both of these segregations are related to the life only although we lay so much emphasis upon and remain concerned about one of its segment, which is past, present & future. We don't exhibit any curiosity in the eternal aspect of the time just because it doesn't strike any excitement within the mind. Another thing is that it is a self supporting unit that is why person is not involved with its sustenance. Person can not make any activity to support it and have it developed further. Only thing that it can do

is not to disturb its balance. Another thing is that one cannot claim to be a producer of nature. That is why there is nothing to prove oneself in this field.

Mind wants to bring change and that through his actions, skills and talent. Doing something new, big and extraordinary is nearly everyone's dream. Nature functions according to its own ways and she doesn't believe in advertising oneself also.

Eternal part is so silently active, inert, peaceful and magnanimous that it often goes out of person's attention. As one thinks that nothing is happening there. Another thing is that it cannot be engaged. It cannot become a party to the person's ideas by shedding its own actions. No matter what may be the situation, it sticks to its own course of action only. A plant has ambitions also. Ambition of growing big, producing more fruits, sheltering the small animals and birds, providing more shade and later on the fuel. Unlike humans they don't change their course of action. A dominant thing that generally bothers humans which is 'confusion' never bothers the eternal side of life. They are not looking for clarity. They are just devoted to the development.

One very important thing which appeals to the human in a great way is the exchange of words. Emotions, desires and wishes they all want to have them expressed. They also want that someone should be there at the receiving end who could hear them or can reciprocate. This possibility is not available with the plants. That is why humans prefer to remain confined within their own societies, remaining busy in planning about future & thinking about past.

We always think, plan and work according to the contemporary society.

My It is always there in our minds that how do we approach it and how it is going to respond. When we look at the real life then we find that major of our entertainment comes from the society only and when the person goes deeper within, the majority of his stress also comes from the society only. Which means few of its aspects are inviting and few are repelling. We live and work in so complex society & work environment that the person may not be able to evade all that problems that originate from it. At any given time millions of small societies function all around us across the world.

We may not be aware of the fact that before this society there have been millions of societies in the past and they used to operate nearly in the same way which the contemporary societies function.

This is also true that in future there would be millions of societies present and working nearly similar to the one in which we are living in. All these societies poses a similar kind of challenges to the individual. There is another society exist around anyone of any era and that is the presence of nature. It is one common unit that is present around the societies of all the times, which ranges from past to the future. So the people of any society can decide to get aligned with the natural society or the social society. Generally we learn from the social society and then implement it on the natural society. This is how we keep cutting the forests and disturbing the environment. In fact we just need to reverse it. We need to learn from the natural society and then implement all those wisdom on the social society. It is about molding oneself according to the nature and then to the society. What we generally do is we mold ourselves according to the society and then implement all those things on the nature. If we want to turn towards future then we will have to turn towards society whereas if you want to carry on towards present then the nature helps the individual.

Only you can be there in this very moment, no one and nothing else.

Not even your own identity can be along with you in present. Present only gets hold of you, It lets go of everything else. Except the truth present doesn't recognize any other thing. Present has it's own sound. The sound of Omkar that is present within the living beings. This means for the sake of listening the sound of Omkar or the Om, one is not dependent upon the world as It can be heard within. This sound only facilitates the appearance of peace within.

You and the peace. Peace is not a matter and you are also not a physical body. In fact you come to realize that you are nothing. Nothing can be anything but matter. Being nothing is the first sign of the freedom. Nothing means when we see from the perspective of mind and through senses then nothing is found. When the person opens the doors of own vision then he doesn't get to find anything that can be termed as self. He gets to find emptiness, which is full of peace.

This moment makes you realize that nothing substantial or exceptional is there beyond your. As the person grows up then he comes to realize that how difficult it is to keep the mind unexcited and tranquil. When can earn a whole lot of cash but making the mind come under one control and remain silent is much more difficult than that. Money is earned whereas silence is produced. Earning is related to activity and production is related to spontaneity.

Present produces a crop of peace for individual. When this person it surrounded by people then this person may be the odd one out, who is able to feel what the peace is and rest of the people are just guessing about it. Peace is nothing just the ability to hear the cosmic sound and witness the truth through own developed vision. It is the ability to be free and fine. Just to become fine, one needs to be finer. Fineness is about the ability to pass through the minute obstacles.

If one goes bigger and rough then the big size is definitely an advantage however the same thing becomes a disadvantage when it needs to pass through some fine object and enter into a new realm of being.

On the basis of possibilities of making actions an actor divides the time in three parts. Past, present and future.

On the contrary a witness doesn't have any past nor the future. As he is not interested in making actions initiated by thinking or the desires. He is just situated in present. He doesn't know what happened yesterday & how people spent their yesterday. What were the matters about which they were thinking and discussing about. Why there were arguments & people in a state of confrontation with each other. We often get to see that few things affect some people too much whereas some others are least bothered about them. Another thing which he is not interested is what are the activities people going to perform next day. What are they going to talk, debate and confront about. He is free from the emotions of the past and the curiosity of future. That is why he is able to see that aspect of all the living beings, which they even might not be able to realize.

In the absence of any plans, no guided actions are needed anymore. Past creates future and future creates past. One common thing that exists in both of them is the thoughts and thoughts driven action.

When the person is neither occupied with the thoughts nor he has any desires to be fulfilled then the segregation of today and future doesn't exist for him. So from today to the future this individual is free. So on the one side there are past, today & future and on another side there is present. Three of them are segregated like casts and present is free like air. Present is about breaking away from the moulds of past and future. One needs to accommodate oneself into any mold. Molds can give you a shape however they can not make you the formless. Anything that possesses a form is ready to be get molded. The division of past, present and future are not at the elemental level rather it is at the level of actions and thoughts. The division is at the level of it's utilization. Another way is to not to use the time in a divided fashion rather let it flow like a spring of water. Then only the possibility of uninterrupted Ganges can be possible.

Time exists because of surroundings.

In a closed place with no interaction from outside world, it's difficult to perceive time, however mind will say that it may not be possible to know the time although that doesn't mean that time is not present. Body is also a surrounding of us. In case of oneness with surroundings, mind automatically gets weakened. That's how our perception of time automatically gets altered.

With our senses, we get to know about the surrounding and because of this watchfulness, we become sincere about time. Till the time we consider that our surrounding is our ultimate destination, We have no other option but to remain sensitive towards the change in distance and time. There is always some distance between the individual and his surrounding and because of this distance time exists.

Till the time there is difference between the scanning instrument known as senses and the object that is being scanned, there remains the presence of illusion. Senses and the object cannot become one. Object gets perceived and senses perceive them. It is a double ended game. Someone is there on one side and something is there on another. One interesting fact about the perceiving ability of mind is that it considers oneself someone and others something. This means mind considers that he's the only one living being and rest are objects. That is why mind never treats others the way it positions itself. Just because of the fact that it has a vision about oneself and a perception about others. It never perceives oneself and it doesn't utilize the same vision for looking at others, which it utilizes for oneself. Just because of this fact the concept of consumer and the consumables remains there. This is how the world remains a market and individual the sole buyer. This buyer continuously tries to become the sole owner also. Buying and possessing are two different aspects for a consumer. For the buyer, owner is the one who holds the absolute control over the resources. Only when he allows, then the buyer can go on to purchase anything. Money buys resources, owner makes policies about the resources.

Past exists only because one was not in self. While future is that time period when one is away from self.

When we lose the track of something innate, Then the focus of the individual gets altered. There is something too strong within every individual that can keep the focus aligned with itself. In such a case the way of living goes through sea change, level of productivity increases many folds, the quality of Karma become quite higher as well as the possibility of deep meditation and Samadhi get alive. Meditation, Samadhi, self and present all our interlinked. Till the time person's focus remains draped with self and truth then the garden of peace starts taking the shape on the grounds of present.

The desire of lust is that one strong power, which keeps the mind alive, active & busy generating new thoughts, ideas and imaginations.

The focus of the person is that one strong beam of energy that generally keeps flowing towards the world. Because of it person develops many connections, relations, collects experiences, imagines, dreams and make multiple actions. When this situation arrives then the focus surely gets deflected away from the self and when the focus is deflected from the self, it is no more in the light there. This is how one loses oneself. In the absence of self that is no other option but to align self with an adopted and created identity. This is how one enters into the world of identity and the light of self gets far distant from oneself. This is how the world of illusion and awakening are different from each other. Considering oneself a body, name, cast or creed is no less than an identity crisis. When this crisis arises then the individual adopts an identity for oneself. Generally people try to protect them ferociously however sometimes under some extraordinary situations like fear, bad experiences, unfulfilled wishes & heightened awareness they even decide to shed older identity and adopt a new one. This becomes a part of person's past as well as future.

Generation of future for the individual is a part of nature's justice:

Future is that ground for the individual where both the favorable and the unfavorable aspects are present. For the mind all the rewards of good deeds and actions are stored there in future only. In order to throw a party, we need a venue. Similarly if a person has done very good deeds and he is too much interested in getting the benefits of it

then there is no other option but to travel to the future to live, experience and collect them. Motorcycle enjoying the park party for the sake of enjoying the party, we may proceed towards the future however all the aspects of the future are not in human's control.

What is true for the party, is true for the penalty also. Whatever layers of mind and various activities has been generated gets exhibited in the realm of future only. So mind and it's various layers of actions has the connection with future. Mind creates thoughts and thoughts are like the currents and frequencies. A part of nature is receptive of these frequencies and have them converted into the effect.

When one comes to understand about the functioning of the mind, the layers it creates upon itself and it's association with the material aspect of the Cosmos then one comes to understand the significance of peace in the life which is also known as 'aman', 'shanti' or the absence of mind.

Peace has this unique feature of creating present. Mind always travels and this journey is towards future only.

That is why we see two kinds of segregation when it comes to the belief systems and the culture. Belief systems propagate the concept of heaven and hell whereas culture propagates the significance of peace and it's effects. Till the time there is a shred of greed or desire present within the individual he would always prefer heaven upon the peace. When the greed and desires are burnt completely, Then there is only one effect or realm available there, which is known as present. Now it is no more about justice of the nature rather justifying oen being.

We generally take the control in our hands to extract something of our choice by utilisation of time.

Choice guides our actions. Every action is performed on the grounds of time. Dreams get materialized on the surface of time only. When the thoughts driven actions are performed then there is no option of acceptance to come to the play. When expectations take over then acceptance gets blocked out. Expectations want to ensure

that the plan keeps moving in the desired direction. A whole lot of instructions are imparted to the people, who are involved in the act, just to ensure that the things shape up according to the way they have been perceived. Apart from this, person keeps own supervision so that instant instructions could be delivered, whenever and wherever required so that the time and resources could be utilized properly. One knows that both the time and resources are imperative for the materialization of any dream or idea. That is why any organization looks for highly motivated, skilled and experienced workforce so that the outcome could be maximised and the wastage could be minimized. This is the done just to meet the expectations or even surpass them.

When we start slowing down and start leaving it to the time, then time gets the opportunity to provide us, what it has.

We ignore time and consider our mind primary. Whereas when we start giving importance to the time by becoming still, then the time gets the opportunity to provide us what it has. This can only happen when we part ways from dreams and start valuing own Dharma and duties, more than anything else. When we drop the expectations, then gradually acceptance start coming in. Acceptance may not be able to bring in monetary benefits however it expands our vision to a great level. Now the person does not keep limiting own focus around a certain area in the map rather starts looking at the whole map. The earlier concept of own house and workplace starts transforming into the world. The skewed concepts start becoming straightened and they further start expanding.

Guru encourages the disciple to be a witness and be present to have a look at the things that goes on in the society:

For the mind living means the participation whereas for the consciousness living means witnessing.

There's a difference between a teacher and a guru. Teacher can ask the name of the student but Guru never asks the name of discipline. It shows that both of these associations represent two different planes of being. Teacher is outside, Guru is

within. For one teacher there are many students but for the Guru there is only one disciple and for the disciple there is only one Guru. Guru and disciple are two different heights of one same being. Disciple is under developed, Guru is fully developed.

The difference between an actor and a witness is that it is too difficult for an actor to stop oneself from intervening in an ongoing episode. Whereas for a witness the situation is opposite. He just tries to remain inert and keep looking at the episode. It takes a great effort from his partner, which might often get frustrating also to encourage a witness to intervene into any ongoing episode in the family or to society and secure own share. A witness knows that he has attained what he had to and now he just wants to maintain it. For an actor the process of acquiring benefits is still on. That is why he wants to protect own share at any cost and extract every possible benefit that can be availed by the right or sometimes even the wrong means.

Truth is non degradable, irrespective & absolute. It doesn't go through any change. Is there any correlation between the truth and the beauty? The vision of the truth is beautiful. The reason behind this is the absoluteness of truth. When we lose the beautiful vision then we have no other option but to keep searching for the beauties and create a notion of beauty. In such a case whatever that is considered beautiful is attractive from outside but full of repelling constituents inside. One can take the example of the human body, which looks attractive from outside however is full of filth from within.

Why do male and female come together? Answer is 'for future'.

Future is uncertain and future holds the hope as well. To keep the uncertainty at bay and hope alive, male and female come along. From where do we get our essential supply of hope? There are two possibilities with the current scenario either it is favorable or it is unfavorable. Even if it is favorable then to sustain it, one needs a new life that can carry this momentum forward. If the current scenario is not favorable then either we need a strong change in current setup or our hope gets associated with the

next generation. Another point that leads to the association of male and female is the fulfillment of desires. Desires are associated with the incompleteness. Male or female are just one part of the picture, which gets completed by the counterpart. The productivity also gets ensured when both of these two counterparts get associated. The occurrence of the sexual energy ensures the regular development of future. This energy doesn't only make new babies or lives however it gives birth to new dreams & ideas. A carpet of future gets unfolded with the birth of a baby. Parents also join along in the baby's journey towards future as few of their dreams are expected to get fulfilled by the progeny. This is how all the shopping from the store of future is done in the form of a group. So right from the fulfillment of desires to the materialisation of dreams is done by the association of male and female.

When we look at the same thing in an individual then there are both the masculine as well as the feminine energies present within everyone. So the individual is different from both of these energies. Once both of them meet within the individual then something new is born, which is known as the self. Which is neither a male or female. That is why it is not related to future also. It is something which belongs to some other dimension of time and being. It is more closer to the fourth dimension of being which is the truth. That is why it can be much stiller and continuously gage towards the truth. For doing this, it just needs to be present.

Past and future are related with identity only.

Past can teach a lot about the future as both past and future are dominated by the mind. This is how the past becomes the mirror of the future. Upon looking closely one finds that past and the future are either related with own identity or desires. It is about keep fulfilling own desires and keep holding own identity and strengthening it. If one becomes free of own desires and the identity then what one would do in future? In that case also one thing keeps occurring and that is karma or actions. When identity is gone then self realization appears. As the humans are social animals so our identity is largely attributed to our social position. Considered about getting standard on a lonely

place where no one is there to talk to and recognize you. It means you are there but society disappears. In this case only one whom you can talk to is yourself. Next time whenever you get a chance to talk to oneself then do notice this fact that hardly you use your own name. These self-oriented talks are mostly about own unfulfilled desires or some trapped feeling of guilt or being misunderstood, which you want to clarify. When karma are driven by our thought process then there are chances of hurting others on getting into the acts of benefits or loss. All these things generate two outcomes. One is associated feeling, second one is memory.

We look for the beauty within oneself rather than looking for the beautiful in the world. Beauty is a virtue beautiful is an object, which is temporary. Our search is not related with objects rather they are concentrated towards the virtues. There are possibilities with the virtues that they get misplaced and replaced by the feelings of desires, anger, greed and attachment. On the contrary the possibility with a beautiful object is that it keeps getting degraded with time and irreversibly.

When the self appears within the person then all the feelings start getting replaced with the beauty of virtues. When this transformation happens, One is no more centered around the identities anymore.

it is no less than a yogic attainment of keep looking the world with the same vision.

If we are more connected with the world than ourselves, then we find that the world's color of emotions keeps changing with every moving frame. A sensitive mind keeps producing variable effects according to the changes happening in our surroundings. When these changes happen within the mind then our thought process also keeps accelerating and changing. This ensures that the person doesn't get to feel what the peace is. In the absence of peace one doesn't come to know what the beauty is. It is a well known proverb that the 'beauty lies in the eyes of beholder'. This means that the beauty is generated within. It is a vision and when this vision gets coupled with the eyes then only person gets to witness beauty everywhere outside and within as well. This ensures witnessing the beauty inside out & 24*7.

In the absence of this vision one has no choice but to decide what can be termed as the beauty?

In this scenario different people reach on different conclusions about beauty. It could be anything. A proportionate attractive body, sensual act, skin color, facial proportion, car, bike, place, house, building, money, powers, respect, experience, fame, recognition, exclusivity, health, gesture, behaviour, knowledge, skills etc. When It is decided that what could be classified as the beauty then definitely there is a category of things, which is considered dirty & ugly. When such gradation is made then whatever person gets to see throughout the day makes fluctuations on the graph of feelings in his mind. This variation of feelings sparks off the process of being judgmental and categorizing the things into positive and negative. Such is the effect of this whole process and the mental set up associated with it that this can keep going throughout the person's life. This doesn't let the person attain a stable ground of meditation, which is known as present. Present develops the vision of beauty.

Time is the second most deeply rooted mystery after consciousness.

Awareness about the time can only be availed when person gets to know about the consciousness. The experience of variability of the time is facilitated by the consciousness only. We accept the identities given by the world but we don't know what is our innate identity. As far as the Identity is concerned, we believe what gets told to us by others. Our perception of time is related to this physical and mental identity only. The Identity is the outermost level of the person's awareness. At this level the awareness is considered as understanding. When the person avails the inner identity then only he comes to realise that something within has been changed since that very moment.

The extent of our connection with the world is determined by the intensity by which he gets to experience the time. More intense our perception is about time, more distant we are from our inner attainment. Through the internal realisation only one comes to

experience that it is not the time that regulates the individual's journey rather it is the truth that gives birth to the time, which further casts its effect upon the living beings. The way our mental and physical identities are bounded by the time, consciousness and truth are not bounded by that way. Once the truth decides to manifest itself through the power of nature and the material aspect of it, then time starts behaving differently for the manifestation. This realisation affects the person's way of living the life and his approach towards it. Now the person is more concerned about the fact that how the intensity of the time can be further diluted and the consciousness could be further developed into awareness.

Time is a mysterious entity. It cannot be touched, seen, tested, smelled or heard. One cannot perceive it directly, only through some mediums. Like the watch, the machine called human body, sunrise, sunset.

Our sensitization towards the time can only be altered through the self realisation only. As the person goes within, he gets to know about one's more deep rooted aspects. Through this route only, one comes to know about own connection with the existence. During this journey within, one comes to know that the effect of the time upon body, mind, consciousness and the truth are variable. So the inner journey is also about the journey towards the core of the time. Our journey from understanding to awareness is about the journey towards the depth of the time. Understanding is like a player, no matter how skilled he becomes however he keeps playing in the ground only. The venue might differ but everywhere he finds the ground only. This scenario gets changed when the person gets introduced to the consciousness, from where another journey gets started. As you are not a player anymore, who keeps playing in a defined territory as one can grow and expand now. This expansion is beyond the borders of the mind as well as the circumference of time.

PRESENT IS POSSIBLE

THROUGH THE PRESENT ONLY, ONE COMES TO KNOW THAT PRESENCE IS ETERNAL. THIS REALIZATION MAKES ONE START WORKING TOWARDS THE ETERNAL PRESENCE.

JUST LIKE THE DORMANCY AND ACTIVITY KEEP ALTERNATING, SIMILARLY LIFE AND AFTER- LIFE, INDIVIDUALITY AND CONSCIOUSNESS KEEP CYCLING. THE REAL CHANGE COMES TO THE LIFE, WHEN THE TIME IS UTILISED FOR THE SAKE OF DEVELOPING THE AWARENESS.

THIS WAY RATHER THAN WORKING FOR OWN INDIVIDUALITY, PERSON WORKS FOR OWN AWARENESS AND THE ETERNAL PRESENCE. THIS IS WHAT A SAGE TRIES TO ACHIEVE. HIS PREFERENCES IN LIFE ARE ENTIRELY DIFFERENT. HE WANTS TO UTILISE OWN PRESENCE FOR SERVING THE LORD THROUGH VARIOUS LIVING BEINGS AND DEVELOP LOVE WITHIN. LOVE AND COMPASSION ARE THE HARVEST OF PRESENT.