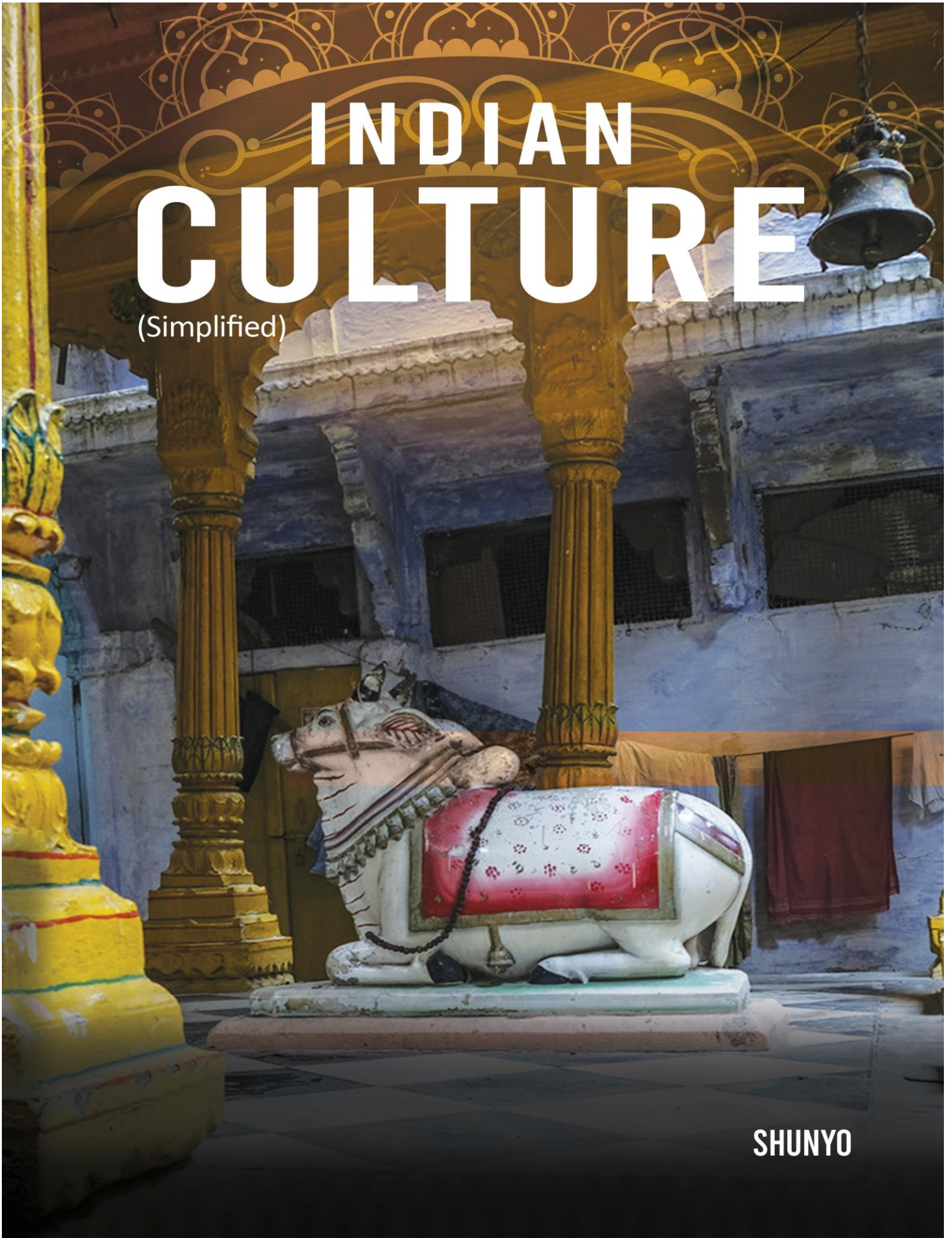


INDIAN CULTURE

(Simplified)



SHUNYO

INDIAN CULTURE (SIMPLIFIED)

Shunyo

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Preface

Indian culture 1

भोग लगाना: Offering food to the lord:

As whatever food that we ingest, comes from some living source. Which means only the living beings produce food. Every living being has a central soul within, under its presence, life is utilized to produce food. Which means that the food produced by one form of life gets consumed by another form of life for the sake of acquiring nutrition and energy. Food produced by some forms of life never get consumed by them. For example grains, fruits etc. Which means they produce food for others to consume. They prepare and then surrender their food. Recognising this fact that some form of life is responsible for fulfilling our daily food needs and as the God is known as the seed or source of every form of life. This makes one realize that only the God is responsible for providing us the food. In this food chain, we are the consumer and he is the producer. This means he only fulfills everyone's needs. Realizing this fact, one gets filled with gratitude for him. That is why there is a tradition in Indian culture that when the food is prepared, it is offered to the lord first. This offering is like a Thanksgiving to the God for providing us the food and facilitating the life. This is not about getting the divine blessing rather it is about getting the divine feeling and realization. This realization also makes one feel connected with the God. This means food becomes a way of bringing back the focus. Especially for a devotee it is like seeking the blessings of God. As that is a story in Mahabharata that Krishna ingests just one grain of rice and hundreds of his followers felt that their tummy were full and their hunger got satiated. So for a devotee, this ritual of offering food to the God is like having food plus satisfaction. Even there is a mantra that people chant before they have their meals, which is called 'bhojan mantra' or 'food mantra'.

That is another mantra in upnishad, which terms food as God or 'Brahman'. Going through this process of feeling hunger twice or thrice daily, makes us realize that how dependent we are on our environment and earth to secure food. Some divine force in the form of food sustains our life and keep maintaining the body.

दाल रोटी खाइए

प्रभु के गुण गाइये।

Even if your connection with the world is limited upto securing your food only then too your connection with divinity remains open. When you limit your connection with this world, then the rest of the time can be devoted towards singing the lord's songs, keeping own focus on him and immersing oneself in the nectar of his love. When we look at this statement in the context of time, then it means that invest your time in devotion.

If you don't have ambitions, if you don't have big fan following & good social connections, if you are hand to mouth & don't subscribe to the normal ways and functioning of the world, if you are not into enjoying the materialistic pleasures, it's fine. If you have trained your focus towards the supreme being, then it is sure to provide you spiritual advancement. If not materialistic then spiritual. Development never seizes. If not in one direction, it happens in another direction. If not in one dimension, it goes on to usher in new dimension. Possibilities are enormous, dimensions are many. Simple living is okay, if your level of devotion is high. Life is not about being loser or winner, It is about being connected, devoted and focused. It is not only about meeting the social benchmarks, It is also about making the advancements towards self. It is not just about research, it is about reinventing oneself. It also advocates that after a certain phase devoted to building his individuality and fulfilling own responsibilities in life, one can switch to the next level and can live the life with more awareness. Life is not just about emotions, attachments and materialistic comforts. It is also about going within and having a better knowing of oneself. So if the person looks disconnected, he's not aloof. He might be enjoying the divine comfort or maybe trying to make progress towards exploring his own divine side. This land recognizes and encourages both the efforts, whether they may be towards the science or towards divinity. The statement also highlights the importance of having contentment in life. As there are many

developments that are related to contentment. These developments happen within the person, that is why they may not be visible to eyes or mind.

राम काजु कीन्हें बिनु

मोहि कहाँ बिश्राम।

This is the line taken from Tulsī ramayan written by Goswami Tulsidas. This line is more prevalently used in rural India. It belongs to Shri Hanuman, who has been a close aide of Bhagwan Shri Ram. Such was the level of Shri Hanuman's surrender and devotion towards Ram that prompted him to utter that my relaxation comes from the work that is related with Ram. If his work remains unfulfilled then my mind cannot find rest. It means that my mental tranquility is directly related to the work, that is devoted to my lord Shri Ram. Fulfilling his work provides me a chance to serve him. Hanuman is often revered and his temples are found more prevalently than Ram temples in India as for normal human being he is like a bridge to the lord. There is a big trench that is seen between humans and lord. This trench is so big that ordinary humans cannot understand the attributes of lord. So it is like a nearly impossible gap to cover. Shri Hanuman is like a bridge between two of these shores. As Hanuman is useful for Ram similarly he is too useful for normal human beings because they can come closer to the lord through to this bridge of devotion, surrender and service. He is like an example and hope for devotees. A devotee wants to uncover his path to his lord. For a devotee Shri Hanuman leads by an example & shows that how it is made possible own place in the lord's heart. Devotees find it more comfortable to connect with Hanuman as the journey of Hanuman started from being a devotee only. How he polarized all of his efforts in a single direction with fixing his mind on the lord, ultimately cleared the path of devotion.

In Mahabharata on the top of Arjuna's chariot Krishna planted a flag having the image of shree Hanuman on it. This symbol had the message that this chariot is as devoted as Hanuman has been in Ramayana & this chariot is executing the lord's duties. So far Kauravas, it was like Hanuman coming towards them to torment them. Another

message was that just chariot is doing it's Dharma and until and unless the job is not finished, it won't rest.

सब मोह माया है।

Everything is an attachment & illusion:

This means attachment has something to do with illusion. This also means that attachment has something to do with the alteration in vision. Vision is related with both truth and illusion. Attachment fuels expectations and imaginations. Both of them ignite a specific kind of feeling and under the effect of the these feelings mind starts visualising or perceiving the world in a different way. When mind has the perception and that too altered or doctored then it creates such an effect that ultimately tweaks person's actions. Under the effect of these combinations of perception and altered actions goes wrong to construct a unique corner for oneself that is woven around his own family. This person personalized world becomes a magnet for the person that keeps attracting person's mind towards the world. As it is said that where there is a will, there is a way; similarly when the mind gets attracted towards the materialistic side of the world it finds it's way out to reconnect with it again and again. This attachment paves the way of multiple birth cycles. In this cycle or journey person goes on to do some more experiments related with this perceived and individualized world. They root cause of all these journeys lies somewhere there in the attachment, which is responsible for providing the mind multiple perceptions. This is the reason that attachment and illusion is always interrelated and they're always mentioned side-by-side. As we all know that mind has great potential and this streak of attachment goes on to utilize this potential for it's own sake. This is how mind, brain and birth cycles are interrelated. When mind provides the inputs to the brain, then brain acts accordingly. This situation gets changed when mind becomes detached and becomes inert. In such a situation brain receives its inputs either from conscience or from further deeper aspects of one's being. When some divine wish surfaces in the form of internal inspiration, then brain goes on to act on it and provide it a shape. This is how life becomes purposeful.

जात न पूछो साधु की।

A monk or a sadhu doesn't belong to any caste:

In the earlier days when there were no schools or skill development centers, when economy used to function on a primitive infrastructure, people used to learn the skills and related knowledge of the work by the members of the family, who were there in a particular field or business. In those days father, uncles, grandfather and elder brothers used to be the teacher of the child. Then the arena of knowledge and skills was not too diverse and developed. In those days family oriented businesses strengthened the concept of cast on the social basis. Ancient sages defined the basis of cast system as person's nature and work. This message was tweaked by the society & was adopted in a different way. When a family business runs for few generations, it becomes a sort of an identity for the person. People develop an affinity with their identities and start identifying other people through their family identity. This is how the social cast system got developed. Every cast devised some methods and methodology for the day to day life, which was closely associated with their work or business. This is how one cast started identifying themselves differently than other casts. Due to their own particular way of living they used to prefer marrying their children in the same cast as a children of same cast know the traditions in a better way.

Although when the person decides to renunciate the materialistic life by becoming a monk or a sadhu, then one has to leave behind all the identities related with him. Name, cast and even the pride of holding a physical body have to be let behind. Leaving the identities means leaving all the attachments related with them. When you renounce, you renounce both the benefits and the drawbacks. After renouncing monk joins a 'sampradaya'. Sampradaya is made up of two words sum & praday, which means provider of the equality. In the sampradaya there cannot be any differentiation on the basis of caste among sadhus. This has been the culture's way of destroying the social cast system. This means the culture has the solution of the problems created by the society.

नवरात्रि: Navratri:

Navratri means nine nights. To experience the world, everyone gets a tool called body. Male body is made up of nine gates. Two eyes, two nostrils, two ears, one mouth, one urinary aperture and one anus. One keeps using all these gates for the exchanges between the body and the surroundings. All the functions associated with these gates that are vision, hearing, breathing, olfaction, voice, chewing, excretion, defecation, consume power. Functions and activities of different gates are variable in different people. Urination and defecation are involuntary processes. Activity of rest of the gates can be modulated voluntarily. Which means power expenditure can be increased or decreased through them. One central power unit of the body feeds all these nine gates. So one central power gets differentiated into nine different kinds of powers, depending upon the fact that in what way and at which gate they are being used. During our regular life we tend to forget this fact. The penance done during the nine days attracts one's focus towards this fact. During these nine days one tries to use own power judiciously and leave behind the ignorance associated with them. This period of nine days gives one an opportunity to become more mindful about the power expenditure and own habits. Being mindful is a step towards awareness. Being ignorant is a step towards more deeper indulgence.

Navratri makes us realise the significance of mothers and mother nature in each one's life. As in the life that we live are made available to us through the amalgamation of visible and invisible part of nature. Body that we claim as ours is made available to us by the nature only. These nine days are a reminder of nature's kindness towards us. When kindness is such a dominating factor in one's life then one can only merge back with nature after evoking compassion and kindness within. Our leap from the world that we built to the world that is made available by nature. World that we made is fierce fully divided by the boundaries. Crossing those boundaries are subjected to the permissions, permits and visas. Natural world is united by the compassion and acceptance. Navratri signifies enriching that power within so that it gets a chance to move upwards.

विजयादशमी Vijayadashami:

As we talked about the nine gates of the body, in females there is a tenth gate too, through which a new life takes birth. This gate is towards the lower side or the south pole of the body. A lady in Indian culture is referred as a Devi, when she gives birth to a new life. It is also said that motherhood completes a lady. When it comes to the males that 10th gate is present in the astral body, not in the physical body. This gate is present upwards at the crown center or the North pole of the body. When they say that 'rise above', it means that move towards the divine side of yours. Don't let your mind or senses consume excess of your power. In Indian culture, a God realised person is often referred as "Brahman devta" means "a God realised Deity".

Vijayadashami means at the 10th gate power or divinity wins over the devil. That ultimately paves the way of self realization. This signifies reaching a milestone towards the journey of freedom. At the 10th gate divine becomes so powerful that the devil becomes insignificant. Here divine expands and devil becomes redundant. It's not us rather it's our influences that work through us. So it is of great significance that under whose influence we are in? If we are under the influence of divinity then divinity works through the person. Similarly when one is under the influence of devilish attributes then they get exhibited through the person. This whole process of moving towards the 10th gate is about making oneself reach on the grounds of divinity.

Vijayadashami symbolizes the win of nature over the mind.

Win of spontaneity over the desires.

Win of compassion over the violence.

Win of transformation over the change.

Win of evolution over the degradation.

Win of eternal beauty over the attraction.

Win of eternity over the momentary. Win of love over the attachment.

Sacrifice and service are the traits of mothers. Goddess Durga is a symbol of that motherhood. She also signifies the transformation that happens within the person. These nine days are related to understanding the flow of power within and the subtle mechanism related to it.

अतिथि देवो भव

Guest is Deity:

There is a difference between Deity, God and supreme consciousness. Similarly there is a difference between a human and deity. Deity is someone who has this element of divinity and God realization in oneself. It has been a very old tradition of considering guests as Deities in Indian culture. Deities are someone, who are known to always provide something to their surroundings so wherever they appear, the area becomes naturally abundant in that very resource or element to which they are connected with. In the earlier days when there was no such facility of hotels in every city, people often used to stay put in relative's houses or they made it a point to visit their houses to meet the loved ones and seek blessings of elders, even if it was just for few hours. To compensate for the facilities and the food they received, they used to offer money to the children and younger members of the family in the name of blessing and shagun (good omen). Kids and juniors loved this. These kinds of meetings provided a great chance to interact with elder and younger lot to make connections and to seek guidance and if possible to learn something valuable. Earlier when phone, mobile and internet were absent, only the occasional letters and one to one meetings with others were the only method of interaction and learning. In those days people visited their relatives and friends more frequently than now. Unlike now lifestyle was more relaxed and easy going, people had more time and they were less indulgent because TV, internet and mobiles were absent. Other ways of social interactions were also limited. So people cherished guests much more than now. These interactions were a medium to develop the social connectivity as people loved to sit together and sit often. During these interactions problems were also discussed and others provided the solution best to their knowledge. These discussions included family issues, education, business and social issues. That is why people loved to engage so that the suggestions and help could be sought and shared among each other. People were more willing to share the resources. During marriages and other family events social participation was higher and intense. People loved to shoulder and share the responsibilities. These meetings were also a medium of sharing the knowledge and wisdom.

ऐसी वाणी बोलिए, मन का आपा खोए।

औरन को शीतल करे, आपहु शीतल होय।

Speak in such a way that should be able to breach the confines of the mind. The sweetness of the voice should be able to provide calmness to own and other's minds. -

Kabir

Kabir Das points towards the capability of the voice and when it is used in a soft and loving way, it can achieve beautiful results. It points towards the connection of mind and voice, their interplay and ability to affect each other. We know this fact that when mind speaks, it makes the voice its tool to express itself. When mind is agitated and angry, the voice becomes harsh and sarcastic. When mind is full of joy, voice becomes kind and loving. When Kabir asks to speak in a certain way, he's pointing towards having a definite control over own mind. It indicates towards the fact that one is in charge of oneself. Which means one is either a swami or is close to be a swami. Swami reaches to such a state that One uses his mind or voice too judiciously. In this two line message, Kabir indicates to go beyond mind to claim the tranquility of own mind and it helps one to calm down other's minds as well. Kabir neither want one to be artificial and pretend nor he wants one to act in a particular way. Kabir is pointing towards that natural state, where the voice becomes spontaneously mild and loving. It could be quite rare to witness it and find someone who is so kind and loving. However whenever one finds one, one remembers that person for a quite long time.

We have experienced it for a number of times that whenever we react under any unpleasant circumstance are upon being instigated by someone or when we try to pinch or instigate someone, then ultimately either or both of the people's minds become quite agitated. This ultimately creates very unpleasant feeling in the mind & it certainly doesn't provide the mind rest or tranquility. Many a times, we have seen heated verbal exchanges, It might create one's ego satisfied and mind excited however it never makes the mind tranquil. We often remain ignorant about this capability of ours to make minds tranquil. Kabir has this unique capability of sharing own wisdom in poetic two liners.

India has been the birthplace of 4 known religions of the world yet parents lay emphasis on making their children cultured rather than religious.

Sanskars are those sutras that originate from the culture. In the Sanatan dharma, there are various ceremonies at the different stages in the life related with the various sanskars till the time one remains in the body. Although the real sanskars are those values, which are instilled in the child, that helps them to attain strength during the life. It helps them to support their integrity, keep believing in compassion and get the guidance whenever required. Person's way of offering prayer is limited to that period only, when one prays although during rest of the time when the person is functional and doing some karma then he needs guidance and sometimes cultural support. Person's specific beliefs may alienate him from many of them who are present in his group although one's cultural roots help to get integrated with others. As far as the beliefs are concerned, they are many. Any person finds oneself closer to any one of them and others have different beliefs. With any specific belief person associates one's identity. This way person's identity gets divided on the grounds of belief also. Thus belief alone cannot create harmony among various people. When the people of Indian continent go abroad, their culture helps them to integrate with the local population as well. As Indian culture doesn't propagate own superiority rather it lay emphasis on donation and humility. This is how culture helps the person to become a citizen of the world as helping all and offering love is necessary. As love melts all the categorizations of cast, creed, color, social and financial status, geographical locations etc. When these categorizations are gone, people can come close to each other easily. It helps one to get adapted anywhere and embrace others more naturally. Rich cultural heritage also helps one to accept newcomers at own native place. This may be the reason that India accepted the invaders as well and them who wanted to seek shelter.

बुरा मत देखो, बुरा मत कहो, बुरा मत सुनो।

Don't look negativity, don't speak foul, avoid hearing bad and negative:

This has been one of the most famous messages propagated by Mahatma Gandhi. This message is generally conveyed to others through three monkeys. One of them has covered his mouth, second one his ears and third one his eyes. They are famously known as the three monkeys of Mahatma Gandhi. Through his own experiences of life, Mahatma Gandhi always preached to have a better control over one's senses. As senses are the gateway and the tool of the mind. Don't see and don't hear foul means don't feed your mind with unnecessary informations. Don't speak foul means don't feed other's mind with negative information & feelings. This way person neither harbours nor propagates mental pollution. Mahatma Gandhi wants you to ignore what is unnecessary and unwanted. This way person helps oneself by not overloading own mind with unnecessary baggage. Mahakma Gandhi's was a spiritual person so he had a better understanding about the functions and activities of the mind and their associated effects. So he wanted others to keep the mind cleaner. So that the soft and divine feelings could usher more comfortably. This statement doesn't hurt anyone's belief. It looks like a simple learning but has deep benefits. Any person who follows this becomes able to save a lot of time for oneself. As the time that is not wasted can be utilized. As the life is about a definite time period so it is good to be mindful about the use of own time. This is statement sounds too easy however it is too difficult to implement in life as implementing it is related with correction of own mental design and change of habits. Bringing change in oneself is too difficult to achieve. Converting habitual into natural is about sadhana. One mostly remains unskeptical and ignorant about own habits. Mostly we keep judging and screening others. However we forget to implement the same on ourselves. Solving other's difficult problems are easier rather bringing smaller changes in oneself are comparatively difficult. As mind prefers to live with indulgence rather than with awareness.

Manushya apna khud bhagya-vidhata hai.

A person crafts his own fortune:

Future or fortune is not a gift. It is an amalgamation of person's stored karmas and his wishes.

Which means person's wishes decides that what kind of circumstances one would have in the life. If going through those specific circumstances, one is able to fulfill own wishes then those circumstances are created by the destiny so that one should be able to fulfill own wishes or achieve own targets. There is a famous proverb that says if you want something really deeply then this whole cosmos re-arranges itself in such a way that such conditions are created that help one to achieve own objectives. When one milestone is achieved, there are some rewards associated with it. If one wants higher reward then one has to achieve more milestones and for that one has to go through more difficult phases.

Which means if your demands from life are high, then you may have to go through more difficult circumstances in life. A definite design of life is decided before one enters into the life. That is why it is called that life is not just a suffering, It is an opportunity also. In fact there might be an opportunity in suffering as well. Sufferings might be facilitating some way of an opportunity. Sufferings might be able to achieve that for the person, which good times might not be able to. A person remains very much in the loop, when the objectives of his life are being decided. In India it is often said that every child brings in one's own destiny. Which means no one comes empty handed. Life serves as an opportunity to implement those plans, which has been decided much before life itself. As the journey of life is a tedious process, knowing this person enters into it to achieve some definite objectives.

When one enters into the life, one dimension of life is left behind and a journey into a new dimension of life starts. This is a dimension of Maya or illusion. This is a world full of diversions and distractions. So it is like another examination for the one to stay focused and keep walking in the direction of achieving own objectives. More we get distracted, more difficulties we create for ourselves as it makes achieving own targets more difficult. Those people who are more focused, they are more satisfied than others.

Like automobiles pollute the air, social religions pollute the culture. as the social religions are more about belief and practices while the culture is about compassion and wisdom.

When we look at the culture and social religions, then we find that under the canopy of one culture, there can exist many beliefs or social religions. There can be suspicions in various groups about each other's way. There can be approval or disapproval about each other's practices and beliefs. There can also be a sense of insecurity and competition among various religious groups. Although when it comes to the culture, all these categorisations and differentiations get deleted.

As culture is not about practices. It is about pure wisdom and karmas based on those wisdom bytes. Culture has nothing to do with approval or disapproval of various religious beliefs and practices. Culture is not about the debate between various gods or deities, It is just about those sutras that purify the karma. Culture has nothing to do with person's own identity or his god's identity. Culture is about evoking divine feelings within the person. Anything that is divine, dismantles and disapproves all the categorizations. Culture never advocates inter-religious conversions as it is not about becoming. It is purely about being. That is why various different religious groups can subscribe to one common culture. Culture is like the electricity that flows in different households, irrespective of the fact that from which social or religious groups they belong to. Without any differentiation it can flow into a simple heater or a sophisticated microwave oven. It helps each and every one.

There are different countries in the world, where mass scale religious conversions have taken place. Some of the countries have lost their culture but few of them still retain it as they find that it helps them to become a better person. Under a rich cultural heritage a composite society can thrive. Because there people know this fact that there exists something superior to the belief system. At those places, where faith or ideology is considered the most superior thing, there even the faith or ideology holding the most commanding position, feels insecure and vulnerable.

एकं सत्यम् । विप्रः बहुधा वदन्तिः

Truth is one. They who realize it, explain that in their own particular way.

This is a statement of Veda. It was said in that era, when many of currently existing social religions were not present. It means that one who realises it is a single person

and according to own natural way, one explains it. It means that descriptions may be many but the state one achieves after realizing it is similar. One person's truth can not be segregated by another person's truth on the basis of explanations one offers. It is nearly impossible to explain It perfectly because when one is in that state it is a complete no mind state. Just to explain and elaborate one needs to take help of own mind and methodology. As all the explanations are facilitated through the mind. In the zone of truth, mind becomes completely inactive. In this state sometimes another dormant power of the person gets awoken and a flow of wisdom starts. Which is not conceived or planned by the person. It is completely spontaneous. It is a divine gift to the world, which gets delivered through this realised one. It is just like a flow of the river. It doesn't even surprises to the one through whom it appears. As getting surprised is a trait of the mind and in a no-mind state, there is nothing like surprises. One gets filled with a great sense of gratitude that this phenomenon is happening through the person. One remains completely aware that this wisdom doesn't belong to him. Although it is happening through him so he remains just a medium and nothing else.

Different people reach up to that state through different ways. So upon enquiring they can explain about their own way, their own experiences, their own mistakes and corrections and their own suggestions. According to their own nature, one who find this way suitable they may follow the same path or they may go on to explore new paths and ways, that are based upon other realised one's experiences. This also confirms the fact that there is no singular way to achieve it. Ways are many although the destination is one.

मंगल विवाह: Mangal-vivah:

Marriage is a tool to melt down the mind. It is a socially accepted tool for the person to start a family. People get to experience the physical and emotional relationships more deeply. It is the one of the most important tools to have a better understanding of the functions of mind. Before the marriage person has a better understanding of his own thought process, desires, dreams, expectations and emotions. Post marriage when person goes deeper into the relationship with the opposite sex, then he gets to develop

a deeper relationship with another person. Through this deep association at multiple levels like physical, mental, emotional & social person gets to understand the state of another mind more deeply. Then one comes to realize that the thought process, the dreams or desires are not only the asset, they can be a big liability too. Then when gets to realize that fulfilling own dreams is a big task but fulfilling the partner's expectations is another big task. As a family expands this emotional dependency and expectations rises. A single mind gradually develops a pool of minds around it. When the over burden of minds and thoughts increases and the person gets to experience it's downside, they only person starts focusing on another facet of mind like own incomplete desires and wants, belief, ideology, social activity & another facets beyond mind like nature, creativity, faith, feeling of incompleteness within, want of self search etc.

The real melt down of mind happens, when Shiva and Shakti meet within. If a person uses the first option and moves towards the world, then he gets to experience more about the mind. If one chooses the second option then when goes beyond the mind towards the part of self exploration.

Even if person prefers to move further towards the unexplored corners of The mind, then too it is a journey towards self only, as Indian culture propagates that life is not a one-time phenomena. It is a cyclic phenomenon of multiple lives, just like a necklace of pearls. Until and unless both ends meet, this cycle of life continues. It means from the birth of the mind to strengthening it and then moving back towards thinning it and realizing the self. The later phase of this journey that is movement towards the self is known as Mangal. Which means gradually moving beyond the mind.

Mangal means when mind looses it's outline, shape, structure & strength . Upon melting down it transforms into a tool rather than a master and then the one is able to secure a complete win over oneself.

कुशल मंगलः kushal-mangal:

Kushalta (Perfection) means being knowledgeable and skilled. As being expert or skilled is related to the complete manifestation of person's talent. Just to manifest own talent and utilize it completely person has to be truly focused. To become focused

person has to naturally curb the wandering activities of the mind. Whenever person is able to achieve that his own nature gets ample time and power to develop person's talent and convert an amateur into a true professional. Ability to focus in a particular direction and having the capacity of curtailing the activity of mind is interrelated. Incidentally in the life the time frame of hormones raging, increasing curiosity and physical activity and

polarizing the focus in a particular direction coincide. It means in whichever direction energy gets directed, it manifests itself there. That is why It is like an achievement for the person, if one is able to secure something substantial for oneself. It is a win of nature over the mind. Whatever one learnt, when the person starts practicing the same thing, then too it is about being devoted towards own work completely. As one needs a mixture of knowledge, experience, material, technology and dedication to put up a good show. It is often said that when a person does own natural work, then there are higher chances of delivering a nice work. Because while doing own natural work, person can naturally remain focused.

There is a real story of a maheshwarnath babaji and his disciple Shri M, which he narrated in his book. Shri M used to cook for his Guru. Master said that to excel in your spiritual practices, you need to cut the vegetables properly and make sure that the food is cooked perfectly.

As whatever one does, it provides one a chance of bringing perfection in the work. So when you start your spiritual practices, you just make sure that you remain consistent & devoted towards it.

It was the commitment towards own field that made India a leader in the world GDP before it came under the dominance of British Empire and became a colony. There has been a great work done in the fields of calculus, trigonometry, astronomy, ayurveda, plastic and cataract surgery, yoga, zero, numeral notations, decimal system, theory of atom, method of algorithms, smelting of zinc, heliocentric theory etc. in ancient India.

India found a way of igniting the divine feelings in others as well and that is bowing down our head before them, doing them namaskar, touching their feet. This is how one

gets reminded about their own divine side. When one bows down to the divinity in the person, then that very person automatically gets a reminder about it. The person's divine side only blesses others. Divinity is about giving, pouring love and helping if someone requires it. Usually during the day, around the year, we keep confronting our ego with others. In this way even we remain ignorant about our divine side and one keeps reminding others about the ignorance and egotism. It means when we have darkness within, we keep radiating it around. When we have ego, we get confronted by another ego. When we show humility, people also start exhibiting humility. This is also a way to teach others and unknowingly the person becomes a teacher of that person and many of the advanced and more refined people observe this and inculcate this attribute within themselves.

When we see people full of humility and love, they change something within us as well. In a large crowd and an overloaded memory, we are able to find them out pretty easily. Bowing down is a way of showing the respect but touching the feet is a way of showing the regard. Regard is about learning a lesson of life. It is about becoming better and treating others in a better way.

People with full of humility and devotion doesn't come to know about this fact that they were able to change something in a big number of people. These people are the best example of "be the change and then see the change". This is like a chain reaction. When I see something beautiful in some person and I inculcate it within myself, then many other people will observe this trait in me and inculcate it within themselves. Change doesn't come through expectation, change comes when we inculcate it within ourselves.

These greetings and gestures are a way to remind people about the divine side of this whole existence.

Just because of the divine presence of natural elements around us, we remain ignorant about the fact that this body harbors diseases, foul smell, waste products, sweat, pus etc. Due to this ignorance we try to extract desirable experiences through it. This is how our mind keeps considering the body as a necessity for happiness.

स्नान, ध्यान। Bath, meditation:

Bathing is an integral part of daily routine. As defecating and urinating cleanses in intestine and the bladder. Similarly bathing cleanses the skin that is all over the body. Ask any dermatologist and they suggest you to bath twice daily to avoid the skin infections. As skin is the outermost layer of defense and through the process of sweating it also helps in controlling the temperature of the body. Bacteria and others infection causing agents find it easier to thrive in those areas that sweat profusely. Bathing helps in removing those infection causing agents. Bathing also helps in removing the unnecessary heat from the body.

As the life has become more mechanical and fast that is why people often don't find time to meditate after taking bath. However it has been a tradition of opening the talks in morning with the words that have you did "snan and dhyan"? However often people offer a small prayer after taking the bath upon standing before the idols of their Deity. Still people only enquire that have you done the bathing and meditation? As meditation takes time and prayers can be offered fast so often people take shortcut. Although offering prayer is also a segment of meditation in which one concentrates upon the deity or lord.

As in the morning mind is more calmer, so after taking a refreshing bath, it becomes easier to meditate.

After every episode of meditation the inner divine feelings become more purified. So meditation is like an internal bath. That is why bathing and meditation is associated here. Bath cleanses body, meditation cleanses mind. As the divine feelings become stronger, This helps in doing the daily routine of work or karma more mindfully. This allows one to act in a more dharmic way, while doing the daily routine of karma.

It is often said that where there is love, there is God. So when there is love within the person, it helps to ignite the person's internal vision. This vision helps to see that which is generally invisible to eyes and mind. As this internal vision becomes more competent, person becomes able to witness the truth which is there in each living being.

Just do your karma, don't desire for the fruits.

When one walks towards the worldly benefits then it becomes a trend to look for the results of our efforts. Before starting any effort people want to ascertain that what are the results associated with it. As an insecure mind always looks for the security. As a deprived mind always looks for the gains. As mind invests intellect and time that is why it wants to ensure that there are certain benefits associated with it. There are definite results associated with any karma however when mind intervenes, it also associates a desire with the karma. Which means fruits plus added advantages. As far as a person of simple nature is concerned, he is only concerned about his fees or the salary.

However this statement which says that just do your work, don't crave for the fruits. It points towards an inherent mechanism of executing any work and that results associated with it. It wants to convey that fruits are automatic. It means the mechanism of generation of results or the fruits falls under the purview of nature. Nature works independently, unbiased and perfectly. When there is no mind associated with the decision of the work, even then the person keeps doing the work. As there is nature present within the person as well. So that nature keeps working and the nature around us keeps producing the results. So in a way it is a very spontaneous process until mind intervenes. Even if one deletes the mind, the work won't stop. If there is no decision, then spontaneity comes to the fore.

When the person it starts following the path of Dharma, then along with the nature the divine side also is start working with it. It means you are no more an actor or a doer. You get reduced to just a medium. An actor has the desires, medium doesn't. Till the time one is a medium, he is not bounded by the law of karma. Whatever happens through him is just Dharma and Dharma has its own naturally associated fruits. Which cannot be acquired through desires as they are spontaneously awarded to the medium. They are not actually the karma fruits, they are the Dharma fruits.

Idols:

Any kind of art has the capacity to ignite feelings in the mind. People who want to remain connected with their preferred historical characters, want some momento associated with them. As the mind has the tendency to forget. These momento ensure

that they are constantly reminded of them. That is why there is a big business associated with idols, pictures and other symbols associated with faith. Whenever people remind their gods or deities, there is a special feeling in their mind and that very feeling is wanted by the person whenever required. Images has this capacity of igniting the feelings. As during the day mind keeps juggling among multiple feelings and many of them are quite exciting. So whenever person decides to switch to the softer or mild feeling, it becomes a difficult task. Just to make this difficult task easier, one takes the help of idols or pictures.

An another reason of idol worshiping is that it is known by the Indian culture that human body is made up of five elements. To constitute a human body all these elements have to come together however this rule is not applicable as far as the deities are concerned. Deities can associate themselves with a single element as well. In Indian culture there are deities related with fire, water, air etc. It is also considered that this world is the body of the God means some conscious element is associated with this whole world. That is why the idol made up of the material which belongs to the world is also associated with the god. That is why through the idol the connection can be established with the supreme consciousness.

In India idols have been used to propagate the message and history. Paintings are more vulnerable. Idols have shown more resilience during the taste of time than paintings. It is difficult to preserve a painting for a longer period of time. Another reason is that a person has a three dimensional appearance so idols mimic that appearance more precisely. As well as performing a ritual with idols is more comfortable than paintings. As paintings may readily get destroyed by the materials used in rituals. Transferring a painting from one place to another, without harming it, is more difficult than idols.

जस करनी,वैसी भरनी:

This is one of the more often used statement all across the country and wherever the Indian culture is followed. It means one cannot escape the fruits of own karma, that is why one should always remain mindful of the karma. It means to say that whatever

goes around comes around. Whatever one creates gets to feel it, even if it is created for someone else. It is same with both good and bad karmas. This statement makes one more responsible for own karmas.

The English proverb says,

'As you sow, so shall you reap'. The same thing is said in Indian context as 'boya ped babool ka to aam kaha se hoy'. This statement is perfectly right, when it comes to the plant kingdom as whatever one sows reaps that only. But how is that possible with humans or animals as there is no visible evidence of it?

Law of karma:

Law of karma sounds similar to the Newton's law of action and reaction.

The basis of law of karma is that both the parties are completely equal. So the resultant of all the actions and reactions has to be zero. People look different rather perfectly different however there has to be an element, which is all pervading and equal in everyone. This equality is a responsible for implementation of law of karma. Because if there is inequality then law of karma cannot work. That equal element is responsible for the implementation of law of karma. It means whenever we do something considering that people are different and completely segregated, then that act is done under the influence of illusion. Any act that is done under the influence of illusion is set to destroy the illusion surely. Whereas any act that is done under the influence of light is going to strengthen the light ultimately. Here comes the role of sufferings in life. Many of the acts sow the seeds of suffering, when they are done under the influence of ignorance. Sufferings create such a condition that ultimately affects the mind. When mind starts facing the heat, it starts gradually maturing. As the mind matures person becomes more mindful towards own karma. This is the basic reason of the functionality of law of Karma.

Work is worship:

कराग्रे वस्ते लक्ष्मीः कर्मध्ये सरस्वती।

करमूले च गोविंदः प्रभाते करदर्शनम।

More than the idols Indians worship their work. As the karma can be used to exercise better control over the mind and thoughts. Idols are used to have their image printed in the memory. As the mind is prone to produce thoughts and memory is prone to keep producing various images. Under the influence of various different types of food products, mind produces feelings and under the influence of the feeling memory draws images. These images and feelings instigate a person to indulge in the lustful activities. As in Indian culture nature is associated with the work, This way the person's natural work acts as a deterrent against various kinds of thoughts and images. While the mind is engaged in the work, he gets a tool to engage his mind in something more productive thing. That is why the work has been associated with the worship. Whatever person earns or generates through his work, that can be used to help or serve others who need them dearly.

In India children are not conditioned to skip their studies or work for offering prayers to God. Prayers can be offered anytime whenever the person is free. In fact very few parents encourage their children to offer daily prayers. Mostly it is left upto the person. One can plan own daily schedule according to own choices. However the individual's work is given the utmost importance. Prayer is a form of direct connection with the God. So it is upto the person what mythology one wants to use. One can either memorize the various prayers that are associated with different deities. In India different people often find themselves connected with different deities. You can find people offering no more than 5 to 10 minutes of prayer daily, whereas when it comes to the work, they are okay working on weekends and sometimes even on Sundays. Most people believe that faith is about their internal connection with the God. So that connection can be established while working also that too whenever one feels like and multiple times in a day. Here if you don't offer prayers that is fine but if you don't work that is not considered okay.

Namaste:

Namaste is a way to greet others and pay own respect and regards to the God. This is a gesture in which both the hands of the same person meet and while doing so one bows down the head.

Namaste symbolises meeting of left and right. Left belongs to Shiva and right it belongs to Shakti. As in the sagittal section body is divided into two equal left and right halves. Similarly when we look at the spine of the body it has two different ends. The upper end and the lower end. At the upper end spine is connected with the brain. This end is considered the North pole of the body and the opposite end is considered the South pole. Different yogic texts explain that in the astral body, that exists within the physical body lies various energy centers. The uppermost energy center belongs to Shiva and the lowermost energy center belongs to the Shakti. It has been found by the Yogis that the energy from lower center of the body can travel upwards as it does in the plant kingdom. As the power within the seed makes it sprout and grow upwards until it gets converted into a tree. Science has already explained it that the life further evolved from the plants and then animals and then finally the evolution reached up to the humans. Yoga says structure has changed but the mechanism remains the same. The mechanism of power flowing upwards exists in humans. This gesture of namaste symbolizes the meeting of both North and South poles of the body.

Meeting of Shiva and Shakti symbolises the completeness of life. When does union occurs, self realization happens which has been defined as the birth of Ganesha who is the god of wisdom. It means through this union wisdom takes birth. This also marks the start of a new journey of life or the opening up of a new dimension of life. This also symbolises the end of Duality. In short namaste is a gesture and a message both. When the person does namaste to God it becomes a prayer. The prayer of opening up the higher dimension of the person. When Namaste is offered to another person, it reminds both the persons about the hidden possibilities of life.

Indians don't identify themselves with Indus river or Indus valley Civilization or Indian ocean that much. They identify themselves with Indian culture. Earlier it used to be only Vedic culture or Bhartiya sanskriti. Which means one who is pursuing the light or seeking the truth. As we know, the name Indian was given by the outsiders. Even the word hindustan is not an ancient name. It was introduced recently on the political grounds only. In India it was recognized way too early that life also takes examinations

and for these exams, one has to have a more matured and wise person as a guide, whom we call Guru. It is not just about the examinations of the life but it is also about the explorations and findings of the life. It was recognised earlier that life is a temporary phenomenon and it is not just by fluke. There are definitely reasons behind it as well as there are definite objectives associated with it. To recognise and achieve those objectives is a tough task. It demands a definite way of life and a definite commitment. Apart from the visible side of the life, there are some hidden aspects as well. Some of it's aspects are easily explorable and some of them are way too tough. Some of them can be achieved in a group fashion however some of them are way too personal and individual. Life is not just about living and collecting, It is about leaving and gifting. Life is not just about the want and chance It is also about preparation and planning. It is not just about laying hands on it's beautiful side and the struggle to secure own share but It is also about accepting the downside of it, just to fulfill own objectives. As indulgence opens a whole new world of marketing, business, display, demand, supply, experience and profits. Similarly penance opens a whole new world of expansion, attainment, refined and higher type of emotions called love, peace and bliss. Life is not just about being aware of one aspect of it and being ignorant of it's different aspects. It is about living in it's every dimension. The way Krishna was able to demonstrate. It is not just about the mind, It is about nature as well. It is not just about the male or female, it is about the divine as well. It is both about within and beyond. It is not just about a restricted time-zone, It is a gateway to the infinite as well.

Vishwash (belief) and Shraddha (faith) means firmness with flow. That means Shiva and Shakti. Shiva goes through all the adversities in life having faith that whatever that is happening is fine. Ability to accept the venom of life with faith is shiva. This acceptance is the element of Shiva in our lives. Shiva means having faith in the design of the existence. Shakti means all of the power that comes to me from existence must be submitted back to eternity. Faith of Shiva and flow of Shakti together paves the way of appearance of the Ambrosia in life.

The meeting of Shiva and Shakti signifies the meeting of unflinching faith with a firm flow.

Sudama kept accepting the venom of poverty and complaints. He submitted his nature to the love of Krishna. This is the reason that finally he reached Dwarka and was welcomed by Krishna at the gates. Krishna took him to the innermost area of his palace. Meera kept accepting the venom of life with full commitment and dedication towards Krishna. She made her heart filled with the love of Krishna. This way she finally got merged in light.

Belief and faith both compliment each other. In the absence of faith belief leads nowhere. In the absence of belief faith remains stagnant. Belief sounds too masculine as it keeps holding its ground firmly, even in the truly adverse conditions. Whereas faith sounds too feminine as it is about complete surrender. Both Meera and sudama had to hear a lot from the family and the society. There might have been a complete negative circumstances. Where there was no help, no support, skeptical eyes, caustic words but they just kept going. Believing only one point that even if nothing is there, then my surrender towards Krishna is with me.

Belief goes through the most stringent tests of the family. Belief is just about following my own path, whatever that may be. Till the time it is not against and harming anyone, It is fine. Till the time, it is just about following my own natural path, it is fine. Till the time it is not about spreading hatred and spewing venom, it is fine. Till the time it is about following my heart, It is fine.

Either one makes a distance from the society and go in the jungle to enjoy the solitude.

Or one should remain wherever one is and create a distance between self and the society.

One gets involved in the worldly affairs through attachment and interest.

One gets detached, when both attachment and interest are gone.

A sadhu has to go into the jungle to make oneself prepared

whereas a a saint has to come into the society to offer his services.

Preparation is done in the jungle or in solitude and

utilization is done in the society.

One who can remain self-contained and detached even in the society, that one is the yogi.

Religion is about group.

Culture is about individual.

One who wants individual growth should connect with the culture.

Culture is based on the wisdom. Wisdom comes from sages. Sages connect with disciples. Disciple needs guidance. Whether this guidance directly come from the mouth of sages or it comes through the scriptures written by them. When who is ready enough to become the disciple is able to connect with those messages. So they become like a personal guidance. This is the compassion of the sages that they want this wisdom to be preserved in the form of scriptures, so that the people who are curious enough can reach up to them. Through the scriptures sages cannot guide in person but they can make the concepts clear. If the concepts are clear then one is able to conduct oneself more properly through the attractions and repulsions of daily life. This way culture becomes your individual guru, that keeps guiding whenever required.

Social religions are more about group activity. Where you are expected to be a part of a group to conduct some activity. These activities are done to showcase own presence and influence. They are more about beliefs, routine & participation. During the life we have both the social and an individual side. We want to progress as a group and as an individual both. That is why one remains active at both the levels. This is the reason that one finds both social religions and culture thriving side by side. Social activity is binding, individual activity is a choice. One's individual and social journeys co-exist. As a group we may behave more erratically but as an individual we are more responsible. Culture provides nutrition for the individual growth. Sometimes person may have to stand against a group. For that one needs to have a strong spine. One who wants to stand against the ideological turbulences and one who doesn't want to be used merely as a

political tool, then one has to have a cultural spine. Countries that are rich in cultural heritage show more resilience against the ideological and political storms.

Samay se pehle aur bhagya se jyada kisi ko kuch nahi milta:

Whatever the person gets is at appropriate time and exactly the right amount that is there in one's destiny.

This statement is related to the person's natural side. Destiny is the backlog. Everyone brings along his destiny to life. If there is past then there are those karmas as well that person did in past. If there are karma then there are it's effect as well. It means that effect of past karmas is called destiny. One gets exactly what that is there in the destiny, It means one is entitled to get whatever amount is there in his bank account. This doesn't mean that one cannot deposit more amount in his bank account. Whatever Karma one does, it's effect is his new earning. That earning automatically gets deposited in the account. One gets the effect of his karma at the right time means seeds start getting sprouted at an appropriate time. It takes time before they take the shape of a tree and start producing the fruits. So at an appropriate time those fruits are bound to come. One needs not to wait for them. No need to suspend the efforts for the sake of getting the unknown fruits of destiny. One can suspend the efforts although Karma keep happening. So the karma should merge with the efforts. So that the efforts can be done in the right direction. Definite efforts in the right direction are much better than random karmas.

This is statement also points towards the fact that whatever we are given and whatever we procure or acquire are two different things. Whatever we already have in our wallets is different that we earn today. It means karma and their effects are certain, binding and continuous in nature. Life is both about new karmas and bearing the effect of old karmas. At an appropriate time means one needs to be patient and keep moving. Which means keep putting the right efforts. At the right moment means only when the certain maturity has been attained or preparation has been done. On the journey of time one needs to keep moving as time has its own pace. One can progress fast or slow through individual efforts. That will help to make one prepared.

Om shanti:

Peace is not just about absence of voice. It is about absence of thoughts, imaginations, uncertainty and aspirations. Shanti is about cessation of worldly efforts and ambitions. It is about nothingness and that nothingness is completeness. It is the perfect environment for blossoming of flower of bliss. In simple words, Om is a place and Shanti is the attribute of the element, that resides in om. As in the sleep, one is not physically active, similarly Shanti is related with that particular state of mind, when it comes to realise that it is not the only actor that exists. In the absence of Shanti, mind thinks that things happen because it does them. If it stopped doing them then nothing would happen. This concept is partially true and limited to one section of life only. When we don't know anything about spontaneity, then we keep believing that it is only about thinking and implementation.

When we are aware about one section of life and completely unaware of the another, then this condition happens. In the absence of Shanti one is either mentally and physically active or both. It is about keeping the blueprint of life in mind and keeping all the responsibilities upon own shoulders. When one finds oneself an actor and takes this situation too seriously, then this condition arises. In such a state whether God is there or not may be debatable but spontaneity is nothing, it is very clear. This is what a person believes. Believers believe that God helps and person does. However one doesn't comes to know about this fact that there is a missing link between the God and the person and that link is nature, consciousness and spontaneity. Shanti is about spontaneity. Between a complete actor and a complete witness their lies a sea of spontaneity. There has always been a connection between natural and divine. If divine has to exhibit itself, then It might prefer doing so through the most natural ones as there it's purity and sanctity is retained and it remains in its most original form. Nature's power manifests itself through the plants because there it remains in most unaltered form.

Vivek or conscience:

In Indian culture you often get to hear this word i.e. Vivek. The difference between intellect and Vivek is that intellect takes decision under the shadow of attachment.

Vivek is impartial decision.

Intellect helps the one to attain worldly accomplishments. As the economy of the world has become a knowledge driven economy that is why intellect plays its own role in acquiring the bigger piece of the cake. People who used to invest their intellect in the nuances of the business a century ago, their new generation is investing their intellect in acquiring knowledge and skills. The biggest asset for a businessman or an intellectual person is their intellect, which they never want to lose. As all of their ideas, plans and guidance come from the intellect only.

There is a nice joke related to it that an old miser businessman was dying. First he inquired that where were all his children, grandchildren and other relatives? Upon knowing that all of them are in the same room, then he inquired that why the fan was on in another room because it was the waste of the money. It means his intellect was working in his last moments also.

Living in the society a person finds himself surrounded by the people, who are into worldly achievements. Many a times one is pushed to follow them by own family. During these times his conscience comes to his rescue and maintains the one on his own internal path and journey. Intellect remains focused on development, benefits and prospects. While conscience remains focused on the purpose of life. It may be considered those markings which are done on the road or that fencing, which is done on the side of the mountain road for placing the safety measures, while travelling on a difficult path. Conscience helps to preserve one's values, when one finds oneself surrounded by tempting offers.

Vivek keeps the person on the track to self and it is also considered one pathway to bliss. Both conscience and intellect are the guides in their own respective fields.

That is why Indian culture puts a lots of emphasis on Vivek.

Swaha- swadha:

Culture is related to self.

The messages culture delivers pertain to self. As a lot of talk happens in the society that are related to intellect, mind and ego.

That is why lots of action that dominate our lives are also related with them only. Day in and day out we keep juggling among our mind, intellect and ego. We witness people doing same, whom with we are connected with in the society.

This habit conditions our mind that this is the way or most probably the only way to live the life. We keep listening people talking about it. We witness people behaving the way, their mind instructs them to. When it comes to the culture, Indian society is not that cultured also. Social, personal & mental challenges haunt people hear also and people have their share of illusions and confusions as well. Consumerism, social hierarchy and elevated ambitions dominate people's mind here as well as they do anywhere else in the world. But there have been people in every age who have managed to find their way out of this Trinity of illusion.

People do talk about being mindful and being in present to overcome many of the problems that prevail in life. Swaha means evoking self swadha means embracing self. letting it to be the core of one's own being. Self can't be found in the world but can be found in the life. If we look at it deeply, then we find out that simultaneously there exists two wandering grounds around us. One is the world, another one is the life. Our few demands are related with the world and few searches are associated with the life. World provides us education, wealth, recognition and upon achieving them, we want to take them to next level, that is even bigger than initial one. Same thing goes with the life as well. Our attainments are related to the life. The next thing that we want is to take it to the next level.

Indian culture has been putting a lot of thrust on attaining the various levels that are related to life. From self realisation a journey gets started that advances towards the next level, that is of God realisation. In simple words, working on self is like working on own software to upgrade, refine and evolve it with time. There is a phrase called "swaha swadha namostute" which means that upon attaining the self, one gets to know what that is beyond mind and then life becomes a prayer. Way to self opens up a whole new avenue in the life for them who are done with worldly achievements, experiences and pleasures. This way the life never remains limited to the offerings of the world only.

Swaha and swadha are about turning the life away from the world and towards the life itself. When we observe it minutely, all the worldly achievements are obtained through mind & it's offshoot like intellect. One thing that is required in this whole process is mental toughness as this journey is all about convincing others, frictions, managing the obstacles and finding the way out of the problems. That is why mental toughness is a prerequisite in achieving the worldly achievements. When your mind starts giving up, Indian culture suggests that shift your focus on your own being so that a new way gets opened which is not entirely dependent upon your mind's toughness only. All that is required here is the strength of your integrity and penance. These are all hidden gems of the life, which are not visible to an ordinary mind.

That is why people who follow indian culture are much clear about their own identity, the world and their own relationship with the world.

It is often stated in the mythological stories that Yamraj holds a noose in his hands. He is the one with heavy body, dark complexion and he rides on black buffalo. This black buffalo is actually the person's inner software. Male buffalo symbolises ego with wild nature. The nature of cow is also considered mild. Cow and buffalo exhibit too different kinds of qualities. The darkness of buffalo's skin colour denotes the person's ignorance and one's internal darkness. Yamraj and buffalo are a pair of human and animal. Human form indicates the cycle of rebirth and animal denotes those traits that don't allow humans to advance towards the divinity. In Hindi these animal traits are known as 'asuri vrittiyan'. Noose in Yamraj's hand signifies the material side of ours. It signifies that the material side of the person is being taken away. Although this noose is useless as far as the person's conscious element is concerned.

From body language to facial expressions Yamraj's whole presence evokes fear in the mind of the person. Fear is an emotion.

This way Yamraj is a complete package of rebirth, internal darkness, various awful emotions and a binding suffering.

Yamraj is never seen riding on the cow as the cow symbolises purified divine nature. She has a capability of swimming across this sea of duality and she is free as well.

Buffalo dwells in darkness while cow can move towards the light. Thus the cow doesn't get to meet Yamraj. Buffalo symbolises the persons demonic nature while cow symbolises the divine nature. No matter how muscular it is but it always remains in control of the demonic nature and mind. Buffalo looks muscular and ferocious while the cow looks beautiful and unharmed. As far as the noose is concerned, it can get tighten over the matter but not around the divine nature, as it is like soft air or water.

It means that Yamraj can take away the person's demonic or animal side but not the divine side. As it is too light and swims above. Krishna is said to be Gopal. Gopal means who takes care of the cows. All the cows wherever they are, upon hearing Krishna's flute they start converging around him and ultimately get secured under the protection of Krishna's love.

kanyadaan:

There is a ritual in the marriages named Kanyadaan wherein the guardians of the bride hand over her to the groom. This marks the association of male and female and the marriage is finally considered complete. This also symbolises that the union has been completed and both of them can be assured that their half part has been ultimately merged with them. Now they can invoke a new life and give one a chance to proceed on this journey of finding fulfillment. Childbirth ultimately marks the completion of the family. This word Kanyadaan is a misnomer that is used in the marriages of adults, as the word Kanya is referred to that female child, whose menstrual cycle has not been started yet. Kanya means the pure and innocent form of feminine energy. In Indian culture they are considered divine and during the festival of Navratri (the festival related with the divine feminine energy called Durga), kanyas are invited to the houses, they are offered special made food and dessert and some dakshina (that means money & sometimes clothes as a gesture of respect) and their blessings are sought by touching their feet.

On the minute level, which means within the person the same thing happens too.

Kanya is considered a form of Devi. Devi means divinity. Kanya is offered to the truth or purush. Which means it is the association of divinity with the truth. It means purifying

own nature to such a level that it becomes pure and divine and then it automatically gets drawn to the truth that is present within every one. This is the association of truth and compassion, love and firmness, humility and agility.

As far as the age is concerned, it cannot be arrested and an adult lady cannot be changed into Kanya however the human nature, which is considered the feminine energy can be softened even with the advancing age and the divine feminine can be evoked in any age. The serpent at the shivalinga is the symbolic representation of divine feminine energy while the shivalinga itself represents the divine Male. When one is able to free own nature from the clutches of mind, then this nature is ready to be surrendered to the divine. When Nature becomes spontaneous, it starts exhibiting the attributes of compassion and empathy, irrespective of the thoughts of mind. When one is able to make own nature free, then the nature is able to make person's consciousness free to develop in some other realm. This is how first you give freedom and then you find freedom.

When we remain connected with an expert, who is research oriented. Then his inputs keep maintaining and enhancing the quality of our services and practice. When we don't do it, the quality of our services remains average and stagnant. Similarly when we remain connected with a person, who is oriented towards self-search. Then the inputs provided by him keeps helping us in our pursuit of self improvement. This is the reason that people prefer to remain connected with the spiritual scriptures. The outcome of research and self search both are published somewhere. Both science and spirituality share their findings with the society. This is how reservoir of knowledge become wealthier. Science and spirituality are two different fields however there is one common thing in both of them and that is internal inspiration. Inspiration is that current or wave that emerges somewhere within and later on it turns in either of the directions. In the absence of inspiration neither of them can develop. The current of this inspiration come from person's accumulated extract of previous life journeys. Inspiration has ability to convert a normal person into an important one & even a great one also. The elements of greatness start appearing in the person, when one starts going beyond the want of

respect. When one is ready to embrace disrespect for oneself, just to shield someone from facing difficulties or when one is ready to accept abuses for making some improvement in someone or gifting something in disguise that appears to that person as a misbehave or even madness, then this is greatness. In simple words great people are ready to accept negativity for oneself just for bringing positivity in someone. Actually these people have found something, which is way better than the respect or gains. That makes them, no more concerned about the respect. In this case only thing that prevails in them is love. Out of that love or compassion, they always want to gift something to others.

Development happens through research and self development happens through re-invention.

This is how one moves behind the ideological inertia and moves towards the self agility.

One goes within the temple to seek the blessings of the deity and one goes within oneself to take the shelter of the divine.

In the temple, there is a hall. All the functions, keertan, bhajan & meditation happens there. Adjoining to this hall, there is a sanctum sanctorum. Both of these rooms collectively make the shape of a lamp. Sanctum sanctorum has three parts. First is the innermost room, then there is a wall around it and a gate that connects this room of lord with the bigger hall. Third layer is the space around the sanctum sanctorum, where the devotees circumambulant the sanctum sanctorum. Only the Brahmin can enter the sanctum sanctorum and especially that one who has acquired his sacred thread called yagyopavit. In the temples it means the one who has taken birth in a Brahmin family and who has undergone the Sanskar of receiving the yagyopaveet. In reality there is a Brahmin in each and every person, this Brahmin gets activated, when one goes through the second birth of self realisation. Yagyopaveet means realising own duty and the purpose of life and then fulfilling it with full dedication. It means to become able to take part in the yajna that is happening around the person. yajna means the fire that gets evoked whenever some need is there and taking part in the yajna means playing own role in arranging the resources, time and other things whatever the person is capable of.

When life becomes devoted to the needs that keeps arising around, then this is a state of yagyopaveet.

Sanctum Sanctorum:

Sanctum is sanctity.

Sanctorum is a place, where a saint can reside.

This means that the outer covering of a saint is sanctity.

In Hindi sanctum sanctorum is called 'garbha-griha'. Which means womb house. House is a place that provides safety from all sorts of external factors. Which means one is safe within. Womb belongs to baby and baby is directly connected with mother. Both share a common feeling that is love. Which means this is a place where love is within and sanctity is outside. Within the womb baby keeps developing continuously. Baby remains connected with mother only till the time, it is there in her womb. During this period, it is not in connection with the outer world at all. This period develops a baby and makes one ready to face the outside world. When the natural forces are working on the baby then one has to remain in complete devotional mode. Nature doesn't over cook or over prepare. when the time is ripe, it delivers the fruit. Same is the case with person's spiritual development as well. A whole procedure and time frame is there for this development to take place. What labour pain does in case of the baby, inspiration does in the case of spiritual development. Labour pain pushes the baby in this world. Inspiration propels the one to take up new work in hand. In both the cases complete development is necessary. When the baby is ready, it can adapt well in the new circumstances and keeps developing.

Adam in the garden of Eden:

Although this story comes from western culture however culture here can relate to it easily. Story tells that Adam can only remain in the garden, till the time he doesn't taste the fruit from the tree of knowledge. Rest of the fruits are available to him as and when need arises. Adam is only the caretaker of this garden.

All the fruits from the tree of knowledge are to surrender. Not to be consumed. Means this is a place where one can remain in the time one is in complete mode of surrender. This makes it possible for the adam to get the guidance from the god. Once adam gets indulgent into the things that has been made forbidden for him by the God, then he gets downgraded and can no more remain there in the garden of Eden. As he consumes the Apple, some negative qualities also crept in with it. It means whatever our physical qualities, mental attributes and natural purity are, our internals surrounding gets altered according to it. As the Garden of Eden is not a place, it is a state of the consciousness, in Indian culture it is described as being a witness or an actor. Both of them have an entirely different state of consciousness which are far apart from each other. Fruits of knowledge and fruits of wisdom are different as they drive the consciousness into two different realms. As the God is always concerned about the spiritual upliftment of the devotee, so whenever something untoward is done by the devotee, god makes him go through the process of neutralizing the misdeed and learning the lessons related with it, before one again gets the proximity with the God. Earning any high spiritual state is a difficult task, so when one slips down and again regain the place through sufferings and practices, then one gets to value the state one enjoys. As reclaiming the same proximity with the loved one is a time consuming, tedious process in which one has to be patient and accept whatever comes to your way.

When God created Adam, then for Adam it was only God to look up to and there was only his advised to stick with. Later when eve was created, then the focus of Adam got divided and he got someone more to listen to. This distraction and confusion later created some circumstances that led to the downfall of both Adam and the eve. In the garden of Eden one comes to know spontaneously that he is just a caretaker or a medium not an owner of it. A caretaker preserves whatever he has been provided dedicatedly. Whereas an owner develops whatever he acquires willingly. A caretaker knows who the real owner is and this is the cause of his happiness. Whereas an owner knows that he is the boss so it becomes his cause of concern. As he gets involved with the decision process. Whereas a caretaker never decides, he just implements. It means he can afford to be spontaneous & thoughtfree. For the caretaker, it is an opportunity to be in the proximity of his lord. Just to know this fact that in this garden everything

belongs to his lord, then it is a matter of peace and relief for the devotee. In this case one has this single point agenda to make this garden more beautiful. When mind gets to sense this beauty of the garden, then worldly offerings become secondary for it and it wants to emerge itself in the beauty of this eternal and infinite garden. In this case the body becomes a tool to service. When mind gets to realise something more potent and creative within, then it lends its Full support so that the development in the new realm can happen.

India is also known as Bharat. This is very ancient name of this place, much before India or Hindustan were used by foreigners. People of this place preferred to use 'Bharat' as the name.

Bharat is made up of two words that are Bha + rat. Bha means light, rat means one who is pursuing it. This way India means, one who is pursuing light.

India is not just about a geographical location or ancient traditions.

It is about the human's eternal quest of light. Bharat encourages a complete new science or methodology of finding own light. One who knows own darkness, only that one can look for own light. Earth regularly rotates on it's own axis, ensuring that every part of earth equally gets the energy of the sun. After a definite period of darkness, this rotation ensures that the light must come back. In our lives we go through multiple episodes and periods of darkness. The duration is variable from person to person. But when the normal time returns, we tend to forget those black phases. Our being ignorant about it doesn't make them disappear. It means that our minds has developed this art of forgetting the bad memories. This doesn't eradicate them completely. Bad phases or darkness is a reality of life. It means that normal and dark times keep alternating with each other during life. Realising this fact about life, early sages wanted some solution for it. Nature has made arrangements for providing sun rays to earth however as far as the mind is concerned there has to be a way so that mind can also be exposed to light as well. As in the presence of light, mind becomes ignorant about the time and all the aspects related with it. This way the journey of India's search started. The search to go beyond mind. The search to seek the light of joy. Change kickstarts emotions in us but

the thing that makes you light, thoughtless, fearless, full of love and is everlasting brings joy and bliss.

Himalayas are not just about the nature for us. They are about spirituality for us.

Truth seekers have been seeking the shelter of Himalaya since the ages, not to be religious, however to get known to oneself. To let their mind expand to an altogether new dimension, which ultimately affects the outcome of their life. As the software gets upgraded, a completely new program starts running. This is how one converts the objectives of life into the purpose of life. When mind gets expanded indefinitely, then it casts its effect on every aspect of life. Unnecessary habits are left behind and they get replaced by completely new practices. Person's internal identity gets changed completely and his ability to identify the truth also gets enhanced. This way person's approach towards life gets changed 180 degrees. So rather than fortifying his usual side, one starts developing his completely different side through his efforts and dedication.

Your way of offering prayer helps you while you pray. During rest of the time your culture helps you. If you come from a rich cultural background then during that phase when you are not offering any prayer, then you can conduct yourself in a much better way. As the inputs that has been provided to you come from higher level of wisdom.

Mostly others are not interested in what way you offer prayer and what your beliefs are but they are interested in what you are. As what you are is the ready product before their eyes. The role of culture is to groom one as a person. Prayer connects a person with his lord while culture connects the person with other people. Lord doesn't need your help but others do. Lord doesn't has to speak with you but other people have to. You may want divine Grace but other people want to exchange something with you. During meeting with others, cultural exchange also take place. So if you have something in the name of culture then you can offer it to others as well. If people see some special traits in you then they are curious to know that how you cultivated them and from where you acquired them? This generates their interest in your culture. Culture is like the art of pottery. An experienced and skilled Potter can make strong and

beautiful pots. Same is the case with culture as it shapes people. Different people may get variable success in their careers but as far as being human is concerned an average successful person can be an excellent human being and an extremely successful person may not be that good a human being. So these are two different aspects of one same person. Culture grooms human nature, education grooms person's intellect.

Civilization is like a city that keeps expanding and keeps exerting pressure on the very ecosystem that supports it. Whereas the culture is like a tree, that is full of life and full of development. It's development is not a liability on the ecosystem rather it enriches it . Our mind draws us towards the modern civilizations whereas our own sufferings and the eternal quest draws us towards the rich cultures of the world. This is how we keep juggling between both of them and keep extracting our desired nutrients from them. Much depends upon our state of mind because it has a great impact on deciding the direction of our life and efforts. Another important factor is our internal impulse. Jointly they cast a great effect on person's course of the life and actions.

Civilization values development,
Culture values nature.

History of human civilization has been an example of continuous development. In future too it is set to develop at an even fast pace. From intelligence to artificial intelligence it has come a long way. The growth is going to be driven in the future by technology. Growth is necessary and is unstoppable. On the other hand culture recognises the value of nature in giving birth to life and it's balance that keeps sustaining the life. Whenever the development disturbs the balance of various cycles of nature, It ultimately creates trouble for life. So the nature and development has to be balanced. Nature is a living entity, that's what culture propagates. It addresses nature as mother nature and earth as mother earth, Sun, air, water as a deity. Indian culture doesn't look at the

Cosmos as a non living entity. In India it is often seen rivers being worshiped. Earth and fire being worshiped. Trees being worshipped.

Civilization values perfection in performance while

Culture values the optimal purification of self.

These are the two different achievements that are achieved into different directions. First one is related with individual development while the second one is about internal evolution. One is about the visual changes and another one is about the invisible changes happening within the person. Culture is about exploring the hidden potential within the person and then developing them. Culture lets the person go within and probe his own identity. Culture doesn't advocate to believe in your given identity rather it wants you to probe your real identity yourself. Such is the level of purification achieved by the culture that it doesn't spare even your identity. Eternity is a truth. We may remain ignorant about it but that is our own problem. Culture, as it becomes modern, wants to establish connection with the Cosmos however culture keeps its focus on the eternity that is the root cause of life. As knowing the root cause of the life solves many of our mental puzzles. That is why civilization may keep putting its weight behind becoming and achieving, culture keeps valuing the internal transformation. Because through this way only, we can strike a balance between the eternity and the Cosmos. Knowledge can fulfill our ambitions however it cannot satiate our thirst of knowing. We cannot limit our vision upto visualisation and the reality. Indian culture has been talking about this fact that our dormant vision can be activated. Dreams and reality are about diversity and differentiation whereas the clairvoyant vision is about more deeper aspects of being, which is the seed behind different forms of differentiation.

Indian culture means wisdom.

Nearly same things keep on happening in the laboratory and in the life. In the laboratory scientists arrange the apparatus and the materials to conduct an experiment in

controlled environment. Certain science is present behind these experiments. Students are shown the experiment and they notice the result of it. Through this whole procedure they establish their connection with science. One thing that assures them are the results, that are reproducible. Students with scientific inclination find it interesting. They further their studies in science to go deeper and understand it more thoroughly. Students without scientific inclination may find it uninteresting and the continue with their own field of interest.

Same thing happens in the life as well. People keep on facing different circumstances. They keep on meeting with different kinds of people, who induce different kinds of feelings in them. This mixture of circumstances, people and emotions provide them different results and related experiences. Material science develops in laboratory where is the mental science develops in life. Spirituality is about understanding this science more deeply. Understanding own mind in a better way paves the way for going further deeper and knowing own being more precisely. All those information that are related with one's own being are known as wisdom. Wisdom helps the person to get clarity in life and the way forward. Through the wisdom one gets to know for the first time in life that what is illusion and what is clarity. As a human being and a society we need clarity on many things. As it lets us use our time in a more conducive way. Wisdom is about exploring the jewels within. It is also a missing link between the humans and nature. When this link is re-established then a lot of exchange between both starts happening. This way all those information and benefits can be passed on to the humanity. This way nature can strengthen some elements within the person and this help him to evolve. Whenever this evolution happens the benefits of it is always passed on to the society. In this society they remain scattered in the form of traditions, stories, sutras or verses. People keep on referring them every now and then and take guidance from them. Through the society they reach to the humanity.

Sanatan sanskriti is about instilling values in the children, rather than providing them beliefs. Belief is like a pillar that one holds through his mind. While values are like those

internal pillars that one holds while dealing with negative thoughts and derogatory ideas presented by own mind & other's. That's why culture values the values.

In the form of cultural traditions, spiritual messages remain with the person. Thus person's over dependency upon the socio-religious practices decreases. If these wise inputs are not there, then one has no other choice but to toe the religious bigotry. This paves the way for extremist ideology.

When there is a clear cut demarcation between rituals and spirituality, then a moment comes where dependency upon scriptures decreases and wisdom starts talking emerging within the person. This is how a rich culture prevents the exploitation of people in the name of religious practices. It has been seen that religion and politics gel well and politics often uses religion's grip over the masses to mobilize them for and against something.

Culture is just a way of connecting the people with spirituality. Which means it is a path that doesn't let the life become just a one way road. Rather it always keeps another way open so that the person is not solely remains dependent upon the gimmicks of the mind and social traditions. Many a times person's right of living a free and independent life is taken away in the name of various traditions. Culture lets the person renounce the social life and the world, if one wishes so. Loneliness can be a social problem and an obligation but solitude is a spiritual asset and a choice. Society might find solitude weird but culture refers it as valuable.

Identity crisis and culture:

When the person is culture centric, then his identity crisis goes away. When Indian culture says that you are not different than any other person in the world and whole world is a family, then all the focus gets drawn within. Then there is no confusion and no need for any aggressive action towards others. Now the person gets busy with all kinds of developmental activities.

Culture takes thousands of years to develop. As far as the information and knowledge is concerned, wisdom is the nectar of this segment. Wisdom is the crown jewel of any culture. In the real sense culture becomes wealthy through the wisdom only. Wisdom

emergence only when the person's eternal identity is found. Internal identity is not related to the matter. This makes person free from any regional, sectional, ideological, religious and other forms of adopted identities. That's why wisdom solves person's identity issue once and for all. This ultimately makes a person free from all sorts of limitations as well. People who hail from rich cultural background are often free from many ideological impositions and tentacles. This way a person becomes immune to many political affiliations and can more Potently reflect back many negative influences and actions. This lets the person focus on the real objectives of the life, which are education, health, prosperity, service, scientific and self exploration.

History has been the witness to many such incidents, where people got influenced by negative ideologies and thoughts, got swayed away and willingly became a tool of politics that ultimately led to the destruction of society and the Nations. Billions of people have lost their lives due to the wars that were driven by the ideological influences. History provides enough evidence of those groups who shunned away their rich cultural heritage under the influence of a new ideological belief and their slump started from that very point.

This marks the preciousness of the values instilled by the rich cultures. Culture makes your energy polarized. That helps you to get less distracted during the life and whenever you may require suggestions, you may find wise people to provide the right solution.

Ideologies are too week. They themselves look for people to subscribe to it's thoughts, so that they can spread their wings and gain the momentum.

Wisdom is too strong. It doesn't look for others to subscribe to its values. Like a lamp it can remain alone and can be full of light. It can ignite many other lamps to have their own light and at the same time can remain content within. Wisdom ignites people to look for their motive within and try and achieve their full potential.

श्रद्धावान लभते ज्ञानम्।

"Unflinching surrender leads to "self-realisation."

This is a statement of Krishna taken from geeta.

It points towards your divine side that exists in each and every individual. It is about divine side taking over life and life gradually starts transforming into more natural one. It is about person's simplicity and flexibility of nature. It means a natural and simple person comes closer to the truth of life more spontaneously. It means when you open yourself and start accepting the atrocities of life as well then through this open gate one day your self realisation also comes in. When one doesn't blame or demand anything from divine, then this is a sign of one's eligibility to welcome truth. As when truth arrives a whole new set of activities start taking shape. Your surrender makes you eligible to execute those duties that come along with your self realisation. One who is filled with Shraddha is also not averse to change oneself. He is not just ready rather he is ready to accept those changes willingly and happily. In fact deep down within he is longing for the changes to come.

Shradha is not about belief. Belief is about imaging, ideology and demand. Shraddha is about accepting the things in the manner, they come to our way. Shradha paves the way of service. Surrender means letting the divine energy flow through oneself. The Motivation to use your own energy in the divine way comes from infinite. Surrender is about facilitating the flow of energy through oneself. Surrender makes the person just a medium. Medium is a link between the infinite and the confined. Just like the nature is the medium of infinite. That's why she facilitates the flow of energy and power towards other forms of life.

होइहैं वही जो राम रची राखा।

"Only the divine design prevails":

This message points towards any inherent design of the eternity that takes its due course during the life and affects the life in multiple ways. It helps the person correct his path by giving him signals through some physical, mental and psychological problems, whenever he drifts away in some different direction that is not coherent with the ultimate result and attainment of the life. It is not just about reminding the person but doing the course correction as well.

"Only the divine design prevails" is a statement of a devotee, who has surrendered oneself completely to the ultimate reality and is ready to be guided by the mechanism of eternity. This is the state of the mind of the desireless person. That person might be a householder however he is not attached with the ways by which the families and society functions. As he has submitted himself and his ready to keep moving in life without being much attracted towards it.

Nature works according to its own innate design. It keeps going steadily and consistently. It's own internal design and way of functioning is eternal. It means it has a uniform and equal rule for everyone. Nature supports it's own cycle changes and repetition. Night and day keeps alternating with each other. Weathers keep alternating and coming back after a certain time. It is about an universal design of functioning not just at planetary levels but at the level of human life as well. Different circumstances affect the mind differently. Although the person's nature keeps developing like a plant and keeps providing one stability during the ever changing circumstances of life.

Mind and brain have their different ways of functioning that is entirely different from the nature's design of functioning. Once the person's mind is done with the experiments related with emotions and attachments then it makes space for the ultimate reality to take over and it's longing for love is reignited. This marks the start of backwards journey of the mind towards the ultimate reality.

Durga: दुर्गा

The literal meaning of Durga is the power of forte. Durga is the divine internal power that keeps a vigil on all the nine gates of the fort as the body is considered a house with nine gates. It doesn't let in any unnecessary and unwanted thing in and it doesn't let any valuable thing sneak out. It means it keeps the sanctity of the forte intact. It also symbolises evoking the self belief and self-dependency within the person, that is achieved through utilising his own inner resources. It also shifts the persons focus from achievements to attainment as a fort always have a control over land around it. During

the 9 days of Navratri person trains his focus on the fort only and doesn't spend his energy and focus on the activities that is happening on the land around the fort.

Navratri symbolises the balancing of nine gates of darkness through self control and solitude.

Vijayadashami is the win of higher form of energy over the lower form of energy, within the confines of the body. It is the win of divinity over the the unscrupulous activities of the mind. It is a win of silence over the thoughts. It is the win of beauty over the dreaded. It is about transformation of evil into the divinity. The trident that Durga holds in her hands symbolises the containment of evil, within the person. Lion symbolises fearlessness. Vijaya dashmi symbolises the emergence of divine side through the penance and self control that person observes during the nine days. Swag is related with body, attitude is related with the mind and solitude is related with the soul. Vijaya dashmi is about evoking the the tenth gate that is the gate to the existence.

Durga is about the fort within the person. In more specific terms she is the the insulation layer between the soul and the Mind. She is able to protect the one that lives within and ward off the evil and keep them suppressed. She is able to preserve the values and let the nature work freely and spontaneously.

Every person can evoke Durga within as his own self defense against the encroachment of his own brain, desires and thoughts. Variation in the types of food one ingests has variable effect on the person's mind and thus mind provides different currents of emotions and stimulus to the person. During the nine days period of Navratri person becomes selective in the food that he feeds oneself so that mind doesn't receive unnecessary food that could stimulate the mind and body. He spends sometime in chanting the mantras that helps in strengthening the divine feminine power. It is another way of curtailing the activity of mind. One keeps away from the desireful activities. So that the sacred power within is not wasted unnecessarily.

ज्ञान से लेकर विज्ञान तक

तंत्र से लेकर मंत्र तक

कामसूत्र से लेकर योगसूत्र और ब्रह्मसूत्र तक
आयुर्वेद से लेकर आधुनिक चिकित्सा तक
औषधि से लेकर शल्य क्रिया तक
धर्म से लेकर अध्यात्म तक
शून्य के आविष्कार से लेकर आंतरिक शून्यता के साक्षात्कार तक
ऐश्वर्य से लेकर सिद्ध ऐश्वर्य और परम ऐश्वर्य तक
ऋषि से लेकर मुनि तक
राम से लेकर कृष्ण तक
सुदामा से लेकर हनुमान तक
राग से लेकर वैराग्य तक
गृहस्थ से लेकर संन्यास तक
शिक्षक से लेकर गुरु तक
विद्यार्थी से लेकर शिष्य तक
जप से लेकर तप तक
भोग से लेकर योग तक
कन्या से लेकर देवी तक
पिता से लेकर परमात्मा तक
शक्ति से लेकर शिव तक
वेदों से लेकर उपनिषद तक
सम्मान से लेकर आदर तक
कर्मकाण्ड से लेकर ज्ञान कांड तक

भक्ति से लेकर भगवान तक

विद्या से लेकर बोध तक

परिचर्चा से लेकर तत्वचर्चा तक

वीर्यपात से लेकर शक्तिपात तक

सहवास से लेकर एकांतवास तक

संभोग से लेकर संबुद्धि तक

समुद्र से भावनाओं की गहराइयों से लेकर, हिमालय सी चेतना के शिखर तक

ध्यान देने से लेकर ध्यान लगाने तक

समाधान से लेकर समाधि तक

भारतीय संस्कृति का विस्तार प्रेम रूपी महासागर की गहराइयों से लेकर चेतना रूपी हिमालय के शिखर तक है।

Rituals: कर्मकांड

Rituals are like practicals, which are meant to teach us something. Rituals carry a certain messages with them and while performing those rituals, person gets to absorb the message hidden within them. The fruits of rituals lies in their messages. Performing the rituals without getting associated with their messages is like getting connected with the body while missing the soul. Soul has all the explanations related to the actions performed by the body. Rather than becoming dependent upon the rituals, One should be able to receive the message associated with it, as these messages cast their effect on the future actions of the person. This is how person becomes able to refine his action through wisdom. As there is an angle of brain associated everywhere, so it finds the opportunities of business in rituals.

That is why the marketing and over dependency upon the rituals are unnecessary. As They malign the whole objective of the rituals.

Rituals were made to make person understand his own internal mechanism and oneself in a better way. Although over a period of time the over emphasis on the rituals start giving us a feel that the rituals are the religion. Rituals are the explanation of the religion. They are the visual portrayal of the invisible internal mechanism. All those activities that happens on a minute. level are exhibited through the rituals on the visual level. They are like a bridge and a medium. They they are also meant to explain the cosmic mechanism of inter-conversion and transformation. They involve the matter, energy, qualities and surrender. They actually indicate that how the oneness with the eternity can be achieved through transforming oneself from within.

Rituals explain the details and secrets of religion so that the person can move on to find his very own personal way to connect with the eternity. As the facility becomes tradition with time and people start following them blindly although rituals are not meant to make the person captive of them. This tradition encourages a whole business infrastructure, which keeps supporting this tradition wholeheartedly. Rituals are like fruits and wisdom is their juice. Rituals are like travelators that speeds up the process of forward marching towards the wisdom. As travelators are the facility however people should not create dependency upon them.

Nowadays schools are using the smart technology to explain the the subject through the audio visual way, which helps even the average students to understand the concept properly and develop the the interest in the subject. All these facilities are a medium to explain although the ultimate solution lies within the student as the intellect. Facility is outside, understanding is within. As the student uses the facility to enhance his own understanding.

During earlier days these smart audio visual facilities were not there, although people used to study during those days too. Subjects were explained during those days too, students used to read as well and develop their understanding about the subject. As not all children are same in the class. There are bright as well as average students both. Earlier teachers used to improvise. Nowadays these smart classes are the improvised version of teaching. Rituals are the audio-visual plus practical way of comprehending the subject.

When we talk about the rituals, we get to see that rituals of one group are not same as another group. People who follow the Indian culture, don't follow the unanimous rituals all over the country. People follow different rituals in different sub-ethnic groups, States, geographic locations and historical backgrounds. Even when it comes to the marriage, rituals are entirely different among different states. It means that it doesn't matter that whatever way you follow as rituals. They are not that important as they inculcate change with passing time and are vastly different in different socio-economic groups. As the rituals are not in regular practice that's why only the priest and the old and experienced people of the family and society know about them. They guide the younger lot about the ways to perform them.

Rituals maybe many and vastly different from each other however the values remain same and eternal throughout the culture. So in reality rituals are the aesthetic part of the culture however the values are the inner beauty of it. All the rituals carry a certain messages with them to be understood.

When people of different backgrounds come together for any family or social ritual, they are often seen explaining their respective rituals to each other. Sometimes both the groups follow their own respective rituals for their own satisfaction. Any function, festival or sacred ritual should extend for some time period and this time frame is filled with some specific rituals. Rituals create a workflow for any function. Mind wants to abide with the workflow. So that the start and the finish could be marked. So that the function could be pronounced started and complete.

All the rituals inspire you to be the change. Rituals hold their ground till the time mind is strong enough to resist any change within oneself. When the person becomes competent enough to be the change then he moves on and grow beyond the rituals as the rituals have served their purpose now.

Rituals are useful. They try to convert the person into Yogi. Through the rituals, seeds of wisdom are sprinkled within the person. The development of these seeds is dependent upon the fact that how fertile the conscience and persons nature is. Rituals are not prayer. They are the methods of spreading the message. Whatever happens within the person at minute level, when that is created in the visible form, it is known as the rituals.

यज्ञः

On the earth two processes are going on simultaneously. One is yajna, second is karma. Yajna is related with the needs and their fulfillment. One yajna that nature continuously keeps on doing is the breathing. In the absence of breath, there cannot be life. As this is the most important yajna that is why she keeps the full control of this yajna in her hands. She is sole responsible for providing the breath. Then comes water and food. Nature keeps running the cycle of water and keeps producing grains and fruits for consumption. Humans take care of harvesting the grains, procuring the water and maintaining their logistic and supply and ensuring their proper distribution among the masses. Breath, food and water are the necessity of the life. Their immediate supply is necessary as there cannot be life in their absence. Whenever their need arises, a fire gets ignited within the person. This fire only gets quenched, when the desired supply is made available.

Second process is of Karma, which is entirely dependent upon the persons thoughts and his actions. Whatever done under the influence of mind falls under the Ambit of Karma. Through the Karma mind wants to utilise the visible and available resources of nature.

Where the Yajna makes the person connected with the invisible side of the nature. Through the yajna one becomes eligible to earn a place into the infinite realm of nature. This realm is beyond the mind and the facilities procured by it.

This way Karma connects the one with the visible side of the nature and Yajna connects the one with the invisible and minute side of the nature that is beyond the limitations of five senses. The real Yajna is associated with the resources made available by the nature and the person's internal power. As the karma helps the mind to develop an individuality for oneself, similarly yajna helps the consciousness to help oneself develop as a super-consciousness. Rituals performed as yajna are an audio-visual and practical representation of yajna done by the person through to his work.

Belief: मान्यता

India doesn't ask you to be believer.

It just drapes you in the ancient cultural wisdom of " sarve bhavantu sukhinah" and " vasudhaiv Kutumbakam" and hopes you to keep performing your natural work.

This way one's karma becomes the tool to person's salvation. Indian culture wants you to believe in oneself and in the circumstances, one goes through even if they are tough. Because they may not be favorable for the mind and it's plans but they are there to polish the self. The positive side of the difficulties in life is that they do the course correction and keeps the person on the path to self. Circumstances may not be good for the mind and body which means mind body complex and it's whole organization gets a blow through the difficult circumstances, which ultimately helps the person to evolve from within. Rough stones become pebbles after facing the long duration of strong currents of the river. Any rough surface becomes polished after going through the difficult phase of finishing and polishing. Dull surface becomes shinier. When we have believe in someone and something then we tend to become skeptical and doubtful about our own belief, when the time becomes adverse. If we believe comes under attack from different way of beliefs and demands regular defense and many times offense too. So a lot of energy gets wasted on convincing others on own belief. In the center of any belief system lies any identity, ideology or ritual. This is the limitation of any belief system. One gets pleased if his belief system is praised and one gets upset when it is contradicted or criticized.

Indian culture is not known for instilling any belief system rather it is known for providing wisdom bytes, which gets absorbed within the person as own values. Values are neither identity or ideological centric. They provide person a vision that let's the person to view any circumstance in a more truthful and wise way. Beliefs are like the command to the brain. Brain keeps reciting them through the mouth and keeps executing them through the body. It means brain likes to keep propagating them in the crowd. On the other hand values are very personal. They are individual centric. Whenever the person lands up in any confusion, he takes the help of the values to clear the air. Values have a great effect on the interpersonal relationship among different ethnicities and people of different geographical locations. The help the person to gel and bond well with others

and accept the new place and the circumstances as own. Wisdom don't segregate people on various grounds while ideologies do. This way culture helps people to connect on a more deeper level as it helps to dissolve the mental and ideological boundaries. Whenever you ask someone to believe, you make him a follower. One needs not to be a blind follower. Whatever suggestion that comes to the way that has to be checked through the scanner of conscience patience and wisdom. Whenever the person does the analysis on these parameters, then he gets closer to his path and refines his own way of living.

वसुंधैव कुटुंबकम्।

Vasudhaiva Kutumbakam:

This Sutra belongs to a Veda.

Tree's power of being in solitude, makes it a part of pan world unit called nature.

A person's power of being in solitude, makes one a part of nature as well. Which is undivided and one all across the world.

Humans have this notion of being divided in multiple segments. However it is just a notion, a thought. In reality whole human race is just one.

Vasudhaiva means whole world. It means not just the humans but every living beings, whether that may be plants, animals or humans, are a part of one unit called nature. Earth is the mother of all forms of life. Kutumbakam means family.

Vasudhaiv Kutumbakam is not just about the humans across the globe. Rather it is about all forms of life. It also means that consider every place on the earth as home. As everywhere nature provides us with food and oxygen and Earth provides us the shelter. Whether that may be animals, humans or plants, life exists all over the earth in some form. Home is not just about the emotions and the people whom we recognise and talk in the same language, rather it is about the love and people who are filled with compassion. If we have the spontaneous ability to connect and make friends, then other places become home away from home. Whole world is divided on the grounds of politics, geography, ethnicity, religion, social conditions, beliefs, ideology, caste and creed, languages, food preferences and many more such conditions. Although the

wisdom of vasudhaiva Kutumbakam takes these conditions on an altogether different and higher level. It means to say that mind, brain and illusion divides but wisdom unites the whole world. It has a message that evoke that element within you, which is free from the differentiation and segmentation. Ignite a new vision within oneself and see the world through this vision. This is how person changes himself and his karma. The change in the person starts with a new vision. Vasudeva Kutumbakam explains that what kind of vision the Rishis of Veda had about the world. This wisdom byte ignites the conscience in every person.

The wisdom of vasudhaiva Kutumbakam Shields the person against the various emotions and insecurities that are related with and unknown land, people and their way. When there are least changes in the emotions, mind remains more tranquil. In this case person can remain more balanced even while being at a relatively unknown place. It is often referred that in the history of ten thousand years, India has never invaded any land. No invasion means no violence, no massacre, no inflamed emotions and bodies. This shows what kind of impact vasudhaiva Kutumbakam has on Indian psyche. This wisdom sutra also encourages every individual to be cordial and compassionate with others. This way people who embarked on different areas of the world had only self development in the mind utilising the opportunities and resources there. They didn't have any ideological or religious mission that is why they were able to gel with the local community. This provided them the opportunity to make closer bonds with local community and help to develop that place as their own home. It's not that they didn't have prejudices in their mind or they didn't find themselves a part of social caste system back at home. However these have been just the individual and social problems not the cultural one. No matter how perfectly you clean your house, it becomes dirty again. Societies harbour many individual, group and regional aspirations and methodologies of living. Same is the case with each single family as well. Aggregately this leads them to create and rear differences, segregation and derogatory practices. However in those societies where the cultural wisdom prevail, their justification of sticking with foul and derogatory practices falls flat. That ultimately clears the ground for change to come over. In short, culture balances the social evils.

All across the world at any given piece of land, there are different rulers in different time periods. They introduce their own rules, which are different in different time periods. Apart from this, when we look at the life, the most satisfying thing about the life is that it is controlled and managed by nature. Nature's rules are eternal, which means they remain static in any given time frame. Life is governed by the same rules, no matter in what time frame we live in. All across the globe nature is one, she is neutral and all forms of life for her are equal. This fact remains same. No matter they are applied millions of years before or millions of years later.

For nature there is no difference between one type of life and another type of life. For her life is just life.

As the person goes within and gets to know about his own mind and consciousness then he realizes that our mind maybe compatible with the cities and crowd however our consciousness is much more comfortable with the nature. People migrate to the cities so that their more objectives could be achieved. As cities help the person to explore the multiple options and perform the multiple tasks as well. Nature has helped humans in understanding the secrets of life and eternity. People often walk upto the nature to come down their minds. When mind settles down, person's hidden possibilities come to the fore. Nature has taught us minimal living and maximal development. Indians have learnt a lot from nature and it's eternal ways. That is why when it comes to the culture, Indian culture is also known as the Sanatan Sanskriti or the eternal culture.

सीताराम सीताराम सीताराम कहिए।

जाहि विधि राखे राम, ताहि विधि रहिए।

The literal meaning of this that if you are a devotee and find it pleasant to get oneself involved in devotional services & keeps God in mind and related feelings, then no matter what circumstances one is in, one finds them comfortable and doesn't harbour grudges about it.

More deeper meaning of this is that

There is a design of the universe that helps every person to achieve their respective goals. This design helps everyone in a very unique and personal way, which may not be known or understood by another people or even the same person. When the person comes to life and gets carried away by the world, then he remains nway too distant from his very own goal or purpose of life. In this condition the design of the life gets functional and it works in its own unique way to do the course correction of the person. Process of this course correction is not always pleasant or smooth. Person may have to go through many difficulties and sufferings, just to realise this fact that he has to move on to an altogether new direction and for that old ways and tendencies have to be left behind. If this universal design stops working, then the person may not be able to rise above the complexities of the mind and the world and usher into a completely new horizon and dimension.

"Jahi vidhi rakhe Ram" means to have a better understanding about oneself and purpose of life. "Tahi vidhi rahiye" means to work dedicatedly in that one direction. Those who have great purpose in life, they may have to go through them more difficult conditions in life. Just to let the person focus on the most natural work for him and just to remain polarized in that one direction. Capability and attention have to merge together to fulfill the purpose of life. The kind of circumstances one goes through has a direct impact on one's own being.

"Sitaram kahiye" means try to realize that truth through your natural work and have your eyes fixed on that truth. Many sages do the same thing. They are not into elevating their social class rather they want to remain fixed to their devotional services. Society is not a main concern for them rather their objective is.

Culture and manners:

Manner are related to being a civilized person while culture is related to being a true and pure person. Manners guide the one to recognise the person and behave according to his stature. It teaches not to disturb others and disrupt their freedom. It teaches to provide due respect to others. The word gentleman has been carved out by the

manners only. It teaches to be gentle and polite with others. It doesn't want people to be rustic and aggressive with others.

Males need to shed their aggression and violent behavior for making any civilization successful. Otherwise there emerges chances of anarchy and jungle rule. Countries establish their rule of law, Just to keep the individual behavior and actions in check. People have found that schools are right place for making children mannered in their early age. Many schools are known for their restrict inclination towards discipline. Parents and schools both exercise their own unique ways for making their children mannered and disciplined. Discipline is required to keep the law and order condition under control. Manners are basically mental conditioning that prepare people to recognise other's identities and respect them. Younger age needs discipline. Grown-ups need manners because they have to be social. As their time is divided between workplace and house and there is a factor of responsibility associated with them. So just to keep the things amicable at workplace and in society, manners were devised. They are a pleasant way of inter- personal behavior. Manners and discipline are largely related with the person's social aspect.

A mannered person is good for the society whereas a cultured person is good for the society oneself & the world.

Manners are about behaving properly while culture is about being beautiful.

Culture takes you from wisdom and propagates the truth. Culture is related to rituals, symbols and messages that point towards the truth, mechanism related with it's realization and the science related with it. Culture doesn't recognize and substantiate the individual identity rather it only points towards one indelible truth. This is how it makes a person free from any identity crisis. This is how it helps the person to remain free from many identity related confusions and thus much of their energy and time is saved from being wasted. Truth directly affects the person's focus and thus one's potential gets increased many times. Working in the right direction is much more fruitful than working randomly. More refined the person's vision is, more broad his mind gets. Narrow mind has a narrow spectrum of function and a broad mind has a broad spectrum of actions. It gives you freedom from any ideological affinity and set practices. That is why it is all about being Indian, not a practicing Indian. It is all about 'being what

you are' and 'do what your natural preferences are'. Culture sets your actions free. That is why you have a lot of time to invest in your preferred field. Culture is very clear in its vision. It has a firm belief that you can become whatever you want to as you are master of your own actions. Culture also knows that truth is that perfect solvent that can dissolve one's all forms of identities and ego. That is why it allows both the external development and the internal development. Because of the Indian culture, the vast exploration that has happened in the field of spirituality in India is too vast and too massive. The roots of Indian development in the field of knowledge and wisdom lies somewhere in Indian culture. Culture doesn't give you an identity, it only encourages you to identify the truth. In India people are often referred as 'Prabhu' or 'God'.

Culture is individual specific. It connects with every individual on one-on-one basis. It doesn't address people as a group rather it connects with every individual at a very personal level. When one gets assured that he is not just a part of a group he is an individual and all his possibilities are hidden within. It marks a major shift in individual approach and focus. Culture values individual and it sees individual as a complete unit. Culture connects the individual with the infinite. It means it takes the person beyond the materialistic boundaries. In reality every individual has a private connection with the eternity. It is so personal that often there are no words spoken yet person becomes able to realise. It is an individual guidance system. Whatever motivation person gets from within, becomes his own private mission in life. Culture serves as a bridge between the individual and the eternity. That is why there is no better guide for an individual on the earth than culture. Since ages Indians have been taking guidance from their culture to shape their life accordingly and make the right and wise decisions related with it. Culture doesn't has its own hidden interest nor they are propagated by any institution or organization. They are just the messages that stays in the psyche of the society and keeps getting circulated between individuals. If no one has own private guide or mentor then they can rely upon the culture to get the right direction in life. They are the pure wisdom from the ancient sages and saints.

If they are not there then it becomes so easy to condition and program other's minds according to own interests and beliefs. Culture is always an individual deterrent against these ideologies and beliefs. In their absence it becomes so easy to get carried away by

the wave of ideology. Whether that may be a political ideology or a religious ideology. All ideologies treat people as a group or herd. They make people followers. Culture gives freedom to the individual either to become an innovator or a seeker. Cultural freedom and religious boundations are very contrast to each other. Culture encourages people to recognise oneself rather than imitating others. A faint seeker is better than a strong follower because a seeker's energies are free and a followers energies are guided and utilized by others. Living with an open mind and open heart is a blessing. An open heart can always accommodate others and an open mind is always ready to adjust anywhere without demanding wholesale changes. It is like being water that is known to adapt itself anywhere, respecting the peripheries it is surrounded with. It is about living minimum and operating maximum.

विघ्नेश्वराय वरदाय सुरप्रियाय लम्बोदराय सकलाय जगद्धितायं।

नागाननाय श्रुतियज्ञविभूषिताय गौरीसुताय गणनाथ नमो नमस्ते॥

भावार्थ- विघ्नेश्वर, वर देनेवाले, देवताओं को प्रिय, लम्बोदर, कलाओंसे परिपूर्ण, जगत् का हित करनेवाले, गजके समान मुखवाले और वेद तथा यज्ञ से विभूषित पार्वतीपुत्र को नमस्कार है; हे गणनाथ! आपको नमस्कार है।

वक्र तुंड महाकाय, सूर्य कोटि समप्रभः।

निर्विघ्नं कुरु मे देव शुभ कार्येषु सर्वदा॥

भावार्थ- हे हाथी के जैसे विशालकाय जिसका तेज सूर्य की सहस्र किरणों के समान है। बिना विघ्न के मेरा कार्य पूर्ण हो और सदा ही मेरे लिए शुभ हो ऐसी कामना करते हैं।

Ganesha has human body, mind as miniscule as a rat and consciousness as large as an elephant.

When the consciousness becomes like an elephant, mind gets redundant like a rat. Till the time consciousness is not developed, rat mind keeps wandering among unnecessary, unwanted and dirty thought and keeps eating whatever comes to its way. It gets to eat or taste the sweet modak only after Ganesha attains it's full form.

When the elephant holds Ankush or hatchet in his hand that means it is able to control itself. Hatchet is for oneself and another hand is shown blessing the people. That means restraining oneself and blessing others.

Ganesha is so committed to writing the the scripture narrated by the Guru that when he doesn't find a pen, he breaks one of his tooth and uses it as a pen. It denotes the commitment as well as the sacrifice as an elephant loves his tusk.

When the consciousness becomes as large as an elephant, then the rat mind is not able to move it here and there. As the body has another master now that is consciousness before that it was entirely dependent upon the mind to get the instructions and act. Now the consciousness becomes stable and this is called samadhi. Now the consciousness becomes like Ganesha.

When we talk about balancing the mind, body and soul, Ganesha is the depiction of it in the pictorial form. This picture also depicts that what are the fruits of achieving it.

Looking at the picture of Ganesha, elephant head is on the top, human body is in the middle and the rat mind is there at the lowest. It shows the preference of a spiritually inclined person.

It means most of the person's power should be devoted to the consciousness, then the body and least towards fulfillment of mind's desires.

When lord Buddha was in the womb of his mother, one day his mother Mahamaya had a dream in which she see saw an elephant entering into her womb. Which means a consciousness as large as an elephant entering into a human body.

No wonder that earlier sages correlated an enlightened consciousness with an elephant.

From here the image of Ganesha took shape.

Between Ganesha and brother karthikeya, Ganesha has more refined and precise vision. It is like the shift from the normal physics to quantum physics.

To get Shiva as her life companion parvati had done severe penance. It is about igniting the divine power within. Like Parvati every living being is pregnant with his own consciousness, although it remains hidden and person remains ignorant about it, till the time one comes to realise it. The effect of this penance directly gets transferred to the seed within. This makes Ganesha much more disciplined and spiritually prepared, once he takes birth. Parvathi gets influenced by Shiva and due to this influence she goes through a massive inner transformation, which ultimately affects Ganesha. The nature of mother directly affects the level of compassion in the child.

Together Shiva, Parvati and Ganesha complete an essential milestone in everyone's spiritual journey. Every traveler of the spiritual path goes through this essential process, in which one witnesses two poles of the body getting United together and through this union an eternal identity is born. This completes the process of being born twice. Which means parting away from the mental and social identity of the present life and acquiring the subtle identity. This subtle identity paves way for a new path of journey. The fruits of this path shapes the new clairvoyant vision for the person, who can now witness the truth in every form of life. Which ultimately intensifies his tranquility and guides one to devout oneself in the yajna of life.

One important thing is that the identity that Ganesha possessed initially gets transformed by shiva. It means that lord Shiva provided Ganesha his eternal identity as the first deity. It means that Ganesha also has go through a process of transformation. In this process of transformation, son finds the father and father finds the son. Ganesha gets blessed by Shiva. The bathing of Parvati symbolises self purification. When this purification happens the process of cosmic union of both Shiva and Shakti automatically gets kicked off. Before this union could happen Ego meets Shiva that ultimately gets neutralized by him. Trident symbolises the aggregate power of Shiva, Narayana and brahma. In this case whenever Ego comes face to face with the trident, it always gets annihilated. When the ego is gone Shiva embraces and accepts the child of Parvati as

his own son. It also symbolises that whenever this union is about to happen of Shiva and Shakti, ego has to perish. It symbolises one more thing that whenever nature becomes pure, Shiva automatically gets drawn towards her. It means that whenever the temple is ready, God is always willing to occupy it. Shiva could recognise ego but ego couldn't recognise Shiva. It also symbolises that whenever you are on a path of purifying oneself, truth can come to you anytime. So it's better to keep away any form of ego around oneself. In the first part of this story parvati appoints Nandi to guard at the door while she was bathing. Nandi recognises Shiva coming and let him in. Second time parvati creates a humanoid form by the turmeric that she applied on the body. She brings this to life and appoints him at the gate to guard it while she was bathing. Difference between Nandi and Parvathi's son was that nandi was able to recognise Shiva while Parvathi's son was unable to. It has a message that Nandi's wisdom is better than Parvati son's rigidity, when it comes to dealing with two opposite cosmic energies.

It means that all the obstructions should be removed first before moving on to the path of spiritual advancement. Even Parvati would not have wanted to make Shiva wait at the gate. Second Shiva is the nature's force not any unwanted curious guest.

This story also has a message that when two opposite forces of nature meet, the arrangement gets changed, that existed when they were apart from each other. As in the case of grinder, when two parts meet with each other and grinder starts functioning, then whatever that is between the two two stones gets transformed.

Something old perishes and something new is born. It means some internal transformation happens.

As the union of Shiva and Shakti marks the opening up of an altogether hidden realm of being, so the one before entering into this realm has to go through the process of transformation that is the prerequisite. As the Shakti or Parvati wants her son to enter into this realm then Shiva has no choice but to transform him and make eligible for it. That's what he did. Parvati gave birth to a son, Shiva transformed him into Ganesha.

That makes him eligible to Usher into the dimension of wisdom, calmness and cosmic intellect.

If one examines this whole story minutely then one finds that there is a sea change in the approach of Parvathi's son and Ganesha. Before meeting Shiva Parvathi's son was mere a warrior. After the meeting he gets transformed into to the god of wisdom, intellect and remover of obstacles from the path of spiritual progress. Earlier he couldn't recognise Shiva, later on he was able to recognise the Earth and the sky within Parvati and Shiva. That is why later when he was asked to circle around the earth and and the sky he remains quiet and later on just circumambulants around both Shiva and Parvati and declares that the job assigned to him has been completed as both Earth and sky are within them.

In this whole story of transformation of Ganesha, one more transformation remains unnoticed and that is of Parvati. After Ganesha's transformation there are no more stories of Parvati bathing or self purifying herself. Seeing her getting transformed into Ganesha all her anger withers away and she becomes calm, composed and full of love. This whole story is about the package of transformation that first happened in Parvati and then in Ganesha under the influence of Shiva.

Another popular story that is heard about Ganesha is that Ganesha wrote Mahabharat narrated by Vedvyas. Mahabharat has Geeta as one of it's chapters. Such was the arrangement between vedavyas and Ganesha that they complete the epic without taking any break. Ganesha had one condition that vedavyas won't stop narrating and vedavyas had one condition imposed on Ganesha that before writing any Shloka Ganesha had to understand it completely. As Geeta talks about different dimensions of life, time, space, matter, energy, power, science, consciousness, self, yoga, breathing techniques, kriya, dharma, devotion, love, compassion, spiritual, advancement, salvation, divine duties, attachment and many more.

Ganesha writing it after understanding and realising each and every detail of it indicates that Maharshi Vedvyas and Ganesha were on the same pitch as far as the knowledge and wisdom is concerned. This is a story and there are two different people there.

When we look at the same incident at the level of consciousness then we find that this is a story of a guru and the disciple. Guru keeps narrating the various informations regarding the self, spirituality, life, eternity, nature, philosophy and many more to

disciple. Disciple keeps collecting it, contemplates about it and keeps compiling it in the form of scripture. That is ultimately passed on to the society it is actually a gift from the Guru to the sadhaks and curious minds of coming generations. Disciple just becomes a medium of it as he plays his part in facilitating this complete process on the behest of his Guru. This is how all this spiritual scriptures take shape.

This journey becomes a Sadhna for the disciple. As going through this complete process sadhak is able to gain the spiritual development. As he gets to learn that how to utilise the the capabilities of the mind for self development by guiding the mind in in the right direction.

Mahrshi vedvyas symbolises the complete blossomed state of the consciousness and Ganesha symbolises that primary state of consciousness, when she takes birth and learns to develop. There she finds the Guru and Guru agrees to take her under his wings and guide her in her own spiritual advancement. On the subtle level both of these two different forms of consciousness are present within one same person. The higher form sits on the Kailash and the lower form tries to scale this height. Kailash means that height where the consciousness attains kaivalya. Whenever a consciousness is born she gets a guru in that very moment. Her initiation to this path happens instantaneously. All depends upon the the disciple that how well he is able to conduct oneself. Disciple maintains a physical form while the Guru is formless. So this society gets to know about the disciple only not the Guru. Guru remains hidden and only in acquaintance with his disciple. Guru wants disciple to be sincere in his practices. So that the continuity is maintained and the process keeps continuously moving.

Ganesha is revered from east to west and from north to south in India and his presence is widely marked in southeast Asian countries as well. As in Buddhism Buddha is known to possess a full blossomed state of consciousness similarly in Indian culture Ganesha is known to have all those accomplishments. In the form of Ganesha's family where parvati as his mother and Shiva is his father, one can get to understand this whole procedure of one going through self transformation facing the hardships as Parvati had to go through while transforming oneself and making oneself eligible for Shiva's companionship; achieving self realisation by coming to life through Parvati and

achieving the highest state of consciousness, that could be achieved by sticking with own spiritual practice or dharma, when he penned down the epics and Vedas.

If we look at this whole description just keeping Maharshi Vedvyas in centre and not considering Shiva, Parvati and Ganesha as different individuals then we find out that Shiva and Shakti i.e. Parvati is present within the person as his two different poles. Shakti keeps the consciousness secured in her lap. As story states that Parvati gave birth to her son by her skin, similarly the Shakti within every person gives birth to the consciousness and this process is known as self realisation or 'Dwij'. Later this consciousness keeps on developing and attains a full blossomed state. So in reality Vedvyas heard all these slokas from his Guru within and kept contemplating on them and penning them down. In this process his consciousness got transformed from a Rishi to the Maharshi. This full blossomed consciousness is Ganesha.

Later Siddhartha went through the same process of inner transformation and became Buddha. So the Ganesha and Buddha are two different representations of one same state of consciousness.

When we look around us then we find that the statues of both Ganesha and Buddha are widely accepted and present all over the Indian subcontinent and beyond as well.

नर सेवा नारायण सेवा:

Nar sewa, Narayan sewa:

Narayana is that form of supreme being that takes care of every form of life on the earth. So anyone under the influence of devotion wants to serve the supreme being he has no other option but to serve the different forms of being which are present on the earth. As serving them is like serving Narayana.

After recognizing this fact it has been said that serving humans is like serving Narayana. It is like serving to that one, who takes care of all. In this way one comes at the same page with Narayana. Service to humanity is like service to God. Divine power supports every form of life in an invisible way. Nature supports life in a visible way although we can remain ignorant about it.

Lakshmi is seen serving Narayana in the picture. This picture carries a message that the ultimate purpose of life is to serve that one, who serves all. Service transforms the one from within. This transformation ignites joy within. Joy is often related to the service. We do different forms of Karma just to experience the different types of feelings. Whenever we do something under the influence of mind, it is sure to provide us some feelings. So whenever we have to experience the feelings, we have only one option that is to activate the mind. Although joy is beyond mind. Whenever we shift our focus towards that aspect of ours then we are heading towards the joy. That is why life is called a journey and a search. It is a journey through the feelings and it is a search of joy. Feelings have wide variety just like a color has numerous shades. Whenever we get indulgent into feelings, inadvertently we strengthen our mind and this is how mind starts getting into a commanding position. Our search is about that aspect of us that can provide us joy. In the picture not right now is it seen in a comfortable state relaxing and full of joy. Dream changes into the reality when mind swings into action. Remind becomes submissive then the chances of converting the dreams into reality through the action fades away. In this state one can realize that the world is either a dream of the mind or the maya as it is said in Indian philosophy. Till the time mind remains dominant this dream appears like a reality. Sometimes mind gets so engrossed in the reality that it starts considering it the truth. Lakshmi is that power of Narayana which is completely devoted towards it's own purpose as in Hindi Lakshya means the objective or the goal. When own power is dedicated to the service then the consciousness can feel joy. In this state one is free from the fears that arise within the mind. Mind is like that companion of ours upon whom we get completely dependent. This dependency of ours makes us completely dependent and in real terms even Handicapped. This is a situation, where one can feel helpless. This companion of ours has it's own weaknesses. In this case we have no option but to get affected by the unpleasant feelings that originate from the weaknesses of the mind.

Expressions, acts and feelings are associated with each other. Whenever mind is active and strong enough then by other's negative expressions and weird acts, it can stimulate the negative feelings within us. As our mind is sensitive for other's expressions and acts, similarly person's consciousness is sensitive towards other's acts of generosity

and compassion. This lets us release our emotional toxins out and make us feel lighter. This is how one is able to clean oneself from within.

Living a life of service is like selecting own team. Either we want mind as our captain or we want the eternity as our captain. Captain accepts us when we start functioning according to their own way. There is no restriction, when it comes to the number of players in the team. So anyone who wants to join the team is always welcome and free. Theory of natural selection says that whosoever has better physical and mental qualities gets selected automatically. By our own experiences we know it that whenever we become indulgent mind selects us or commands us freely. Similarly whenever we prefer service or we have obeisance or have Shraddha within then eternity selects you automatically. In reality we are not looking for the happiness. We are looking for the freedom from the shackles of the mind. Mind has a mercurial tendency, which keeps on generating insecurity & fear every now and then. Anyone who is looking for the stability and silence within, dislikes these ways. That is why one looks for the ways that can surely strengthen own consciousness and service is definitely one of them. Service is considered the ultimate objective of life. Joining the service is like joining the yagya that is spearheaded by Narayana. Narayana is that form of existence that takes care of everyone. Serving every form of life is like merging oneself with Narayana.

Sewa parmo Dharma: सेवा परमो धर्मः

Difficult times provide an opportunity to convert the resources into wealth. Service provides satisfaction and satisfaction provides happiness.

There are two requirements of being a servant. First is complete surrender and second is complete availability. At the level of self servant is advanced than them, whom he is serving. Person involved in the service of the god has an awakened vision that is why he continuously wants to remain engaged in service whenever possible. That is why one keeps gauging that where the need is? A servant wants to keep himself distant from various habits. He is not to worry about the fact that what is going on in the world around him. He just wants to insure his dedication. He is not too concerned about what is left wing or right wing. He is not too worried about that what is socialism and what is

capitalism. A servant to God also wants keeps an eye on his own health, so that he has to ensure his availability. At the same time he is distant from ego as well. One whom he is serving might be harbouring many addictions however the servant wants to remain distant from them.

Desires make the person Boss but to become the servant to God wants own will. Servant is not under anyone else's command rather he just commands himself. This is the reason that makes him devote his life for service. A servant and a boss are generally two different individuals but a servant and the master are two different ends of one same thread. Servant is not detached from his master neither master is. There is only one master of this whole creation and that is the supreme being. Who comes to know this fact and is able to see through his clairvoyant vision he becomes ready to function as a servant of him. Whenever a servant or activity gets a chance to sir his master he feels blissful because service provides him an opportunity to serve his master.

Indian culture 3

रमता जोगी बहता पानी।

A Yogi is like a flowing water:

As the water has a natural cycle that keeps running. Which means glaciers, rivers, sea, evaporation, clouds, rains and then back to glaciers. Water for personal use is taken out from the cycle and utilized. The utilized water goes back to the cycle again. This cycle doesn't know about past and future. It knows only one thing and that is continuity. Continuity is it's Dharma. Through this cycle water goes through transformation of the form. From water to gas and from gas to solid, It lets own transformation happen, doesn't hold affinity with any specific form. It means the natural cycles and the dharma are correlated. The earliest clues about Dharma must have come from the nature only. A Yogi goes beyond the mind to understand the nature and it's ways in a better way. This awareness makes him inculcate the properties of nature within. A Yogi also lives

the life but he lives according to the nature's way. That is why he keeps flowing without having any affinity with the people place and life itself. Although he fulfills his duties like the water does. Once the duties are fulfilled, he gets back to the cycle again. The water poses no resistance. It ensures it's full availability. Full availability comes from full devotion. Once the job is done, it knows how to get back to the cycle again. Same is the case with a Yogi. A Yogi fulfills own duties ensuring full availability and at the same time full detachment as well.

Vapour is light as consciousness, ice is firm as virtues and water is flowy as nature. Similarly Yogi's consciousness is light as vapor, virtues are stable as ice and nature is flowy as water. As water is a great solvent similarly yogi is someone, who can gel well with all castes, creeds and colors. Yogi becomes comfortable with everyone as he wants to serve all of them whosoever needs it, irrespective of their background. At any given time society has very contrasting personalities in it. From ambitious to selfless people, a wide variety is there. Few fulfill their own demands, few perform their duties.

सर्वमंगल मांगल्ये शिवे सवार्थ साधिके शरण्येऽयंबके गौरी नारायणी नमोस्तुते।

Provider of the best of the welfare, compatible with shiva in all the aspects, the perfective, I seek the shelter of the bright, divine power that holds three eyes, one who is the consort of Shiva and Narayana. I pay my obeisance to her.

This mantra is attributed to the divine power known as Shakti. Shakti is the vehicle of consciousness that raises it to the different realms of the being. Person facilitates it's development when one becomes aware about it's presence within. Many technologies that are present in the contemporary world were absent 50, 100,1000 years back. Main reason was the absence of knowledge about it. Once there is knowledge, innovators develop the instruments and people develop the related skills. In the absence of knowledge, no development happens in that direction. Same is the case with the person's awareness about oneself and the mechanism of the nature. Once the person comes to know about it, there comes the dedication as well.

When dedication arrives, development happens. Knowledge related with the person's hidden aspects helps the whole human species to work on various unknown aspects of

oneself. The quest of knowledge is an integral part of human species. The quest is related to both the material and the conscious side of oneself. So all the probing related to oneself starts from the mind. Mind is related to consumption of both the energy and power. Through the feelings, thoughts and actions, mind consumes power. Eastern culture has done a detailed work on the conscious element as well as the power aspect of human beings. So they have a better understanding about how power can be stored and utilized for performing the constructive and creative works. Mantra also wants to convey that devotion establishes a connection with the individual and the existence. Harboring natural power within is a way to make the bridge between the two. Bridge is a passage that connects two far lands. It helps the one to extend own reach.

Saraswati Vandana:

या कुन्देन्दुतुषारहारधवला या शुभ्रवस्त्रावृता।

या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना॥

या ब्रह्माच्युत शंकरप्रभृतिभिर्देवैः सदा वन्दिता।

सा मां पातु सरस्वती भगवती निःशेषजाड्यापहा॥1॥

Deity of knowledge & wisdom bhagwati Saraswati is white in colour like white flower, moon, snow capped mountain and necklace of pearls. She remains clad in white dress, she holds the musical instrument 'Veena' in her hands, she is seated on the white lotus, she is worshiped by the Lord Brahma, Vishnu and Shiva. She dispels all the inertia and ignorance. May we remain protected by mother Saraswati.

शुक्लां ब्रह्मविचार सार परमाम् आद्यां जगद्व्यापिनीम्।

वीणा-पुस्तक-धारिणीमभयदां जाड्यान्धकारापहाम्॥

हस्ते स्फटिकमालिकां विदधतीम् पद्मासने संस्थिताम्।

वन्दे तां परमेश्वरीं भगवतीं बुद्धिप्रदां शारदाम्॥2॥

She's the brightness, she instills the thoughts of eternity, she provides the essence of life, she let's the one know the unknown, she's present all over the existence. She holds 'Veena', the musical instrument & book. She extinguishes the fear. She wards off all the darkness related to stupidity (inferior level of knowledge and acts), she holds the crystal necklace in her hands, she is seated on the Lotus and provider of intelligence and the pure intellect. I pay my obeisance to the divine goddess mother Bhagawati.

She is that one divine form, who is worshipped by both the students and the seekers. All kinds of perfectives whether they may belong to music, arts, literature and yoga know about the presence of this unique power that provides the flow to their respective art. Flow is the attribute of nature. So whenever people get to witness the flow in humans, they become spellbound.

As nature is divine and so are it's various forms, that is why all of her various forms are addressed as the mother. This unique divine power is not a separate entity. It is a part of whole existence. There is a special day attributed to goddess Saraswati called 'Vasant Panchami'. When schools and institutions organise Pooja ceremony in which the teachers and students worship and pay their obeisance to the goddess.

धर्मेण हन्यते व्याधिः, धर्मेण हन्यते ग्रहाः।

धर्मेण हन्यते शत्रुः, यतो धर्मस्ततो जयः।

One who follows his own particular way to divinity becomes capable of the management of unnecessary expenditure of energy. That one can cope up with the effect of planetary positions in a better way, one becomes able to eradicate the feeling of animosity and win over them, who have this feeling; hail the way that takes towards the divinity.

Any way or practice that is able to curb the activity of mind and thus makes the person free from the boundations laid by the mind is termed as Dharma. There are two kinds of activities or practices prevalent in life. Every human being aligns oneself with either of them. One that keeps mind in the center and another one that keeps self in the center. All those actions that keep self in the center can be termed as Dharma. As a person

moves towards the self, one has to make and maintain a distance from mind. Thus the one who helps oneself to bring focus back to own fold becomes able to help oneself in more than one ways. This wants to comprehend that mind and self are two different kinds of receptors and elements. Every element has its unique property and way of interacting with the surrounding. Few elements are too reactive with the environment and few are comparatively inert. This is also a scientific truth that elements transform among each other by accepting and leaving out some particles. The pathway that helps the person to transform oneself into a completely new being, makes a person able to see the world from two completely different perspectives. The effect world leaves on us is highly dependent upon the fact that what is our own perspective about it. Sur and asur look at the world from two completely different ways. Their own particular way makes them to interact with the world accordingly. This interaction generates an effect. This effect ultimately gets absorbed by the individual. That is why different individuals gets to feel different kinds of effects. The way called Dharma is a way of self improvement. Self improvement brings along self empowerment as well.

अर्धनारीश्वरः

Lord who is half feminine:

This is the another name of Lord Shiva. When he and his consort Shakti is represented in pictorial form, they are not depicted as two different identities. Rather they are presented as one unit, half of this unit belongs to Shiva and half belongs to Shakti. It represents the blueprint of any object that is made up of two different kind of forces. Right from an atom to the Earth, all the objects have two separate poles. This is the reason that they can radiate the electromagnetic waves from them. Same is the case with the living beings as well. This represents that male and female are not two different entities rather they are the part of one single unit.

When male and female energy is separated, something is formed that is called life. Life needs to be sustained and for that a whole lot of efforts are needed. For this mind and brain develop. Both of them remain active throughout the life, one remains vigilant and other keeps planning. Mind creates an effect called emotions. Emotions remain a

dominant factor throughout the life. Under their effect mind keeps acting and navigating person's activities. Till the time it keeps happening, all the possibilities of life remains viable. When the possibilities are there, effect keeps recurring. That gets represented in the form of life. When they emotions get replaced by devotion, then rather than strengthening own mind and remaining dependent on it, person accepts the life in whatever form it is. Means both of it's good and bad effects on oneself and keeps associated oneself with the lord without having any specific desires and demands. Which means only one connection and that is love. In such case divine becomes the driver of life, instead of own mind. This way, the path gets opened for the unification of both the energies of the body. When this happens person gets to know about many hidden aspects of one's own being. In other words, one becomes a completely new person in the same life. The way to cosmic intelligence gets opened and person becomes eligible to acquire the divine knowledge.

स्वांतः सुखाय।

Self is the ultimate tool to happiness:

This means the way to happiness goes through self. Thus mind and the world and not going to help us in fulfilling our quest of happiness. As mind and the world is a formidable duo. This duo goes on churning the excitement and various other feelings except happiness. As it is a known fact that explorers don't tread the beaten tracks. Rather they trek, trek to unknown places. They go on to find new paradise, new localities and sometimes new worlds. So all those seekers who are in the quest of happiness, don't walk the beaten track of mind and world. Rather they walk in the search of unknown. When the consciousness reaches to a certain height, one gets to know about the unknown and this unknown is the self. The methodology of finding the happiness for self is way different than the mind. When the self make it's efforts for the happiness, something creative takes birth. As Tulsidas says that I work upon the ramcharit manas for my own happiness. However his own pursuit of happiness gave birth to ramcharit manas that ultimately proved to be a sacred gift for the whole humanity. As Ram, Krishna, Nanak, Christ and all those realized people cannot be

segmented into a particular belief system. Anyone who wants to take the inspiration from them is free to do so. For this no one needs to and must not be forced to associate own identity with them. As identity is not there to be strengthened, it is to be dissolved. As whenever the identity gets dissolved, self takes birth. Whenever a seeker is able to do that, he is no less than the Vasco de Gama or Columbus. Both of these explorers explored the unknown land and every seeker gets to explore the unknown dimension of one's own being. When a new ground is found, a whole new mammoth process of development and seeking gets started. Whole new possibilities start shaping up. All the possibilities that Tulsidas opened up for oneself, helped millions of people to take inspiration and dive into the waters of devotion.

यस्य नास्ति स्वयं प्रज्ञा, शास्त्रं तस्य करोति किं। लोचनाभ्याम विहीनस्य, दर्पणः किं करिष्यति।

Till the time one has not realized the truth, how the sacred scriptures are going to help him?

As the one who is devoid of eyes, In what way mirror would help him?

This is about capability and resources. When the capability meets the resources, then the real knowledge comes out. When knowledge comes out, it expands and spreads among the masses. This paves the way of the relationship of a teacher and a student. This relationship is like a wire through which the knowledge flows, from one end to the another end. Knowledge binds the teacher and the student. A teacher goes on to develop the capability of his students so that they could become capable of letting the knowledge flow within and expand. This is how a students get converted into a full grown professional or a learned person. This very person serves as a transformer. in whatever locality he resides, he helps others in getting themselves transformed.

In the other words if one is not able to understand physics deeply then how can he would be able to comprehend it to others? In such a case, if one goes on to portray oneself as an authority in physics then all his explanations would be skewed. In such a case he's neither going to help oneself nor he's going to help his students. In this process the knowledge gets tweaked and never becomes able to serve it's purpose. A faulty machine produces the faulty products. Similarly faulty knowledge produces the

faulty students. Faulty students spread the malicious knowledge. Thus rather than improving the scenario, faulty knowledge plays its part in making the scenario dubious. We have seen this happening in the contemporary world. Many preachers who portray themselves as an authority in their religious segments, use their very own understanding of the subject in expanding and propagating the hatred, In the name of belief system. Knowledge is for development, not for destruction. It is there to make the complicated things simple, not to make the simple things complicated.

सबसौं ऊंची प्रेम सगाई।

The bonds created through love are of highest grade:

Love is essence of feelings that is unpolluted by mental inclinations. When mind gets into the devotional mode then this nectar of love emerges slowly. On the other hand when mind gets into the emotional mode, a verity of other feelings like attachment, seduction, desires, fear, uncertainty etc. start emerging.

Love ends the disconnect with others. One filled with love is a naturally rich person. So the person needs not to look towards others to get own share of love. It empowers you and makes you independent. In this case person doesn't remain in a trial mode of gaining love from a suitable relationship. Love is the most difficult feeling to emerge & let come out from within. One needs to do a lot of work upon oneself to let love blossom within. On the other hand one needs to do a lot of running behind others to extract some moments of love from them for oneself. Even if one is able to secure love from someone then there remains an insecurity as the relationships are fragile and temporary. They may last for lifelong but they are limited till the lifetime only. Seeking love and securing them from others and making love erupt within are two different things. First scenario makes one dependent and the second scenario makes one independent. The thing which one looks for oneself in the world actually resides within the person. To let it develop one needs to store a lot of power & needs to work upon the fertility of own inner ground. If one wants to have an apple tree in the backyard then a lot of work needs to be done to create the environment of the mountains. Appropriate weather and environment is a necessity. That is why they who become able to let love sprout within,

they are no less than saints. Embracing others is easier while embracing others with love is a bit difficult. As a lot of ice needs to be melted, a lot of stones need to be moved, a lot of emotional cleaning needs to be done, a lot of awareness needs to be filled, a lot of mental barriers need to be broken, a lot of ideologies need to be dumped.

एकोहं, द्वितियो नास्ति, न भूतो, न भविष्यति।

There is only one that is secondary to none. Nothing exists apart of that. It didn't happen in the past and it won't happen in the future as well.

Such kind of presence he has that even past and future and get submerged in that. This also means that when the journey of life is started on this planet there was only existence till the time life in the various forms remains here dear remains diversity and various levels of mental connectivity to that diversity. If ever the presence of life ends on this or any other planet there is remains only existence. This means the past and future both get dissolved with the disappearance of life from any area. This means whatever is there, remains there. Whatever is eternal, remains eternal. This is the eternal fact and it doesn't get changed. This means struggling with the differences during the lifetime is the wastage of time. There are other ways of life that are much better than dealing with the differences. If one has to invest time then it must be done wisely. This settles the debate that whether there are one God or multiple Gods? As the form is one but plants are many, Earth is one but varieties are many. Similarly existence is one but manifestations are many. As time frames are different, Eras are different so do the manifestations are different. As a culture is much longer living than a particular belief system that is why it encompasses many manifestations under its folds. Every manifestation of divine helps the particular era according to the prevalent problems and own unique way. Every era prepares a ground for the next era. So that the psyche becomes more receptive and virtues become more stronger, so that one can absorb the changes that happens when any divine manifestation appears. Every manifestation helps to take the social consciousness to a different level. This is how the whole land becomes blessed, a whole group gets inclined towards the divinity and the culture

becomes further refined. This whole journey is about the internal evolution of human mind as well as the development of social conscience.

सोऽहम्, तत्त्वमसि।

The way this whole Cosmos is connected with me, in a similar way it is connected with you as well:

The way it is making life possible for me, in a similar way it is making life possible for you as well. This whole statement is explained in the texts as "I am that, so you are." The way I am breathing air, in the similar way you are breathing it as well. Cosmos is supplying me the power so do it is supplying power to everyone. This whole care establishes a connection of mine with that, same is the case with you. This means there is no difference between you and me at least for the existence. We both might be living two different lives but the source of both and destination of both are the same. I may be the distant part of the existence but this distance makes me aware of the journey that has to be covered, the change in that has to be embraced and the dissolution of self that has to be achieved. This makes me clear about my path, my journey and my destination. Incidentally the things are similar with you as well. I am not special. I can be as unique as you are. This way all the information that were provided to me by the world about my identity proved false. So do it is going to happen with you as well. It is in my own best interest that I must help you, This way it makes help an essential element of my whole package. The package that I prepare for myself for the journey comes in handy whenever required. This set of information is in complete contrast of what mind tells us. Mind told me that you are a complete different individual and possess a completely different individuality. You might be heading towards the west, I might be heading towards the east. This makes me eager to follow your journey and your details as well. For this I have to remain dependent upon a lot of technology and I have to remain a lot of curious as well. So i need to make a lot of efforts. This whole fascination doesn't help me in my own quest. That is why the fascination has to be replaced with pure wisdom. This way my efforts start becoming productive and the whole journey starts becoming fruitful.

निंदक नियरे राखिए, आंगन कुटी छवाय,

बिन पानी, साबुन बिना, निर्मल करे सुभाय।

Keep that person along, who is ready to point out your mistakes. As he is able to clean your mental clouding without using water or soap.

This is one of the sakhi of Kabir Das. In which he points out that many times we are not able to find our own mistakes and wrongdoing as our mental makeup is such that it always wants to be judgmental about others. Thus we keep missing our own mistakes and we keep noticing other's. Due to our ignorance, we keep repeating and harbouring those mistakes. A friend doesn't encourage the mistakes of own friend. He doesn't even hesitate in pointing them out. As friendship is not about influencing. It is about the natural comfort. As a friend doesn't look for any favours, so he doesn't shy away from pointing out the mistakes. When we become habitual, we don't consider our mistakes as faults. We start considering them normal. Many a times people hesitate in pointing out our mistakes on our face. As it is a known fact that mind loves praise. Everyone loves admiration and compliments. Mind prefers and favours them, from whom it receives the glorification. As in the society everyone is connected with each other and people don't prefer to annoy others that is why very few of them are there who would prefer to talk about our mistakes, even if they are asked to do so. However that close one of ours, who points out our mistakes not to ridicule us but to see improvement in us, that person is precious. As we know that he's not judging us. He just wants to keep the negative things away from us. This is how we become aware and vigilant about our own negative aspects. Whenever the fault is pointed out, the process of finding the solution gets started. Sooner or later one finds out the way to come out of this trap of negativity. As the ultimate task of everyone is to become a better version of oneself, so this is one of the way of doing so. All the prevalent habits that are practiced and all the famous items that are utilised & consumed and widely advertised are not good for oneself. So if someone makes us aware about their harmful aspects then that one is surely a big help.

जन्मना ब्राह्मणो ज्ञेयः संस्कारै द्विज उच्यते।

विद्यया याति विप्रः श्रोतिरस्त्रिभिरेवच॥

The ritual can be done however the real sanskar of yagyopaveet (wearing the sacred thread) happens upon the spiritual transformation. Till the time that has not been achieved, even one who is born in a Brahman family should be considered a downtrodden.

In skandh purana, lord Brahma explained the spiritual meaning of yagyopaveet sanskar to Devarshi Narad.

This means, we socially perform the rituals however every ritual has a spiritual meaning. That spiritual meaning can not be explained by anyone else but person comes to know about it spontaneously upon the spiritual awakening. It is a too personal phenomenon, about which the person doesn't prefers to discuss on social platforms. Only when the person gets the internal motivation of sharing those details with the society, go on to talk about their inner experiences with the people. This only happens at an appropriate time. The ritual of yagyopaveet Sanskar is done to convey the message of this spiritual phenomenon with the new generation. This also underlines the value of knowledge related to self in life. Acquiring knowledge through books and attaining them spontaneously are too different aspects of life. This means the knowledge of the world can be acquired but the knowledge of self has to be attained spontaneously. This ritual is done to make incoming generation aware of it and mold own lifestyle in such a way that suits the internal flame to appear. Even in the ancient India no university or Gurukul used to confer this decoration of Rishi or muni to anyone. As they cannot be acquired through following any curriculum or passing any examination. This is about a very unique relationship between the individual and the existence. Upon going through the sanskar of yagyopaveet (wearing the sacred thread) one has to inculcate certain ways, practices and disciplines. They are all helpful in shaping own preparations and virtues. This is how the person is prepared to go under the transformation and inculcate the changes, which the spiritual transformation demands.

समय बहुत बलवान।

The effect of various phases of time upon life are too strong:

It means the effect of time doesn't remain same always. It is variable. There is a subject called 'jyotish' that predicts the various effects of various time frames upon the individual's life. The basis of which is date, time and place of the birth. This subject links the human life with the planetary positions and it studies the effect of change in planetary positions upon the effects it leaves upon the life. It involves various mathematical calculations.

A particular effect, which is left on the person's life by the time is way too effective. This effectiveness is related to the various aspects of human life like health, education, professional success, relationship, inclination towards various fields of life, natural tendencies & even the progeny. This indicates towards life having a blueprint. It is a different thing that whether we know about this blueprint or not however it is always there. Our efforts are there and one can struggle towards having a better control over them. However the effect of time is like the weather, which one has to face and go through. Many a times we get to witness that one has to go through drastic changes in life. One life, one person and one gets to see two completely different effects. It is not easy to bring wholesome changes in life. Many a times even to change own small habits, one has to struggle with them for a longer period of time. This exhibits that bringing change is not a simple task. So one can easily understand the level of difficulty one has to go through to bring wholesome changes in life or altering the direction of life. This is where the blueprint of life comes into play. The binding effect of time plays a major role in facilitating the changes. This is like mutation, some changes are fruitful, some are not. Some are predictable while some are completely unplanned. However this is up on the person that how well one is able to understand these changes and mold oneself according to them. This is where the natural flexibility and sense of gratitude helps.

जस मति, तस गति।

So the mind, thus the movement.

Mind is a multi-layer phenomenon. Every layer makes the person situated at a particular stratum. This means whatever the kind of our mind is, our actions are according to that type only. Every layer of mind has a favorite ground, to which it wants to remain stuck. This means our progress is directly related to the mind. Expansion happens in the horizontal direction and movement happens in the vertical direction. Some kind of development keeps happening throughout the life. Development might happen at a single aspect or on multiple aspects. Circumstances and self motivation play a great role in navigating the person's development in life. Different people go through different circumstances, which lay a great effect on their psyche. Whatever kind of mentality one earns, actions get influenced according to that mentality only. When mind and nature come on the same frequency, person starts getting the currents of self-motivation. This is the reason that before the person starts acting optimally, one takes time to reach up to that level. This is a reason that preparation, action and performance are an integral part of any life. A person might be active on two separate aspects of life concurrently. One may be the conditioned aspect and another one might be the natural aspect. Society shapes up the conditioned aspect while the circumstances shape up the natural aspect. Awakening and awareness play a great role in the improvement of the mental aspect. This ultimately affects the person's self development and movement in a particular direction. As mind is the major factor in deciding the direction of growth. So they who are keen about a particular direction and want to change course of life, they need to adopt those practices, that have been found effective in changing the state of mind and helpful for the self to take the better control of life. Yoga is the complete science of achieving that. This means it is the science of movement from limits to limitless.

सत्यमेव जयते। Satyamev Jayate

सत्यमेव जयते नानृतं सत्येन पन्था विततो देवयानः।

येनाक्रमंत्यृषयो ह्याप्तकामो यत्र तत्सत्यस्य परमं निधानम्॥

"Ultimately the movement happens towards the truth only. Whenever this happens, illusion is left behind. This is the way through which, they who have fulfilled their desires and created a distance from them, move ahead and attain the ultimate goal of life." This mantra is from mundaka Upanishad. This means truth remains the ultimate destination and abode for everyone. Thus seeking truth, attaining truth and serving truth are the part of our life. However this only happens when one is done with the fulfillment of own desires. There is a journey beyond desires as well and unlearning and uninvolvement are the major factors of this journey. On this basis, whole human population can be divided into two parts. One group is naturally inclined towards the truth and another group is mentally bent towards fulfilling and experiencing the desires. On this basis both of them put their own efforts and their progress happens in two different directions. The culture part belongs to the truth seekers. As the seeking continues even after the desired mental satisfaction has been achieved. Culture is like a navigator, support and guide for them, who are looking beyond the sensual and mental appeasement. The development of civilization and development of culture are two different things. Civilization is artificial, culture is lively. Civilization is the decoration, culture is the beauty. Culture is the contribution of forefathers. Even the most developed civilization remains incomplete in the absence of culture . If the civilization is moderately developed and the culture is rich, then that place is fully balanced. Intellect develops the civilization, consciousness develops the culture. This aspect of our lives often remains hidden and is very less talked about. Although whenever person gets to feel the sorrow deeply, one wants to move beyond it. This effort is full of searching, analysis, awareness and course correction. Ultimately one realizing the truth is the way forward.

जय माता दी।

Hail to mother goddess:

This is a well-known cheering that is attributed to the feminine aspect of the existence. This is related with the mother nature and her various forms. A person's divine side is associated with the presence of this divine power within. This divine power is present as the life's vital force in everyone. Under the effect of our own mind, we keep using and spending it, without even knowing about its real trait. The very nectar that can only be used in the realm of present often kept using far feeding past and future. In other realms the nectar cannot function naturally, this way the person keeps missing the benefits provided by it without even knowing about this fact that it is being wasted and mistreated. Which means whenever we remain busy in future or past, we miss the fruits of present. Whether it be past, present or future, It all gets sponsored by the life's vital force. Whenever there is a disconnect between the sponsor and the expender, then we often miss the virtues of the sponsor. This is why the end effect is completely different from the original effect of the power. No matter how it is used, preserved or utilized, It remains the core fuel of everyone's life. Under different influences, it is used differently. According to the way it is used, in Indian culture one finds demons, deities, Bhagwan and the supreme Brahman. As far as the goddesses are concerned, forms are many source is one. Exactly that we see in the world. Which means the nature that supports the life is one however life exists in multiple numbers. The power that is present within everyone can be utilized as a divine power also. Hailing the mother goddess means hailing this power within. When the power of mother goddess starts being utilized in its most real form then the divinity starts being exhibited from different aspects of life. To sum up the whole story, every life provides the opportunity to get indulged into the seductions and the opportunity to move away from seductions and let the divinity remains functional in its nascent form as well.

सागर मंथन।

Churning of ocean:

This is one famous mythological story in which deities and demons came together to churn the ocean. Sheshnaag, who is the serpent of Narayana, made oneself available to be used as the big rope. A mountain was used as a churner. This mountain was

supported by a big turtle, who was none other than Lord Vishnu. A number of things came out through churning, which was distributed between the deities and the demons. When the venom came out no one was ready to accept it then Lord Shiva accepted it and drank it completely. Then finally Ambrosia came out. That became a matter of bigger contention between demons and the deities. Then narayana took the form of a preity lasse. Demons forgot the Ambrosia and started wooing the preity lady. Deities retained their focus on the Ambrosia, so they finally got a share of it.

When we analyse this story, then we find that this is about good and the evil side of a human being. This process gets initiated when the person becomes committed towards own internal improvement or spiritual upliftment. When the person develops own virtues and the Shiva or the firmness of character finally takes shape, It means when the person develops the virtues of patience and acceptance and gets devoted towards development of own natural traits and when narayana becomes the epicenter of life then this process of churning gets initiated. Whatever venom, which means the resistance, opposition, discouragement, fears & ridiculing comes to the way, person's own firmness accepts that willingly. Ultimately when the nectar of life comes out with that the seduction also erupts. No one has to choose between the seduction and nectar. Our evil side always gets attracted towards the seduction however own divine side always remains focused on the nectar of life. One who chooses the excitement, lust or seduction always misses the nectar. Who remains within one self and creates a distance from the mind, ultimately gets to taste the nectar of life.

सादा जीवन, उच्च विचार।

Simple living, high thinking.

Simple living is only possible when one finds something very valuable within otherwise mind tries every possible way to make the life big and ostentatious. Simple living is only possible when the person is not solely dependent upon own mind. Ostentatious living is about the zeal to make other's head turn towards oneself. It is about attracting others and making them think about oneself. It is about own desire as well to make the stage of life bigger than earlier. As on the parameters of success, no one wants to lag behind.

Till the time one finds something more meaningful about the life, It keeps following the social parameter of making the life bigger and look even bigger. This is how one wants to be part of some special or elite group.

On the other hand, when person starts supporting simple living then It means the vision has become refined and the awareness has expanded. Then the established mental setup lose it's significance. As something more significant has arrived. In this condition the direction of efforts gets changed. As the outcome is directly related with the efforts, so the outcome doesn't remain as usual as it used to be. When the life becomes simple, it means that something even bigger is being prepared and being worked upon. The value of the magnitude of person's life remains effective till the lifetime only. No matter how magnanimous it becomes but it remains limited to one person or one family only. However when the person's work starts affecting the quality of other's lives, then one person's magnanimity starts transforming into many person's comfort and improved quality of life. High thinking means high awareness of the situation around us. Higher thinking means higher efforts to provide necessary relief to the needy whenever situation demands so. Now the focus gets shifted from 'what I want' to 'where the need is?'

हरि ॐ तत् सत्।

The eternal truth dwells in everyone and everyone is connected with the existence & this only is the truth. This means no needs to change anyone. No needs to convert anyone. Everyone needs to change themselves only. There is no need to become judgmental about others and their ways. One needs to purify oneself to such an extent that own mistakes becomes visible instantaneously and it becomes nearly impossible to find mistakes in others. In such a condition, one starts witnessing truth in everyone. Then only the meaning of Hari gets cleared and visible too. Hari is not just about a word. It pertains to the capability of own vision. So from illusion to truth, vision has to play a big role. It means our belief system and ideology manipulates our vision in such a way that we are not able to witness Hari in everyone.

As far as Om is concerned, it is the internal space. Hari has the access to this internal space. In other words as a rocket lifts up a satellite to the space, similarly person's internal power lifts up the Hari to the internal sky. As the mother takes a child in her lap. In this process child automatically gets raised from the ground. Similarly Hari rises up within the person to find the rightful place in the Om.

When Hari is there in everyone so an internal support system remains active in everyone as well. This internal help system becomes activated automatically when the person starts acquiring virtues in life. This is how everyone is as capable as a saint or a realized person is. This means the mechanism is there in every one. Only the difference is that it remains dormant in few and active in few. They who value their virtues and uphold them during their lifetime, unknowingly activate this system. Thus in some of the people possibilities start flourishing. Although all these activities happen at a very subtle level that's why the person doesn't come to know about it. When truth is that in everyone, it is all capable to guide the person.

सत्यं वद। धर्मम् चर।

The most comfortable meaning of this is "Speak truth and follow Dharma". Comfortable because this is the way, mind explains it. This is the most comfortable way of explaining it because this way no change is initiated. No spark gets ignited. This is the most easiest way of explaining this also because person needs not to go deeper within to find it's explanation and the real meaning. The existing mental setup is used to explain it. Till the time one realizes the truth or attain enlightenment, truth means the real incident or the real happening and the dharma means own belief system.

The real meaning of truth is whatever that is attained through self-realization. Truth is an experience related with own inner core. It has nothing to do with the incidents or the happenings. It has nothing to do with whatever happened in that time frame. It is about whatever availed within in that very moment. It has nothing to do with the world. It is about self. It is not whatever happens in the boundaries of duality. It is about that one, who travels beyond duality. It is not about the names. It is about one specific element of ours. It is about that one common element of everyone. That common thread, which

passes through each and everyone. This means that truth can single handedly win over all the diversity and differentiation. Attaining truth is about gaining a new ground, from where one can witness the world without wearing any spectacle of differentiation and diversity. Dharma is about the efforts that helps the person to realize the ultimate truth, come out of the effect of illusion and ability to serve that ultimate truth. This is how Dharma helps the self to evolve. Dharma is about making own road towards the light. It is about living for truth, around truth and within truth. Dharma fine tunes the karma in such a way that helps one to rise above and acquire an expanded and completely new vision. As actions directly correspond to the vision. The epitome of this combination belongs to the purusha (eternal truth) and prakriti (nature). Productivity along with creativity marks the co-existence of eternal truth and nature.

ब्रह्म सत्य, जगत मिथ्या।

"Only the brahman is truth, world is falsehood, illusion or untruth".

This statement has to do with some special vision. We consider dream an illusion only when we come out of it. During the dream, it appears real and so much real that mind starts sending signals to body organs. Pupils start moving, sometimes tears come out. When we get to see colors, people, incidents. Sometimes sexual organs get aroused and person even get night fall. In some extreme cases people is start walking during the sleep. This means the dreams has the capability to activate the psycho-somatic functions. Whatever person gets to see during the dreams, one feels it is real. When the person wakes up, his mind and senses become active. This means the reality has to do with active mind, active senses & presence of physical world. When all of them are there then why they are being called as seeming? Actually the physical or material word is made up of energy. A particular formation of energy gets represented as matter. When energy gets dispersed, this formation dismantles. This means all the location, places and objects are not the fixed entity. Breakdown of their energy lattice makes them disappear. This means the one that is perceived is temporary. Second, emotions are related with a particular structure & a particular outline. Does any change in the

outline things change in the emotions. Emotions are related with the mind. Whenever emotions change, this means mind becomes active. Third, whatever is perceived gets perceived through the mind. Mind becomes active through indulgence and becomes redundant through awareness. The identity proposed by mind gets dissolved through self awareness, self awakening or enlightenment. This means the one that is perceived and the one who perceives are subjected to change and can be transformed completely into another entity. Thus this whole setup that exists between mind, emotions and matter becomes no more than just an illusion. As none of them is a fixed or permanent entity.

भाग्यं फलति सर्वत्र।

Whatever is there in store, gets delivered. It means that our future has a connection with the past and life has a connection with that duration when the soul remains in a dormant state. Dormant state means the time period between two lives. Whatever objectives soul decides for the life during that time, shapes the events of life. It means the desire or the wish has a connection with the fulfillment. However there lies a series of events between the wish and their fulfillment. These events maybe like a roller coaster ride. Only difference between a real roller coaster ride and these series of events is that the person sitting on the roller coaster knows that it is his own choice and the ride will soon come to an end however in the real life, person doesn't know that why he is going through so much ups and downs and when this is going to end and will they end at all? On a roller coaster there maybe excitement and fear however in real life it is about little excitement, more fear, anxiety, nervousness and insecurity. As there is a definite element of unpredictability in life that is why patience, devotion and forgetfulness helps. Although these uncalled for difficult phases of life paves the way for something really beautiful reward. Which maybe beyond the person's expectation or even imagination. Different people take birth in different kinds of family backgrounds, through which they get benefited in different ways. All these experiences create a ground for future as well. Taking birth in a particular family is related to getting the right environment for fulfillment of life's objective. Friends and people who choose to walk along in the life is also related

with developing together and learning from each other. Sometimes people find a particular backdrop where they are allowed to make more mistakes and few other find such a backdrop where mistakes are not taken lightly. So the destiny has a lot to do with learning and it is also about helping others learn. Learning is also related to receptivity. Sometimes a person is taken through particular phase of life where his receptivity increases so that the learning introduced to him gets received well.

सबका मालिक एक।

Truth is a one.

Owner is one.

Source of life is one.

Light is one.

Guru is one.

Destination is one.

Love is one.

Peace is one.

Existence is one.

Shelter is one.

Nature is one.

Environment is one.

Stages of life are one.

Family is one.

Present is one.

Space is one.

At any given time, life is one.

Languages are many, message is one.

Pattern of life is common.

Hunger is common.

Thirst is common.

Desires are common.

Emotions are common.
Focus is common.
Quest is common.
Devotion is common.
Spirituality is common.
Samadhi is common.
Enlightenment is common.
Genders are common.
Parenthood is common.
Concerns are common.
Disturbances are common.
Failures are common.
Insecurities are common.
Natural tendencies are common.
Basic instinct is common.
Zeal is common.
Evolution is common.
Education is common.
Alphabet is common.
Growth, development and maturation is common.
Internal development is common.
Pathway to raising consciousness is common.
Compassion is common.
Journey is same.

उत्तिष्ठ जाग्रत प्राप्य वरान्निबोधत।

One should arise, awake and acquire the wisdom of present. Arise means being physically active. Awake means waking up from the sleep of indulgence. When the person awakens one doesn't find the future laying before him. This awakening is related to the present. This means to say that prepare your body and mind in such a way that

you should be able to unveil the path of present. As path to present makes one collect own wisdom so that one is no more dependent upon other's feedback and instructions to attain own goals and make the life fruitful. As only humans are capable of acquiring the fruits of wisdom, so one should try to achieve this level of productivity. As the possibility is there and till the time life is on, opportunity is also there. A fruit tree becomes a medium of nature to let other's get the taste of this unique nature's gift.

All those people who became a medium of nature to produce the fruits of wisdom, helped oneself first and when they become competent enough, their competency became a tool to help others as well. If one is able to provide the fruits and shadow both then nothing like this. In this case only thing that one needs to do is to improve own productivity as well as the density so that more people can enjoy the shadow. A hungry and tired person if gets to find one tree laden with fruits and leaves then both of his problems get solved. First one can satiate own hunger and then one can rest in the shadow of the tree. This is what a temple does. It distributes the food and provides the shadow to sit, pray and meditate.

This is the reason that Swami Vivekananda said that 'arise, awake and don't take rest till the time you fulfill your objective'. As when the objective gets fulfilled, nature takes over. So this is a journey from full of efforts to being effortless. As when our objectives are associated with the nature then one has to do only half the job. The rest of the job is then taken care by the nature only.

अलख निरंजन।

This is a greeting prevalently used in the Nath sect. Nath sect was established by guru gorakhnath. Nath sect had a great role in spiritual upliftment of India. Many great yogic texts are contributed by nath sect. Hath yog pradipika, goraksha shataka, Vivekamārtaṇḍa and many more. Nath sampradaya has a great role in propagating and popularizing the famous kriya yoga.

Alakh means one who is beyond mind means one who is uninvolved, whereas niranjan means spotfree. This greeting or message is used to point towards that supreme being, who is the epicenter of this entire existence. Every sentence that we hear and every

thought that pops up within the mind it's like a seed. As different people have different kinds of perception power. So all of them may not find it too amusing. Although they who are inclined towards own natural side will find it too interesting. When a living seed finds a compatible ground, It starts growing. So all these greetings and messages that are esoteric, act like a spark for all aspiring seekers. As their mind starts probing these messages and remains curious about them. This curiosity let them further their advancement towards subtle and enriching side of Life. One who is propagating his message, gets received by the one who is interested in that. Nath sect have their own way of achieving this highest level of consciousness. Their own established practices, traditions, way of living and way of helping others. So whosoever is curious about their practices can contact them and learn from them. One can resolve own queries and seek the guidance about the problems associated with the practices of specific kind of yoga propagated by them.

This term "alakh niranjan" sounds like an enigma that the curious mind would like to solve. Different kinds of mind get interested towards different kinds of problems that they would like to resolve. This is how the development happens on the earth and within the person.

तेरा तुझको सौंप दे

क्या लागत है मोर

मेरा मुझमें कुछ नहीं

जो होवत सो तोर।

Let me surrender to you back whatever is yours and right now is in my possession.

There's nothing in me, which I could claim as mine. Whatever is there, belongs to you.

This is such a high level of awareness that person finds oneself completely absent. One comes to realize that the body which is often and generally claimed as ours, in reality belongs to the energy pool of the Cosmos. Body that is 99.99 % space and 99.99% energy cannot be claimed as ours. Body is matter and matter is energy. Matter is

visible, energy is invisible. What is the favorite possession of mind. When in complete awareness mind gets fixed on the truth, It wants to dissolve itself completely in truth. In this case no one else remains there, who could claim body as mine. This is the beauty of devotion. When mind neither wants heaven or earth, nor it wants to maintain even itself. Mind gets fixed on truth in such a way that it forgets oneself. In such a case nothing apart of truth remains there. It is everywhere.

This one realization is of such a big value that person can use his efforts and resources in such a way that could provide oneself this satisfaction of serving own Lord. When we want to serve our guests then one can easily understand the eagerness of the person that would want to ensure that the best of the services can be delivered. One would like to do every possible thing of the world, one would like to clean every possible corner of own inner self, if one realizes the fact that Lord is going to appear within me. As all of the resources belong to him only so not even a single resource should be spared and must be utilized optimally. This is how the person's karma become divine and this realization helps one to transform own Karma into yajna.

The fruit of the yajna is the liberation. As yajna is the process of transformation back to the basic elements. It is a process of the detachment from the matter and the attributes as well as the attachment with the light.

जाको राखे साइयां

मार सके ना कोई।

Who is guarded by the Lord cannot be defeated by anyone else.

It has a more deeper meaning which means one who is under the guidance of own light cannot be misguided by the Maya or taken on a ride by own mind. Which means that one remains fully stable. Confusions remain too far away from him. One who is not defeated by own mind doesn't get defeated by the world also. World can defeat you only when it gets involved with you. If one remains uninvolved then one can be hurt, killed but cannot be defeated. One who remains uninvolved gets the chance to flower like a lotus. This makes one thing clear that everyone should wisely decide that in whom

acquaintance one wants to be. If one is with the light of the lord then he is in a quiet safe position. It is often said that they who are not defeated by outsiders, generally get defeated by their own children. Same is the case with every seeker as well as they who are not defeated by the Maya or the world, often get pulled down by their own minds. So in the last leg, one has to conquer own mind through love only. When mind feels the presence of love, it also stops putting resistance and start enjoying the cosy lap of love. Mind wants wealth and when it realises that love is a greater wealth than any other form of wealth then it lets spontaneity take over

Winning someone and defeating someone or two different things. All the tyrants and conquerors want to defeat others so that they can pronounce their own win. Defeating others is about controlling, ruling and dictating. Winning others need much deeper efforts. Without touching someone's heart and soul, it is not possible to win them. It is about respecting their own freedom and way of life. In this scenario trust happens automatically. Tyrants and conquerors are never trusted. However All of them who have kindness within automatically win over the trust as well as a place in the hearts.

जिसका कोई नहीं,

उसका ईश्वर होता है।

One who belongs to no one, belongs to Lord only.

One who feels helpless, stops running here and there and directly connects with the Lord to register own complaints. He is a one who doesn't interfere although he can make things do in his own special way. As he's connected to every form of life and everything individual. He is all capable and willing as well. He is the superior most witness so the things can be brought in his knowledge by prayers. On the other hand, when one starts following his path and treading towards himself, then even without prayers he comes to know about the advancements and becomes keen to provide the necessary help. One may remain unattended but one doesn't remain out of the sight. That invisible all pervading guardian is always there, even if own guardians are out of sight. Life but different people in different scenarios with different levels of difficulties

and complications. There are people in the world because of different scenarios get detached with their family members. In this way we get this opportunity to connect with that one ultimate father and mother, who is the one common guardian of everyone. He has his own unique ways of providing the help. In this scenario person develops the faith because it is his own very experience that is paving the path of faith. This is how when we miss one support, then we improvise a new one. This is how difficult scenarios bring self improvement and makes the person stronger. Difficult scenarios are nothing but different roles to be played. Every role that person plays makes the one to understand own qualities as well as the abilities in a better way.

We have often seen people bullying others under the influence of own father's name. It is also seen that people seek help in the name of Lord. Seeking help is much than bullying others taking the strength from someone else's clout. Support is always visible however help can be invisible and indirect one. One who is visibly supporting might just be a medium of help. One who ignites inspiration of helping others remains hidden. This is how the divine forces of the universal work.

बुरा जो देखन मैं चला, बुरा न मिलिया कोय ।

जो दिल खोजा आपना, मुझसे बुरा न कोय

This couplet belongs to Kabir Das. Here he says that When I tried to search an evil one, I couldn't find any. Later when I tried finding within myself then I realized that there's no greater evil than me.

These two lines by Kabir Das makes two things very clear. 1. He is a god realized person. He couldn't see anything apart of that around himself. This happens when the person is not prejudiced, seduced or judgmental. He is a pure witness. This is a state of 'sthitpragya' or one who is seated in truth. Another thing is that he could witness even a single thought originating within. He knew how the mind works. He knew what could be evil within any person. He knew about all those mistakes, which he committed earlier and why they were made.

When the person is completely seduced and indulgent then It becomes too difficult to see own mistakes. Only the one who is full of awareness can get to know about own mistakes, damage done by those mistakes, then only one tries to undo the damages and aid in healing process and even moves ahead to seek forgiveness, if required. This is the beauty of awareness. We may commit mistakes. Although person comes to realize it soon and repents. We may create damages although we try to correct them to the best of our abilities. This is one of the way of self improvement. Rather than being judgmental, it is much better to be aware. In this way one keeps own focus limited to one self. Wherever the person's focus is, improvement happens there only. In such a case even if we lack somewhere and find someone better than us then we go on to appreciate that person and his qualities. If not us then someone else has those strengths and it is a matter of relief and hope as well. In such case person feels happy for them. If someone is able to utilize only strength in the best possible way, then there is nothing like it. This is a difference between granted and blessed. We go on to utilise those attributes in the best possible way, if we are aware about this fact that they have been blessed to us. If we eat treat them as granted then most likely we are going to lose this opportunity to utilize those attributes for making things better for oneself and others.

गाय हमारी माता है।

The literal meaning of this is "Cow is like mother." As guy in Hindi means cow in English. However there is a goddess or deity in Indian culture named 'Gayatri'. The very famous Gayatri mantra is related to goddess Gayatri. Gayatri is another name of goddess Parvati, who is the consort of Shiva. The exact meaning of guy is "full of love". As mothers are known for their love, care and particularly kindness, which is a unique natural attribute. There are many alternative names of cow in Hindi however 'guy' is the one that is most commonly used. In India, person who has very simple and kind nature is often referred as 'cow or guy'. Not only the females but males are also referred by this name. This means it has nothing to do with the gender, It is about the nature. It was observed that in animals cow has this particular kind of nature. As she becomes domesticated. In India cow's milk has been used as a major food item and it is also

used in the Ayurvedic way of medicine since ages. The quality of cow's milk is considered superior than the buffalo's milk. In India even among the various breeds of cows, the Desi or indigenous breed is considered the best. She provides lesser milk as compared to other breeds however for medicinal use and for drinking purposes, it is considered best. Cow has been a precious livestock. In Indian subcontinent dried cakes of cow dung has been used as a fuel to cook food since earlier days and composed cow dung is a great manure that is used in organic farming even now. It increases the fertility of farm in a great way.

Cow and the various milk products have been a part of many religious rituals. People love to donate and receive cows. Apart from all these benefits, the main thing about cow is her calm, docile nature with a lot of productivity. She is a great mixture of femininity, calmness and productivity. This is what motherhood and nature is all about.

As we teach our pets, so do we learn from our pets as well. That is why in Indian culture, cow is associated with goddesses & it is considered auspicious to have a cow in the barn. Holding an animal species in such high esteem helps the person to respect them and develop own values against the animal crewality. Associating animals with divinity helps one realize this fact that the source of life in everyone is common.

कर भला, हो भला।

Things happen good when one does good:

This is how a better world is created. This one world is composed of billions of small worlds. Everyone nurtures a world around one self. This small world carries the person's own effect. The resultant of these billions worlds reverberates that what kind of world we live in. This way every individual has some effect around oneself and that effect is meaningful. When one person improves his own individual world, the whole world becomes better.

Another meaning of this is that when you are good, you do good. When you do good someone gets benefitted, something gets improved. It is too simple. When you are good it means your seed or your inner software or your core is good. When you become even better, you improve your seed. We are surrounded by the nature from all over and

nature is too potent. Nature keeps producing the effect of every seed impartially. So whenever the seed or the core improves, the effect around you also gets better. As nature is responsible for producing the effect, that's why person needs not to get bothered about the effect, resultant or the fruit. All that one needs to get bothered about is the seed. When the person is good, he does good. That is all there in own hands. All that happens around that person becomes beautiful as this is the result of his seed. Nature creates a beautiful effect around the seed with good qualities. Indirectly this philosophy points towards the Invisible and often unnoticed effect of nature that is around everyone. Whatever we do is controlled by our own mind and whatever happens is created by nature. So just to improve the effect of whatever happens, one needs to work on one self. Doing creates results, self improvement creates environment.

That is why it is often propagated in Indian philosophy that do your natural duty. As nature does her natural duty. Let the things remain natural as natural is beautiful and powerful as well.

ईश्वर सत्य, जगत मिथ्या।

God is truth, world is false:

It means that only truth remains eternally present by the scenario of the world keeps changing as the writing on the board keeps changing. It means all living and non-living artificial structures breakdown at some point of time. Only the God is truth, it means only the truth can provide one joy and fearlessness. Other perishable structures can provide variety of other feelings but not the joy. Disquiet and concerns are related with our attachments with perishable structures. One who is able to realize the truth is in the best position to remain quiet and joyful. When we keep the truth and illusion, the God and world aside and put ourselves in the middle, then in this detachment free state we come to realize that what our real priorities are? In which direction do we want to proceed? What are the do's and don'ts of this journey? Through our own experiences and realizations we come to know that what the exact nature of the world and truth are? When we forget ourselves, we have no other choice but to remain in the shelter of the world. This means no choices, no decisions and no self development. When the person

ultimately gets to find one self then only he gets to decide that whether he wants to move towards indulgence or towards awareness, towards the world or towards the cosmic truth. That universal truth is deeply seated in the universe only. As the science helps one to take this leap from world to the Cosmos. Similarly spirituality helps the person to take the leap from world to the existence. Existence is the core of the universe.

This one philosophy puts the onus on the person. It doesn't let the person sit comfortably, when worldly achievements are accomplished. It encourages the person to seek truth. This philosophy doesn't support the group but individual. It encourages the person to move from group activities to sole walking. Sole walking substantiated soul stirring. This way the person can switch from company to union. The eternal union.

भगवान के यहां देर है, अंधेर नहीं।

God is full of light and full enlightenment. One can get delayed to reach up to it but cannot be denied.

Leaving behind the existing dimension and moving on to the next one is difficult. One gets a sticky foot when one tries to walk. As our existing conditions try to bind us & our old habits try to get hold of us. If there is movement then there is resistance as well. One gets delayed and one gets bruised as well. While moving one gets to experience that every seduction brings suffering. One gets to know that most distractions happen, when one feels that he is on a comparatively safer ground. One keeps moving upwards and keeps slipping down as well. Every effort bring some success and every failure brings some maturity. Hurting and healing happens simultaneously. Love and suffering, joy and pain keep alternating with each other. Sense of insecurity and containment, freedom and failure keep coming and going. Maya and truth keep appearing and diminishing. Prayers get answered ultimately however all the demands may not get fulfilled. There is a difference between two of them. All the right things happen at an appropriate time. That makes patience an integral part of seeking. As a child grows gradually so do the seeker. From day 0 to 9 months, from first day to 18th birthday, It takes time. Ayodhya had to wait for 14 long years for Ram to come back. Then

ultimately Diwali happened in Ayodhya, as the light had come back. Era of darkness was over. So it needs one to be patient like ayodhya and devotion of Bharat to finally get back own Rama.

There is a reason of delay as one needs to cover a long distance to realize the ultimate truth. Many sages have said that he accepts but only after regaining own pure form. This process of self enrichment is a tedious one. Ma Anandmai used to say that he accepts but only after washing and drying. This is a long and gradual process as all washing and drying cannot be done at once. Multiple layers needs to be cleaned.

जियो और जीने दो।

Live and let live:

It means grow and let others grow. Other's freedom is as valuable as yours. Unnecessary intervention in other's lives should be avoided at any cost. This way a person is able to save a lot of his energy from being wasted. The knack of manipulating others is related to the seed of manipulation within mind. When we have this tendency of engaging others, just for the sake of getting rid of own boredom and sometimes we do it for extracting benefits from others. There is an another tendency of influencing others with those particular influences that we carry. When we adopt some ideology then we try to propagate it to others as well. This is somewhat like network marketing. In which when you become a member, you need to add few more members under your chain. This is done just to show that we are active and capable. Many a times people try to convince you on multiple points that may and may not be interesting for you.

In short if we look at it from a different perspective then we find that it is about keeping own focus with one self or diverging it in multiple directions by ignoring oneself. Focus itself has such a great potential. Students try to segregate themselves from the regular activities of the family and society so that they can focus upon their studies. Seekers try to seclude themselves from the social interactions so that they can have some period of solitude. Solitude is like gardening, when seeker nurtures and water his inner core, so that own inner nature can also get nourishment, it requires.

One who is inclined towards learning the way to more controlled living and making a more improved version of oneself, they try to find a way of doing so and embrace the practices related with it. They automatically restrict their activities to themselves. People who live a detached and saintly life mostly remain within one self and prefer to limit their activities to their community only and remain aloof from the family and social life.

वीर भोग्या वसुंधरा।

To relish the beauty of the world and life, one needs to be fearless:

Whether one wants to go in future or present, in both the cases one needs to be fearless. The world is full of difficulties and mind is full of apprehensions. As one comes face to face with difficulties, these apprehensions get stronger. As far as exploring the world is concerned, things have become much easier now as compared to 50 or 100 years back. Journey that can be done in hours today, used to take days or even month earlier. Only the people who had very strong will and courage used to travel to unseen and unknown places. Courage demands strong desire. Fearlessness demands devotion and discipline. Exploration and seeking are an integral part of human life. Exploration takes the mind to far distant places. Seeking takes the mind to higher dimensions. Life provides an opportunity to cover the distance.

Every time some distance is covered, mind gets to find new ground. Mind makes use of this ground as a new habitat. This is how all the new worlds have been found. As we know that a frog in a trench gets to know about only that much ground that is within reach. When it comes out of the trench, whole new possibilities get opened up. A vast materialistic and spiritual grounds are there to be covered.

When we deeply look into this sutra of "Veer bhogya Vasundhara" then we get to find a new meaning that is related with the time as well. Veer means full of power, bhogya means gets to taste, Vasundhara means the beauty of present (va+sundara). Power is about preservation of vital force, in Indian culture that is known as the "brahmcharya". All the Yogis, sanyasi and brahmacharis remain in the pursuit of something which they don't even know about however they know only one thing that the journey is not over

yet. That is why there is no other way but to keep expanding the awareness. Which means not feeding the mind with outer world's information, pictures and feelings.

खूब फूलो फलो:

Keep fruiting and flowering:

This is a common blessing that elderly often dish out to the younger ones. It means may the flowers of beautiful virtues keep blossoming. May you keep giving birth to the fruits of creativity. The picture of food cannot satiate the hunger. The picture of shade cannot provide relief from scorching heat. However even a picture of the flower can make the one appreciate natural beauty. This means image of food cannot help but the image of flowers or natural background can.

Fruiting and flowering, both the attributes are related with nature. When a mature mind comes to realize the beautiful nature and it's pervading presence in various aspects of life, then they want that the younger ones should cultivate those aspects and let them grow naturally. This is also a point where perception meets the realization. Perception believes that mind thinks, plans and achieves however realization lets the person know that all the fulfillment and containment of life are related to natural attributes. Realisation also makes one aware that natural aspects have the capacity to grow exponentially. At the max mind can witness and appreciate the compounding growth however it too takes time. On the other hand, exponential growth iss about massive growth in a short span of time. Same as it happens in the rice fields. A single tree can produce a large number of fruits in a single season. Our immaturity makes us rally all of our energy behind our mind or intellect only. Till the time we are not mature enough, we keep comparing and competing.

On the other hand our maturity makes us realize our own strengths and inspires us to polarize all of our energy towards the development of these natural gifts or strong points. Then it is not about competing with others rather it is about developing oneself. Only this way a person can maximally utilize their opportunity called life. Life is about developing self and helping others. Whereas under the effect of our mind, we keep

doing just opposite that is developing our identity and keep pushing and pulling others behind.

This statement is a blessing or a signal of elders to merge own mind with nature.

शांति काल में अहिंसा परम धर्म है।

संकट काल में सेवा परम धर्म है।

Non-violence is the best virtue:

During the peace time it is the best virtue as it allows everyone to grow simultaneously. If not just allows peaceful co-existence among humans but among the humans, animals and plants as well. If one is able to conduct oneself nonviolently, then that person is of great value to the society. For a successful society and a civilization, it is imperative that non-violence remains an integral part of it. Non-violence is about not interfering with other's right of living comfortably. This means they can simply live and grow the way they want. Non violence is a directly related with self-containment. As till the time mind is violent, it keeps interfering with other's lives. If mind remains active at such a level then how come it can limit it's focus to self only? When mind agrees to this fact that life is full of opportunities however it is not about interfering in other's right to live peacefully. Non- violence is a great equalizer. It is about becoming mature enough to respect other's integrity as well. World has seen a very long phase of continuous wars. It keeps witnessing animal cruelty and domestic violence as well. It has been witnessing increase in population and a very extended phase of deforestation. When the consumer-resources balance starts getting hurt due to unmindful and ideological driven population explosion, then it is also a kind of violence. This is a violence against nature. The world has been witnessing oppression and violent behavior just to have a control over the larger resources. There has been human slavery as well, in which a large human population has been made to serve as a slave to another human. They were even made to migrate from their homeland to another part of the world so that they could be used as human laborers. That too against their own wish. History has enough evidence of targeted violence against people of different ethnic backgrounds. That's

why if non violence could be maintaining during peace time, then the whole world can grow and evolve as well. Service is considered the best virtue during the war time or trying times.

सादा जीवन, उच्च विचार।

Simple living, high thinking:

In order to arrange higher living, a simple person needs to put in extra efforts. Extra means extra time, more hard work, burnout, mental and physical pressure, more energy, more compromises, more adjustments and a continuous thinking mind. This means that to strengthen one aspect of our life, we need to suppress many other aspects.

In another scenario when person lives simply but he thinks higher than he needs to distribute his efforts into two different segments mindfully. This means person limits own living upto the fulfillment of needs and invests rest of the resources and his own vital force into improving own thoughts. Vital force is a neglected aspect of one's own being. As in this world of abundant macro objects, this invisible aspect mostly remains forgotten. Secondly if we invest our vital force into improving the quality of our thought process, then it is like working on own software and designing a new program for own life. If one wants to preserve this vital force from being wasted then creativity helps the person in a tremendous way. Rather than keep struggling with one wasteful aspect of ours, It is better to move into a new direction and keep walking. This way the unnecessary aspect is left behind.

Actually it is particularly state of the mind, where mind agrees to live simply and it wants to become more mindful and watchful about the thoughts that keep popping up within. When mind comes to know that there are far distant dimensions to travel then it doesn't remain inclined towards the old pattern of thinking and creating an unnecessary web of associated actions. Mind agreeing to live a simple life is not a simple feat. It can only happen when mind has found some far more superior avenue. In fact high thinking is not about too much thinking or rational thinking. It is about transforming this process of thinking. Continuously flowing thoughts are no more than a cobweb. When one can

remain functional and far more creative without having these cobwebs of thought then thinking starts losing its ground. In any case it is far more satisfying than living big and having low grades of thoughts.

जैसा देश वैसा भेष:

Dress up according to the locality:

Earth is full of diversity. Every geographic location has its own peculiar environment. People dress up according to the environment and the culture of locality. There are traditions that everywhere some people also dress up according to their ideology or beliefs. There are individual choices as well, which people prefer to follow. In a country like India people get to witness a vast difference in the attire. So is the case with different countries. People are entirely free to dress up the way they want. It's good to merge with local population and their traditions. It is not an imposition, it is a choice. It is also okay to dress up uniquely, if one wishes so.

Whenever people migrate, they land up in a different territory, which might be entirely different from the previous one. If the person wants to dress up the way local people do, he should have that much freedom to do so. His own ideology should not obstruct him. This means, it is not okay to be rigid with own ideology. This statement advocates flexibility. A firm should be firm with own values however one should not be rigid with own thought process. This also means that if the person wants to dress differently than the locals do, then whenever one visits a different locality, where there is no such a restriction then one should give oneself enough freedom to look the way one wants to. It is okay to experiment with own looks, if someone wants to do so. Sometimes extreme weather conditions of different localities mandates one to dress up differently. In such cases it is better to switch promptly.

This also means that one should graciously accept the local traditions and should not judge them according to the way they dress up. One should not feel that he is a Messiah and he is there to change the local people as those fellows know nothing. One who is flexible can more comfortably embrace the change. This is true for both host and the guest, expatriate and localite. As we improve ourselves, things change around us.

Both of these processes keep happening although their pace may be variable. Sometimes improvement brings change and sometimes change around us brings improvement within us.

Vaikuntha loka:

Picture of Narayana, Lakshmi and Sheshnag is one of the widely seen pictures in Indian culture. In which Sheesh nag, Narayana and Lakshmi are seen and in the backdrop there is the ocean of milk. Narayana is seen lying down over Sheshnag, in the state of samadhi. The head of Sheshnag is fully open and is giving a cover to Narayana. Lakshmi is sitting and massaging the foot of Narayana. This symbolizes the service one can perform through own resources that is granted by goddess Lakshmi. This place is not the earth. It is a different 'loka', where Narayana remains present. In the backdrop that is a milk ocean with makes us remind about the churning of milk ocean. This picture is about that phase, when the churning of milk ocean has been completed. The best utilisation of Goddess Lakshmi is the service. Service of Narayana or the Lord. This one treasure of Lakshmi that one receives in life is ultimately invested in the service of Lord. The open hood of Sheshnag symbolizes the complete development of consciousness. When all these three requirements are fulfilled, it facilitates the development of brahmaloka. Apart of these three, there is no another distraction present there. This place is also called the 'vaikuntha loka'. This means things are systematic, organized and continuous here. All there of them are in their highest states. This pictorial presentation is a way to can we all of the messages through just one picture. When the picture goes into the memory, someday person comes to understand it's meaning by oneself. This artistic way of conveying the deep spiritual messages has been predominantly used in Indian culture. Under our ignorance, we consider them the picture of God. However as the person's awareness develops, one starts receiving those messages, which are their hidden in these pictures. A point comes when one who painted or created the picture and one who is viewing them, come at the same page. At this moment whole message gets transferred from one to another. This is how people

come to appreciate the spiritual development of their ancestors and this is how the messages keep getting transferred from generations to generations.

Bhava:

Bhava are a more stable and persistent state of emotions as well as the being. In Indian context, this word Bhava is often mentioned. Bhava is about more pious and pure feelings. They are more influenced from compassion. Compassion is like inner beauty of nature and flow of river that wants to connect with other beings through love. Mostly we remain abundantly filled by the feelings originating from the mind and catalysed by the senses. Many of our feelings are influenced by the intellect as well. Intellect wants to fill us with the feelings associated with the future. This is how the future that is still away, starts affecting our present. Emotions symbolizes dependency while Bhava symbolizes self sufficiency. Self sufficiency is associated with the detachment. Many a times person feels weaker under the effect of emotions Bhava makes one feel more stronger and in control. When our focus remains centered towards ourselves only, it is about emotions. When our focus starts expanding and mind becomes free from the confines of 'I', person feels the bhava emerging from within. Devotion is considered a bhava. A devotee starts looking beyond own identity. This is the reason that devotion is such a beautiful and pure bhava, through which the person longs for the cosmic union or yoga. It is about looking beyond this world and moving on to the next level. Contrary to the instructions of keeping eyes and ears always open, We seldom see people keeping their eyes closed and dancing alone in a mysterious ecstasy. Although this happens in devotion. The concrete world made by us may not be all that conducive to help bhava emerge within us. However nature is too very much potent to help our internal nature to release a bhava, Just like the static water of a pond releases a bubble from the base. It is much easier to produce a feeling or emotion as we live in a real world that is too attractive, we are connected to a virtual world, we often meet people with lots of aspirations, we have an active mind which has 10 senses at its disposal. Still among these all hustle bustle, there are possibilities for the seeds to sprout and develop as well.

सत् चित् आनंदः

Sat chit ananda:

Sat: Truth

Chit: purified consciousness

Ananda : bliss

Truth is about a position or a height. Truth is about that height in the internal sky, where one gets to meet own Guru. This meeting is sort of a merger or a transformation. Guru facilitates the way to the supreme consciousness. The pre-requisite is that the consciousness has to grow up to that height. There opens up the gate of a new loka or abode. Through this journey of consciousness, it realizes the gradual decline in the sensitivity towards the time. This is how the samadhi becomes deeper. As far as the bliss is concerned, it is the seed of all emotions and feelings. It is the purest and nascent form of feeling. In this one line of Sat chit Ananda, destination, time and feeling, all three of them are associated. This means the journey through the time, space and emotions. This also means that in the process to experience the bliss, one has to come in contact with the truth. Another thing is that one has to realize, develop and purify oneself first. Purify means clean oneself, empty oneself and surrender oneself. Through the awareness only, one gets to feel the declining effect of time and increase in the clarity about the all pervading truth. Sat chit ananda indicates towards the spiritual journey and it provides a blueprint of it. In reality it is the scientific way of explaining the truth and the associated effects. Every seeker follows this blueprint to achieve the ultimate goal. This result is reproducible and common for each and every one. Every seeker at the some point of his journey come to know about it and experiences it. Everyone who is on the journey to leave behind the inferior feelings and get to experience the higher ones gets to experience the advanced feelings are state. It is called a state because it is much more stable and feelings don't change often here. One

also wants to remain in that same, stable, unchanging state. This state is about those feelings, which are beyond senses and actions.

Asan, pranayama and dhyana are for body, mind and soul respectively.

As all of them are the part of eight fold part of yoga proposed by Maharshi patanjali. They work on different segments of ours. As yoga is associated with the conscious element of the person however to reach up to that one has to balance his physical, mental as well as the psychological aspects first. As body is made up of bones, muscles, tendons and joints and all of them have their own storage of energy. Similarly all of them want their own share of activity as well. As activity facilitates the flow of energy, power, fluids and nerve conduction. One can keep the stiffness at bay by regularly activating different joints,

muscles and bone segments. Pranayama has its own effect on the mind. And it facilitates the cleansing of various channels through which the vital force of the life travels. As we go through various mental conditionings and our own indulgence, these channels start getting blocked. Through pranayama these channels start opening up, another effect of pranayama is proper oxygenation of mind. Which ultimately helps to improve the overall health of brain. As pranayama is done rhythmically, which also helps the brain to relax and thus calm down. Post physical and breathing exercises, one becomes better prepared for meditation. As the body, brain and mind needs to be relaxed for the one to get the experience of meditation. No shop of the world can provide or sell the experience of meditation. Only the person can facilitate it for oneself. This brings the realization that one is not dependent upon the world to experience all the pleasures. Some of the pleasures are self-dependent, self-created and self-facilitated. It is such a great empowerment for the person. When the person knows that he is not entirely dependent upon the world for all his happiness and comfort then it brings a great relief for the person. As social religions promise to provide heaven only when one accepts their ideology, practices and agrees to become a blind follower. The

way to freedom and self sufficiency goes through the life, so one can become aware during the lifetime only.

सांच को आंच नहीं।

Truth is incorruptible.

Truth is like sun. As there is sun and it's radiance all over. It's radiance has both extreme energy and extremely high temperature. So whatever moves towards the sun, gets to face it's radiance first. Around the sun, there are multiple layers of its radiance. Material is so vulnerable to high temperature and extreme energy that it becomes extremely tough to face the heat even at some places on the earth. Just two or three degrees rise of temperature on earth poses a grave threat to millions of species. Air conditioning has become a normal appliance of households. If it is so difficult to cope up with extreme heat on the earth then one can easily understand that how it would be difficult to move nearer the sun, that too remaining intact. As body is a too vilnerable and fragile machine. The place sun holds in our Milky way, the similar place truth holds in existence. As the brain & body cannot reach the sun, similarly mind and intellect cannot reach the truth. The capsule or corona of truth is made up of love, compassion, awareness and service. So all the mental skewedness and intellectual gimmicks gets coagulated as protein gets coagulated in the presence of heat. All the mental insecurities get evaporated, when it comes in contact with compassion and love. Few of the definitions of consciousness, only get activated when one gets too far away from the truth. As one moves towards the truth, all the fluidity of consciousness start getting concentrated and compact. So as one moves towards the truth, far distant dimensions are left behind. The dirt and dust of earth cannot reach up to the sun as there is absence of atmosphere once we cross the periphery of outer atmosphere as the border of space starts from there. So many things that are required on the Earth lose their significance in space. As there is a vast space between the Earth and the Sun. Similarly between the mind and the truth, a vast space of awareness exists, which the intellect cannot cross.

ॐ जय जगदीश हरे

ॐ - That only supreme being

जय - Hail

जगदीश - Lord of the universe

हरे- present in everyone

It is about that one who is present there within and without. From seed to the manifestation, from invisible to visible, from only to everyone, That is everywhere. This one line is often recited before the prayers. It is about recognizing him and recognizing his presence all over. One who lives in awareness is the reality devotee. It is the only parameter of being a devotee. Devotee has lost himself, this way he has found him. The word awareness is synonymous with devotee. Lord of the universe means one who is the epicenter of the universe and one who fulfills all the requirements of the living beings of this universe. This one line has the answers of many of our questions. It clears many doubts, that we all have. First question is that where does God lives? Second question is that every religion talk about their own God so is he divided? Another question is that on Earth we talk about God. What if, if there is life on some other planet then who controls them? they are governed by which laws? What is the seed of their origin? If you see too much differentiation and diversity here. if there is an end to it? People hail him because of his compassion and love. He fulfills the needs of all living being all across the universe. He is the cause of every diversity and differentiation although he is present in everyone in his purest form. This everyone dismantles all the differentiation and diversity. All mental and visual differentiation also melts down and one comes to know that our body appears as our jeans are. Circumstances and way of thinking shape up individual's ideology however every ideology dies down once thoughts disappear. Seeds shape the body however source

shapes the life. As life is there that's why all the differentiation become visible. In the absence of life there cannot be variety and classification.

This one line exhibits the extent of clarity one can have in life & how truth makes things look simple and pushes off the complexities away.

'परहित सरिस धर्म नहीं भाई,

परपीड़ा सम नहीं अधमाई'।

This is a couplet written by Goswami Tulsidas, taken from Ramcharitmanas. This is a widely known among the society and accepted as well. In very simple terms he has explained that what is virtue and what is vice. If someone is non-believer, that is fine. If someone doesn't associate on self with any faith, that is ok. However if someone is so aware and compassionate that he makes it a point to serve others, then there is no bigger virtue than this. Faith and belief serve as a medium to evoke compassion within the person. If someone has reached to the heights of compassion then he has gone beyond the periphery of social religions. One who has gone beyond own mental limitations and becomes concerned about other's benefits is so very much advanced being. That one has achieved the mental expansion, This increases the level of awareness in that person. One needs not to abide with various religious practices, if one is compassionate and loving as at this stage one becomes wise enough to decide that in what way time could be utilized in best manner. This means that when one becomes in sync with nature then nature decides that what to exhibit through that one person.

On the contrary, if someone is into hurting and traumatizing others & believes in inflicting mental and physical pain to others, in the name of own belief, faith, fun and ideology, then these are the worst kinds of acts that could be performed by a human being.

A similar couplet has been written by Rahim, in which he says

'वो रहीम सुख होत है, उपकारी के संग

बांटने वारे को लगे, ज्यों मेहंदी के रंग।'

One who serves others, spontaneously becomes joyful. As one who distributes mehndi, gets it's color on own hands. It means receiving from nature and distributing to them, who really needs them is a matter of great satisfaction in itself. It means serving as a medium of nature is a matter of great satisfaction. As all the resources belong to nature and nature wants to reach out to them who needs them. As she is the one single mother of every living being. Serving others is like serving mother nature. One who serves her, gets to feel her love for sure.

भूखे पेट न भजन गोपाला।

Hunger makes it difficult to devote our focus towards the lord.

This means that to go in a State of trance, one needs to fulfill his needs first. This bodhi sutra points towards the mind-body complex and it's requirements. Body has it's own functions and they need some continuous exchanges with the environment like air, water, food, fresh air, sunlight etc. Whenever some disturbance happens at the physical level, It affects the mental state as well. Whenever this happens, it becomes difficult to meditate and be relaxed. Food is like a fuel for the body. It provides nourishment and energy. Whenever you provide food to hungry people you provide them a chance to resume their practices to connect with the ultimate truth. And indeed there is a tradition of organizing big bandara or langars, where free food is offered to the people. Whenever some religious or spiritual festival is organized, organisers make it a point to arrange food for everyone. This is a fine way of service. As someone's service provide someone an opportunity to fulfill his duties. In the golden temple no less than 50,000 people are provided food everyday for free. So that they can satisfy their tummy first and then can proceed to hear the sacred kirtan and get the darshan. Similarly all across the country there are temples, who provide food and Prasad to the devotees. Many organizations provide free food to the students in their schools. This is a beautiful way of exhibiting divinity and compassion to the society. Offering food to the needy is a way to serve the lord as he dwells in every living being. A proverb says that even the armies cannot fight in the state of hunger. Providing security is a duty of a soldier. Similarly

providing food to every hungry being is our natural duty. Whenever some natural calamity strikes, government and citizen try to provide food to everyone at their own level as in the past world has seen the dreaded effect of calamities. Famine make everyone realize that how helpless we become when there is a shortage of food. Feeling the hunger and seeing people struggling with hunger is quite painful. Similarly feeding a hungry person or being is so very much satisfying.

सुख के सब साथी, दुःख में न कोय।

People want to gather happiness. No one wants to be with sorrow.

Another meaning of this is if you are happy, then people will come and join you. When you get filled with sorrow, people try to avoid you. This is statement is related with the feelings and individual preferences. A simple and widely known rule of attraction and distraction applies with it. When we are devoid of happiness, we get attracted towards it. As we know that opposite attracts. Our sorrow automatically gets attracted towards happiness. When we are already filled with sorrow, then we try our best to avoid any situation, that is filled with sorrow. In first case attraction applies, in second case distraction applies. Happiness drags us towards it. This is the reason that all those places that guarantee the excitement and jubilation are filled with people. People want to experience happiness even if they have to spend money for it. It is like buying happiness. If it is not available for free then buy it. Do whatever, just try to gather happiness. If we are devoid of happiness and we have resources, then we try to fix the problem anyhow and at any cost. When we get to experience happiness for free, then it feels like that it is divine. As divinity is not into money and any kind of business, that is why it shares whatever it has and that too for free. When mind sees sorrow somewhere, it tries it's best to avoid it. As whenever mind becomes strengthened, it becomes insecure as well. Due to its insecurities, it wants to avoid sorrowful situations. That's why if one wants to serve people, then one has to get filled with joy first. A joyful person can provide others strength. One who radiates joy and happiness, radiates hope as well. Whenever person gets filled with sorrow, he turns towards God. As other people

might try to avoid him but God has no such problem. He can hear very patiently and one can try to move closer to God during this period of sorrow. Whenever someone feels that no one is listening to him and might not be able to help him, then he turns towards the God. As he is eternally present and available. It is our dilemma to move towards the truth or towards the dreams. He has no such dilemmas.

दुख में सुमिरन सब करें। सुख में करे न कोय।

जो सुख में सुमिरन करे, तो दुःख काहे को होय।

Whenever difficulties strike us, we retract from worldly activities and prefer to remain contained within oneself. This situation changes completely, when favorable surroundings are there. One who remains contained within oneself even in favorable conditions, then sorrows and grief remain distant from him.

This is one of the famous couplet of Kabir Das. Which people often refer to and advise each other.

This means that whenever we leave ourselves behind and usher into the worldly pleasures under the encouragement of our own mind then due to our own ignorance, we sow the seeds of sorrow. This means we only look at the pleasure, overlooking its results and side effects. Under the effect of sorrow and physical and mental troubles, we come to realize that we need to cut upon many unnecessary and harmful activities for the sake of being in better mental and physical health. This means we limit our dependency upon our senses and start ignoring the mental cravings. As we come to realize that these are ultimately going to affect us negatively. Under adverse condition our will power becomes bit stronger, as under the effect of mental and physical difficulties, mind also realizes that it is the time to slow down. It is better to provide oneself sometime to regain the calm and composer. For the sake of healing oneself, it is too necessary. Our indulgence often makes us careless also. This combination of indulgence and carelessness is too dreaded and dangerous. Being under the effect of this combination makes one head straight towards the problem. In our own lives, many of times we have seen the effect of these two. Sometimes problems and difficulties

approach us whereas sometimes we approach them. It is like a tradition and pattern to go haywire when everything is going fine. Good times can do one thing perfectly and that is displacing the person away from his self. All those people who don't lose control over oneself and remain seated within self during good times are very evolved souls. These people have much better control over themselves and their lives as well.

चरैवेति चरैवेति।

Keep walking, keep walking:

This is an ancient mantra, which people keep on hearing often. This message is simple and straight. Recognize your own path and just keep walking. As the whole cosmos keeps walking. None of the faculty of nature rests. It's each organ keeps working relentlessly. One who comes to realize oneself, comes to know about own duty as well. At this state nothing else remains except walking. All the organs of nature, who are perfect in their own duties never get to come under control of mind. As they remain under a divine cover. When we fail in our own duty and become indulgent, in this case ignorance traps us. Ignorance is the era of darkness. Ignorance is persistence and persistence is the absence of flow. Keep walking means join the flow of nature and end your aloofness. Join the eternal cycle. Only this way one is able to befriend own mind. Only this way one is able to fulfill own objectives. This makes one capable of keeping insecurities and fears at bay. One who is consistent in his duties, also consistently keeps feeling the joy. Joy and meditation are the fruits of fulfilling own natural duties. To keep the mental worries at bay, one has to be joyful. Fulfilling own natural duties means being a part and medium of nature. One who gets deviated from own natural path, ultimately gets trapped by the mind. Thinking only happens when one stops. Nature runs multiple giant cycles. None of the cycle is based on the thoughts. The following certain definite process. Spontaneity of this process makes it free from any intervention of thought. This way one becomes a complete different form of being. Let your mind rest, let your duties work. When your mind starts working it makes you its subordinate. This is not a state of equality. This is a state of differentiation. One who could be our friend, becomes our boss. This situation alters our vision of looking at the world as well.

When there is no equality in vision, there is differentiation all over. This ultimately makes our actions too selective. Whenever we work under someone else, we work under his commands and execute his ideas. This way one who could have executed his duties, starts executing someone's thoughts. This is how we degrade ourselves.

चरन-कमल बंदौ हरि राइ।

जाकी कृपा पंगु गिरि लंघै,

अंधे कौ सब कछु दरसाइ।

I bow down to the lotus feet of that one supreme Atman, who dwells in everyone. By his kind grace a handicap one, ultimately gets to cross the high mountain. His kind grace makes a blind person see everything.

Here the thrust is not on this fact that who he is? what his identity is or what his name is? Only thing that is important is the fact that he resides in every form of life. He is full of kind grace and love. Most important point is that he makes an ordinary looking person do exceptional things. Through him one is able to achieve unimaginable and exceptional things. He can make person's vital force do some amazing things. He is present in everyone although He remains invisible to an indulgent mind. This is not any blind faith and this statement is not an exaggerated, imaginary speech. This is an account of someone's vision and his own experience. As everyone shares his own experiences about life, especially those extraordinary things which one gets to witness in life. The purpose is not to boast about oneself rather sharing whatever one come to know about life. Under the effect of our mind and desires, we often set to miss most obvious facts of life. Whosoever gets to witness these facts express it in his own way. One also wants to be at service of that supreme divine being. As one who gets to witness that always wants to remain under his canopy of compassion and love. One also wants to share this love with other forms of life. As one now knows perfectly that love is an essential part of every being. Everyone wants it and everyone recognizes it. Mind segregates people however that one doesn't. One who shifts his focus away from

materialistic desires and towards that surely gets to experience his presence and effect in some form.

हमको मन की शक्ति देना,

मन विजय करें।

दूसरों की जय से पहले

खुद को जय करें।

Kindly provide us the mental power so that we could be able to win over our minds.

Before we could advance to win over others, we should be able to win over ourselves first.

Oh God please provide us the power to overcome all the negligence and indulgence so that we should be able to control our minds.

We should be able to win over other hearts, only when we are able to win over ourselves.

This is not just a prayer, It is a value.

One who is praying like this, must be full of conscience. That is why one knows the role of power and divine grace in bringing the mind under control. Another thing is that, one who prays like this, knows the meaning of winning over oneself. This makes it very clear that One is not under the effect of unnecessary ideologies. This way one is not set to waste his energy and time in strengthening the effect of ideologies on the world and making oneself mere a follower & a guard who gets controlled by someone else. Rather one has decided to utilize the life for working upon oneself. This is only possible when one has achieved a certain level of control over own senses. This is the best to utilization of life if one is able to improve oneself. This is our friendly gesture towards oneself. We cannot be friends with others, if we are not friendly towards oneself. There are two possibilities.

1. Either weird remain largely rooted during the life or
2. We keep swinging from one point to another under the strong currents of worldly affairs. The way Stability is important for individuality similarly stillness is important to let the awareness expand. The worst thing that could happen in life is that we failed in bringing our focus back to ourselves. This is like a slip between the cup and the lip. If someone else remained the focus of our life then we missed the opportunity to meet with ourself. This means the chocolate of life was in our hands and our mind took this away from us and gifted it to someone, who is not more than an illusion.

Kali:

Mother Kali is that aspect of nature or life that is dark, ferocious and gory. She is the feminine destructive power, that is a ruthless. In the pictorial form she is represented with red eyes, flowing curly hair, frightening facial expression, red tongue protruding out, wearing the garland of human heads, sword in one hand, another hand carrying the head of a demon, one hand carrying the bowl full of blood, a garland of hands that is serving as a loincloth. Naked dark body, Shiva lying down beneath her one leg and her leg is resting at the chest of Shiva. This is only picture where Shiva is seen lying under a deity's leg. Kali is a form of nature that gets awakened, when the most dreaded demon starts acting recklessly. Nature is present there in every time frame. In different time frames, according to the circumstances, she changes her form so that the balance could be maintained. As nature is the mother even of demons. Whenever they get out of control, mother nature knows that how to put them in order. Raktbeej was one such demon, who could give rise to many demons through his drops of blood. So every time he was wounded, he became even stronger. Seeing this ultimately Durga transformed herself into Kali and after chopping off the head of raktbeej, she drank all of his blood. After the demonic forces were balanced, universe needed someone who could initiate the process of her transformation back to her calm form. Only Shiva could do this. So he went and laid down in her path. When she puts her leg at the chest of Shiva, she comes to realize her previous form and this realization initiates the process of her transformation back to calm and loving form of a mother. This is a beautiful way of

narration that how different aspects of the Cosmos are interrelated and how they balance each other. Raktbeej when had severe penance, he was able to receive the blessings of lord Brahma. When he went out of control, goddess Kali, an another aspect of nature neutralized him. Shiva then initiated the process of reverse transformation of Kali into Parvati. This is how things got back to ground zero. Finally, every eternal aspect remains intact and all the misadventures and individualities went to the fold of history.

Lakshmi:

Lakshmi is considered to be most widely talked about Deity. The literal meaning of Lakshmi is considered to be money or financial wealth. However the real meaning of Lakshmi is the 'power to achieve own objective' as the word Lakshya means the objective. As the financial gains is considered to be one of the most important aspect of life that is why Lakshmi has been associated primarily with the financial development. For every person who wants to develop his individuality, finance is very important. For every householder finance is very important as one has to look after the family. Finance provides a major role in the life by providing the person security at multiple fronts. Like food and nutrition, education, social security, realizing the dreams, exploring the world etc. Finance is surely related with multiple objectives of the life however Lakshmi is not just about the finance. Lakshmi is generally seen in the pictures sitting at the leg side of Vishnu massaging his feet. It means one who is full of the wealth is full of the humility and full of the wish to serve as well. It has nothing to do with a female serving a male rather it is about resources serving the objective and objective helping the consciousness to develop and bloom. As branches and trunk are not different entities. They are just a differentiation of one unit. Similarly Lakshmi and Vishnu are not two separate entities. It means that working on own objectives and development of own consciousness are interrelated. Another thing is that service and samadhi are also inter-related. Service of Lakshmi facilitates the samadhi of Vishnu. Lord Vishnu is seen resting under the fully open canopy of sheshnaag's hood. Surrender and service of Lakshmi is related with fully opening of the hood of serpent.

Various Deities are like the multiple branches of a tree, which has just one trunk. Through the trunk power flows in all the branches. Branches become leafy, full of flowers and fruits just because of the power that keeps flowing through them. This means the power of eternity makes everything happen in the world.

Saraswati:

The word Saraswati is often referred for indicating towards the knowledge and wisdom. A person is considered to be blessed by mother Saraswati, if the one is self-motivated towards acquiring knowledge and wisdom. Presence of internal motivation towards any particular kind of field is considered divine. As the river makes her own way, so do the person's internal motivation makes its own way towards achieving own goals. One who has witnessed this power of internal motivation within oneself can vouch for the fact that It fills an ordinary person with immense possibilities. That person gets filled with gratitude, when he gets to witness this immensely potent presence of divine power within. Our worldly dreams and our internal demands are different. We may have to take responsibility of fulfilling our dreams, however it's her divine grace that fulfills our deeper longings. In fact this internal current of self-motivation is responsible for development of science as well as the field of spirituality. When we look through our minds then we find that different people are responsible for development of particular fields however in the absence of internal motivation things cannot take shape. By looking through the eyes of wisdom, we find that different people are just a medium of exhibiting different things. In reality it is just the divine grace or divine current that make the things happen. This internal motivation helps the one to polarise own focus. This polarization keeps the distractions at bay. Strong internal desire and surrender lets this unique power gets awakened. Indian culture knows this power of strong internal wish and divine grace. Whatever we come to know, we manifest it in some form. That is why there is a day devoted to Goddess Saraswati, on which students can be pay their gratitude towards this divine force that helps the person through the course of life.

गंगा Ganga:

Word Ganga is associated with a rivet that originates from Himalaya and is considered most sacred of them all. Directly and indirectly 400 million people are dependent upon river Ganga. Ganga is considered a part of culture here in India. As rivers are the manifestation of compassion of nature and they are visible examples of deities associated with them. Rivers make the land fertile and fertile land fulfills the requirement of food for people. The story of origination of Ganga makes it a divine river. The mechanism of flow of energy within the person has a relationship with the origination of Ganga. Word Ganga is made up of gan+ga.

Gan is a short form of gagan, which means the sky. Ga means gamini, which means flow. It means one that flows towards the sky. King bhagirath did severe penance and austerity to make Ganga appear. He did his penance in Gangotri, the place where Ganga originates. Ganga is considered the river that provides the salvation. Which means the freedom from the cycle of life and rebirth. In fact, it is the flow of power within the person, which rises upwards and comes out of the crown chakra of the person. It means the person has made himself free from worldly attachments and seductions. River's connect the mountain with the sea through their flow. As this flow passes through the plane land it nourishes and enriches the land. As river brings along the fertile soil from the mountain to the land. It means the mountain help both the plane land and the sea. As there is a possibility of river on the Earth, similarly there is a possibility of river of power within the person. As there is the Sea on the earth similarly there is a channel that connects one's internal river with the sea of eternity. Worshiping Ganga and other rivers as Deities underlines the awareness of ancient sages. As they found the similarities between the person's internal world with the world around us. They could found the divine presence within and around us. They could understand the connection between the nature within and around us.

भक्ति में शक्ति है।

Devotion brings power.

Devotion is a bit different from faith and belief. Faith may have this element of expectation and demands. Belief is associated with incident, happening, special powers and traditions. In devotion there are no demands however there is complete surrender. Devotion is a way to achieve self realization and God realization. For a devotee, there are no strings attached with his devotion. A devotee doesn't long for a smooth life. Rather one is ready to embrace all the difficulties of life with this hope that they are there to facilitate the way to the supreme truth. A devotee understands this fact that one has to go through complete transformation to attain the ultimate goal and this process is going to be difficult. All across the world there has been great devotees. India has been blessed with a series of great devotees, who has been there in nearly every era. As they are comparatively nearer to their ultimate goal so they serve as a lighthouse for rest of the people, who have this element of devotion in them. India has been blessed with great devotees like Meera, Prahlad, Gopikas, Shabari, Hanuman, Ravidas, Raskhan, Rahim, Tulsidas, Chaitanya mahaprabhu, Surdas and many many more. There are many prayers related to devotion like this one which is generally sung in the school assemblies, which says 'दया कर दान भक्ति का, हमें परमात्मा देना।' " O great lord, by your kind grace, kindly bless us with devotion."

Through the devotion devotee accumulates power, which helps one to make a bridge between the lord and the devotee. Through this bridge a devotee covers the distance up to his final Abode. Devotion is like an insulation layer between a devotee and the worldly indulgence. This insulation helps the one to keep own power with oneself. Devotion works as a deterrent against the various seductions of Maya. This helps the one to keep own Focus intact. Through devotion a devotee gets to taste the divine love. In Geeta Krishna says that one who is devoted selflessly ultimately gets to realize self.

ज्योति (flame):

Flame is considered sacred and it also symbolizes the divine power that is present in each and every form of life. Flame is used all across the temples and especially those temples that belong to Devi or divine feminine energy. Ability of the flame to rise in

vertical direction against the gravity makes it an ideal choice to represent the person's internal power. The subtle activity that happens within the body and which remains invisible and unknown to the person

is brought to the people's notice through the use of flame. This also indicates that in the absence of mind's & senses intervention, what activity happens at subtle level.

Aarti is always performed through flame, which symbolizes that the eternity or the supreme truth can only be visualized once this flame gets ignited within the person. The light of this flame makes that truth visible. At the completion of Aarti everyone absorbs the heat of this flame through their palms within themselves. Which is the indication of imbibing the sacred and warm feelings within one self. Which means the pure and igniting the divine power within, warm feelings, light and God realization are interconnected.

As the flame rises upwards similarly that divine power within each one rises upwards. As there are many sensory organs present along the course of the body right from bottom up to head. All of these organs are controlled by mind. So through these sensory organs mind keeps draining this divine power. Which prevents it from completing the full journey during the life.

More precisely flame has its root at the base of the spine. As the nature provides us power and energy and we keep using and often misusing it, under the effect of our ignorance. That is why we are never able to witness the temple that is there within one self. In the absence of this sacred light, darkness makes us unable to witness the truth. As the truth remains hidden within us under darkness, so we keep running after the artificial lights of the world.

Havan:

Matter (quality and identity) when surrendered to fire, produces light, energy and ashes. Havan is a ritual that is often performed at the end of many sacred puja sessions and religious ceremonies and it is addressed as 'purnahooti'. This word has two words within it. Poorna which means complete, ahooti which means surrender. It means surrender makes the things complete. There is a difference between normal burning and havan

although both of them involve fire. People often burn the unnecessary clutter and wasteful objects to get rid of them. Whereas in hawan people offer useful and precious things to fire. Like butter, milk, medicinal herbs, grains, coconut, fruits, small Timber blocks etc. Burning is done under ignorance and hawan is performed with awareness. Ignorance is associated with the unnecessary things while awareness is associated with the precious objects. Burning wants to get rid off while hawan wants to offer. Burning considers fire a solution, hawan considers fire a deity and sacred. After the hawan session the leftover ashes is applied on head and chest. This ritual conveys across the message of becoming aware of the fire that is around us in the society. This fire exists in the form of various needs that people have in their lives. As fire, food, shelter, work, help, support etc. Offering our best of the resources to this fire of need is necessary to complete any worship session. In other words, fulfilling the needs makes every effort a worship. This is just to make people aware that how any work or action can be converted into worship. The need in every person can only be fulfilled through the divinity. Divinity just provides. It doesn't ask anything in return. Wherever the person sees some sacred fire, that is a best place to offer. This is how person can wisely utilize own resources optimally and a divine way. This act ultimately ignites the flame of divinity in the person and provides it's associated fruits.

पढ़ना गुनना चातुरी, यह तो बात सहल्ल।

काम दहन मन बस करन, गगन चढ़न मुश्कल्ल ॥

माया तो ठगनी भयी, ठगत फिरत संसार ।

जिस ठग ने माया ठगी, वाको नमस्कार ॥

Both of these couplet belong to Kabir Das. He was 15th century Indian mystic poet and Saint. He received no formal education. He is known for delivering his messages through simple couplets, that are easy to remember and recite. His couplets are full of

wisdom. His teachings has a great impact on people and there is even a sect that is known as 'kabir panth'. They follow the kabir's way of simple living.

His teachings can be found in textbooks, written on the walls of temples and ashrams and even on many government buildings and public enclaves. His teachings are short, simple and impactful.

In the first couplet, he says that reading, writing and learning are related with intellect and all of these things are not that difficult. As if you have inspiration, interest and focus then you can excel in academics. Although it doesn't want you to change anything within oneself. In the next line he says that having the control over own desires and dissolving them off completely, having control over on mind and raising own consciousness higher in internal sky is too difficult. As to do that one needs complete dedication, inspiration, focus and internal transformation. All those works that are done internally are not easy. It does not a comparison. It is an indication towards internal direction.

In the second couplet, he says that Maya or illusion is a great deceiver. It keeps on swindling the whole world. I bow down to that deceiver, who could deceive the maya or illusion. This couplet has a simple message that our mind keeps on engaging us in some sort of an illusion. Under it's influence we keep on doing random acts, wasting our energy and time. He's pointing towards the truth and wants to say that the reality that we perceive might be just an illusion. So it's better to find the truth and align our time, energy and focus with that.

व्रत-उपवास Fasting:

Fasting is an integral part of Indian culture. It is seen all across the India, people fasting on specific festivals and sometimes even without them. It is not imposed by the family or the society rather it is an individual choice whether one wants it or not. When they are associated with some specific days or festivals they are known as 'vrat'. When fasting is not associated with any auspicious day or festival, it is known as 'Upvas'. 'Upvas' is not associated with fulfilling some specific objective rather it just done to provide relaxation to the digestive system. When digestive system gets relaxation, it ultimately provides

relaxation to the mind. As different kinds of food leave different kinds of stimulation on the mind. Thus through the fasting person gets to feel a different kind of mental state. This ultimately makes one aware of the fact that what effect food leaves on mind. So the person who is more wary of his mental state, cannot remain ignorant about the food one ingests. The kind of stimulation any food provides the tongue is just one aspect of it. It leaves different kinds of stimulations on different organs.

For example tongue likes spicy food but the stomach may get acidic by it. Acidity in the digestive system disturbs the mental peace. Different kinds of grains provide different types of taste and texture to the tongue at the same time they provide different kinds of stimulation to the mind. For example wheat and barley flour provide two completely different kinds of stimulation to the mind. People like eating wheat because the bread is more softer and sweeter however by eating wheat flour person might feel more sexually aroused whereas barely flour doesn't provide such a stimulation to the mind. However it's texture is not that smooth and It doesn't taste sweeter. So is the case with the salt. Tongue likes salty taste. People like vast variety of salty cuisine. There is a multi-billion dollar food industry entirely based on salty food items. As what is the sexual stimulation is concerned, salt increases it. In Indian culture during fasting, It is recommended that one should not take grains or salt. One should rely upon fruits and milk. So that digestive system remains light and mind becomes free from being stimulated in a particular way continuously.

दर्शन Darshan:

Darshan means ability to catch a glimpse of lord. For this people make a small temple in their houses or put an idol or a picture somewhere or construct a temple somewhere in the town. This reminds them that beyond the materialistic way of living a divine side of the entire existence is also present. If we have materialistic inclination within us, then we have divine inclination as well. It is entirely upon the individual's focus that can be directed in whichever way one wants. The thing that is closest to us often goes out of the sight. That very thing can only be visualized, when the focus gets inverted. Darshan has a very broad spectrum. Till the time one develops his internal vision that can

witness truth everywhere, one rabines and dependent upon eyes or mind for the want of darshan. Mind, intellect and consciousness, they all have their own peculiar kind of vision. As far as the eyes are concerned, it just works like a camera. Nature in the form of mother's womb construct the eyes. Dreams, visualizations and fantasies create a vision for the mind. Ambitions and desires create a vision for the intellect. Similarly meditation develops the vision of consciousness. Whatever we see casts a great impact on our emotions and thoughts. It means what we feel and what we think are largely dependent upon what we see. In India Prem and Prakash which means love and light are kept together. Christ said God is love. It is often said that God is full of light. All these statements suggest that one who got able to witness God felt immense love at the same moment. Similarly one who felt immense love also was able to witness light at the same moment. When there is light, God and love are there, then there remains no space of any thoughts. One becomes complete empty and who so ever gets filled with light gets filled with bliss as well. In this very state there cannot remain any kind of thought. In the absence of thought whatever that happens is either natural or divine. Thoughts and emotions largely guides our actions. So when emotions get changed into love and thoughts disappear, even the action become compassionate and divine.

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।

उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात्॥

We contemplate upon lord Shiva, through whom the three dimensions of life get manifested.

This dimension nurtures and developes the beautiful completeness of life. That makes the life full of fragrance and fruitful.

May our consciousness should be able to develop like cucumber and get separated in the dimension that is beyond duality. May we should be able to leave behind the cycle of life and death and move towards the eternal freedom. Presence in that eternal dimension is known as the eternal nectar or the ambrosia of life.

This mantra is devoted to the lord Shiva, who has third eye. He has the ability to look into the third dimension of life that is the dimension which is beyond duality. It is a dimension that is beyond mind and intellect. Lord Shiva is also known as 'Mahakaal'. 'Kaal' means time. Indian culture propagates that the journey of life gets divided into two parts. One part leads up to the time and another part leads one beyond time. Moving towards 'kaal' means moving towards cycle of life. Moving towards 'Mahakaal' means moving beyond this cycle. We may never get to realize or recognize this fact of life because of our sheer ignorance however it is the reality that life provides this opportunity. Those who are aware of this fact and live the life in awareness, make use of this opportunity to make progress in the right direction. Those people are considered an evolved souls, who rearrange their life according to this reality and try to make use of this opportunity of life to the fullest. Culture plays its part by exposing people with the hidden and forgotten possibilities of life. Only worshipping Shiva won't help but inculcating the virtues of Shiva would surely do. Shiva is known as the destroyer as he destroys this vicious cycle of life and rebirth. Only when one gets ready to fall in his footsteps. The destroyer of one path is the provider of another path. The neutralizer of poison is the provider of nectar. He takes the one from intermittent living to the eternal living. He is the one preserver of the nature. That is why he is known as 'Mahadeva'.

App deepo bhava:

It means be your own light.

This is the message of buddha which was delivered by him in the last leg of his journey on earth. It instructs the monk that don't seek other's help to come out of the era of darkness. Just ignite your own light within and then complete the rest of the journey under its guidance. This complete self-reliance makes you completely non-dependent. It makes you completely detached as well and ultimately completely free. Upon being asked, such a person can help others as well. The best part is that this person doesn't make others dependent upon oneself. Only such a person can be termed as Guru. That one who is unmoved and comfortably seated in oneself, only that person can guide you without attaching any expectations. Through own experiences Buddha tells that it is

possible to find light and when something comes out of own experience, it becomes like a strong pillar. His three words are much more stronger than all the words of fiction stories put together. One who has fulfilled his own hope, when he gives hope to others, then it is nothing else but a genuine help. A truth seeker and a God realized person can only offer truth to others.

Be your own light means be your own help also. As Siddharth had no formal Guru. He was a keen observer and a person with awareness so he devised his own technique and did his own course correction. His famous doctrine of 'the middle path' originated from his observation of someone playing Veena, a musical instrument. He observed that upon tightening too much the wire breaks and when it is too loose, no sound comes out of it. Only when it has the right tension, it provides music. He did extreme fasting, which made his body become too weak. When he was offered 'kheer' a desert by a lady, then only his mind and body regained some strength. When food made his mind and body satisfied then only he got the fruits of his severe penance, which he did for six years. After this incident he became enlightened and was able to achieve what he was longing for. His own struggle provided strength to many other truth seekers. The face of Buddha radiates peace and contentment. This silence speaks volumes.

दधीचि द्वारा वज्र का दानः

Sage Dadhichi donates his bone and power to Indra so that Indra can protect oneself from external attacks:

Till the time one realizes oneself and exercises the full control over oneself, mind remains in control of body and life. In Geeta it has been described that there are four kinds of people who worship God. One segment belongs to 'Artharthy', which means one who wants prosperity and protection from God. Indra who represents mind and it's affinity with body, often gets to face many external threats also. In one such incident, when Indra comes under attack of demons goes to sage Dadhichi for seeking his blessings and support. Sage Dadhichi being full of compassion agrees to give up his life and imparts all his power into his bones that makes the bones most potent weapon. Dadhichi let's Indra to take away his bones and make a weapon by them that would

help him in protecting oneself against the atrocities of demons. Indra makes a weapon named 'Vajra' by the bones and ultimately succeeds in protecting oneself from demonic attacks.

When we look at this story, then we find that even the mind gets the divine security upon seeking. This divine compassion ultimately helps the Indra to soften oneself as he gets to find that there are virtues that are far more superior than him. This ultimately helps Indra to go ahead on the path of self transformation. As insecurity and love are interconnected. One is the problem, another is the medicine. We try to deal with our problems with many efforts however every problem needs a cure. In security threatens to dismantle our presence and through our efforts somehow we try to protect our presence or identity. Indra tries to bring and maintain everyone under his control however when he needs help, he approaches someone who has gone beyond him. One through whom one can get the help of divine power. Which means someone who always tries to make others bow down before himself, upon being threatened goes on to seek divine help. It is true for every human being also. It shows that Indra and mind are an intermediate state not an absolute one. That's why they too need help.

अविद्यया मृत्युं तीर्त्वा विद्याऽमृतमश्नुते ।

Having crossed death through avidya, one attains immortality through vidya.

This means knowledge provides ambrosia. As the body is susceptible to deficiency, disorders and diseases, that is why it needs regular treatment. Just hundred years back, life expectancy of the world was low. With the help of scientific research and development and expansion of treatment facilities all across the globe, life expectancy has increased. It has been made possible through acquiring the knowledge. Research, innovations, trials, development, education, training have helped a lot to improve this scenario. No doubt that the cost of treatment has gone up but that is the price people pay to improve the quality of life. Earlier performing surgeries and related recovery must have been much more painful than now. Coping up with injuries and recovering from them is difficult even today. In earlier days, it must have been much more difficult task. Earlier it was too difficult to deal with the pandemics as a research facilities and related

skills were less. Challenges were there in those days and they are present even today. Scientific community has done a lot and they have come a long way. In earlier days people had to travel too far to secure treatment or knowledge. In those days traveling used to take a lot of time and it was too cumbersome. Still still the zeal for knowledge has always been there. When it comes to the body, securing a treatment at the right time is no less than an ambrosia and it all happened just because of knowledge.

In Geeta Krishna terms the knowledge of spirituality as the king of all knowledges. It means knowing oneself and all other informations related with self are related with the many unsatisfied corners of the mind. Mind always keeps searching and it is always on a quest. It has seen and read about a number of poisons. That is why it is also keen about ambrosia as well. The above verse reiterates that the Ambrosia can only be found through knowledge. The self acquired knowledge of spirituality is like finding a key within. This key can unlock many mysteries related with transformation, life, universe, change, eternity and being.

मूलतो ब्रह्मरूपाय मध्यतो विष्णुरूपिणे।

अग्रतः शिवरूपाय वृक्षराजाय ते नमः॥

यं दृष्ट्वा मुच्यते रोगैः स्पृष्ट्वा पापैः प्रमुच्यते ।

यदाश्रयाच्चिरञ्जीवी तमश्वत्थं नमाम्यहम् ॥

I bow down before you, O great tree! Your roots are like Brahman, trunk is like Vishnu and your branches and leaves are like Shiva. People get rid of their diseases, when they get to see you. They get rid of the sins, when they get to touch you. People get long life, when they take your shelter. We offer our prayers and prostration to you.

This verse people get to see somewhere on the wall in botanical gardens and nurseries. This verse indicates the awareness of the sages towards nature in keeping our stomachs filled and maintaining our health. It is no fluke that ancient medicine system of India called aerator is entirely based on the medicine procured from herbs and trees. Initially the Vaidyas used to suggest the ailing person to spend maximum time beneath

a tree as trees known for radiating oxygen filled with power that is known as 'prana Shakti'. This is the reason that this verse mentions that trees treat and cure both. As cure is related to immunity and immunity is supported by person's internal power. This means that medicine plus power help the person to get back in shape more rapidly. There is a famous story of ancient times that a known teacher of Ayurveda once asked his students to go into forest and find something that can not be used in providing treatment. Upon coming back one student said that he was unable to find anything that was not useful. Teacher liked the answer of this student. This verse also mentions that one gets rid of sins upon touching the tree. Touching the tree means being natural and leaving behind all the artificial tendencies of the mind. Whosoever becomes pure and committed like nature, automatically maintains a distance from the various gimmicks & crookedness. Living in natural environment definitely helps the body and mind to remain in better shape as compared to living in polluted and crowded places. Trees are clearly divided into three parts - roots, trunk and branches plus leaves. Brahma is considered the root of life. Vishnu provides the support and Shiva provides the awakening and inner development.

लाज न आवत आपको, दौरै आयहु साथ ।

धिक् धिक् ऐसे प्रेम को, कहा कहीं मैं नाथ ॥

अस्थिचर्ममय देह यह, ता पर ऐसी प्रीति ।

तिसु आधो रघुबीरपद, तो न होति भवभीति ॥

This verse is there in the Hindi textbooks of the schools . This is the message of ratnavali (wife of Goswami Tulsidas) to Tulsidas (earlier name Rambola). Rambola loved his wife ratnavali a lot. Once when she went to her mother's home, Rambola couldn't bear her absence and started for his in-laws home in the midnight. Upon overcoming many difficulties of the difficult path, he reached his in laws home. Ratnavali was a lady full of conscience and devotion. She did not like this act of her husband Rambola. She said " didn't you feel ashamed of this act of running after me in midnight?

Your such dependency upon me is reproachable. You are too much in love of this body that is made up of just bones and skin. If you had even half of this love towards Lord Rama then that would have made you fearless of this whole web of Maya."

These words of ratnavali hit the psychological dependency of Rambola like a strong wave of sea.

He got aware of his strong current of lust. This incident prompted a deep inner change within Rambola. This made him renounce the family life and became a monk named Tulsidas.

Later he made great progress in devotion and it is said that upon getting inspiration from lord Hanuman, he started writing 'Ramcharitmanas'. This whole incident has a deep message that lust can be transformed into love. Love has the power of nature and that is why it is so potent. It fills the person with creativity that starts manifesting itself through literature, art and many other ways. This incident also indicates that realisation brings transformation within person. It is like a rudder that can change the course of life. It also indicates that when we stop watering our superficial emotions then the deeper divine emotions start surfacing. Infatuation is so superficial, love is so deep. Becoming one to multiple is a great task but becoming none from one is a divine task. When Tulsidas was rambola only few people and his wife knew him and could not be benefited from him. When he became Tulsidas world got benefitted from him.

वह शक्ति हमें दो दयानिधे

कर्तव्य मार्ग पर डट जाएं।

पर सेवा, पर उपकार मैं हम

निज जीवन सफल बना जाएं।

O the sea of mercy! Kindly empower us so that we should be able to execute our duties. We could be able to make our life fruitful by serving others and beneficence of the needy.

This is a prayer that is often sung in the assembly of schools. Which means this is the input that is provided to the tender students. This prayer connects the young students, lord & the rest who could be served. This is like imparting values to the younger lot. This evokes the element of compassion in them. When the students grow up, get educated and become resourceful, then they can use their resources where they are needed. As everyone get responsibilities and they have to fulfill their duties in the later phase of life. Upon executing the duties one is able to help others and bring some change in their life. This is how the whole world is interconnected. As the world is too large and the work is too enormous that is why all across the world does responsibilities are divided into billions of segments and people are given that responsibilities or they provide their services on their own. As the generation of need and demand is a continuous process that's why there is another process that keeps working tirelessly to fulfill these needs and demands. This is how this global cycle of need and service, demand and supply is fulfilled. Being a part of the cycle provides one an opportunity to help others. When they do so, they earn the resources for own utilization. There are highly skilled, skilled, semi-skilled and unskilled segments in the society and people according to their own capabilities find a place in any one of them. Every segment has it's own peculiar importance. Doing own work and doing it with compassion are two different things. The people who belong to later segment, get to feel more satisfaction through their work. As they get to taste the blend of duty and service. People can become successful and very successful in their own profession however making life fruitful is altogether another thing. This is where virtues of life coming into play. That is why all those blessed people who have the virtues can get the fruits of service through their regular work.

Ek omkar:

External Om is Cosmos.

Internal cosmos is Om.

Like Cosmos provides shelter to our physical presence similarly Om provides shelter to our spiritual side or soul. As physical science deals with the Cosmos similarly spirituality deals with Om. Guru nanak has pointed towards that one shelter that houses everyone.

As scientists deal with the outer space, mystics deal with the inner space. Scientists put in a lot of research, skills & technology to do this. Similarly a sadhu or a monk puts in penance, natural work and meditation to make progress towards inner space. As scientists need to develop their intellect to achieve their objectives and at any given time a lot of planning keeps going in their mind similarly mystics developed their consciousness and they prefer to live in awareness. Awareness means being more sensitive towards where own services can be provided.

Ek omkar means that one Abode is for everyone. This means that no matter how different people are and how differently they live their lives, the ultimate abode for everyone is the same. In this world they may live differently and look different as this world is dominated by materialistic qualities however the inner dimension is free from all these limitations. This means that their ideologies may help them in this materialistic world however in divine world no ideology helps. Divine world is free from these mental categorizations and physical differentiations. People construct their own houses where they live with own family only. That's why earth has billions of houses and millions of different types of them are there.

Omkar is like finding a new world or destination that is not reserved for the scientists or intellectuals only. It doesn't even requires to construct own house and live with close ones. It is like finding an altogether a new dimension of oneself and exploring the possibilities associated with it.

People who are dedicated towards their own spiritual development can make progress in this direction also. This means utilizing this opportunity called life to advance towards the next dimension.

मातृ देवो भव, पितृ देवो भव

Parents are deities:

Very first Deities, whom children come in contact with are their own parents. If children get to experience the love of their grandparents then it is like a bonus for them as they get to experience two more superior deities. The way these people remain devoted to

the children is unmatched as it's most likely that no other person on the earth can substitute them perfectly.

These people are like the personal deities for the children. As the person goes on to play many roles in the life, this role of parenthood make them feel the direct intervention of nature in their lives. May be parenthood is easiest way to become aware about the nature and its role and support in our lives. Other ways are to make own nature kind and soft or go through some spiritual experience. Especially for the females it is considered such a great experience that it is often said that motherhood makes a lady complete. When she comes to use many of her body parts in such a divine way then she gets to believe about that side of life, that is full of love and care and which has been missing till date. Being a medium of development and delivery of a new life is no less than a divine experience. Females have such a great want towards it that they get ready to go through all the odds to make it happen. It is not limited to human beings only. Even the animals show great care towards their babies. Even the animal mothers want to protect their children and feed them anyhow. Many a times they use their bodies as the cover to protect them from other aggressive creatures. There is such a natural inclination towards reproduction, which is seen commonly in plants, animals and humans. To recognize the deities in life is not an easy task. Indian culture used idols to attract people's focus towards this divine side of life, that is present commonly all across and affects everyone. Idols are a way to make people believe that they do exist and wisdom makes the person see, where they are. These experiences make people understand that how the divine side of nature functions. How it works tirelessly and selflessly. How it remains nearly hidden and yet present all over.

Shiva's vehicle is bullock and his consort is Gayatri:

When gets to see a stone carved bullock at every Shiva temple along with the symbol of Shiva and Shakti that is there in the form of shivalinga.

When we closely look at it then we find that one can use own body either as a bullock or a bull and one can have on nature as a cow. An analogy has been drawn between the cow family and three different facets of human. A bullock is known for his is strength and tireless labor. His

aggressiveness is much lesser than an ox or bull. He is much more manageable whereas a bull is not. Same is the case with our bodies as well. We can either use it as a bullock or a bull. It means that when one is able to control own sexual energy, then one becomes much more labourious and agile. In this case one can use own muscle power in more constructive way. A bullock is not into eating sumptuous cuisines. He is okay with the dry fodder and water. It means his demands are too less but his activity is too wast.

A bull has the capability however he cannot use it as his focus largely remains around the sexual potency and activity. A bull has no less power than a bullock, however when we look at the work output, it is largely tilted in the favor of bullock. Having Gayatri as a consort means having a sweet, loving and divine nature.

It means when your body becomes strong like a bullock and nature become sweet, productive and mellow like a Cow then one's consciousness gets closer to the consciousness of Shiva. There are the symbols of mind, body, nature and the consciousness there. There is a message that what are the solutions for the person when one looks towards the self with the puzzled mind. This makes a person understand that how and what has to be achieved and what are the benchmark for every facet of the person. This makes the person understand that what to expect from oneself and what has to be achieved?

Shiva, the liberator:

When we talk about the duality and duality then there has to be a demarcation line existing between the two. As far as identities are concerned, both of these segments provide entirely different kinds of identity to the person. From being someone to being nothing is a journey from duality to non- duality. Till the time one doesn't know what duality is, one cannot understand what liberation is. As there are icons present in the world similarly Shiva is the one who lets pass one from one realm to another. For creation of the next one, previous one has to be surrendered. Which means the world, which is merely a creation of mind and intellect, the dependency on it has to be destroyed. Shiva is the liberator of consciousness and destructor of mind's dependency upon the material world. It means all the actions related with a material world has to be limited,

so that the energy can be transferred to the next world, where the main development has to take place. Indian sages came to know about this process of internal evolution and to understand and experience the most divine and purest form of consciousness that leads the one into the next realm. Thus Shiva is not a matter of fiction, that is an element to be realised. When the person comes to know about this aspect of oneself, then only one gets to realize the vast expansion and the doorway to limitless possibilities that are hidden within the person. It means from boundaries to the infinity, human consciousness has the possibility to crossover.

Shiva is the destroyer of duality for the person, not the whole cosmos.

Not a killer but liberator. Which means the same element that is considered as destroyer by one aspect of the person, is realized as the liberator by another aspect of the same person. It only depends upon the fact that which aspect remains vital in the person. As it is said in Geeta that the person is a friend as well as the enemy of oneself. It only means that the person can remain under the influence of two entirely different aspects of oneself.

Shivlinga means the potency of the subtle word.

Parvati means the power to cross the confines of duality:

Human's potency is not limited to the material world. By altering the flow of power within, one can switch from material world to the subtle world. Everyone has potential. The deciding factor is that, where one wants to use it. When can use own potency to remain active in the material world or same potency can be used to take the leap from material to the subtle world. The switch from lust to love is a major shift in the person's approach towards the world. As mind utilizes the power so as the person starts having a better control over own mind, then one can feel this major shift in the feelings one gets to feel within. The ability to detach and make own mind quiet is related to the power quotient of the person. The more powerful people has this ability to silence own mind. This way their power starts exhibiting the traits of nature. Nature is about love. One gets to witness this, only when one gets to silence own mind. The natural or unaltered power is the pure power. When the person achieves silence of the mind then the bondages of duality gets eliminated. Now one achieves the resuming of inner development. The switch from duality to non-duality is about the continuous development process, just like a seed achieves when it

develops into a full grown tree. It is such an amazing fact that how much potential is there when it comes to the self transformation. We have read about that how a caterpillar gets transformed into a butterfly. Similarly one same person who gets driven by kaamdev in one segment of life, comes under the wings of Shiva in some other segment of life. There is a tremendous potential in the person, if one wants to utilize it. They who want change, can get to see it within oneself. Mahatma Gandhi is a living example of igniting change by bringing it within oneself first. He made his own mind nonviolent first and then saw the spreading effect of nonviolence in the society. When one becomes change, gets to see the change in the surrounding as well. Potency makes us viable and functional. In this world or that world, it is the driving factor. It has the capacity to make the future bright in material world and present illuminated in subtle world.

Shiva, the mahakaal:

Shiva is that boundary from where the time starts behaving differently.

In the multiple realms of being, the effect of time is different. It's different within the duality and outside the duality. Once the person starts going through the inner transformation, one gets to feel that the sensitivity towards the time has got altered. Even during the three different stages of life namely childhood, adulthood and old age, one gets to feel completely different effects of time upon oneself. This can be accessed by observing that what is being exhibited by these three phases of life. There is a stark difference between the childhood and adulthood as far as one's approach towards the utilization of time is concerned. It largely depends upon the fact that what you are looking forward to. What childhood looks forward to is entirely different from what old age looks forward to. This largely affects the way mind functions. Another thing is that childhood has no mental baggage of past, old age has it. This baggage affects the mental functioning. Perception of time has a great connection with the way mind functions.

One can largely divide the body in three different sections i.e. lower, middle and upper. Lowermost center is related with kama, while uppermost center is related with Shiva. Human consciousness rests seated on the center that is maximally functional. Like a sapling develops in the vertical direction, human consciousness can also develop itself in the same direction.

What a seed gets to feel when it is buried within the ground & in the darkness is completely different from what it gets to feel when it takes the shape of a plant and comes above the ground. Now it can develop freely in open air and light. Darkness and restriction, light and freedom are entirely two different states. Both the states get to feel the life & the effect of time differently. When one gets to see the light, then only one comes to realize the vastness, the possibilities and the limitless expansion one can achieve.

Kailash:

Kailash is said to be the abode of Lord Shiva, where he lives with his consort goddess Parvati. When we look at the kailash, it is somewhere in Tibet, way beyond the population. One needs to trek a difficult terrain. It is a continuous journey of multiple days, even if one takes the help of a car. The weather is too harsh and only healthy people can think of traveling on this route. In earlier days, when there were no facilities of vehicle and the trek was even tougher, then it used to take months to complete the trekking. Only very highly motivated people used to trek upto the kailash. People had to prepare oneself mentally and physically to tread this path. It is a kind of sadhana. When the person goes through all the difficulties & pains of the journey, then only one gets to feel that what it means to be at the kailash. The difficulties of the path, prepares the mind in such a way that one gets to feel a complete no- mind state, once the person is there at the top. One needs to utilize all the might of younger days to achieve this height. While treading these sorts of difficult heights, many a times person feels discouraged and feels like going back to the comforts of the world. Towards the kailash, there are no seductions, no charm, no hospitality, no facilities and whole lot of things that are considered problem by the mind. It is also considered a wastage of time and unnecessarily putting oneself in danger. One has to leave behind all those people, whom the person feels attached with and the one without whom mind finds it difficult to survive. Although as far as the consciousness is concerned, there is always some divine attraction towards this place. That is why the sadhaks & yogis used to travel to this place, when it was nearly impossible for a normal person to even think about taking the path.

The way to inner kailash goes from inside the every person. It is the journey of consciousness, when it finds oneself lifted above the confines of physical body. Consciousness finds itself

floating In the sky and above the ground. Parvati symbolizes the love of mother nature that consciousness gets to feel here. Presence of Shiva means having proximity with the almighty.

Pouring milk upon Shivalinga:

Shivalinga that is present as an artifact is actually a particular maturation state of human consciousness. In this state one is detached enough and has attained a particular distance from emotional currents. In this state one is comfortable with oneself and is not too much into forging a relationship for future with a partner. One is not too much into the dreams of future with a suitable partner. It denotes a certain level of maturation one achieves after going through multiple lives. When one is not too much into the future although one is into acquiring the knowledge. If we trying to describe it in other simple words then from animals to the almighty, if we divide the distance by markings, then Shiva is that particular height from where the effect of the divine attributes starts reflecting through humans. Whenever such conditions arrive the condition for human consciousness becomes ripe to take the leap.

This ritual of pouring milk on shivalinga is a part of the main ritual called Rudrabhishek. Rudrabhishek means anointing the rudra. The meaning hidden in this ritual is about living with austerity. As milk is the extract of cow, similarly person's inner power is his own nectar. This nectar has to be submitted to shiva. Milk is the visible symbol of person's hidden power. The coronation of Shiva within is done through this internal power only. Whatever power one attains through abstinence, ultimately reaches to that particular height, where one can submit own power back to the existence. The God realisation can be done through own resources only, which means the internal power. Everyone gets equal amount of resource from the universe. Only difference is that different people use it differently. Some spend it in the supermarket of the world while some use it for bringing change in oneself and progressing towards self development. Some are very good at savings and utilize it only there, where It can bring improvement in someone's life. Some are attached to the source in such a way that they acquire and surrender it back to the same unit.

Watering the Shivalinga:

Whatever the shivalinga are present it is a tradition to water it. People carry some water in a small pot and water the Shivalinga as if it is a living being or a plant. People do it under faith or belief although there is a symbolic message associated with it. Watering means facilitating or nurturing. Shivalinga is not just an artefact or an idol. Shivalinga can be represented through the matter however it is about the conscious element of the person. It is related to the development of human consciousness.

Watering means let it grow within you. By being innocent and fair, you water your Shivalinga within. It is about developing own virtues and quietness. As a person moves away from various emotional, mental and social dependencies, one lets the development happen within. There are two kinds of consumers in any market. One category is of Impulsive and exorbitant buyers, who go on to spend on all those things that are able to charm the mind. It means that acquiring becomes the primordial thing. Second consumers are conscious enough and only focus on fulfilling own needs. They are not into buying fancy items and unnecessary spending. They do the shopping mindfully. They cannot be motivated towards unnecessary items. Similarly there are two ways of living the life. One way is heavily tilted towards the world and another way is about keeping own center of gravity within one self. It is about preserving own natural tendencies and not sacrificing them for donning an artificial image. It is about being comfortable with what the person is, not about becoming, imitating or following. It is about being in the world preserving own inner beauty and that is about upholding own simplicity. In another words it is about keep developing like a plant by remaining unaffected by the activities of the surroundings. From animal instincts to human, human to divine, there are various steps one has to cover during the life. Any process that involves transformation needs complete detachment and complete devotion. A zygote gets converted into a baby, when one accepts the confines of the womb. In the similar way own hidden aspects can be watered & developed.

सत्यं शिवम् सुंदरम्।

Satyam shivam sundaram:

This is the sutra of self realization.

The truth makes that one witness the beauty, who has become shiva.

Shiva can witness both in the beauty and the truth alongside. This sutra is just like weighing machine, which has both of its arms balanced. When the person becomes able to attain the balance in life, many hidden things start becoming visible to that person. Both the sides becoming balanced means both the male and female factions of the person becomes balanced. Whenever this happens, something gets unlocked and the person moves towards complete transformation. Satyam means the truth or the purusha, Sundaram means the beauty or the prakriti (nature). It means that Shiva becomes a witness of this fact that this whole world is the manifestation of the almighty and whatever that gets exhibited is called nature. Shiva is not obligated to see anything beyond the truth and the beauty. So he gets to see the beauty everywhere and thus the Lord everywhere. It means when one balances male and female, then the real male and female become visible. This ends the alienation for the person. Whenever the balance between the male and female aspects of the person is achieved, mind goes silent. Why this balance is difficult to achieve? as males consider themselves too much masculine and females consider themselves too feminine. Every male and female believes that they are either a male or a female and they have a mind. But one thing that often goes missing is that they don't know that they have a feminine as well as a masculine side within themselves as well. This makes their mind hooked with their masculine or feminine identity. This identity keeps driving the person's actions.

Silence of the mind means that the person is not being driven in any direction. This makes a person become stable and this stability is imperative to witness the truth. There is an eternal love affair between the self and the truth. Self never wants the truth to go invisible as the child doesn't want the parents to go invisible. Shiva is known as Mahakal, which means one who has gone beyond the realm of time. When the eyes get fixed on truth, time starts becoming irrelevant.

नाग पंचमी: Naag Panchami:

There's a particular day in Indian culture, attributed to the snakes, humans and milk. As humans offer milk to snakes at this auspicious day. If we look at it casually then it is supposed to be a ritual. When one has to find a snake charmer, offer a cup of milk to his snake and process gets

over. However its meaning is much more deeper. In reality snake symbolizes a hidden kind of potential within every person. Offering milk means often power to that potential to become alive. Offering cow's milk may not serve any purposes except delivering a symbolic message. However symbolism is often used to deliver the encrypted messages. It is about awakening the potential which normally remains the dormant because of our various levels of engagements with the world through our own mind. Panchami means five or the 5th. As there are known to be 7 chakras in the subtle body, if we travel from the lowermost to the upwards centre gradually, then the fifth one from the lowermost center is known as the vishuddhi chakra. As Lord Shiva is known to have snake in her neck, It means the center that is situated in the neck has to do with this coiled potential of the person. In regular human beings this potential remains dormant at the lowermost or the 7th center of the body. As the lowermost centers of the body are mostly connected with the person's intimacy with the material world. Lord Shiva can hold this power in the neck because he is too detached and pious. When the activity at the lowermost centers become negligible then this dormant potential becomes awakened and shifts its position from the bottom to the neck. The snake charmers are also offered money as they symbolize those sadhus, who can awaken their hidden potential and take care of it. This hidden potential keeps encapsulated the person's self. It means one who has attained self in the world has achieved a major milestone. As the world is known as the illusion that is meant in such a way that the one enters into it, tends to forget self & gets lost in different shapes, forms and identities. One smiles, get excited becomes saddened and feels sorrow as one gets to see all those things, which he never witnessed before. Those visions make the person confused and clueless as well.

Sukh shanti:

Happiness and tranquility:

These two words are often used during the talks, especially in those families who relate themselves with Indian culture. Especially when family is at the center of concern, people want happiness and tranquility there. People go back to the family after full day of work. That is a place, where they recharge themselves before they resume the daily workflow. Second that is a place where elders are taken care off and children grow in a safe and nourishing environment.

Sunshine and tranquility help all these things to happiness smoothly. Family is the place, where past and future generation live together. It is a great mixture of experience with enthusiasm. It is also an amalgamation of dream and reality. This is a place, where person gets to see the activity of different kinds of minds. That is a place where people support and fall back on each other & where person gets to learn about the values by observing others closely. Individuals get blessed by elders about development and happiness however when it comes to the family, tranquility and happiness is given preference. Happiness is related to being satisfied with own efforts, whereas tranquility is related to self restraint. One who works in the right direction gets the piece of happiness. Right direction means that direction that helps a person to have a better control over own mind. It is about earning happiness that too daily. It is about daily dose of activity. Nature keeps working relentlessly and that is the reason of its tranquility and beauty. When we miss our daily karma, which can also be called as Dharma, that very day person feels stagnation. Happiness is about movement. Till the time one remains stagnant, one keeps missing the happiness as well.

Tranquility is related to the development. Till the time one is tranquil, development keeps happening. This is the secret of nature's eternal development activities and evolution. Same theory applies with the individual as well. When we aspire for self development, we have to keep fulfilling our duties and keep maintaining self-restraint.

Temples:

Temples are associated with bhakti marga. Although Indian culture accepts 5 more ways of realizing the truth. All them are namely love, wisdom, bhakti or devotion, yoga, service and conscience. According to the person's individual inclination, one chooses the way that suits own nature the most. Apart from the bhakti, the rest of the ways are more about the way of life. For them one needs to fine-tune own mind, actions and workflow of the day in a specific manner. As the civilization developed, the commercial activities became more prominent, mind started engaging with the world more deeply, people became more busy in their daily schedule, attention started getting divided in multiple directions, now devotion became more easier way to connect with the divine. Temples are the places, where one can get the feeling of devotion and presence of lord in the form of idols. As the modern civilization is known for facilitating the

things. Developing own vision is a long and cumbersome process. Once the person's vision becomes capable, one gets the darshan of the almighty in every one. Till that is achieved, one wants to get the glimpses of the Lord in some form. As the cities are getting populated and there are very few places to sit in silence. Temples are places where one can sit in silence, meditate and contemplate without being bothered about other's presence around. Others accept and respect this there. Singing prayer, devotional songs and chanting can be done there without any hindrance. Food can be served to all there comfortably. Devotional services and service to the humanity both can be offered there. There are temples that have associated clinics that offer homeopathic and other treatment facilities. Temples are the places of devotional socializing as well. There one can find the like minded people to connect with. People support the temples financially and through resources so that the devotional infrastructure can be created and developed, that can be utilized for the benefit of the society.

vaiṣṇava jana to tene kahiye
je pīḍa parāyī jāṇe re,
para duḥkhe upakāra kare to ye
mana abhimāna na āṇe re.

Call those people Vaishnav who
Feel the pain of others,
Help those who are in misery,
But never let self-conceit enter their mind.

This is a well known prayer that became well known during the time of India's freedom movement. Mahatma Gandhi used to chant it often. It wants to comprehend people that serving the needy is the prayer. Any prayer should have the capacity to shoe away person's ego. The potency of the prayer is hidden in it's elements of love and compassion. When we are not able to feel love and compassion through the prayer, then it means that we are too much filled with our mind. The way to God goes through people only. Whether that may be a national freedom or a self freedom, to attain the freedom one needs to have all of one's forces together. It means all the distractions and divisions have to end. In our society there are multiple ways to connect with the

almighty. Even there are various kinds of prayers that people use to offer. When my way of offering prayer becomes different from others then mind makes one feel that one is different from others in some way. When mind becomes active, person neither connects with the almighty or with the people. This anthem believes that only when person becomes sensitive to other's problems then only he can be considered a true devotee. When the person becomes capable of serving others then one is automatically a devotee whether he offers any prayer or not. Although these lines don't belong to a very famous saint or poet, you still people were able to connect with it. As all the divine messages are simple and those who are simple can readily receive the message. People who are filled with conscience are simple. There's a very simple message in these lines that one needs not to follow any ritual to connect with the almighty and have control over own mind. Service can single handedly do both of these things.

शिक्षा और दीक्षा।

Education and initiation:

Both of them have been an integral part of Indian cultural system. They are interwoven with each other. Deeksha is about the initiation process, when Guru or master accepts the students. In the earlefore the formal education started, the children were first initiated into the spiritual knowledge. Their education and later life doesn't used to revolve around their own identity rather it was the spiritual knowledge of self and the ultimate that remained at the center of their whole life. In this condition their education used to support the welfare of the society and the living world. The guru or master used to be an enlightened person, who used to be the living example of self attainment. This system used to ensure the optimal utilization of the resources as the students used to hold the higher position in the administration of state. The best effect of this system was evident during the time of Lord Rama. As when it was time to take the difficult decisions of life, all the brothers remained adherent with their own virtues and principles. Their quotient of detachment was too high and they were so selfless that even now they remain the epicenter of the cultural heritage of South East Asian countries. In those days parents used to search for a guru or master for their children rather than sending them to the schools, where they could have been taught by the teachers of respective subject. During the time of their education,

children used to live with their Guru & away from their their parents. The Gurukul system is the Indian way of teaching, where the knowledge of self is given the utmost priority. Schooling is the Western concept, which was later adopted by the world post-colonial era. When the intellect works under the commands of individual identity then It makes the person's vision too constricted. In India the graduation ceremony is known as 'Dikshant samaroha'. Which means the end of Guru and student association. Now the students were handed back to their parents, as now they were considered prepared enough to enter into the married & professional life.

धर्मो रक्षति रक्षितः।

Dharmo rakshati rakshith:

One who nurtures dharma within, gets shielded. Dharma helps the person to get own consciousness developed. So it is a tool to develop an aspect of oneself. Upon it's development, person gets a new ground. An imbalance within gets eradicated. We have seen the ritual of offering food & butter to the symbol of goddess and the flame during navratri. When the flame becomes stronger after receiving the butter, it is assumed that the goddess has accepted the offering. One gets the tilak on forehead and raksha-sutra on hand. Raksha-sutra denotes the sacred security. It is like the Lakshman Rekha that can protect the person till the time one is in. It means one can avail the protection only till the time one is disciplined enough. Fear can be managed in a better way, when surge of mind remains checked.

Does it mean that the one who follows dharma remains more vulnerable to some sort of problems? One who is working on a power transition within, which means taking the power from one aspect of oneself and handing it over to the another aspect. A seeker or perfective tries to transfer the power balance from mind to the super consciousness. For it one needs to balance own mind through self. As when mind gets balanced, unnecessary expenditure of energy gets plugged. This balance is difficult to achieve and any practice or way through which the mind gets balanced is known as Sadhana or balancing in Indian culture. Santulan sadhana means achieving the balance. When the person starts fulfilling own Dharma, one starts receiving some associated benefit. As ease of meditation, joy, comparatively silent mind, fear under control and a whole lot of creativity. So Dharma becomes a shield against the activities of mind-brain

complex. It means when the person starts supporting Dharma, it starts reciprocating. This way person comes out of the territory of many such problems. Person remains out of their territory till the time he is able to resist the temptations offered by the mind. Once the person falls pray to the temptations of mind, the shield gets deactivated.

करत करत अभ्यास ते

जड़ मति होत सुजान।

Continuous practice converts an ignorant intellect into a beautiful one.

The right practices bring discipline to the mind. Through them person develops a better understanding about the related subject. In other terms, It is often said that practice makes a person perfect. Person may or may not become perfect however the level of skills definitely improves. In regular terms it is said that more you do, more you learn. Through the experience person develops better understanding and knowledge about the topic. There are a lot of concerns in the mind at the initial stage of any work, which makes the whole process more tedious. As the concerns start becoming thinner, the work quality improves. It is directly related with the outcome of the whole process. When the outcome is nice both the performer and the subject and producer and the consumer feel satisfied. The right kind of practice makes the right patterns in the mind. These patterns are needed to execute the work in the future. It is often advised that if you want to correct the effect, correct the cause first. A better program means a better software, that ultimately means a better functioning. The corelation of mind and body is an established fact now. Scientists suggest that in order to achieve a better physical health, one should try to improve the mental health as well. The asana and pranayama are helpful because they are practiced and practiced in a right way. Which helps the various mechanisms of the body to function optimally. This ensures the better outcome at multiple levels. Although various aspects of the person function independently however they are interrelated as well. The idea of practicing own religion is related to making the mind more disciplined. It has also been noticed that person can bring changes in the own habits by practicing various breathing exercises. It is related to improving the flow of energy at the minute level. So that those patterns in the mind

that make the compulsions effective gets altered. People of different mental setup find different practices effective.

जाकी रही भावना जैसी

प्रभु मूरत देखी तिन तैसी

One gets to see the manifestation of Lord according to the feelings one is filled with.

This means our vision is related to the feelings. So in case if the vision has to be improved, One needs to work up on the feelings one has within. Truth is there just before us. It is upon our own eligibility that we are able to witness it or not. It has been described many times in Indian mythology that when someone does severe penance and keeps performing own duties thus gets to realize self or the truth, many challenges in the form of Apsara or nymph come to examine that person. This is done just to check the refinement of feelings, one has achieved. This also happens just to provide the seeker an option to experience own desires, if there are any. As when one marches forward in own spiritual pursuit, it becomes gradually difficult to indulge into the seductions as earlier. As indulgence into them is directly related with the state of own mind. Whatever eligibility one carries, nature awards the one accordingly. When one denies to associate own mind with the prevalent and provided opportunity, then the next suitable reward waits for the person. Thus the vision one has is related to person's attainment as well. There are millions of species of plants and animals there and the truth is present in everyone. Our feelings take shape according to the vision, one gets to see. When Rama met shabari, he was able to see that, which others were not able to. Rama is an incarnation, his abilities are infinite. Shabari was a devotee however she too was able to instantly recognise the incarnation of lord. Thus a devotee has a much able vision than an indulgent one. The vision of shabri made her serve the Lord in a visible form. History remembers shabari just because the quality of vision she had. So was the case with kevat raj as well. One who helped Rama to cross the river by taking them all in his boat. Rama wanted to pay the charge. Upon being insisted kevat raj said that he helped Rama to

cross the river here and when the time comes, Rama can reciprocate by letting him attain salvation by helping him to cross the bondages of material world.

विद्या ददाति विनयम्।

Knowledge makes one decent and modest.

Knowledge is an instrument to ward off insensitivity and being bullhead. Knowledge makes one aware of the problems that exist and keep troubling living beings. In Gita, Krishna says that spirituality is the highest form of knowledge. Spirituality is neither taught nor memorized however one attains it within only. Personal automatically and spontaneously comes to know about it, that too from own soul only. That is why another name is coined for it that is self awareness or wisdom. Bookish knowledge may not be able to clean off the arrogance and exquisiteness. As the person may start considering oneself special and own whole clan special. However spiritual wisdom is about knowing oneself and the truth. It means a person becomes able to look beyond the manifestation and one comes to know that being able to express is not the supreme thing. It is just a facility or a gift to a segment of people. So It is utter useless to get influenced and trying hard to influence others. People get manifested in various forms. Some of them are too attractive & some of them are normal. It is not the uniqueness of the person rather it is the uniqueness of nature, who manifests itself through different people. So being special or unique is not about the particular person. It is about that one, who makes it happen. We have no other option but to consider few people charming and few too unique and special, if there is some desire of getting involved and harbour close association and extract some benefits from them. We may admire some special qualities and talent of people as it is quite normal for the mind to notice people and their uniqueness. However in this case focus remains on those things that can be tapped through the senses and intellect. One who is at the center of all these manifestations and expressions goes unnoticed.

However from a spiritual perspective when the person becomes capable enough to witness the truth, then in that case there remains only one way and that is to become modest and full of humility.

सो तुम्ह जानहु अंतर्यामी।

पुरवहु मोर मनोरथ स्वामी॥

You know it perfectly whatever my innermost longings are.

Oh Lord! kindly fulfill them.

Till the time we don't come to know about ourselves, we remain clueless about our own longing. Leave about others, It is the reality that we also don't know that what we want. Only the one with the most potent vision can know about it. Who else that can be except our own soul and supreme soul. Our internal longing and mental desires are different from each other. Till the time, we remain clueless mind keeps using our own energy in whatever way it wants. In this case and we don't even know about our own hidden potentials as well. In such a state of darkness, we remain ignorant about our internal energy and the way it is being utilized. It is such a state that there is water in our house and we are not able to utilize it to quench our internal thirst. We just keep wasting it here and there. If we have money and if we don't know how to spend it properly, then we only keep splattering it here and there. Money can be wasted and it can be utilized in doing yajna also. It can be utilized in making others feed and get treated properly and can be stacked in lockers as well. It can be treated as own fortune and it can be utilized for making future of the helpless and less fortunate people. Similarly time can be utilized in fulfilling own ambitions or serving them who require it the most.

That is why this player put the onus on the Lord for the guidance so that one can work upon own achievements and fulfillment. In this case one needs not to make request or put forward a plea to the lord. As he knows everything so he also knows that what potential one has and what is the person's demands from the life. If we put forward a request, then we can only request to solve the imminent problem. The difficulties, problems and demands of life are completely different from each other and many a times they exist simultaneously. So the person becomes clueless that what to solve now and what to leave behind. So it is better to let him decide that what needs the utmost attention.

हर हर गंगे।

हर हर महादेव।

Har har Gange.

Har har Mahadev.

Ganga resides in everyone

Mahadeva is present in everyone.

This simply means that no matter how different people look, behave and believe, the internal mechanism and elements are same. No matter what belief system one follows, no matter what ideology when harbours, no matter what perspective one has, this is not going to change the eternal arrangement of the nature. We may keep living in our own wonderland but the nature, the truth and the whole apparatus remains same. Not believing in God doesn't means that one is not a seeker or compassionate. Like many sects, non-belief is also a sect. Until and unless one becomes so ambitious that he starts harming, destroying and dismantling people, society and whole infrastructure, one is a truth seeker in his own particular way.

The vital force that constructs the semen or the seminal fluid, when starts flowing in upwards direction then the perspective of vitality changes. Through the semen one can give birth to a new life and through the use of this vital force in a more conservative way, one can know about the one that is the source of life and the one who is the real seed of life in every living being. That common element which resides within every different person and identity. So in short this vital force is about giving birth to the seeds of life that is semen or ova or knowing the real seed of every being. Mahadeva is known for directing this internal vital force towards the Om or existence. This form of the vital force is known as Ganga. Mahadeva is about those virtues that is part of the conscious element of every life. As a person starts cultivating the virtues of detachment, austerity, penance, compassion, simplicity, awareness then Mahadeva start taking shape in everyone. So Mahadeva is about that refined form of conscious element in every person. Humans might be the most evolved form of life but Mahadeva is the most refined and internally evolved form of consciousness. There is a possibility of Ganga and Mahadev in everyone.

Dharma and karma:

These two are the essential part of human life. If one aspect of ours make us go towards doing experimentation and efforts towards own desires then another aspect of ours make us inspired towards performing the yajna. This transition from Karma to Dharma is about refinement in oneself and own efforts. This can only happen when the person's vision goes through a transition. Our way of looking towards the world and the activities happening around us and the prospective related to it has to change, if one needs to take this leap from Karma to Dharma. It is not possible to reach up to the ultimate truth bypassing the humans and the civilization. All the preparation that one does upon one self has to be used ultimately for the sake of bringing upliftment in the peoples' life by touching any aspect of their being. As the needs are different because different people go through different circumstances and one gets to face different kinds of challenges in life. That is why everyone needs help on different levels. Many of our own problems are related to our own ignorance. Which involves not having a better understanding about own mental functioning and physiological demands. Being healthy and feeling healthy are two different things. We may not feel healthy just because of being ignorant about our own mental and natural functioning. For example one who is sporty by nature if you put him in such a circumstance where he is not able to involved oneself in sporting activities then no matter how comfortable his surrounding maybe but that very person keeps feeling deficient and unhealthy. Everyone has a particular way of feeling joyful and normal. That is why just to feel healthy, one needs to understand well and take care of own natural inclinations. Thus Dharma has a lot to do with knowing self, taking care of own mental and psychological needs, being aware of the truth, as well as performing own duties to take part in the yagya that is happening in the contemporary society.

हरेर नाम हरेर नाम हरेर नामैव केवलम

कलौ नास्त्यैव नास्त्यैव नास्त्यैव गतिर अन्यथा॥

In the kaliyuga, only the name of the lord is the way to salvation. There is no other way to achieve that.

It is said that the name is the Lord itself. This means that one has to polarize own focus on the Lord, this way the growth happens towards the abode of Lord. Kaliyuga is considered different from the rest of three yugas because it offers more ways of distraction. More distractions lead to confusion in the mind. Due to the confusion one takes the path that moves away from the Lord. So one needs to be a little more aware about it and should keep reciting the name of the Lord in the mind so that mind remains hooked with it and thus the chances of distractions come down. No doubt that we have more distractions than the people of hundred years ago. Internet and the virtual World has been added to the list. Addiction of internet and smartphones have gone to a new heights. The things which are difficult to experience in the real world and which might not get fulfilled in a life time even, can be tried in the virtual world. Surely it has opened up a new avenue however at the same time, it is a great distraction and an addiction as well. It can sensitize the mind so rapidly and can continue doing it for longer period of time. A sensitized and frequent mind is a liability.

Leaving behind all the attractions of real and digital words are way too difficult for a person as controlling the surge of mind and emotions is a mammoth task. Only way that remains there is to divert the mind in some other constructive or more neutral task. We require some support to do that. We need our energies to get associated with something more auspicious. So that it's effect becomes more pious. If someone gets the inspiration to do something really natural and creative then distracting the focus away from the mind and towards the constructive objectives, ultimately helps the one to find some moments free from the encroachment of mind. They who are still searching for the purpose of life, they can take the support of the name of the Lord. This certainly helps the person to fill oneself with more sacred and comforting feelings. That is not provided to us by our rather ignorant mind.

हरे कृष्ण हरे कृष्ण कृष्ण कृष्ण हरे हरे।

हरे राम हरे राम राम राम हरे हरे॥

Hare Krishna Hare Krishna

Krishna Krishna hare hare॥

Hare Rama Hare Rama

Rama Rama hare hare ||

This is one of the mantra that are very famous worldwide. It simply means that Krishna is present there in everyone. Rama is present there in everyone. Which means he may or may not be present there at the places of worship however he is definitely present there in you. As our body goes through different stages in life. Similarly our vision also goes through transformation during the life. During the childhood one is not too sensitive about the gender differentiation. As the age progresses and mind develops, one becomes sensitive about the gender, ideological, social, financial, and various other differences that exist in the society. Recognising these differences means dividing own focus in multiple directions. As the focus gets divided, confusion increases & clarity decreases which further complicates the state of mind. This means our vision is directly related with our state of mind. To find the truth among the heap of differences that we come across on hourly basis, one has to work on own vision. This mantra must have come from a God realized saint. Who became able to improve own vision and take it to such a level where he became able to see things very clearly. Thus this mantra is a view or sight and side by side, it is a wisdom byte or a message as well. Apart from the acquiring knowledge the rest of our thoughts and talks revolves around various differences that exist around us. So if one becomes able to acquire such a vision that fails to identify the differences and gets focused on the truth, then one becomes able to save oneself from a lot of mental troubles and unnecessary wastage of energy. This is one simple message that could be sung, recited and repeated multiple times. If a lie starts to look like truth, when it is a spoken hundred times, then when the truth is spoken few times then definitely it leaves an impact on the human consciousness. This is why mantras are short, easy and recitable multiple times.

Cow and the river to heavens :

Cow helps you swim over to the next dimension. Cow is just a metaphor, through which the deeper message has been presented here.

Nature is the insulation layer between unipolar and bipolar world. 'Cow and Vaitarni' both are representatives of nature. Means your purified nature will be able to help you swim across the

bondage of material side of the nature to reach beyond the boundaries of duality. Every living being is a complete package of plants, animal and human. The development of consciousness is similar to that of plants. Wild tendencies are also present there, In some they are too redundant and in some they are too active. Some are able to transform them into refined natured cow. This refined nature is termed as cow, who is capable of being productive as well as remaining detached as well.

Nature has this unique property of serving all as well as keep transforming. As summer, rains and winter affect everyone however they change at an appropriate time as well. In Indian culture there is a tradition of donating cow to Brahmin, which is considered most auspicious form of donation. It is said that it helps one to attain salvation. The deeper meaning of this is donating a beautiful refined nature to own consciousness. As a brand man gets benefitted from various cow products similarly a consciousness gets benefitted from a pure refined human nature. Consciousness values love and own nature, when becomes simple and loving becomes able to produce it. Ritual of cow donation is performed in a group, wherein the receiver is someone else, cow is a different entity, the one who donates and the one for whom it is being donated are different as well. However their deeper meaning is related to the single individual, wherein the one who donates, one who receives the thing which is being donated & the one who gets benefitted, all are there present as different elements within the same person. This is what introspection and self-churning is all about.

Om Asato Maa Sad-Gamaya |
Tamaso Maa Jyotir-Gamaya |
Mrtyor-Maa Amrtam Gamaya |
Om Shaantih Shaantih Shaantih ||

Take me to the truth from illusion & confusion.

Take me to the light from darkness.

Take me to the immortality from the end.

Om peace peace peace!

When we look at this mantra, we don't get to find any particular religious affinity in it. It is all about the individual and his quest. It is about the individual petition to the Lord. If One doesn't recite it in Sanskrit and doesn't mention about its background it would be difficult to know about its connection to any particular social religion. It is such a simple personal prayer. Although only that person would find it interesting and unique, who by nature is detached and a seeker. When one is not able to find any connection with any identity then it means that this mantra is only about the wisdom. Which itself is beyond all the identities. This establishes the link between the culture and the wisdom. None of the recognized names of the Lord has been used here. That only one who listens, keeps listening without being addressed even. He knows it perfectly that whom the person is talking to. That's why he doesn't need any mentions even. He is there and he listens. This is what Mantra wants to point towards. When he listens, he facilitates in the way also. When the quest becomes so polarized then it surely leaves its effect. Only that person could ask for light who has experienced it earlier and understands about the darkness that is related to his mental infrastructure and its connection with the material world. One who knows about the nature and her rules, one who knows about the other realms of own being, would be ready to progress towards them. Until an unless one doesn't know about it, one wants to stay put. When mind comes to know about the other dimensions of being, then only it agrees to remove own objections. When mind agrees to mend its ways, then only the process of transformation can take place. Peace in all the dimensions is necessary for this prayer to come true.

Brahmin, kshtriya, vaishya and shudra are not 4 casts however

They are the 4 states of person's being:

Apart from the culture, India also gets mentioned for its social cast system. This cast system takes the inspiration from the ancient tradition of recognizing the people according to their natural inclination and passion. Four basic types of nature were recognized in which Brahmins were related to the education and wisdom, kshtriya were related to the defense, vaishya were related to the economics, trade and business and shudra showed their inclination towards providing the services. As its basis was the human nature and passion, so it couldn't be forceful. As the culture is quite dynamic and society relates to the inertia. Which means society cannot

match its pace with the culture. Culture wants continuous improvement whereas society wants to sustain its ground anyhow. Culture looks vertically, society looks horizontally.

As the culture proclaims that a sadhu doesn't belong to any cast system because he has advanced towards the wisdom. Where there is wisdom there cannot be any segregation or classification. The students of Sanskrit acquire the designation of Acharya and Shastri upon completion of their education. Students of any social background can acquire them and can replace their old cast names with these designations. These are one of the cast name of brahmins. This means the background of cast system is merit and natural inclination. Although under the influence of social inertia this got tweaked heavily. Even army addresses all its soldiers by one single name as "Jawan", irrespective of which background they come from. It means the cast of soldier is just soldier or kshtriya.

To make any individual or society perform optimally, one should be able to work freely in own natural field. The result becomes beautiful, when passion and dedication merge together. This means the freedom to choice and freedom to work are two important factors. Third most important thing is the desired infrastructure and facilities. Fourth most important thing is freedom to practice freely. This is how the quality of services increases in the society, which ultimately affects the quality of life in a particular region.

Dev: Divine

Asur : Asur is someone, who is unpolished & spoilt. One who has parted ways with own divine side.

Dev and Asur are an integral part of Indian mythology and culture. They are not too different eternal entities rather to different aspects of one single unit. It means they are interchangeable and transformable. One who is an asur can become divine through austerity and executing own natural duties. They are present because of three different attributes of nature, which are satvik, rajsika and tamasika. Devta are full of satvik and Asur are full of tamasika attributes. This is how both of them use their natural power in two entirely different ways. They are not two different species rather they are two different internal softwares. They can become upgraded or can get corrupt as well. This all depends upon the operator, that how well one is operating his system. As well as how aware one is to upgrade it. It means that influence upon the operator has a great role

to play. A spoilt mind and a controlled mind leave two different kinds of impacts upon the operator. Operator is just a tool. These effects are the one, who play the decisive role. That is why if we look closely, even in the Ravana fraternity all of his brothers were of different types. Ramana belonged to a Brahmin family, which means his father was a sage, still his own attributes were of an asura. Which means you may belong to a Brahmin family by birth, however it is your own nature that decides whether you get classified as sura or asura. In two different life spans, one same being can be asura and sura both. There are examples wherein this transformation happened in one lifetime only. There are examples, when a dacoit in earlier phase of life became a perfective in the later phase of life

This transformation is way too hard to achieve although it happens. Frequency may not be too high, still possibilities remain there. Life is like a sea. Sometimes it is too silent and sometimes it is turbulent.

Both of the scenarios leave their own peculiar impact on the person's mind. A particular kind of mind takes a particular path. That is why different people follow different paths during lifetime.

Om Sarveshaam Svastir-Bhavatu |
Sarveshaam Shaantir-Bhavatu |
Sarveshaam Purnnam-Bhavatu |
Sarveshaam Mangalam-Bhavatu |
Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: May there be Well-Being in All,
- 2: May there be Peace in All,
- 3: May there be Fulfilment in All,
- 4: May there be Auspiciousness in All,
- 5: Om Peace, Peace, Peace.

One who becomes able to realize the God, also becomes able to realize his presence in every one. In this situation whenever prayer come out, it involves everyone. As when you are there in

everyone and you take care of everyone, then how come a prayer become complete without involving everyone. So any realized person whenever connects with the existence, he connects on the behalf of whole universe. He cannot leave even a single one behind, not even the animals. A prayer cannot be termed as prayer, if it is individual centric. In that case it is only a request, a demand or a wish. This is what awareness is all about. It cannot remain limited to a single person or a few. When no one is close enough and no one is far distant, then everyone is valuable. This prayer is it quite inert, when it comes to recognizing ideologies, beliefs and attachments. As they are limited to a few or a group of people only. It neither advocates them nor dismiss them. Let people believe, think and act, the way they want. However whenever it comes to prayers, everyone has to be taken along.

Unlike the pressure cooker, life doesn't prepare everyone at an even pace. It depends upon the individual's wish that how quickly one wants to move towards realizing the truth. If one wants to remain attached with the world and own mental desires then one is free to do so. In such a case pace of movement towards the truth gets quite sluggish. In another case, if one desires the divine love, then his progress is going to be quite different and rapid. It's ultimate effect is on the vastness of person's awareness. Most auspicious form of prayer is selfless.

मौनं स्वीकृतिः लक्षणम् -

Silence is the attribute of acceptance:

Silence happens when the disparity is eradicated. Till the time there is disparity or imbalance, mind cannot remain silent. "Sweekriti" has a word called "swa", which means self. Self is the key of dismantling the disparity. In the absence of disparity that cannot be any divisiveness. In such a state mind has no option but to remain silent. All the efforts of the mind are there till the time there is disparity. As soon as disparity is gone, mind loses it's significance. As in such a case only thing that remains functional is the nature. It means nature takes over from there, where mind becomes dysfunctional. When one attains self, all the demands get extinguished. In such a case, one is not too much concerned about the activities of the mind happening around. This gives birth to the cessation of unnecessary involvement. One prefers to remain soaked in own duties only. One ensures own involvement only when there is some need, which has to be fulfilled. In such a case one prefers to keep performing own duties silently. This makes the

person capable of increasing own productivity in an exceptional way. Nature prefers to remain involved in creative activities silently. Thus silence and creativity are interrelated. Similarly when the person becomes able to accept the things as it is, he becomes able to create something exceptional. When this happens the thing that has been produced proves to be useful for the world. People associate themselves with it, make use of it, extract some benefit, support and inspiration from it. In this way one life becomes capable of touching many lives. As whatever fruits and oxygen a tree produces becomes part of many. This is how nature works. she works through humans, trees and even animals. It designs, develops and supports the life. She facilitates the fulfillment of physiological, physical, mental, psychological and spiritual demands of all. She has created a very complex structure, which is inter-dependent and inter-associated.

The concept of self-realization in Indian culture:

It is a known fact that mind and actions are interrelated. Mind gives commands, body implements them. The whole concept of Dharma is related to person's actions. Actions can only be altered when the command center gets altered. Before one starts following Dharma, one has to attain it. To attain it one needs to work upon own control center. Body or the machine remains the same. Only the pilot gets changed. A machine can clean the road by removing the obstacles and thus resumes the flow of traffic. Same machine in some other operator's hands can be used as a tank to create destruction. That is the difference between the Karma and the Dharma. Bringing the change in the command center is one hell of a task. Following Dharma doesn't mean joining a group or community. It is about making oneself available to the existence and being connected with it. Dharma is a task that one receives from the Guru. Under the silent presence of guru disciple keeps working on own Dharma or task or the purpose. During the whole process disciple has to learn a lot. As the guru doesn't give any verbal instructions. He just silently keeps observing while giving full freedom to the disciple to make mistakes, face the consequences, realize the mistakes, do the course correction and keep moving. Discipline knows the destination however he has to prepare own way as well. This journey is all about rising up. As a mountaineer keep faith upon oneself, remains disciplined and focussed. He has the courage to walk an unprepared path. Discipleship

is similar to mountaineering. A person becomes disciple, when he is ready to take the next step. Guru is the help & guidance provided by the existence.

Self-realization is about being chosen as a disciple.

In the pitch darkness of the night, a person cannot recognize even oneself. Moonlight helps one to recognize one self and own path. Similarly one only gets to realize oneself through the light of the Guru. This light of the guru provides the seeker self realization. When a child reaches school, he gets to find a teacher there. Similarly when one reestablishes connection with the existence, one finds a Guru there

Through the Guru only, one comes to experience what the love and light is:

Before the appearance of Guru love and light are just words. They become experience, when Guru appears. Before this we might have felt some fraction of love however love in an absolute form can only be experienced at the heights of the Guru. Saint Kabir has compared the heights of love with the height of a palm tree. Words denote experiences. Light is the super consciousness while love is the power that surrounds this most evolved and purified form of consciousness. That is why whenever one gets to feel the intense love, experience of light is just round the corner. Whenever one gets to feel the light, then only one comes to know that there is nothing more valuable than this. Similarly when person gets to feel the love then only one realizes that there is nothing as desirable as love is.

It means most precious experiences that are related to one's being are provided through the Guru only. If we look at the various types of experiences and related feelings then there is a pyramidal type of a structure. At the base, experiences are many and the feelings are variable. When we gradually move upwards and come into the middle, few experiences are left behind so as the related feelings with them. When we keep moving upwards, more experiences become unnecessary. Due to this the person's focus starts becoming more intense. Rest of the directions are left behind and only one direction remains there. When this direction gets focused on a single point then only one experience remains there and that is of the light. At this point one gets one with the

light. At the base one finds oneself being conjugated with a physical form and one feels that I am this body. So these are two completely contrast experiences. One is found at the base of the pyramid and another one is found at the top. So if we look through the spectacle of experiences and feelings then the journey progresses in this fashion only.

Why the Guru is so much revered in Indian culture?:

We all know the relevance of teachers to sustain the education system. This is the basic method of transferring knowledge from one person to another. It is a beautiful example of human chain that keeps extending and adding new people so that everyone becomes self-dependent and can help others also to get self dependent. If one wants to experience the creative satisfaction, knowledge satisfaction, self-respect, self confidence then acquiring knowledge is the single most important tool. To fulfill own hobbies one needs to be financially self-reliant. Providing own help in developing new technology and for taking help of other established technologies, one needs to be aware of it.

Similarly Guru is one who truly makes a person self reliant. To achieve it one needs to be receptive. One who is empty enough from within so that Guru can express oneself through that person. One who is ready to absorb Guru completely by trying to vacate as much space as possible within. Disciple considers oneself none & finds oneself empty. One who is ready to delete oneself from within so that Guru can fill that void. In reality just opposite of it happens. Guru makes the disciple progress towards unprecedented heights of consciousness.

The world has been suffering from over ambitiousness since ages. Earlier it used to be individual centric, now it has become ideological centric. However the essence of both remains the same that is excessive, unchecked ambitions. Such a person or ideology whenever gets immense strength of destruction, then it tries to bully or crush the weaker opponent. Invasion of one country by another, illegally occupying the land and terrorism are the results of such an extreme height of ambitions. World needs more avenues, where the energy could be diverted. Here the guru comes into the scene. Through the

Guru world comes to know that the energy could be accumulated and utilized for reaching those heights which are beyond the pervue of mind. These heights open up new dimension for human growth. This is an alternative & divine way to extinguish all those negative feelings that makes even emperors suffer.

Answers are not received from the books rather from the soul, who is the real Guru.

We don't ask that questions from others to get our answers. We often want to know that another one has something to say or not or something could be said on this point or not? It is just one of our assumption that if someone provides the answer we would get satisfied. In reality it is not going to happen. Others can provide few answers however they cannot alter our state of mind that keeps raising the questions. In fact our quest is to reach upto the question less state. No one can answer our questions in that way which our own soul provides. A satellite when placed on the earth can comparatively map only a fraction of the area, when it is placed in the geo-stationary orbit. When the satellite's height is altered and it is placed in the most appropriate orbit, It starts functioning with the maximum potential. Now it can provide many folds more information. Same is the case with the internal Guru as well. It means everyone wants to attain those heights of information and complete different experience. Till the time we believe that some other person has all the answers of our questions, we keep chasing that person. When we come to know that it is not about the person rather about the hight that one can achieve, then our whole direction of efforts gets changed. This is uniqueness of the Indian culture that puts onus on the person to search for the answers one has in the mind. This is about putting faith in the person rather than in his beliefs. This is about reminding the person that there is still untapped potential there, so it would be prudent to have it developed. It is about developing own internal aspects and putting them to work, so that this intellect and wisdom related dependency could be eliminated. It is not about adopting own way rather about exploring own way. The person is like Hanuman who has the potential however has forgotten it. Whereas the culture is like the aids of Hanuman, who reminded him of his own potential. When Hanuman

reestablished his connection with own potential then he was not dependent upon any physical machine to cross the sea.

The timing of appearance of disciple and Guru is same:

The moment Guru utters his first words that very moment the person gets chosen as the disciple. Guru is placed somewhere way beyond the duality. Disciple is just a seed on the grounds of nothingness. From this very moment disciple starts growing as a plant towards the Guru. In this very moment Guru blesses the disciple with internal motivation. Many a things we get to understand when we go through the experience. Without experience it is difficult to develop complete understanding about the topic being explained. One unique thing that is understandable about the disciple is the internal motivation. It is even unique for the disciple also. As for the very first time in the life he gets to experience such a profound current of internal motivation, which was not there before. The moment a disciple acquires own purpose of life that very moment, he gets this internal motivation to work upon it. This internal motivation is the fuel that makes the purpose take shape on the ground. One thing that keeps happening within the person, who works upon the purpose of life is his own internal development. This is like keep improving while one works. We know that more practice we do, more experienced we become. The journey of a sadhak is to become a siddha or realized one day. No matter how long it takes, the sadhak keeps walking. During this whole journey, sadhak keeps getting transformed from within. As during the phase of growing up, we keep acquiring new methods of thinking, behaving and working. Many of these conditionings become a stumble stone, when it comes to the internal transformation. Many a times one keeps working but doesn't find much changes happening. One of the reason is that we are not giving ourselves enough freedom to dilute own individuality and loose own unproductive aspects. Appearance of the Guru is such a happening which makes the person zealous towards shedding all those unnecessary tentacles that erupted over the surface of mind in the past. Now as the inhibitions are gone, disciple gets ready to be the change, to see the change.

Effect of Guru:

In the acquaintance of Guru, disciple comes to know that his real treasure is his own modesty. Modesty is such a virtue, which disciple cultivates in the presence of the Guru. Modesty is nothing just an abstinence from any kind of mental stimulation. It has nothing to do with any moral issues as well. It is just part of a package where the sadhak tries to stay away from any stimulation that can rejuvenate the mind. As the mind and the soul can not exist simultaneously. At any given point of time, either of them can exist. A sadhak tries to shift the power balance within oneself, that is why one makes all the efforts to make this happen. As the sadhak tries to work upon & activate the upper energy centers of the body, that is why one doesn't stimulate the lower centers. To activate any center, one needs to provide energy to it. Lower centers can become active easily just because of the effect of the gravity and a dominating mind that keeps pushing the energy downwards by creating thoughts, imaginations and exciting feelings. So the theory of making the higher centers active is same that of filling that glass with water is. A glass starts getting filled with the water from the bottom and it gradually moves towards the brink. If there is some hole at the bottom or in the middle, then water keeps moving out. In this case keeping the glass full becomes nearly impossible as it keeps losing the water. So all those talks of modesty is just related to keeping own energy upto oneself and utilizing it for the sake of experiencing that feeling that is associated with the highermost energy center of the body. Modesty is more of a social term whereas abstinence is more of a yogic term. Modesty is more of an individual centric term whereas abstinence is more of a process specific term. Abstinence is all about collecting all of your energies to have the experience that is not generally available when one remains indulgent and keeps spending energy for every available option. That is why the highest state of samadhi is known as 'nirvikalpa', Which means absence of all the options.

गुण- धर्म: Quality and natural duty:

Qualities: That are related to the material respect of every element. Every element and material has some specific qualities. Many a times material is known through these qualities. People desire that particular material and refer it to others just because of those specific qualities it possesses. Manufacturers and producers put emphasis on this qualitative aspect of their product. The corporate idea of having a chain of stores in multiple cities across the world is to have the same quality everywhere. They who value the quality, value these products as well. Same is the case with the natural elements. To exhibit all own qualities there should be an optimum range of environmental factors. As when these factors change, the quality also goes through the change. As far as the qualities of human beings are concerned they can be used to generate resources and provide it there, where they are needed.

The natural duty:

There is a basic difference between the quality and the natural duty. Qualities need optimum environment to keep themselves intact. Beyond this optimal environment qualities get altered. The ability to retain own qualities in a wider range of environmental changes makes the element qualitatively superior. As far as the natural duty is concerned, one retains them and keep exhibiting them, no matter how difficult the circumstances are. This natural duty is mostly related to the living or conscious element. As the environmental changes affect the matter most however the conscious element is immune to these environmental changes. It keeps sticking with own duty day and night, during summer-winter or rains. There are artists, who keep performing their arts from childhood to old age. Trees and plants keeps nestling ants, chipmunks and birds throughout their lives. Clouds keep pouring water, seas keep collecting water, mountains keep housing glaciers and forest, earth keeps producing grains, mothers keep carrying foetus in their womb. Executing own natural duty makes one immensely satisfied.

Qualities are there because of nature. Natural duty is there because of the conscious element.

Natural duties help one to make access upto the Guru.

Disciple is a continuous learner:

Disciple has to learn gradually that how one can gradually reduce own dependency upon various senses. Simple living is all about this aspect only. A disciple gradually controls own craving of good taste and selected cuisines. He selects such food that don't instigate the mind too much. It means he tries to avoid all those stimulants that enter within his system through the food. Whenever mind gets stimulated it starts producing thoughts, imaginations and feelings. Together they create an environment of compulsion. This competition prompts the person to take unnecessary decisions. Which ultimately induces the wastage of resources like time and energy. As a person becomes habitual of various kinds of stimulation, one unknowingly induces the development of mind. Mind has it's own way of functioning. Till the time it is there and functional, it keeps dictating it's terms. It keeps inducing various kinds of feelings and videos unnecessary thoughts that ultimately leads to overthinking and overindulgence. One might be living in a free country as a free person however one remains just a subordinate of own mind. This is the reason that every sadhak adopts a lifestyle that gradually decreases own dependency upon accepting stimulation through different sensory organs.

The yogic philosophy talks about the inner aspects that should be nurtured and which are the one that shouldn't be. Which aspect should be watered and which one shouldn't be. Where to invest own power and what should be eradicated? Yoga prescribes those procedures and methodology that can help one experience those feelings that are beyond the grasping capacity of the mind. So yoga talks about the next step that is beyond mind. So it is about exploring and developing an aspect of oneself that has the capacity to keep mind more tranquil and to have much clearer understanding about functioning off own mind as well as the conscious element. Having the next level

knowledge about oneself helps the one to strengthen own association with the existence during the lifetime rather than drifting away from it. This is done by bringing mind under own control so that time is not spent on only reacting with the surrounding.

There is no encroachment of mind between the Guru and disciple:

Whenever the person is under the effect of mind, this couple of disciple and the Guru gets inactivated. Guru uses the disciple's power for the welfare of the disciple. That is why whatever disciple inherits through the Guru is beyond the limits of the words. This is such a unique coupling between the two that till the time disciple is present Guru remains dormant. Whenever Guru appears, then there is no disciple there. Disciple gets dissolved in the Guru. It means that disciple and the Guru are not present simultaneously. Either of them are present in any given moment. This is what non-duality is all about. This state is something that is of beyond mind. That is why there is the possibility of inter- conversion. This means no rigidity no friction, no stagnation. Just the natural phenomenon of smooth conversion of one element into another, one state into another, one form into another form. This is what complete surrender and acceptance can do for the person. One who can transform oneself can reinvent oneself. This is how one keeps moving towards own center or towards own origin. This is the way to know oneself inside out. As this knowing comes through traveling and reinventing oneself. This knowledge is acquired through the journey. This transformation is attained through the process. Till the time one considers oneself a male or a female, one keeps looking for a partner. Similarly a disciple keeps looking towards own Guru, keep executing own duties, keep accepting the sufferings, keeps exploring oneself, keeps expanding own awareness, keeps learning from own mistakes and keeps moving and one fine day finds the emergence of Guru element. Then only one comes to know the meaning of Guru is Brahma, Guru is Vishnu, Guru is Maheshwar. Guru is the supreme Brahman.

The full moon night:

The new moon means full dark night. Fully darkness means full confusion. In this is state of darkness, one cannot see anything around and in confusion one cannot see oneself. Full confusion means full dominance of mind. In this state one keeps on wasting own time, efforts and energy.

There is a scientific experiment which proves that if the person start walking blindfolded, then in most of the cases one completes a circle and reaches near the point where he started. In this condition efforts were made but the resultant work is zero. This indicates the importance of guidance, navigation & clarity.

Full moon night means the presence of bright cool light which makes the darkness of night go away. In such conditions, one can see oneself and the surroundings. For the earth, moon is the medium of sunlight during the night time. Similarly for the disciple, Guru is the medium of light of existence. In the Indian culture listen night and full moon night has their own significance and often an analogy is drawn between them and the person's internal environment. Darkness and light are two existential factors. As far as the person's knowing is concerned, there are shadows of the darkness and light there. The way person feels, thinks and acts gets regulated by the extent of darkness and the light within. There are two different kinds of effects one gets to feel, when the person is under the effect of Earth's gravitational pull and when the same person goes to space. Just to have this experience, people don't hesitate to spend millions to become a space tourist. There are few people who got this experience of being in space till date. Although there must be millions who want to have this experience. All those people who have this expressions of being in space must have realized this fact that how different it is to be a human being on the earth and in space. Many of the habits and perceptions of people would be completely altered, if in future humans could arrange a colony somewhere in the space. Similarly when the person is in the periphery of the Guru and the self then one is a completely different person than earlier.

Teacher instructs the students whereas Guru provides the bhava to the disciple:

Teacher gives instructions to the students so that the discipline could be maintained and the curriculum can be completed. The ultimate thrust is on bringing good results. On the other hand under the guidance of the Guru disciple remains fully focused towards evolving and enriching oneself. A guru's work is focused towards working upon the quality as the disciple is not into any competition to register success. Rather he works towards self evolution. Winning competition is related to performing better whereas self-seeking is all about being better.

When the disciple receives the bhava or internal motivation, a new change gets introduced to the disciple's daily routine. It is just like a tributary of water joins the main current, That ultimately makes the main river more abundant with water and richer. That ultimately helps the whole region, which it passes through. This means when the person receives some internal motivation, whosoever comes in contact with the person gets benefitted in some form. It means the place where people have high qualities and higher virtues becomes prosperous and cultured.

Service is also a kind of internal motivation. Through which the person works upon the basic need-supply system. All that he wants to identify those areas where the need is there and supply is needed. The nature wants to sustain life. For this it produces the resources in abundance. It's her compassion that she wants it to be distributed among all so that the basic need could be answered. This nature's compassion gets exhibited through the Guru. Through the disciple Guru wants this flow of service to be resumed. Disciple is empty whenever he sees such things happening through him then he gets to realize that what are the attributes of nature and how does this whole universe helps the life to sustain itself. A normal person knows that what the mind wants. A disciple gradually comes to know that what are the values of the existence. This is how one gets to balance oneself.

Saroj, the divine lotus:

Discipline is present within the confines of Maya. Guru stands way beyond it. Sticking to the own natural duty and observing austerity

Continuously leads the person to gradually move in the direction of divine world. If one can have the wild side, then can't one have a divine side as well? History is filled with the examples of people behaving too wild and violently. Similarly history has a reservoir of those people, who had their divine aspect fully developed and functional. If some were able to do that then why can't others can? Only difference is that it is too easy to develop on wild side however it is comparatively difficult to develop own divine side. That is why violence is more prevalent and divinity is less heard. However there are people in every age, who exhibit the divine characteristics.

This means there is the possibility of 'Manoj', which means deity of seduction and there is a possibility of Saroj as well, which is the divine lotus. It means there exist both attractive looks and inner beauty in the world. Physical aspect and spiritual aspect both are there. There are hidden possibilities related to the animal kingdom and the plant kingdom. Solitude and herd both can happen. Existence and dominance both can be achieved. One can work according to the circumstances and keep shuffling or one can keep executing own duties in various circumstances. One can recognise own natural aspect and can work according to that or one can remain completely ignorant of it. Saroj, the divine lotus teaches that if you can stick within your natural confines and keep executing your duties then you can remain remain detached from it, while being in the world. Any circle of security can only help you, if you have full faith in your Guru and existence. When you know that they are incorruptible and eternal then you keep working on oneself and gradually keep improving your awareness. Then you keep emptying the space for divine light within. As you rest assured that if there is guru then there is the divine light and there possibilities for the Saroj, the divine Lotus to bloom.

Disciple knowing this fact that he is under the patronage of Guru, starts working towards transforming own mind, which is known as Sadhana:

Guru is internal that is why there is only one disciple. There is a path that exists between the disciple and the Guru. Guru is always fully committed towards the disciple. Guru is the always capable. In fact capability is synonymous with Guru. Guru is minute and seated in internal sky, like there are stars in the sky. That is why they are beyond the catching power of eyes. Just because of the Guru, disciple becomes able to move out of the illusion of Maya. As Maya and the Guru are seated into completely opposite directions. So if one travels towards the Maya then he travels away from the guru. Similarly if one travels towards the Guru then one is progressing away from the Maya. This is like moving away from the gravitational force of the earth. Guru works through the disciple. Such is the grace of the Guru that discipline gets the credit of this work and the progress. Due to this progress only, disciple gets to move against the attractive pull of the Maya.

As a normal human being, we often look for the inspiration that comes from some other person. When we find someone doing exceptional by keeping on focus intact, we get inspired from that person. Through that person only we come to realize that it is possible. Humans used to see moon shining up in the sky during night time. This situation remained as it is for millions of years. Then a moment came when humans decided that humans should reach up to that height. A lot of preparation went underway. Humans paid multiple visits to the space, gathered confidence and one fine day the leap has been taken. Humans finally reached upto the moon. Same is the case with the disciple. He knows that his Guru is like Mars. Guru is the conscious element, disciple is the conscious element and this gives the hope to disciple that this gap can be covered. This prompts disciple to work continuously towards realizing his goal. Guru is that long line that can only be matched by continuous growth and gradual abstinence.

Guru is like the grand banyan tree. Disciple is the one, who sits beneath it and practices meditation.

One who practices meditation knows the value of a grand tree that provides shadow, space and unhindered practice. The tree and the practitioner both are two different

forms of life. One belongs to the plant kingdom and another one is a human. Tree is so silent and immensely productive. The practitioner looks for the stability within. He wants to learn from the tree and imbibe his qualities. The practitioner wants to know that how can being giant and silent happen simultaneously? What is the secret and methodology behind it? As among humans, this trait is not normally evident. That is why the practitioner has to look beyond the humans to find the solution of his queries. That is why human goes to the trees to live with them, to feel the environment that exists around them, sit beneath them as silent as they are. This journey is of revelation and knowing. Disciple comes to know that happiness doesn't reside in body rather It resides in self. Another point is that as much as silent one becomes, development happens accordingly. Through this practice one comes to know that growth can happen beyond the body as well. Physical boundaries doesn't correspond to the spiritual boundaries. Both are independent to each other. Spiritual possibilities can be explored while being in the physical limitations. As both are different elements & both have got the possibilities in two different realms. One who opens the door of spirituality is known as Guru. Whenever this happens, mind comes to know that there exists a possibility to grow beyond as well. Which means there are more destinations to be covered. This is the journey of the consciousness. Whenever this journey progresses, mind goes through wholesome changes. This way a very interesting thing happens, which never happened before. Person comes to learn living without active intervention of the mind. Till now life only meant that my thoughts, my way, my dreams and my demands. This unique way of living is very rarely taught in the society.

This can only be observed in those very few people, who are way too engrossed in their work that they nearly negate their rest of the activities.

Guru is beyond the material qualities:

One who is not under the confines of materialistic limitations. The periphery where all the qualities exist is known as the dualistic field. Pure consciousness is beyond the duality. That only has the duty to execute. One who executes own duty perfectly,

remains in absolute confinement. The secret of absolute bliss is related to this perfect detachment.

Becoming aware of own duty happens upon attaining the Guru. If there is the quest, there is the practice. Practice is a trait of the disciple. If there is a wisdom, self awareness, hope and complete knowing then It is because of the Guru.

One might feel a bit puzzled about so much relevance of a Guru in Indian culture. As materialistic pressure like a wild elephant. To have control over this wild elephant, one must have a hamulus of spiritual wisdom. Buying a plane is not that a big deal rather having a control over it while flying is. Being resourceful is another thing and having a perfect control over the utilisation of the resources is a wise thing. As it can make or break many lives. If there is a want and there are resources, then there has to be a coupling between both of these. Wisdom is the coupling between both of them. That is why a wise king is an asset for the state and a wise Guru is an asset for any educational institution as well as the society. A wise king knows that the perfect utilization is much more important than having an abundance and having an earnest demand there. The first condition brings balance and the second condition brings a strong descentment and thus creates imbalance. Guru is such an element and he creates such an environment, which facilitates the origin of disciple within. Guru might be the opposite shore of the river however when he gives a call from there, the disciple becomes ready to form a bridge over the river to bridge the gap between the two. Presence of the Guru becomes such a magnanimous inspiration to move away from materialistic inclinations. This is about unhooking and liberating oneself through own efforts.

Guru is the one, who makes disciples understand his own value:

Before the person meets with the Guru, he keeps believing that whatever valueable is there, belongs to the world only. We have heard poets and singers singing praise of beautiful ladies and their physical beauty. We have seen people saying that if money is not the God, then it is no lesser than the God. So the mind gets programmed in such a way that it believes that only the beauty and the money are valuable. It means every

beautiful lady and handsome man is valuable and somehow making the loads of cash is necessary. The moment person gets transformed into a disciple, one gets to know that the most valuable thing In his whole package is the 'self'.

This is such a great revelation that from now onwards person needs not to run after the money and the beauty. Now one can sit with oneself and look within. Now one needs not to go through the experiences to make oneself matured. One can attain the maturation, the way fruits and grains attain it. Just by being stable and clear and not having any kind of distractions.

After realizing the worth of oneself, the disciple starts investing within. Now he knows the value of his most valuable resource that is the inner power. Now one knows the difference between the resource and the facility. Resources are inner, facilities are outer. Till this moment of realization, one used to believe that the resources are outer only. Which means they belong to the world. Until now, one used to believe that he is a part of the world. From now onwards one knows it clearly that there is a clear-cut difference between the world and himself. No one knows that only though physical body belongs to the material world, which is just a facility or a vehicle. This brings a major shift in the person's approach and the way one utilizes own resources. Now onwards one tries to share the facilities. As a person knows now that what to develop and what to facilitate. Earlier the time used to get invested in the individuality. Now onwards it gets invested in the self.

The moment of self-awareness is the moment of picking up the raw diamond from the mines.

Discipline is a raw diamond. Then a process gets initiated of converting a raw diamond into a polished one. This means it is a process of conversion of the eligible one into the capable one.

Rough diamond gets cut, polished and cleaned by multiple chemicals. So that the outer unnecessary part goes away and the inner beauty can come out. Inner clarity gets exhibited, when the outer roughness goes away. The best part is that the diamond is

ready to go through the process. Same is the case with the mud utensils. Potter prepares them, gives them the desired shape and then put them in the furnace so that they can attain the strength. On a certain temperature & in a desired time, it becomes ready to be used.

As an eligible students gets ready to go through the five years of education and training to have oneself converted into an engineering, medical or accounting professional. Similarly an eligible utensil remains dedicated to go through the furnace, so that it's shape gets fixed.

Devotion arises when one gets to see the beautiful side of the existence. Patience is gained through meditation. Till the time utensil is not prepared enough, potter keeps it under own watchful eyes. Whenever potter finds that the pot is ready now, he makes it available for the use.

Existence is that potter, who keeps preparing new pots and keeps them presenting to the world. If the pot is there, then there has to be a potter.

In the absence of the potter, there cannot be an art named pottery.

Existence, Guru and disciple are interconnected to each other. Guru is the one, who helps the disciple in fulfilling the desire of getting one with existence. If existence is the University, Guru is the professor. As the student has to fulfill all the criterion laid down by the professor to qualify. Same is the case with the discipline as well.

Guru brings the self awareness:

Guru initiates a normal householder into sadhana. He only let one know that what is supreme Brahman. At the same time, he only brings along the self-awareness for the one who gets initiated. Guru chooses the disciple. This decision belongs to the Guru that whether he wants to facilitate someone towards the path of sadhana? It's not the case that he wants to deprive someone. Although he chosen that one who is ready to walk the path. As this path is about bringing a whole lot of changes within one self and being more disciplined. One who walks this path has to live behind many comforts of life. This is only possible when one is willing for it and is totally devoted. This is only

possible when one takes the life just to fulfill own objectives. In this case one gets ready to walk most difficult paths in life. A Guru wants just that kind of a disciple and he wants to give a lot to the disciple. To receive all those knowledge, one has to be receptive enough. To remain receptive, one has to remain too focused. The relationship of a Guru & disciple is the relationship of heights and depths. Disciple has to attain the heights of the Guru. That is why Guru looks towards the disciple's nature and inclination. Before the meeting of the discipline and the Guru, the destiny works on the person's mental, emotional & psychological levels, just to prepare the one for the association. So that the person's association with those particular levels could be limited and one becomes more self-dependent than earlier. A rocket has to use all of it's energy in just one particular direction to achieve it's objectives. So before it starts it's journey, it has to work upon it's navigation first. The fuel can only help the rocket to reach it's desired orbit, when the navigation system is perfectly okay. Before the rocket lifts off, it's navigation has to be perfected, otherwise firing the rocket is no more than firing an unguided missile. That will create unnecessary nuisance only. If a person is clear enough right from the birth, then the destiny works on the person's navigation mechanism. Guru is the desired orbit, sadhak is the rocket, sadhana is the navigation and restrain is the fuel. Once the self awareness is acquired, a journey towards god's awareness gets started.

चिदानन्दरूपः शिवोऽहम् शिवोऽहम्॥

This line belongs to aadiguru Shankaracharya. In which he is describing the level achieved by him through his spiritual pursuit. As it is about gaining the heights and reaching upto those levels, which are beyond the limitations of mind.

As the one keeps gaining the height, he keeps discovering something new about oneself. This discovery helps the one to turn many pages of the book of oneself, go through them and let all know about it. As we are not here to look into the past and look forward to rather to look into ourselves. Many mysteries that exist around us and in our minds get resolved, when we turn few pages of the book of self. Like Shankaracharya

got to know about Shiva, when he went within one self. In this line he says that I am a blissful consciousness and that is Shiva. It means that Shiva means that particular height of consciousness, when it is fully blissful. This means Shiva is a milestone in the person's journey towards the existence. This lets us know that there is a immense possibility within the person to keep reinventing oneself. As through our efforts our identity gets converted into individuality similarly the conscious element within ourselves has the ability to go through transformation and get converted into a completely new element. This is how all the previous perceptions are left behind and a completely new picture emerges. This means the conscience element has the possibility of expanding into multiple dimensions and in every dimension it gets to adopt new identity. That is also a possibility of retracting back to the original position, where it remains in its very nascent and purest form. This means external development and internal transformation both are there and both are possible for the person. The word spirituality belongs to the conscious element within. All the internal possibilities and the facilities are related to the conscious element only. Our internal world belongs to this element. All those people who work on this element, get to reinvent themselves.

Guru is the spiritual father:

During the ancient days in India guardians used to handover the children to the Guru, who used to make children's ethics, values and virtues stronger. It is about laying the foundation stone, that will support the further development of life. Making the children capable means making them able to distinguish between water and milk. It means looking at the things through the vision of conscience. This makes a person capable of deciding that which decision is helpful in keeping my inner environment blot-free. This helps the person in taking the right decisions in life. The tree of life produces more fruits of creativity if the roots are there in the sound ground of spirituality. This kind of life is much more useful for the society. It is like having a clear cut demarcation between the software and hardware of the life. In the later phase of life when the person is done with many of the desires, demands and duties, then often some people look towards the

spirituality for gaining the deeper meaning of the life. It takes lots of effort as one has to unlearn and delete many of the previous learnings, ideologies and way of functioning. A children's mind is very pure. It can grasp the concepts of spirituality more comfortably. This makes person capable of retaining the awareness throughout the life. This awareness gets reflected in the person's actions & makes them much more refined. Living the life in complete ignorance is entirely different from living the life with awareness. This makes a person much more resistant to being carried away by the strong currents of mind and senses. Having a much clearer understanding about oneself is capable of taking more right decisions and keeping the flow of life in right direction. Making the materialistic building on the spiritual ground provides it a divine design. An external Guru of the child encourages them to attain their own internal Guru. This way the children doesn't remain dependent upon their physical Guru. They also come to know about this grand event that can happen during the life. This provides them an inspiration to work towards it.

Finding someone on the grounds of consciousness is called having found a Guru.

As there are guardian in the family, similarly Guru is the guardian of consciousness. In the physical form guardian are there in the confines of duality. Similarly the guardian of consciousness is present in the realm of duality. As far as numbers are concerned, in the physical form, they are many. Physical forms are too diverse. As nature finds a lot of possibility to exhibit herself in multiple ways so as far as the color, built, form, shape, sizes,types and patterns are concerned diversity is immense. Among this vast diversity, there are few with whom we can relate easily. As people live in an interconnected manner, so in any group there are guardian and wards. There is a big population outside of this is small group that is considered others and one doesn't relate with it. In this small interconnected group, there are guardian and there are teachers and both have their own particular duties. When we talk about the realm of non-duality, there is Guru and there is a destination. Both of them are like mountains. One needs to continuously develop oneself to touch those heights. Meeting someone at the level of

consciousness means meeting happening beyond the confines of physical limitations. This clearly means that Guru is invisible and internal. As a plant continuously reinvent itself by producing new leaves and shedding old ones. Tissues reinvent themselves by producing new cells and discarding the old ones. Same is the case with the mind as well. For internal progress mind has to reinvent itself by attaining new heights and the vision. As all the mental rigidity is related to holding the existing ground too tightly, which makes it nearly impossible to attain new heights. Rigidity drives the lateral expansion, thus it is averse to the vertical growth. As to attain the new height one has to leave behind the old one and make oneself compatible with continuous growth. Reinventing oneself and re-defining the vision and reoccupying those heights that has been left by us only is the continuous pursuit of a disciple.

Dharma or the divine duty is attained, when one is initiated by the Guru.

So till the time one is devoid of the Guru, one remains clueless about own divine duty. Till that time one might keep praying and believing however that is not Dharma. Dharma is so individual that even the life partner doesn't come to know about it. People can see its effect but can't see it. Whosoever attains it, doesn't talk about it. As it is like a mission and disciple starts working upon it. Its importance and utility cannot be explained nor anyone would be interested in knowing about it. This is a nectar that can be enjoyed in the solitude. A bud that flowers in the solitude. It is such a topic that neither can be debated in the society nor in the personal conversations. Executing own divine duty is what makes the life purposeful. It means attaining the Dharma makes the life purposeful. Through executing own divine duty one gets to understand the divine world. Choosing a human for this duty establishes the link between the humans and the divine aspect of the existence. It ends our seclusion and opens the doors of inclusion. It means that humans have this potential of elevating oneself above the material world and thus get to know about the different dimension of own being. So there is a possibility to get rid of the seductions and the related problems like anger, fear, fascination & greed. When one wants to move towards love then existence prepares a

disciple and then the Guru is made available. This is a complete process of converting a rock into a beautiful masterpiece of art. So it requires a lot of time, it involves a lot of complexities & it needs unflinching dedication as well as an acceptance towards whatever process is designed for individual. A disciple keeps moving towards the Guru without making complaints. Guru knows the difficulties however he keeps checking the patience of the disciple & keeps pushing his limits further. A student may not be disciplined enough but a disciple is.

जब गोविंद कृपा करी, तब गुरु मिलिया आई।

Guru establishes the contact with the disciple, when one is blessed by the God.

Whenever the lord is happy with the one, he makes this gift available to the person. Under the guidance of Guru, one starts working upon oneself. Circumstances work in such a way that a person is converted into a disciple. These circumstances bring discipline in the life. In the moment of appearance on the Guru, person gets converted into a disciple. A process gets initiated in which the disciple starts working upon oneself and guru starts working through the disciple. All the divine things happen through this process only. Realizing oneself is like a blessing of the almighty. As this one event brings a whole lot of changes in the person's life. A normal and regular life becomes purposeful. It means a barren land becomes a garden. Realisation brings a whole lot of creativity and productivity along.

Kabir Das wrote this line after going through a process of realization so he could exactly find the connection between the existence and the Guru. If we broadly classify the knowledge, then it can be divided into two parts. That are material and spiritual, invisible and invisible, read and self attained, taught and self-known, memorized and realized. For all the material related knowledge, one needs a teacher. One needs to read books, memorize the facts, activate own intellect and do some research. Teaching explains, shared own experiences, demonstrates and conducts the practice sessions, so that the first hand knowledge can be transferred to the students and a level of confidence could

be built up. On the other hand Guru encourages the disciple to grow oneself and try to attain the height of the Guru. He is just like a lighthouse at the shore that gives hope and direction to the approaching vessels. As the disciple develops oneself, he starts gaining the information spontaneously. A Guru wants to make his disciple independent.

गुरुर ब्रह्मा, गुरुर विष्णु, गुरु देवो महेश्वर।

गुरु साक्षात् परम् ब्रह्म, तस्मै श्री गुरुवे नमः।

Guru is brahma, Guru is Vishnu, Guru is Shiva. Guru is the supreme Brahman in visible form. I bow down before my divine Guru.

This can be explained as Shiva is my Guru. Vishnu and Brahma are my Guru or the field of Guru spreads from Shiva, Vishnu, Brahma & upto the supreme Brahman. One starts getting guidance from Shiva and this series of guidance keeps helping one until one gets to merge with the supreme consciousness. My Guru means my divine help, my divine guidance, my divine assistance and support. Guru makes one aware and travel to the hidden realms. One gets to explore the unknown dimensions of being, only one gets initiated by a Guru. Here we are talking about the inner Guru. Which means that Guru who remains hidden from any other person. Everyone gets to connect with him within only. He is the one personal coach. This existence makes available a personal Guru to everyone. One gets to know about the inner extension, vastness and infinity through him only. The moment of one gets to meet the Guru, one goes through the inner transformation. This is one midas touch that one gets to feel within oneself only.

Guru is the one selfless form of consciousness that extends support to the human consciousness. It is said that one needs to get the help of a Guru to make progress in spiritual world. This is just because that Guru is the one who welcomes and opens the gate of the divine realm for the person. Guru makes few essential confusions about oneself very clear. Eliminating them makes the picture much clearer to the person. This

makes one aware of a completely unknown branch of oneself. Which was always there however person didn't know about it. As a teacher makes the concepts clear Similarly guru makes own vision clearer. Clear vision means clarity of thoughts. Sometimes the thoughts itself get cleared and make one aware of the inner silence or peace.

मंगल भवन अमंगल हारी

द्रवहु सुदसरथ अजिर बिहारी

अर्थ : जो मंगल करने वाले और अमंगल हो दूर करने वाले है , वो दशरथ नंदन श्री राम है वो मुझपर अपनी कृपा करे।

Mangal bhawan, amangal hari,

Dravahu sudasrath ajir bihari.

Meaning: O son of dashrath, Rama! kindly bless us, as you are the one who melts the rigidity of mind & make the darkness go away.

Here Dashrath means that one, who is present in all ten directions. Which means universal consciousness. Rama is considered an incarnation of that supreme being. In other words he is the grace of that supreme divine being. As he is filled with Grace, so anyone who comes in contact also gets the share of the divine blessing. This divine Grace has the capacity to make the mind fluid. It can break the rigidity and stagnation. When the box gets uncovered, the gift becomes visible and it can be utilized now. It also means that we have to develop awareness towards our own ignorance. This makes us capable of having a better understanding about our own stagnant aspect. Amangal means being ignorant about our own awareness. Divine grace is not always comfortable and pleasant. It may bring hardships and make one go through difficult experiences in life. However this is for sure that divine grace hastens the process of getting the mind transformed. A grain seed has to go through a grinder and later through the fire to have oneself converted into a piece of bread. This whole existence is so much fertile and

capable of making one's innermost desires come true. If one dearly longs for comforts then one would definitely get it although in this process one unknowingly slips under the darkness of rigidity. Meera a famous devotee of Krishna, once said that she didn't know that it is going to be that tough. This is also a fact that no matter how tough it would have been but it made Meera achieve her objective of getting one with Krishna possible. She's like a lighthouse for devotees. The devotional poetry written by Meera is sung till date.

हरि अनंत, हरि कथा अनंता।

कहहिं सुनहिं, बहुविधि सब संता॥

Hari Anant, Hari Katha ananta।

Kahahi sunahi, bahavidhi sab Santa।।

Lord is limitless, so do all the talks related to him. All the saints recite it and listen to it in multiple ways.

It means the one who is endless, talks related to that are also limitless. All the saints recite it in their own particular way and that is why, there are multiple stories and explanations related to him. This famous couplet is from Ramcharitmanas by Tulsidas. One who wrote such an epic is saying that my version of describing his story is there however there are many versions that also describe the beautiful stories related to the Lord. Which means my story and my way is not the only way. There are many. So all those stories should be accepted. There have been stories in the past and there will be new stories in the future. There has been definitions in the past and there will be many more different kinds of definitions and versions in the future. People connect with their contemporary people in their own language and description based on cultural background. Wisdom keeps redefining itself according to the changing time. This means reinvention and restructuring is a part of nature, which applies on the dialogues related

to the Lord as well. Thus his stories keep floating in all the times. In different parts of the world, it is recited in different ways. The world is so diverse, so do the stories related to the lord are. Copyright of the dialogues can be done but there cannot be the copyright of the lord.

It is a futile effort to claim own dialogue as the only authentic scripture. As the one who is interested in making the claims, is not interested in imbibing the scripture. Lord cannot be attained through making the claims and having the debates and conflicts over it. As the scriptures related to the Lord are so deep that one can keep diving in it and keep calibrating as well as improving oneself according to it. As there is a vision associated with every wisdom byte. Proving own point is worthless, improving oneself is priceless.

Samadhi:

The meaning of samadhi in English is solution. One who is silent at the level of mind, is under ambit of solution at the more deeper level.

One who remains silent, might be going through mental overthinking. At the same time one who is in conversation with someone, might be mentally silent. "Maunam sweekar lakshanam" or 'Silence is a symbol of acceptance' means that silence is a symbol of self. Silence likes the drape of self. Acceptance means whatever circumstances life offers, one accepts them considering that they are helpful in attaining own objectives of life. In Indian culture heaven is a fancy word while samadhi is a more realistic, attainable and earnable state during the life. A unique factor about samadhi is no third party is involved in deciding that one would attain it or not nor It is attainable post life. It means no element of suspense is related to it. It is just one of the objectives of life, just like education, earning, family life & own duties are. Which means one can attain it during the life and can even explain about it to others what own experiences are. That is why it is more common word among the masses than any of the heavens. It is often reminded in the western society that a bird in the hand is worth two in the bush. So samadhi is that one bird. If one has the solution, one has the clarity. If clarity is there

then one can utilise the opportunity of life to the fullest. Doing it is no less than earning a heaven on the Earth. It means you didn't wait for the heaven, you just made it appear on the earth, at least for one self. Another important thing is that one needs not to be a follower to attain it, one only needs to be a doer or a seeker.

This state is neutral to social religions so one who don't associate oneself with any of them or is not ready to be a follower can also attain it. As it is so much about oneself and own connection with the almighty. This means it is open for all, available for all. It is a journey of moving away from the social identities and moving towards the self. One needs not to go through loads of books and memorize them to attain it. One only needs to move from own outer circle to inner circle.

Peace mantra:

ॐ द्यौः शान्तिरन्तरिक्षं शान्तिः,

पृथ्वी शान्तिरापः शान्तिरोषधयः शान्तिः।

वनस्पतयः शान्तिर्विश्वे देवाः शान्तिर्ब्रह्म शान्तिः,

सर्वं शान्तिः, शान्तिरेव शान्तिः, सा मा शान्तिरेधि॥

ॐ शान्तिः शान्तिः शान्तिः॥

Om dyauh shanti rantariksham shantih

Prithvi shantirapah shantih

Oshadhayah shantih Vanaspatayah shantih

Vishvedevaah shantih Brahma shantih

Sarvam shantih Shantireva shantih

Saamaa shantiredhih

Om shaantih, shaantih, shaantih!

May peace radiate there in the whole sky as well as in the vast ethereal space everywhere.

May peace reign all over this earth, in water and in all herbs, trees and creepers.

May peace flow over the whole universe.

May peace be in the Supreme Being Brahman.

And may there always exist in all peace and peace alone.

Om Shanti, Shanti, Shanti to us and all beings!

Can peace be any sect, cult or belief specific? Can it be related to any particular God, prophet or Messiah? Can it be specific to any geographical location, gender, race or color? In reality it is everyone's specific. Everyone wants to have it when one passes through the mental, psychological and emotional turbulence. No social religion can give it to anyone. It only happens when person decides that he has to move on to the next level and gets convinced to take off the focus away from the existing one. Thus only the individual can provide it to oneself.

Peace and development co-exist and are mutually inter-dependent. This means that development gets hindered whenever the peace gets broken. Self development is a natural process and peace is an eternal attribute of nature. That is why indulgence and peace can not go hand in hand. One has to withdraw itself and make way for another. Culture doesn't guarantee one a place in the heavens or an offer to be saved by a Messiah. It encourages one to work on oneself and earn a life free state. It encourages one to focus upon the bondages one lives with and then find one natural way to grow out of it. It means everyone has to help oneself and that too during the lifetime only. Valuing peace means strengthening everyone to stand up on own feet. When one marches towards the peace, then one has to renounce many mental curiosities, attachments and tendencies. Which means it is entirely dependent upon the person's own will that what he wants. One can stay put with the existing scenario and can march ahead as well. Which means existence and it's whole setup can only help the person, when person is ready to move ahead. Krishna says that the moment you renounce or get convinced to move on to the next level, then you open your games to the peace.

Ganga originating from Shiva's lock of hair:

There's a well known word in the Indian culture known as 'Akasha ganga', which means Ganga in the sky. There is a description in mythological stories about Ganga originating through the Shiva's lock of hair. This Ganga which has the connection with the sky is known as Akash-ganga. This means the shiva, the flow of power called Ganga and the sky are interrelated to each other. It means the flow of power that remains confined within the peripheries of the body, can be elevated upto the sky through a channel.

There is a message in it that if One becomes able to develop the virtues of Shiva then there is a possibility that one can give birth to Akash Ganga through one self. This indicates towards all the possibilities everyone possesses, when it comes to the divine or the spiritual world. As it has nothing to do with the social hierarchy or the capabilities. Everyone is equally potent and capable of developing own inner virtues without complaining of any discriminations. Ask it doesn't require any social resources and rights. If the person is dedicated and determined enough then all the resources one needs for spiritual development are already being supplied by the existence to every person. It means the way to Akash-Ganga goes through within. One who is able to go deep down within can raise own consciousness in the sky through internal power called Ganga.

On the earth the river Ganga goes in and get one with the sea. The internal Ganga goes up and gets merged with the universal power and this association is known as Gangasagar. It means that Shiva and the Shakti can make this happen for any person as they are there in everyone. No physical body can be constituted without their presence. Their presence also highlights a point that everyone is spiritually connected with the existence. This facet of the person may or may not be activated however it is there. That is why everyone has this possibility to go through awakening.

One can get to understand about the family life by observing Shiva and Parvati:

Family Life is a package which one becomes a part of and many times one remains clueless about its objectives in the life. From considering it as my unit to just a duty, there are various ways of looking at it. Either one becomes too attached or indulgent in it or remains content and consider it an essential duty of life. Family is an opportunity to support each other and giving children an opportunity to come in life and develop oneself according to own true nature and try to achieve the objectives of the life. For a male it is an opportunity to help the female attaining & experiencing motherhood. Motherhood is like a peak for females to scale during the life. As it is a difficult process so she needs someone who can extend support and take care of her. Apart from this particular phase, females are exceptional in extending the support and warmth towards their husbands. Most of the time they do it pure dedication as females are a close representative of mother nature on earth. As mother earth delivers plants, grains, fruits flowers and trees, similarly females facilitates a body to a soul. This is a pure divine function that happens during the lifetimes of females. As the later phase of a person's life is full of the activities that demand being careful, active and vigilant so parents make sure that the first phase of the life remains carefree and full of nourishment to their children. So that children can prepare themselves better for the active and interactive phase of life. This is no less than a divine duty for parents, when they get to understand and express their natural aspects more deeply. Shiva fulfills his duty in a complete detached way and Parvati in a complete dedicated way. This detachment and complete dedication create a divine effect. Shiva is the highest form of yogi and Parvati is the purest form of power. It means the same experience that feels emotional at the surface, is purely loving from deep down within. It means through family life one can draw a distinction between liberating love and binding emotions.



If we try to explain the Indian culture in a simplified way, then it would be based on those regular ancient wisdom bytes, couplets, festivals, philosophy and their overall effect on people's way of life. In any part of the world, children grow up observing, listening and feeling the existing culture of that geographical location. It ultimately leaves an effect on their mind and nature. One of the reason of people keep visiting different parts of the world is to observe and absorb from different existing cultures. Learning, knowing and evolving are an essential part of human journey & culture plays it's own role in facilitating it. Simplified way is that way, which doesn't come from the books rather it comes from the life.