



FROM
PASSION
TO

SPONTANEITY

SHUNYO

From Passion to Spontaneity

Shunyo

Registration Number : L-102112/2021

All rights reserved. No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical including photocopying, recording or by any information storage and retrieval system, without permission in writing from the publishers.

Website : shunyo.in

Email : info@shunyo.in

Publisher : Kishlay Gaur, Kotwali Road, Deoria,
274001, India

Contact No. +91 7084598114

PREFACE

From passion to spontaneity is a transition from one domain of life to another.

This transition is a milestone of the life as it holds the capacity to change the course of life altogether. Such is the extent of this change that the person gets to see a complete inversion of his life's force. Whenever this happens, change gets converted into transition. Through which, the person gets to know about the precious hidden aspect of himself and the existence.

From Passion to Spontaneity

- * Nature is self-sufficient, self-corrective, self-healing and self-sustaining. It doesn't need brain to help her.
- * Many people believe that God lives at some other place in the cosmos or in the heaven & we are completely cut off from him. If at all there is a possibility of meeting the god, that is after the life. That's why they try to ferociously follow the religious scriptures and their explanations through their understanding. At the same time people try to impose their belief on others as well. This is how we undermine this world. The show of life is being run here by visible nature, so how come this place could be inferior. This place may not be absolute however it is not devoid of God. All the dimensions of life, exists because of him only. His form and manifestations may vary in different dimensions. He is the common element in this dimension and the rest of the dimensions. If he is not being seen here then how come it would be possible to move on to the next dimension? If one is clueless here then how come he will be able to enter the world of clarity and light after the life. One should be fully grounded, if one wants to take the leap. Slippery legs cannot to take the perfect jump. So, the difference between the illusion and the reality of this world has to be known first, before we move on to the next level. This is how we qualify, elevate & transform ourselves.
- * Eat, drink and be merry. This proverb could be understood in two ways. Mind and conscience explain it in two different ways. As the perception and truth of happiness is different for mind and consciousness. For the mind, it appears to be conveying that eat and drink, whatever you want and like and

be merry. Just don't cut on eating and drinking because this may reduce your happiness as in this way, you would be suppressing the choices, made by yourself. We keep on doing this until we see its consequences. Mindlessly gorging on food starts ballooning our bodies and unsettles its parameters and metabolism. This is a classic example of how much injurious the incomplete information can be to us and to those who propagate and mandate this philosophy. The implementation of this philosophy goes on until we get a wake-up call in the form of some serious health problem. So, the full message is eat, drink and be merry although over eating and over drinking makes you heavy and sick.

Whereas conscience believes that food is to sustain the physical activities and nourish the body. As well as content of power should be adequate enough to replenish the power within the body and should be enriching for the soul as well. Conscience is not only selective in the type & quality of the food however it's amount as well. Apart from its flavors, do check how healthy and nutritious it is. That's why conscience suggests that fill half of your stomach with food. One fourth with water and leave rest of the area for the air.

- * We build our lives around the gifts that are given to us. Gift amounts to a living being. When we get a partner, we start building our lives around them, considering them as gifts. Next come kids. They are also the life within the body. Now we weave our whole life around them. Things we are born with (intellect or talent) are considered possessions. They are not considered gifts given by nature. Gift is something, which is received later on. Barring the few, all of us want these gifts. Even the most talented and bright guys look for these gifts in their lives. People who are powerhouses of talent and

intellect, also express keen interest in conjugation with other lives or gifts of life. Very few people are there, who are so much engrossed in their respective works that they unfollow the regular pattern of living life. Their work provides them the utmost satisfaction that's why they don't go after these gifts, which are present around them.

* One can either be responsible or natural: Responsibility originates from mind, naturality comes from nature within. Having one's own family mandates taking responsibility. Nature considers the whole world one family. Indian culture encourages people to gradually become natural as the age progresses. This is what the core principle of Ashram system or Ashram Vyavastha is. It wants to evoke the nature within the person. It encourages the person to move out of the clutches of own mind. Responsible living is careful living, natural living is carefree living. Basic difference between a house-holder and an ascetic is that a house holder is attached with his home whereas for an ascetic home is where, he is. For a house holder, attachment is imperative whereas for an ascetic, love is the way of life.

* Dumped energy is bad energy:

Dumping of energy happens in the form of matter. It is like a warehouse, full of ammunition, which is inflammable and potentially harmful.

* A famous Indian proverb says that 'arise awake and acquire wisdom': Arise means let the consciousness arise within your body from lower centers towards higher centers, from the pelvis to head, from earth to sky. Awake means, awake for the eternal world, which is present around us. Eternal world does not change with time. It is same in all epochs. Every morning we open our eyes to that world, towards which our mind is inclined. There are

two worlds around us. One is eternal, constant, peaceful and is governed by nature's cycle. Another is momentary, perishable, restless and volatile. Mind is focused towards this world. Consciousness is focused towards first one, which is the eternal world. All the informations related with the eternal world are known as wisdom.

* Why do we feel devoid of love?

We make relations and keep searching for love in & through them. We stay away from the love, which we search for, unless we reconnect ourselves with the existence. For that, ego will have to be destroyed anyway. Love can't be replaced either by attachment or lust. Love is imperative for our soul. Existence is the reservoir of the love, which we search for.

* What we are looking for?

We look for the clarity within; we are under compulsion to live with our confusions. This compulsion is exerted by our own impurities. Any outer force can restrict us, although cannot make us confused. Confusion is our own creation. Clarity is polarized while options are diffuse. Mind looks for options. Compulsion is within, which is created by the mind whereas restriction is outer. We are physically restricted in a physical body, which could further be restricted by various factors, which exists around us.

* How solitude is helpful for us?

We go to the world to gather the data. However, analysis of that data is done in solitude. In the crowd our understanding works for us. That's what drives us there however in solitude the power of conscience works on that data to extract the clarity from it. Grass goes within the cow and in solitude it gets converted into milk, which is beneficial to the calf and the humanity. There

are a lot of activities happen on the screen, mouse and the keyboard however processing of the data happens within the CPU, which remains in solitude.

* **What is hope?**

* Life is like a station; hope is like a train. A tattered station with incoming trains is better than a plush station with no available or expected trains. In the life, not much is lost, if only resources are lost while the hope is intact. Having resources with no hope is like sitting on the station with all the luggage packed, with no train to arrive or depart. Less luggage with lots of train to catch is a better situation than lots of luggage with no train to catch. As station is not the destination, similarly life is not a destination.

* **What is the disease?**

* Obstruction is disease, flow is health. If food gets accumulated in body, it creates obesity, which gives birth to many diseases. Obstructed intestine creates constipation, obstructed urine creates toxicity within the body. Retained gases creates flatulence. Retained excess energy leads to increase in vital parameter above normal and fuels mind to create excess thoughts.

* **Solitude and Loneliness:**

When solitude is coupled with mind, it becomes loneliness. When mind gets deleted from loneliness, it becomes solitude. Loneliness pinches, solitude nourishes. Mind runs away from loneliness, consciousness runs towards solitude. Loneliness hurts the mind, solitude enriches the soul.

* **Difference between hope and expectation :**

Hope is innate, it is related with inner world, whereas expectation is related with surroundings. Everyone carries a hope within. Expectation has two outcomes, either fulfillment or unfulfillment. Hope has just one outcome

that's it is being realized. Expectation has its outcome within the duality, while hope leads one to, gain exit from duality. Hope is that hidden element that drives us to the absolute. Hope keeps us moving even at the epitome of success and satisfaction. Hope gets finally realized, when the person is self-realized or one gets self-realization, till that time hope remains burning and propelling. Till the time, light doesn't appear within, hope gets going. In the moment of self realisation, hope gets converted into the light. When expectation is not met, one becomes upset or angry. When hope gets a setback, one becomes sad or gloomy.

* **What is the message behind take care?**

Life thrives on balance, take care means look after the balance. Eradicate the causes of imbalance and make sure the balance is maintained. It means while training your guns towards your objectives, don't forget about your safety & the health. It means while going after the achievements, don't let your earlier connections and relations drift away. It means that don't take things lightly, pay proper attention.

* **Who wakes up?**

The seer within oneself wakes up. At the moment of waking up, the actor within goes to sleep. Like when the day wakes up, night goes to sleep. The seer sees the picture of life in totality. For the actor, the moment of his act is important because he has to perform perfectly in that very moment, whereas the seer sees the nature exhibiting herself through the actor. Seer sees the act, as the actor within him disappears.

And what he sees?

Seer sees the complete picture. Like a coin, any picture has two aspects, visible and hidden. At a waterfall, the visible picture is that water falling

down and flowing further down after getting collected in the pond. Thing which is not visible, is the water evaporating and going back to atmosphere. Fall is visible, evaporation is hidden. Actor can see the fall only, whereas the seer can see the complete cycle, which involves the fall of water & rising of the vapours. Which means the visible & the invisible part both.

* Stability exhibits flexibility while instability exhibits rigidity.

* **What about sufferings?**

Mind creates ego. Sufferings break that ego. Building up the ego and break down of ego, both keeps on going in this world only. That's why both offerings and sufferings are visible in this world. This is also a fact that mind keeps tracking the offerings, at the same time it keeps skipping the sights of sufferings. Till the time we value the offerings to us, mind keeps fuelling our ego.

* **What about ego?**

Ego is produce & effect of the mind. Mind makes the person addicted of Ego. Under the canopy of ego, mind keeps surviving. Ego is deeply rooted. it exists on four planes,. 1. Physical 2. Mental 3. Emotional 4. Psychological.

Ego and sufferings both are present on all four levels.

* **What about change?**

Change happens at two levels. First outside and second within. When nothing is changing within, mind looks for a new day to make changes outside and around us. Mind wants to sustain the profitable changes and curtail the loss-making changes, which happen outside. The last thing mind wants is to change itself. Motive of Yog, is to have change within. When

change happens internally, outer surrounding starts witnessing the effects of the change. These effects motivate others about their own internal change.

- **Liberty and freedom.**

Liberty means no compulsion of indulgence in inner vicious cycles. We repeat multiple things everyday, just for the sake of abiding with the subconscious beliefs. These cycles drain our power daily. We don't even know that we are under influence of them because we have been repeating them since we came under control of conscious mind and memory or may be, even before than that. Freedom is rising above the duality & becoming free from the bondages of nature. Getting rid of ego and identity, getting free from being limited. Trying to achieve self-realization while being under the influence of inner vicious cycles is like traveling on a bumpy and broken road, whereas trying to achieve self-realization post becoming free from the subconscious compulsions is like traveling on a highway.

- **Difference between being aware and awareness:**

Being aware means keeping an eye on the activities happening in the contemporary world. Awareness is not interested in activities of contemporary world. It is related with being seated in self. Awareness is about being contained, it's about being comfortable with self. It's about knowing self and own connection with cosmos & the existence. Being aware is related with mind and senses, whereas awareness is related with consciousness. Awareness remains seated in present. Present is all about nature. Both external and internal one. Present is neither about individuals or individualities. It is about traits of visible and invisible nature and their exhibition happening in the contemporary world.

- **Difference between Normal conversation and Satsang (Satya-Sang)**

Normal conversation generates emotions like – Excitement, smiles, grief, sorrow, assurance, satisfaction, frustration, fear, disgust, anger, like–dislike, appreciation, praise, etc. If nothing of them happens during the conversation, it is termed as boring. Surrounding offers variety. Variety evokes excitement. Satsang doesn't offer any excitement. It makes the person uncover his own Bhava, which is 'a stable state' through wisdom talks, devotional songs, reciting sacred scriptures, meditation and spiritual counselling. Bhava is present there beneath the emotions. Satsang just helps that bhava to come to the fore. Bhava is not offered from outside, it is already present there within everyone.

- **Difference between Suggestion and Request:**

If one follows suggestion, he will oblige himself. If he accepts the request, he obliges the one, who is requesting.

- **Difference between Confidence and Over-confidence:**

Confidence is about the assurance of good performance. Over confidence is being assured of results.

- **Difference between Living and Non-living:**

Non-living has Matter + Energy whereas living has Matter + Energy + Power + Soul. Non-living things are powerless. Power encapsulates the soul.

- This is how we utilize our time. Either our attention will be on maintaining the lifestyle or our focus will be on to understand and know the life & the self.

- Everyone & everything, who are with you, just because you respect them , are temporary and detachable. This means that all those things which are with and for you without any benefits are eternal.

- Period between birth and departure is called survival period. Survival period has two parts associated with it. Quality and quantity. One's internal power and science work in tandem to maintain the quality and quantity of life. One should not consider science as a different entity or break away from absolute or existence. It is just an expansion of God. Just a new dimension of knowledge.
- Interest converts any project into enjoyment. Neutrality converts any project into responsibility, which has associated perks. Sometimes people do things, just for the sake of associated perks. When a person does not have interest in the work, nor the associated perks, then work becomes a liability. When one is uninterested in the work, which does not suit his nature, work becomes a torture.
- Spiritually only three things are present there.
1- Sufferings 2- Peace 3- Bliss.
- During the tender age and old age of person, people & society recognize mainly their stage and address them as the kid or oldie. Only in the middle stage or age, people recognize your individuality and address you accordingly. So, time starts breaking the very castle, which one builds during his lifetime and this degradation process starts as soon as one starts losing his health, position & effect and the castle gets a final blow, once the person departs. Now onwards one exists only in memory of related people. Memory itself is a temporary folder, which gets emptied finally .
- **Layers of self –**
 - i) Physical
 - ii) Mental
 - iii) Emotional

iv) Psychological

v) Spiritual

- With the evolution of life, evolution of emotions happened concurrently. Plant kingdom is least emotional, thus most emotionally stable. Different species of animals have different emotional levels. Emotions got further developed in humans. In most of the cases, they remain prevalent throughout the life although human incarnation also provides a chance to leave behind emotions and proceed towards compassion and love, which is the more stable and fulfilling state of being.
 - Expectations are related with own satisfaction. Success is the outcome of efforts. Satisfaction is its effect on us.
 - In the visible world, only one thing is eternal, that is freshness, which is the gift of mother nature, to other forms of life. Physically we keep getting older and lesser capable, our thoughts become older and redundant, our habits and addictions become older and vicious. Ideas are new as they excite us while the wisdom is fresh, that's why it calms us. As it belongs to the purity of one's internal nature.
 - During ups and downs of life, you look for the loved ones & a shelter. In moderation, whole creation looks after you.
 - You are very comfortable even without the body, refer to your sleep. It's your mind, who needs your body to use it as a tool for its experimentation. You don't need a tool, your mind does. You are happy and contained without any tool. Life is just a form of being. Just a manifestation.
- * Four pillars of self-realization –
1. Needful intake of energy.
 2. Flushing out the excess energy.

3. Reduced expenditure of power.

4. Increased intake of power.

- * Body is a transient biological machine. Mind makes it perform temporary and perishable works. Nature within us uses it for doing some stable & healing works. Consciousness uses it to do some timeless works.
- * Marriage is more of a responsibility than a relationship, particularly in those cases, where it is more of a social institution rather than the personal choice. Courtship period is the real relationship period as during this, couple is bonded by mutual choice & curiosity rather than any mutual compulsions of family, society & law. This leads the relationship into marriage, which is also a moral, social & legal responsibility apart from the mutual bonding.
- * Heart = Pure love
Heart + Mind = My love
- * Some people are Siamese twins by physical compulsion whereas most of the people become Siamese twins by choice, which means electing to be coupled with each other consciously. Not through the body rather by mind and emotions. Now, mentally and emotionally, they are not free anymore. Once they make themselves bounded with others, now they have to think and plan like a couple.
- * Pranayam is like road opening party, which cleans the road through which power and consciousness travels. Breathing exercises clean the internal channels, which lets the power flow smoothly internally. Obliterated channels are responsible for various addictions of our lives. Once the power starts flowing through their respective channels, it cleans our addictions, just

like flowing water takes away impurities along with it. Breathing exercises increase the content of power within the body as well.

- * Males assault upon other's ego and physical level, while females assault upon other's psychological and emotional levels.
- * Best way to emotionally assault anyone is to create emotional dependency first.
- * It is much better to get lost in light than getting lost in darkness.
- * Religion with ideology is like food with impurities. Food and religion work best, when they are pure. Like the food, religion should also be served in the fresh form. So, the person who is serving food or religion has a responsibility to keep them pure and free of contamination. Serving contaminated food and religion infested with ideology is a sin and crime. Food and faith work best when they are pure. People have faith in food and religion & people trust them, who serve food and religion. Food and religion are served on the platter of trust. Both have nutritious values. Serving the food is considered sacred because of its nutritious value and the fulfillment provided by it.
- * Rivers are unique, as they have a fixed direction. They tread a fixed path. They are predictable. This predictability lets civilization flourish along its path. Rivers are focused. Rivers reach upto the sea and get transformed into sea. Rivers shed their old identity and find a new larger identity. Water logging creates flood. Floods are diffuse as they flow in every direction. Civilizations don't choose to develop along occasional water logging, as they are unpredictable. Water logging appears and disappears. It harms the man made structures and ultimately perishes.

* Humans have potential to nourish a plant within. This is an invisible plant, made up of power and consciousness. Life evolved from plants into animals. So, when one is able to flourish his internal plant, then life comes to a full circle. This is a hidden plant. Many spiritual drawings show a lotus flower above the head. Which symbolizes this hidden plant. Lotus plant has this unique power to pierce through the filth to rise up and give birth to a flower, that's why lotus has been selected as the symbol of internal plant & spiritual attainment. This power makes this flower pious and that is why it is offered to the deity during the prayer. It symbolizes the internal power being offered back to the cosmos.

* Like the bodybuilders and models try to mould their bodies in a particular shape. Similarly, our inner self can be refined and made contamination free. Body builders hit the gym to achieve the goal. Similarly the yogis follow eight fold path of yoga as the tool to realize their goal. For them asanas & breathing exercises are the internal gym.

* **Self-realization is beyond these seven doors.**

1. Physical i.e. body

2. Mental (Success)

3. Satisfaction (Creativity)

4. Respect (Social)

5. Financial

6. Emotional

7. Psychological

• There is a strong relationship between physical and emotional levels. Both are complimentary to each other. Physical means ability to see, touch, talk and in some cases sexual relationship. Partners are connected with each

other through the sexual relationship whereas parents and offspring are connected through affection, mutual duties & morality. People involved on sexual level, may harbour emotional bonding. Intensity on sexual level is directly proportional to the intensity of mutual dependency & emotional bonding. People inclined and interested in physical and sexual relationships, tend to have more emotional behavior.

- At the mental level, problem is related with the outer world while at the psychological level, problem is within the person.
- Body has a beautiful face and an attractive outline. However, in reality its a sweat, poop and pee producing machine. Body provides two options, which are Karma and Kriya. Karma is for bondage. Kriya is for liberation. Karma is done under the influence of the mind while selfless and natural karma are called kriya or Karmayog.
- There is either peace or noise. Noise has two sides. Happy noise and sad noise. Verbal noise and mental noise. Whereas peace is just peace.
- Any problem and the fear associated with it are two different things. Problem is at the mental or physiological level, whereas fear is at the psychological level. Sometimes problem is not as big as the fear associated with it is. Sometimes the problem is not there in reality , only the associated fear is present. This is called the psychological ailment. Problem is outside, fear is within.
- Happiness is contentment. It's like jelly, that can hold itself intact. Untouched and undisturbed by outer environment. It's like virgin nature, that has not been encroached by the mind.
- For our being self-reliant to else reliant. The credit goes to mind.
- Affection pacifies sense of insecurity, sex pacifies excitement.

- Affection is not sex and vice versa. You may have good sex life although you may feel want of affection. You may get affection however still feel sexually unsatisfied. Parents are known to provide affection although people still move on to make sexual partners. If parents have kids around in the fall of life, their quota of affection from outside world gets fulfilled. Kids have a question, that after the parents, who will provide them affection? That's why they move on to make relationships. However, they still feel that parents are irreplaceable, because of the quotient of love provided by them. People who develop a new supply chain of love through their partners are more prone of getting indifferent towards their parents as partners try to influence each other for the sake of warding off their own insecurities. Relationships are established for the supply of affection & care. They change, that too in search of affection. Process goes on till the absolute supply of love is established.
- This earth behaves like a bar for addicted ones and a rehabilitation & wellness center for the one, who want to be de-addicted and have the experience of their own true & pure self.
- **Changes are brought in the life through two ways.**
 - (1) **By resolution** – One takes a vow to bring change within oneself through strong will power. Person pin points his shortfalls and takes the decision to fight with mind to bring change in oneself. He becomes the warrior in this fight, in which his will power gets pitted against the want of the mind.
 - (2) **By Power** – With increase in inner power, things start changing itself. You don't even decide for the change. Increased power within oneself automatically starts cleaning the inner self. It's like a continuous flush on work. Person may or may not be noticing the change within oneself, although people around him start seeing the change in him. It is healing

power in action. With the increase in power, wound automatically starts healing. That's why, it is said that love heals. This is how nature works for you.

- Females are receptive and reactive while nature is receptive and productive. Apart from being receptive and productive, she is receptive and preservative as well. As only the material aspect of nature goes through the degradation, not the conscious element.
- **Purity is clarity**
Positive side of suffering is that, it makes consciousness pure. Just like the furnace, which makes metal pure by burning away the impurities.
- Law of Karma works because this universe is yours. You are the only occupant of this universe. Whatever you do, do it for yourself. That is why, what's get released from you, comes back to you. This means that we create an environment, which revolves around us. Whatever we release in this environment, comes back to us.
- Science believes in repetition and reproducible evidences:
Science believes in repetition that is why products produced by science, come with this assurance that it will repeatedly work in a similar fashion. Medicine, software, aircraft etc. are certified repetitors. However still science raises doubts over re-incarnation, which is also a repetition. Being is divided into two forms. One is visible while another one is invisible. Reason behind science negating the reincarnation is that science needs a certified mechanism which is reproducible & requires related evidences. Then only it goes on to accept any point as a fact.
- **Why did Narayani Sena faught for Duryodhan in Mahabharata?**

- Narayani means which belongs to the Narayan. Mind also has access to god's resources. Mind gives preference to muscle power that is why when Duryodhan came to know that Krishna is not going to fight the war, so he promptly selected the choice of going with Krishna's army. Duryodhan went with calculation. He ignored his conscience. Whereas Arjuna was going into the war with his conscience, which suggested him to go ahead with an able guide. That is why he opted for Krishna. Arjuna knew that he had the skill. Only thing he needed was the support of an able guide. Arjuna knew that the guidance shows the right path. Which helps the person to ultimately find solace, as he was disenchanted with the charm of being a ruler and enjoying the associated perks. Whereas Duryodhan was firm with his ambitious and he believed that the muscle power will tilt the result of battle in his favour.

Arjuna fights for his nature

Duryodhan fights for ambition

Krishna is present there as a witness and guide, in this war of nature Vs ambition.

- **Five levels of connections :**

1. Biological
2. Physical
3. Emotional
4. Natural
5. Spiritual

- Biological addiction is called 'clan'.

- **Professions are of two types:**

1. Need based: who are there to fulfill the needs of the people.
2. Demand based: who operate to fulfill the demands of the people.

- * Science of attraction and science of osmosis are the same. Whatever one doesn't have, wants to achieve that. Diluted water or less condensed air rushes towards concentrated air or water to equalize the concentration. Mind doesn't has the power, so it wants to experience and acquire the materialistic prospects. Power gets exhibited through female body. So, mind gets attracted towards females. Same power gets exhibited through males in the form of masculinity, looks, talent, nature, care etc. Female mind recognizes it and wants to experience it.
- * Objective is like air conditioner. It's effect is limited from one room to one building. Purpose is like weather. It affects the whole area and gains momentum accordingly, that is why objectives need generations to get fulfilled whereas purpose gets realized in the life time only. Two thousand five hundred years back, Buddha spent one life time and its effects are being felt & seen till now. So is the case with Mahaveer, Nanak, Kabir as well. Prabhupad, Osho, Shriram Sharma acharya, Raman Maharshri, Yogananda, Krishna Murthy, Maharshi Arvind, Ramkrishna, Vivekananda and many more are recent examples. Objective runs in families and institutions. Whereas purpose influences people to form the family of like minded persons and institutions for the sake of helping others.
- * Happiness gets diluted as we expand towards the mind. More we remain content, more happier we are.
Brain arranges comfort. Sometimes we confuse comfort with happiness. So, in the name of happiness, we keep seeking comfort. Mind looks for security as It is worried about future insecurities. To fight with these insecurities, brain makes plans. To make and implement plans, one needs power. Power

is happiness. So, mind spends present's happiness in search of future comforts.

* To make relationships, we expand outside. One can find comfort and fulfillment of desires outside although happiness doesn't reside in that direction.

* A husband's job is to alleviate her wife's insecurities. Although he cannot provide her happiness. Because he is in search of his own happiness.

Husband's can't give happiness. Both of the partners are in search of their happiness. Emotional dependency is not happiness. It is just a stopgap measure. Partner's job is to let you express freely. Expressing means expressing own nature and living with freedom. Freedom is not about expressing the anger & making others & oneself disturbed.

Partners are not like seven eleven stores or Walmart or Big Bazar, that could provide you everything. Even these stores have limitations.

Radha is happiness as she is the absolute nature. She is not looking for it. That is why there was not any compulsion or need for her to establish a formal relationship with Krishna and try to find happiness through his physical vicinity.

* Before the marriage, attraction exist because of the process of osmosis. Post marriage, sequence gets inverted and it becomes process of reverse osmosis. Now partners try to bring change in each other, in this process pressure is applied. In the expectation of change, partners exert pressure on each other. Upon receiving the unfavorable result, dissent erupts which leaves distaste.

* White is not just a symbol of peace. It is also a symbol of clarity.

* Home is a multipronged approach towards bypassing the various insecurities.

It is like an amusement park, which has many joy rides. Home is that laboratory that performs multiple experiments simultaneously. Affection, care, security, emotions, good food, comfort, entertainment, education, parenthood, physical relation, creativity etc. are there to please the person. Although it also has its limitations too.

* **We are made up to four things.**

1. Soul
2. Power
3. Mind
4. Intellect

Body is just a shell, body getting detached from the rest of four is called 'death'. When the mind and its produce called ego get deleted from this apparatus, it is called 'enlightenment'. In the absence of mind, intellect gets purified.

* Females leave polygamy and in return they get control over the house. Males generally don't want to leave their curiosity, flirting and the knack of keep trying, especially in those societies, where marriage is more of a social decision than a personal one. So they prefer to let go of the control over home.

* The effect of time over nature is about transformation. Which means person's nature gradually becomes more purified with the passing time, as one goes through various sufferings. In this case person gets to know the value of contentment and self satisfaction. Whereas, effect of time on the body starts from the birth and goes on till the end. During this journey,

person goes through mainly three physical stages, which keeps on transforming into another one. Which are childhood, adulthood and old age.

* Association is natural.

Bonding is emotional. Bonding gradually becomes bondage. Bondage gradually becomes a noose.

* Various sorts of compulsions existing in life are related with 'eye'. Which means images, pictures and form. Attaining a form is no less than a compulsion. As it's not just about attaining it, rather it's also about gaining pleasure through that physical form. As in a single species, form is divided into two groups. One belongs to male while another belongs to females. Both of these forms are oppositely charged so they keep getting attracted towards each other, for the sake of deriving pleasure from this company.

* Why do we term our leader's (political, religious, spiritual) sexual acts as disgraceful?

Because deep down within, we know that tendency towards physical relations is a compulsion and addiction as well as it's against the moral values of the society, as society is averse to transgressing into other's space. An addicted person can drive in wrong direction, under the influence of his desires. He himself needs help, before he could help others. No one wants an addicted driver as he makes the journey difficult for the passengers.

* Why do people keep running restlessly?

1. Some are running to fulfill the basic needs.
2. Some are engaged somewhere to fulfill their desires.
3. Some have devoted themselves towards upholding their ideology.
4. While some are running after their ambitions to make them a reality.

* There are four sources of information.

1. Mind
2. Intellect
3. Consciousness
4. Soul

* For some people, the process of earning provides satisfaction, not what they have earned. so they are ready to share the earned resources with others while the process of 'controlling and collecting' the wealth gives satisfaction to some, so sharing becomes tough for them. As in this case, it becomes like sharing one's satisfaction.

* Mind says the home is where control is. Consciousness says the home is where peace is. While for the soul, home is where the love is.

* Like the interval between two days is sleep. Similarly, interval between two lives is a resting, charging & dormant phase.

During this phase, past life memories get deleted. That is the baggage, which stops the person from starting afresh. Batteries get charged with power to sustain for the lifetime. The internal nature gets carry forwarded into the new life.

* Observations are general. Opinions are specific.

Post observing a place, mind makes an impression about it. Whatever effect that place leaves on mind, impression is made according to that only. Post processing that impression through the person's own understanding, an opinion is prepared, which is quite general in nature.

Opinions are the extracts of the person's experience, understanding & nature. Opinions change as the person's mental horizon expands and nature becomes

gradually refined with the experiences and sufferings. Opinions gradually become more inclusive.

- * Radha has many friends called Gopies. They all love a same boy called Krishna. Radha doesn't suffer from jealousy or insecurity. Because she is pure nature.
- * Own nature or my nature becomes just nature. When it gets purified. When the inner nature gets purified, it expands within you. Now the inner nature becomes identical with outside nature.
- * Earth is a place for addicted consciousness. That's what gets manifested in the form of life.
- * Front facing front is grip. Back facing back is support. Front facing back is dependency or care.
- * Eyeball facing eyeball is 'engage'. Eyeball evading eyeball is 'ignore'.
- * Plants don't have senses, interest or mind in them. Still they have life. That sort of life is purposeful, which is not driven by the mind & dependency upon the senses.
- * Roughness brings complication. Complications brings experience. Experience gradually works on rough nature to make it smoother.
- * Thing that drags one out of suffering is hope.
- * One who has been through suffering and has the desire to grow, can become famous. One who knows suffering and harbours hope, instead of having desire for wordly growth, can become 'attained'.
- * **A person is either driven by,**

1. Purpose

2. Ambition

- * Any un-natural relationship can turn out to be the path of self-exploration. As it makes the person witness the reality of life more closely. This reality directly counters the person's perception of beauty, dependency and attachment. In this way, it becomes a life changing experience.
- * Expectation gets converted into excitement or resentment. In the absence of expectation, there is no excitement or resentment.
- * **You are not the person or life; you are the source of life.**
- * Success belongs to the first ashram, which is brahmacharya. Satisfaction is about second ashram, which is grihastha or 'house holder'. Saturation is about the third Ashram, which is vanprastha or 'proceeding towards the salvation'. Noneness is about fourth ashram. Which is about the person's hope getting realised & one attains the highest level that is related with the inner self.
- * Curocity is that state of excitement, where a person is driven into an experiment, which has its outcome in the form of experience. Conscience remains a silent witness during this experiment.
- * Feasible option is called the opportunity.
- * Life is not just a game of emotions and profession. It also has nature in the backdrop.
- * Intellect is fruit. Mind is branch. Consciousness is trunk. Soul is the root.
- * Informations pertaining to the thing, which is beyond identity, individuality and ideology is called wisdom.

- * When we talk to someone, we expect that one will reciprocate. Whereas when one just conveys the message without expecting that how it would be conceived, in this case, one is not attached with an outcome of the conversation as he is just a messenger or a medium. A conveyor belt is not attached with the luggage, it is carrying. It carries the luggage, just to deliver them.
- * Strength ensures own victory. It can't win over others. Strength can defeat others however can't win them.
- * Ambition always loses, even after securing a win. It loses the chance of moving towards oneself.
- * Whatever that gets registered in the memory, is a temporary treasure, which belongs to the mind only.
- * Austerity is about own defence.
Under the clouds of insecurity, mind acts weird. Under offensive circumstances, it tends to react. Austerity makes a wall between self and mind. So, without crossing the wall, mind cannot reach up to you. The purpose is to make a strong wall, that provides security so that consciousness can sit comfortably within.
- * Channelization of your energies provide you peace.
- * Wives want to be treated as an asset, not liability. Successful husbands know this secret and thus act accordingly.
- * Roots – timelessness
Trunk – present
Branches and Leaves – Past and future

- * What 'my' is for 'I',
'purpose' is for 'consciousness'.
- * Success is about being able to fulfill one's needs and desires. Fulfillment of desires provide satisfaction.
- * Self-dependency has two aspects.
 - 1- Self-dependent for own success.
 - 2- Self-dependent for own satisfaction.
- * Responsibilities are self-opted. Obligations are imposed.
- * Experience is about duality as it has efforts & the results whereas realization doesn't. As the realisation is neither facilitated by the mind or the body. It happens at more deeper level. Due to its effect, mind becomes silent.
- * Attachment makes people selectively rational.
This is the reason that people are more rational about other's domains while being more accepting & flexible about own. Attachment makes the person partially rational. That is being rational about other's ideology/faith/subject, while shielding one's own ideology/faith/subject.
- * Attention is 'multi-pronged' while devotion is 'uni-pronged'. Realization is magical. One realizes his talent, strength, weakness, self. It's magical because realization changes the course of action and the focus or attention get polarized in that direction.
- * Real or enduring happiness is contentment. While fake or momentary happiness is excitement.
- * Plants don't have memories, so there is nothing that can drag them to past.

- * Marriage is a socially recognized experiment. Affair is an unrecognized experiment. Beauty about experimentation is that it provides experience, whether that may be good or bad.
- * Breathing exercises are not just about breathing air. It's about inhaling power and absorbing it within.
- * Your resources either get used or utilized. Emotions use them. Purpose utilises them.
- * Fulfillment of desires require interest and efforts.
- * Wisdom is like an eternal crop that keeps on feeding every incoming generation. Culture stores this wisdom and keeps on feeding its followers.
- * Emotions originate from memory that means strong memory has strong emotions. No dependency upon memory means no emotional liability.
- * Arjun – Confusion
Krishna – Clarity
Confusion is harboured by addiction. Which are either emotional, physical, mental etc. Arjun was marred by these addictions, that's what made him confused in the middle of the war.
- * Birds of the same feather flock together, means people of same stage, phase, nature like to stick around.
Phase is related with mind, stage is related with body, nature is related with self.
- * Expectation gives birth to resentment, which further gives birth to anger. Resentment is an action; anger is its effect. Desire directly gives birth to anger.

- * World is like a hostel and every incoming generation is like a new batch in it. One can use this opportunity to work on self or can remain stuck in the attraction of the hostel & own room in it. which is the world and own place. Person also gets greatly attached with the various controls one earns & acquires within the life.
- * Except for the one who is dying, his death happens for everyone. The person just goes through transition. Death is perceived through mind and senses, which have their own limitations & range.
- * Matter, time and quality are different aspects of one single thing. Matter is experienced through senses, quality is experienced through knowledge & experience, while time is experienced through the mind.
- * Expectation is related to the living beings or someone who exists. One cannot expect anything from non-living, as they don't act. All the expectations are fulfilled through power or nature. Power is in complete dedication towards consciousness or super consciousness. Like Radha is in complete dedication towards Krishna, at the same time she is completely devoted towards the devotees who reside in braj. Braj is not a place, it's that internal state of the devotees, which immerses them in the love and devotion towards Krishna.
- * Females like to be the control center of the family. Newly wedded wives gradually start with showcasing their qualities & leaving their effect on the minds of the family members. With passing time, they want to strengthen their position in the house. Upon failing, they get agitated & prefer to break away from the in-laws family and start afresh in a new house. They prefer a nuclear family and then want to grow it in a big unit through her children.

When new ladies join the house as daughter-in-laws, they have the same tendency of acquiring the control or becoming the preferred one of her in-laws, if their number is more than one. Ladies turn the houses into homes and they are the ones who break them also and the story continues with every incoming generation.

- * Coward is not the one, who is not able to fight with others. Coward means not being able to live or perform according to own nature.
- * Thing which is important is consciousness, not the matter.
- * Body which is perceived as food by other animal species, how can that body be one's identity? Body can be a tool for the person although cannot be an identity.

One mind

One body

One nature

One cosmos

One consciousness

One Shiva

One Power

One attention

One focus

One soul

One existence

This is how everyone is a complete unit within one self.

- * We term plant and animal kingdom as nature. Whereas humans consider themselves distinctly different from nature. For humans, everything apart of

them is nature. They say, we are not nature and things which we create are not nature either. That is either technology or our creation. Humans believe that they are different. They say, we get birth from our parents. We live on our own. We build our own houses. We build our future according to ourselves. We plan our lives and can execute those plans. We are taken care by our parents & progeny. We get supported by the family and the society. We have our own identity. So everything is nature apart from us.

- * We always remain in an awoken state. When we are awakened for the matter, we forget ourselves. When we wake up for ourselves, we become disillusioned with matter.
- * For the consciousness, utility of mind and intellect is just to interact and experiment with matter & to fulfill the purpose and necessities of life. Results of all experimentation gets stored in memory. Fulfilling the purpose is not an experiment. Under the influence of consciousness, mind fulfils it's purpose.
- * **Nature has two parts –**
 - Beyond and available
 - Visible and invisible
 - Fall and upwards growthVisible part of nature obeys the law of visible world, which is divided into five elements. Power which is beyond the visible part of nature, secures the light within it. While energy is responsible for giving birth to the matter.
- * Just like the driver sitting in the car is not the car. Similarly, 'Jeeva' existing in the body is not the body. Driver controls the car whereas 'Jeeva' controls the body. Driver is held responsible for the acts performed by the car.

Similarly, 'Jeeva' bears the karma backlog, which gets executed through the body. It's upon the driver and 'Jeeva' that how they are going to use their respective tools.

- * Nature is regarded as 'mother' because she provides body to 'Jeeva' and to the body, it provides earth for the movement & settling down. Nature provides food to body and power to consciousness. She encapsulates 'Jeeva' as Prana and consciousness in power. In the females, in the form of nature, it bears and cares the babies.
- * If the soul left then who died?
- * Spontaneity is productivity minus planning. Planning is construction without spontaneity & through efforts.
- * Duality is like that womb, in which entry of sperm is rather easier than the delivery of the baby.
- * Duality increases the surface area of the zygote & converts it into a baby that is why while delivery, friction and pain is felt. Baby feels fear as a process gets initiated in which baby has to leave the present place and move into a completely new world. During the delivery, baby goes through a process which is completely unknown for the one. So fear of unknown has to be there.
- * Nature is made up of the beyond and known segments of the cosmos.
- * We are not completely black or white. We are different shades of 'grey'.
- * 'I' walks up to the impurities. 'Mine' attracts various other eyes towards itself.
- * Behaviour is the expression of own nature.

- * Purpose gets fulfilled by power. Objective gets fulfilled by energy. Consciousness has a purpose. Mind has objectives.
- * Society is not eternal, nature is. So, there is no reason of remaining obsessed with the society.
- * Power, energy and matter, this is what we are made up of. However, that is not all. We are like burgers, which needs a central pin to keep all of its ingredients together, that central pin is soul.
- * Good news means 'liked' by the mind.
Bad news means 'disliked' by the mind.
In both the cases, the thing which is common is the news. News means something happening. Mind decides which news is good and which one is bad according to it's choices.
- * Life is an aberration of consciousness into nature. Initially it is purposeful. Purpose is 'to flow'. Later on, aberration further happens through mind i.e. primitive animal life. Slowly mind extends as brain which is called evolution of life.
- * Affection is like fever, which rises and gets settled or becomes normal. Love is like the peak of a mountain, which remains static.
- * **Difference between lie and excuse.**
Lie either wants to take advantage or evade penalty. Excuse just wants to remain undisturbed or wants to remain comfortable and natural.
- * 'Must' and 'should' address the 'mind'. Talks of wisdom addresses 'conscience'. A wisdomful living addresses 'consciousness'. When life is driven by a strong mind, then mind calls the shots & acts, later on it receives

it's reactions from the surroundings. When life is driven by conscience, it receives its own signals from the surroundings about what is to be performed or corrected. When consciousness is strong, it receives its signals from within about what is to be fulfilled.

- * Plants tell us that the most stable one is the most purposeful one.
- * Waves of the sea upon striking with the shore, return back and obstructs the expansion of the sea. Similarly mind upon striking with the matter obstructs the expansion of consciousness. Current becomes the reverse current upon being obstructed with something. Desire is that current through which mind hits the world. Suffering is that reverse current through which the world hits back the mind.
- * Opinion/judgement is related with past. Advise is related with future.
- * Pranayam does not leave only carbon dioxide out, mind is also released outside. Only oxygen is not taken within, power also gets inhaled.
- * We share our gender identity with billions and our religious identity with millions. That means we know that there is something similar among the masses. Although through the mind, we reach upto a fraction of this similarity. We have to reach up to oneness or similarity in totality.
- * What does the consciousness earn upon getting the liberation through this whole process called enlightenment? That very thing called peace, which it does not get, when it remains in conjugated form as 'jeeva' .
- * **Three cases related with addiction:**
 1. Experience is gathered, when the effect or damage created by the addiction has been done.

2. Someone else's bad experience becomes own fear and person leaves the addiction.
 3. Through Sadhana, before the bad effect or fear strikes, addiction leaves you.
- * Knowledge brings comfort. Wisdom brings relaxation and stillness.
 - * One can fully utilise his potential by doing his natural work only.
 - * **Tears of emotions** – missing love.
Tears of trans state – feeling love.
Tears of light – knowing that love was, is and remains forever around.
 - * Society compensates females through marriage, for sacrificing their self-dependency and freedom.
 - * **Don't preach me** – Action driven person doesn't need suggestions. Right now, he is clear about what he wants to do and is exploring the world. He wants to experiment and collect his experiences. Wisdom originates from peace. Peace and action are not compatible. Action is a trait of mind, whereas peace is a trait of consciousness.
 - * Often comfort and love deprivation co-exists. Both are gained by working in opposite directions. Comfort is gained by fulfilling the objectives and love gets acquired by working naturally and through devotion.
 - * Two friends can live together comfortably. While to keep husband and wife together, sometimes it needs social and moral obligations and fear of law. Friends are connected through nature. Husband and wife are linked through emotions and mutual benefits. In a number of cases, If anything is missing, that is natural compatibility.

- * Husband and wife are under moral and social compulsion to be all of the following. That is friends, friend with benefits and emotional companion.
Friends – by nature.
Friends with benefits – physical, financial and mental dependency.
Relationship – Social and emotional dependency.
- * Every enlightened person works on his purpose. His purpose is related with need. Although he doesn't select his purpose. It is selected by 'existence'.
- * In Pranayam, power is collected from the environment by utilizing the energy, which is available to mind-body complex. This power is made available to consciousness. Through meditation, it becomes compact. Yog Gurus advise that whenever you feel tired, leave breathing exercise and meditate or relax, so that the power can be absorbed & the balance remains restored.
- * All the relationships that are created by mind are based upon use and abuse. After the relationships are established, society & morality imposes responsibilities. State imposes law over the association. In this case, one person keeps on working for another person's objectives and desires, this is 'use'. If there is emotional attachment involved, then it becomes abuse. Along with the resources, partners also sacrifice their freedom and accept someone's objectives of life as their own.
- * **Rules of nature Vs rules of civilization :**
Rules of nature implies on every life equally, which are present in the various forms. Rules of civilization has been created keeping humans in mind. Their periphery is grossly limited to humans only. They wants to establish orderly co-existence among humans.

- * Body is a great teacher and a great leveler. It consumes all sorts of foods and excretes out the waste. This is a classic example of converting the diversity into uniformity.
- * Pleasure is related with senses, sensations and sensivity.
- * A person's engagement is different at different levels. For example –
 - Physical** – gender/sexuality, work
 - Mental** – social, family, ego
 - Emotional** – affection
 - Psychological** – well being, fear , life.
 - Spiritual** – life's force, self awareness
- * Cast name depicts a typical mind set. It signals towards a typical way of conditioning of its individuals.
- * Nature sees everyone as a form of life. Mind sees them either as male or female, attractive or unattractive or from which species they belong to.
- * One needs to sacrifice one thing, for the sake of acquiring another.

One sacrifices freedom to accommodate a partner in marriage. That very space, which provides you freedom, accommodates your partner as well. Marriage itself means you are ready to share this space. Creativity needs space. Partner considers your space as theirs. They want their unhindered occupancy in this space.
- * Sometimes jubilation expressed while forming the companionship reflects that one was seeking shelter in another's acceptance.
- * Brothers consider their sisters as an asset. Being a male, they understand the mindset of males that is why they are ultra-protective about them.

* When you can perform best?

Whenever your mind is calm, performance becomes better as people perform through their memory, skills, reflexes, talent. An anxious and restless mind makes it difficult for you to reach up to memory. A cool guy is preferred during the action as his ability to keep his mind cool, lets him use his strengths in a better way. These sort of guys are preferred in war and sports as well because they are more focused than the ones with anxious minds.

* Marriage is a physical, mental and emotional partnership. If it doesn't go well then it has its psychological implications.

* 'Mine' is such a word, which is handy during the lifetime only as the possibility of mine is provided by the life. Which means beyond the life, there is no baggage of 'mine' is required. Post life, one is self-sufficient within oneself only. This also means that this 'mine' has some importance. As life provides multiple facilities and resources in the form of mind and wants to see that in what way person utilizes them. If the person gets carried away with this facility or he remains in control? Is 'mine' able to occupy the person or the person is able to utilize mine? Does the person gets entangled with 'mine' or is he able to make himself unaffected and self-sufficient, while this facility of 'mine' is still there?

* **Two types of persons –**

1. Who are able to express their natural traits, leaving behind the worries of their social & financial survival.

2. Who are occupied throughout in ensuring their social and financial survival & thus are not able to foray into different aspects of life.

* **Reactions are of three types –**

1. Mental
2. Intellectual
3. Egocentric

* Marriage is a social Partnership. Society likes to see its members, indulging in this partnership.

* **Two possibilities –**

1. Either you will be under the influence of the contemporary society or contemporary society will be under the influence of you.
2. Either one directs his resources towards one person's needs, desires, ambition and ego or he works on many people's needs only through his resources.

* Difference between mother nature and mother is that mother nature knows that her children are eternal. Whereas for the the mother, children are in physical form, which is perishable.

* **Three sources of information –**

1. Senses
2. Understanding (Brain + Memory)
3. Cosmic wisdom.

* It is said that female gets completed after giving birth. While males are not that fortunate enough. After the birth of a child, only their family gets completed. Talks of their completeness are never heard in the society.

* Role of the parents in the baby's life is – care. Care is provided through mind-body complex. Rest of the things they get from the nature.

- * Motto of social religions is to keep their traditions going, which is called the religious society. That is why they instill fear among its members, in the name of god. Fear works as deterrent. If some fears get instilled in the person during their childhood, then they might have to live with them throughout their life. Social religions put society above the individuals.
- * Purpose of the social religion is to uplift the humans upto the level of deity. This is done by doing the good deeds & fulfilling their own various duties. Then further, one gets transformed into a self-realized one by realising the self and fulfilling the purpose of their lives, thus purifying their own nature.
- * **Two options –**
 1. Either you will use your attention to create your beautiful world.

Or

 2. You will use your focus to realize the eternal beauty around you.
- * Marriage is all about fertility, not productivity. Fertility is about the land while productivity is about the plant. For example, India is more fertile although less productive. Israel is less fertile although more productive. In the marriage, the focus is on the union not on the individual. However when a person is allowed to develop freely, he can do wonders by being immensely productive.
- * We know things are not perfect that's why we aspire for change. As changing oneself is really difficult, so we shift our attention towards changing our surroundings. By bringing change in our surroundings, we want to showcase our efficiency. Mind believes that things are not perfect because surrounding is not perfect. That is why the quality of surrounding always remains in focus of the mind. By elevating it, threshold is set for the

future generations about their efficiency and mannerism. However, when we are able to change ourselves, scenario around us automatically changes. Mahatma Gandhi always insisted on changing oneself. As when the cause changes, its effect always changes.

* **Physical contacts are of three types :**

1. Mild: Example – Shaking hands, hugging.
2. Moderate: Example – Consensual sensual and sexual contacts, consensual fights, sports.
3. Severe: Example – Violence, that is nonconsensual assault, non-consensual sensuality and sexuality.

* **Life has two aspects.**

1. Choices
2. Compulsions

Our choices generate experience for us and their effect becomes a compulsion for us.

* **Sweet dreams** – There is a peculiar, very rare & soothing feeling associated with it, which is not available otherwise in day to day life. Sweet dreams are the outcome of resting the conscious mind, which is done by meditation before the sleep.

* Apart from food and threat, animals deeply recognize just one thing that is love.

* **Survival instincts + Rights = Civilization**

* Civilization gets divided by geographical locations & states. Those are the successful States, who guarantee the right of survival to its citizen.

- * From animals to humans, all living beings know one common language that is love. There is someone within all of us, who recognizes just one thing that is the love.
- * Practice makes a man perfect means that yogic practices provide you the realization. Perfect stands for the one which does not degrade with time. Even time is not able to alter, change or corrupt it. Which means , it is eternal. Only thing, which is perfect is nature. Perfection means invoking nature within oneself by continuous purification of self through the practices.
- * When your partner demands that you should balance your life that means you should balance your natural or spontaneous living with the role playing, which is demanded in any association. Partners want attention.
- * Death is a physiological process, which is perceived through physical & mental sensors & casts it's effect on emotional and psychological sensors.
- * The day, one comes to realize that there is no diversity here and uniformity is the source of diversity, then curiosity gets dropped & only thing which remains is the compulsion. The compulsion, which we create for ourselves by utilizing natural resources freely which ultimately creates a karma backlog for ourselves.
- * Status is temporary. State is permanent.
- * World is like a cinema hall, which is chaotic during the show only. Before and after the show, it is completely silent. Every chaos settles down some day as chaos is always the created thing. Before and after the chaos, there is always the silence. So, it's better not to dilute the focus for the sake of chaos.

- * Whole defence expenditure, whether it is related with national, personal or health, is because of just one reason and that is the 'insecurity'.
- * Ego is the dam, which obstructs the flow of one's inner Ganga. Which leaves much of one's land dry and unirrigated. This obstructs the cycle of nature. Land devoid of the water backup remains barren. This paucity leaves us incomplete. River needs to reach up to the sea. This is how the cycle goes on. When mind affects the flow of river, imbalance ensues. Which ultimately affects life. Life can only thrive when rivers are allowed to complete their cycles. Uninterrupted flow of Ganga in your area, liberates you from the bondage of nature. This is salvation or 'Moksha'. Once the dam of ego is broken, Ganga will proceed towards the sea to complete its cycle. Where she releases your soul in the sea of 'existence' or 'god'. Ganga when reaches in the internal sky, it becomes 'akashganga'.
- * At the end of the life, there exists two possible scenarios, that one may think that
 - 1- One life is not enough.
 - 2- Task fulfilled. Tool is not needed anymore.
- * In this world, either you settle down by making your own establishment or keep exploring.
- * 'The show must go on' is a spiritual sentence. Even in the cinema halls, only the movie changes, characters change, although the show keeps going on.
- * Diversity provides enjoyment.
Oneness provides the joy.

* State also tries to establish equality, not among the humans although among their rights.

* Nature provides energy to body, so that mind & body can remain active. It provides freedom to mind, to act freely. However, nature also provides a 'corridor' to life, which is the 'Corridor of balance'. In this particular corridor, body can remain active and alive when extreme conditions threaten the life. Contrary to nature's rule of balance, mind believes in absolute freedom & extreme activities.

* **Ritual Vs actual:**

Ritual – Doing something which is tradition. Ritual is mostly followed without having known the message behind it. They are performed for the sake of completing the task. Ritual is done through utilizing the resources provided by nature.

Actual – means knowing the reason behind the rituals & seeing them happening at the minute level, within the body. The actual is allowed to happen by letting the natural resources within the person, take their own course. Like power, energy, balanced use of the qualities etc.

* **Remembering your love:**

Means can't feel it right now. Can only remember the moment, when I felt it. Right now your memory is the connection between your love and me. In the case of no memory, person won't be able to recollect the attachment he had with others. Love is a feeling, not a data which could get registered in memory. Person remembers the moment, when he felt the love & he remembers the person as well, through whom he was able to feel love. Person becomes a medium & through him others get the feeling of love.

When other people become a medium of supplying the love, then in this case, people become dependent upon others for the sake of feeling love. In reality the conscious element within the person has the ability to generate love. Person's physical presence just becomes a medium of expressing that love. Physical body minus the conscious element cannot exhibit love. so we value the physical presence of a particular person however we know that the invaluable thing is that conscious element that could generate love.

* A daughter spends some really quality time with father than with her husband. Because there is no physical angles or desires involved between a daughter and the father. They can be much more natural and comfortable with each other. In this association father provides the shelter of love to the daughter & she can enter that shelter without any hesitation, insecurities or desires. This is what love is. It's not that, we are bothered by other's desires only. Our own desires bother us much. Love can't exist in the moment of desire.

* It's not that Indians dislike talking in their mother tongue, they just keep practicing English with each other.

* **Why do we need a guardian in this world?**

Because the results of our experimentation in this world are either beneficial or harmful. To protect the kids from harmful consequences, guardians are needed. Kids are immature, parents are experienced while the grandparents are seasoned. So their vast treasurer of experience does help the children.

* A question is generally asked to us that 'how it's going?':

This means that one is always trying to do something & one has to go through various challenging phases of life, so the question means that 'is everything ok with your experimentation & life?' Is it going fine? Are you

able to cope up with surroundings & the difficulties? Is your mind & body helping you perfectly? Do you think that you need help? Is there something I can do for you?

* **Conditioning:**

It is done just to suppress the wild instincts and manage the biological instincts in the children and to impart the social mannerism so that one should be able to fit in the social arena. Conditioning is to mentally prepare the kid to perform well and prove themselves, to be able to fulfill own requirements and to take care of own expenditure. Cultural conditioning is done to introduce the children with the rich cultural heritage of the land and the world & to underline the necessity of the wisdom in seeking directions during the life.

* 'My' or 'his/hers' has two parts :

1- Nature, 2- Assets.

Nature is an internal part, whereas assets are the external part of one's being. Talent, mental brightness, looks, body, colour, built, focus, skills, approach etc. are assets. Whereas behaviour reflects nature. Assets are crucial for mind. Whereas nature remains independent of mind. Nature whether that maybe rough or refine, is a common element among people. Happiness is related with this aspect of the person only. A situation that is being dealt by nature; mind finds it tough to accept the execution done by the nature. Nature recognizes nature, mind recognizes the mind.

* In any relationship, its only about nature in the long run.

In the short run, nature does not get revealed fully. Running a hundred-meter race is about stamina. Charting a life long journey is about nature. We get attracted to mind, although we live with nature. Mind is not comfortable

with another mind for long however nature is comfortable with another nature, because both give each other freedom to express and being productive & creative. One mind binds another mind and puts restrictions over it. Initial warmth either gets replaced by persistent nature or under the influence of mind, gets converted into heat, that is uncomfortable in normal conditions and unbearable in difficult conditions.

* Belief gets converted into assurance when it is given to others:

Belief is associated with own mind. When this belief is given to someone else's mind, it becomes assurance. When belief faces reality, either it gets stronger or gets shattered. Affirmative outcome strengthens belief. Adverse outcome may shatter it. Belief is expectation of positive outcome + hope of divine intervention. Belief in mind, helps to take the decision. Belief drives us towards particular circumstances. These circumstances have life changing effect. Belief is a boat that definitely takes you somewhere, which may be friendly or enemy territory. Belief is a trait of mind. Irrespective of wherever it may take you, experience is guaranteed. One definitely gets richer in experience. Although belief demands divine grace to sort out the difficult phase of the life. Many a times it demands divine interference in day to day life too.

* **Marriage is a role playing:**

Whatever you do for yourself is nature for you. You don't do any role for yourself. All the roles you do, are for audiences. People are free to express their opinions. A bathroom singer sings for himself, not for audiences. So, his satisfaction is not dependent upon feedback of audiences. His singing is his satisfaction. When you get married because you wanted, then the decision comes from within. It comes naturally to you. Then marriage

becomes a mission for you. When marriage happens because of the circumstances, because of the external pressure, it becomes unnatural for you. A role demands talent or full commitment to leave its impact otherwise it becomes the wastage of resources. If you are really keen on playing the role of husband, father, wife or mother, then the play of marriage is for you. It is a full time play which demands being in the character all the time. If you have some other plans to utilize your time more efficiently than one should think twice before marrying.

- * Weight one carries on his back and the responsibilities one carries on shoulders are not considered a burden, however non necessity is:

If it is necessary for you, it falls in the category of 'mine'. Mine is not a burden for 'I'. Although whatever is not 'mine' is a burden for 'I'. Whatever is 'mine', is an asset. 'Yours' is a burden for me, 'Mine' is not. Burden means it is unnecessary. For person A, nine kids may not be a burden. For person B, even a single one can be. Reason is that person B has his focus on something else. That something else is necessary for him. Different people have different objectives. A person's objective can be a burden for another, because it's not his own.

- * Extremist ideology attacks life to keep itself viable.

When ideology gets insecure, it becomes destructive. It's like 'if I am not allowed to play, I won't let you play either'. Which means that your survival is related with my survival. Your acceptance is related with my acceptance. This way, ideology is pitted against life. Mind equates itself with life and thinks, that if I can't, then you won't too. Any ideology does not want to perish. Countries threatening others with nukes, do so because of this reason. Ideologies believe that, they are as precious as 'life' is. That is why an

insecure ideology directly counters life of opponents. Ideologies doesn't want to go down in any case. In extreme cases, life is treated as a scapegoat, while countering ideology with ideology. When one ideology fails to counter another ideology or nature, it resorts to violence. Ideology fails to differentiate between the life and ideology. It feels that ideology is precious than the life.

* Non realization makes us perish. Realization makes us retract from unnecessary territories and preserve & purify ourselves:

Mind believes that expansion is the only way ahead. Keep holding the ground, despite of it being unnecessary and unnatural, is the only and de-facto choice. Whereas Krishna says your nature is your religion. Your social religion is not your nature. Keep holding the ground, keep fighting, if it is your natural foray. Following nature leads towards self-realization. Non realization is a confusion that comes with the compulsion of performance or getting perished or judged. Realization brings clarity, which decides to retract from unnecessary aspects and start being productive by focusing in the right direction. Absconding is shunning away, one set of responsibilities in the search of new & preferred ones. Retraction is about turning away from this whole game of bearing unnatural responsibilities for taking shelter of own nature and fulfilling the purpose of life.

* Idioms and phrases are the encrypted messages, which get delivered in short and concise form. They aren't meant to target egos, because they are not identity-centric. They are just eternal messages, which keep getting shared within the society, in all the ages. They might be doing rounds since hundreds & thousands of years. Kabir's couplets are spiritual one liner. Listeners have to use their own brains to decode their explanations. People

don't remember the debates or conversations for long. They just remember the one liners in them. Because that one liner has the extract of whole debate. They are like 'Sutras' or formulas.

* Once upon a time, there were four friends. Not their nature although love for alcohol bound them together. They used to sit for drinks every week and party continued for years. One fine day, one of them realized that alcohol had disinfectant effect. It could clean the wounds effectively. Second, it does not interact with tincture so it could be used as preservative and vehicle for medicine. He started working on this aspect of alcohol and successfully introduced alcohol in medical field. Now for him alcohol was no more just an intoxicant. Now he was not an active member of group any more. Friends enquired about his absence and he used to say I have a new found objective in life, so there is no need of consuming alcohol anymore, when I can make something valuable through it. Group had shrunk now, wondering what has happened to their friend. Now for that one person, perspective of enjoyment got changed.

* **Why sensuality turns out to be vulgarity at another end?**

Till the time curiosity is growing, it remains sensuous. The very moment reality is exposed, it becomes vulgar. Eternal realities of the life and the desires are not pleasant. Aggression & extremes, whether that may be attached with any aspect of life is vulgar. Matter goes through deterioration with time. Subtleness is inviting and beautiful. Vulgarity has no commercial value. That is why the whole idea is to create and sustain the curiosity & feel good factor, to keep any presentation or product commercially viable. Illusion is for curiosity. Whole objective of illusion is to keep intact the curiosity because curiosity generates business. Vulgarity kills curiosity.

* Nature keeps on flowing to keep freshness intact throughout and all across:
This is the power of nature that keeps life viable everywhere. Life is dependent upon the freshness of nature. Freshness is dependent upon power of nature. Only the material side of nature is visible however there exists an invisible side of nature too that keeps the cycle of whole creation going. This cycle maintains balance among various elements and makes life possible.

* Partners demand time:

Partners know subconsciously that the most important thing that one can give to another is time. It shows how valuable the person is. Husband providing resources however not the time raises concerns in the mind of wife about his total surrender . Time is that most precious thing, which a partner wants from his/her partner.

Attention coupled with time brings success. Everyone is selective about their time and want to spend it there, where they believe that something substantial can be gained from. No one wants to spend his time there; where one believes that nothing positive or satisfying could be secured from. Mind knows it, that is why wife chooses time as a parameter to gauge the level of commitment of her husband towards her. Mind wants to feel special. In the early stages of internal evolution, every individual is driven by mind. Mind wants to spend time, that too with pleasure. So, wife or partner does not only demands time. They demand quality time.

* **Ashtang Yoga**

It has eight parts.

- 1- **Yum** : Science related with consciousness.
- 2- **Niyam** : Science related with contentment of mind.
- 3- **Aasan** : Science related with bone, muscles and tendon.

- 4- **Panayam** : Science related with soft tissues.
 - 5- **Pratyahar** : Science related with digestion and energy requirements of the body.
 - 6- **Dhyan** : Science related with inversion of mind.
 - 7- **Dharna** : Science related with continuous filtration of self and preserving the refined product's sanctity..
 - 8- **Samadhi** : Result of this whole scientific experimentation. It is about oneness and noneness.
- * Humans get married. Even Shiva and Parvati got married. Marriage of humans is a marriage of two minds whereas marriage of Shiva and Parvati is the union of purity with power. Both of them are pure. They went through rigorous process of purification before getting married. Both of them are free of mind. Marriage of humans is the marriage of impurity. Both of them may neither be interested, nor have any concept of self-purification. This impure association creates inter dependency and obligations. Human partners are interested in conditioning each other according to their own interest and benefits. Whereas Shiva and Parvati are interested in holding oneself stronger rather than expecting support from each other. Their union is natural and spontaneous.
 - * Giving is like the process of osmosis, in which the dilute moves towards density, until the concentration becomes uniform. In humans, mind obstructs this process by arguing that, 'my' would become null and void. This way my assets would be lost. My position & control over my wealth would be gone. Thus dilute remains segregated from the dense. Osmosis is a natural phenomenon, which happens everywhere in the nature. Animal world shows

little departure from this phenomenon, whereas human civilization shows complete departure from it.

- * Mind gets affected by those minds, whom it remains surrounded with. Perceptions created by a mind are dependent upon this fact that what effect has been left by other's mind on this mind & in what way, it is being affected by other's presence. Whereas intellect wants to notice the effect of someone's presence on one's life. Someone's presence not only leaves the impact on mind alone, but on human nature as well. Mind and intellect fail to gauge the impact of someone's presence on own nature. It can be gauged by human conscience.
- * Thoughts are like that person, who stands outside the door and guesses about inside of the house. Wisdom is like the 'prasad', that comes out after gates of temple are thrown open. Thoughts want to collect the all-golden eggs by cut opening the belly of goose. Wisdom is like fruits or flowers which arrive and ripen gradually and are distributed, used and preserved optimally.
- * We always look at the effect and that is the cause of our being happy or sad(elated or depressed). However, when you are the part of the natural process, nothing surprises you. In this way, person gets less affected by the changes, that happen around us. This way the person becomes the part of the cause. He is no more a product only, which gets affected by the changes in the surroundings.
- * Mix religion with ideology and it becomes a poisonous mixture. Religion and ideology are two opposite forces. Religion wants to take you towards the north pole of the body while ideology keeps you intact at the south pole of the body.

- * Ideological obsession is a disease. This disease has killed people from European wars to world wars. From communism to terrorism. War should not be for ideology. War should be against the ideology. By mixing the religion with ideology, one gets misguided. Indians are not the ideological people rather they are cultured one. Culture helps the person a great deal by navigating the person through highs and lows of the life. Speed may be faster or slower however the direction remains right.
- * Marriage gets facilitated by love. It's a bonding of emotions, individuality and desires. Understanding helps person's individuality while conscience helps you. Body moves in horizontal direction and consciousness moves in vertical direction. That's why directions associated with both of them are different. One travels outwards while another travels inwards.
- * During the first part of the Vedic marriage ceremonies, bride sits on the right side of the groom. Only after securing some promises from boy, girl agrees to come on the left side of the boy. In the western countries girls look for Mr right. Girl's moving on the left side, marks the union of male and female energies. This union is essential to give birth. Same thing happens within the body as well at the minute level. Female energy travels from a right part of the body towards the left and that's where the union of male and female energies happen.
- * You can either be happy or successful. Happiness is a trait of consciousness. Success is a trait of individuality. One who is happy, doesn't need success. When we are not happy, we eye success as a consolation prize. An individual's hopes are alive till the time, he is ready to consider himself a human and act accordingly. The day he stops considering himself human, he loses all the hope and becomes hopeless.

- * Difference between humans and nature is that humans are sensitive towards time and insensitive towards nature. Whereas, nature is sensitive towards all forms of life and insensitive towards time.
- * Talent means fast learning, enthusiasm and smooth execution of work.
- * Alterations are easy, improvement is difficult. People of soft nature realize to appreciate each other only when they spend time with people of opposite nature. Whole process of learning exists because of opposites like boss and subordinates, husband and wife, father and son. Two people of different nature come together to learn a lot from each other about the life. This process of learning, happens subconsciously. Life is a secret recipe to be decoded. To decode it, we need a lot of learning through the conscious and subconscious means. Only after learning about the life, we get to realize the reality of it. The reality is that life has its fair amount of problems, hardships and sufferings.
- * Krishna asks for Barbarik's head. Barbarik unhesitatingly presents his head. Head remains living and watches the war of Mahabharat. It is a symbolic representation of being a witness. Krishna asks Barbarik to surrender his individuality however lets him to retain few senses that would be used to watch & describe whole scenario post war. After listening the description by Barbarik, Krishna lets Barbarik merge with himself and be known and recognized by his own name that is 'Shyam'.
- * Either our life's force drives us towards lust and gets ejaculated or it gets spreaded in the environment in the form of peace and 'Bodhi-talks'.
- * Existence provides you an examiner and a teacher at the right time. One needs not to worry about that. It's better to just concentrate on your

preparedness. That's all your job is. You do yours and he never falters on his job.

* Two very interesting aspects of our being are :

1- Attachment

2- Detachment

Attachment encapsulates our experiments with matter and our quest to acquire coupling & control through this. Detachment means cessation of experiments with material world. Now onwards all the experiments would be restricted up to oneself. With attachment we try to take control of properties and people. With detachment we try to take control of our mind and various senses & fulfill the purpose of the life.

* In the marriage individuals are secondary and objective of marriage is primary. Society adds objectives to the package of marriage. The objective is to commit with each other and let the parents become free from the responsibility of finding a companion for their wards. It provides the parents satisfaction that their children have companion. Another objective is to provide a solution for their children's biological needs and to get a progeny, who will take the family's legacy forward.

* Music means flow. It simulates the flow of consciousness. That's why it's soothing. Mind gets rest during music, as it disengages the mind from thoughts and let the flow take over. That's why people feel relaxed. This is the reason that music is often used in the various forms of worships & meditation.

* You can't be happy without breaking away from memories. Kids are the happiest lot just because they don't have much memories. Their slate is clean. No junk files.

- * Fasting is to weed out rigidity from the body and the thought process.
- * Why India chose to go vegetarian? Indians have been the seekers. They were fascinated by the self-searching. They realized that the major road block was mind. They eventually got to know that food has the connection with thought process. Eating some grains & animal flesh affects our mind in such a way that it starts perceiving other bodies attractive. If the mind keeps harboring the interest for physical appearance then it would be highly difficult to realize self. When lower body parts get more energy, it affects the mind to act and think towards physical attractions. If the person keeps losing his power from the genitals then one may never get that some of power, which is required in self-realization. Seekers found that some sort of vegetarian food helps in curtailing the activities of mind. The propensity of violence gradually decreases and compassion becomes stronger as a person moves towards self-sufficiency. So ancient Indians chose to restrict their dependency upon the taste for the sake of moving towards the higher goal of the life.
- * Glamour means full of attraction.
- * Everyone is peculiar in a sense that everyone has got some specific objectives to reach up to and execute them. This is the reason that at any given point of time on the earth, people of multiple fields and talent co-exist.
- * One very remarkable thing that is told by astrology is every single body that takes birth on this planet is connected with other planets of our planetary system. Because consciousness is fused with the matter that is why it bears the effects of movement of planets that is made up of matter. Change in the planetary positions, brings in the change of the electromagnetic environment

of whole galaxy. This change affects different people in different way as every person's internal electromagnetic field is different.

- * Skin is a barrier that exists between outer and inner environment. It separates both the environments. Mind uses this barrier to create attraction. Delete the skin and attraction changes into disgust, as the muscle and the soft tissue becomes visible. Skin colour has variety and this variety has been used for stereotyping people on this basis. In the eyes, nose, mouth and anus the outer skin becomes continuous with the mucosa of body cavity. The color of the mucosa doesn't matter much for the mind as it remains hidden.
- * Knowledge comes from outside. Wisdom comes from inside. Then who are you, who is standing between both of them?
- * Everything that makes you shake, excited or scared is not your part. One with whom, you go in deep peace is your part. The more you go deep inside yourself, more you move towards oneself. Every professor was a researcher one day. Self-search is a spiritual word while invention is not. Whenever you research, you find some conclusion. Every research presented to the university has one definite finding. While your self-searching will yield one major finding & many associated findings. University thesis generally may not be presented in the form of a book while your self-search definitely takes shape of those wisdom drops which could be shaped & shared in the form of a book.
- * When humans shifted from cluster living to family living, talks of morality were mooted. Just to safe-guard the institution of family and the fabric and order of the society. Only when there is consent, talks of morality applies. In the absence of consent, it is termed as perversion or crime. Morality is an

individual centric concept. In the family, individual's sexual desires are covered under the drape of morality and responsibility.

- * Everyone wants attention. It starts from getting other's attention. This process goes on and on and on, till we get our own attention.
- * For him, his male identity is important. For her, her female identity is important. For him the legacy and the family name transferred to him and his own individuality is important. For the lady, her small abode, own family and motherhood is important. This would help her to get rid of her insecurities. Male and female are attracted towards each other. That's why they say 'opposite attracts'.
- * Theory of relativity says that by becoming lighter and speedier, one can change the effect of time on oneself. Krishna indicated the same thing in Geeta by opening up the secrets of time, when he said that effect of time is different in different realms.
- * Brahma, Vishnu and Mahesh are three steps to absolute. Three stages of consciousness towards the journey to the absolute.
- * **Downloading and uploading through senses.** Downloading through senses happens through the taste, sound, images, touch and smell. Uploading consists talks about life, stillness and absolute, discourses, written content, scientific researches and inventions. Arts & music related works, listening the questions and explaining the answers.
- * We receive god's compassion continuously through the cosmic power, entering into all the forms of life. However generally we don't know about it and thus can't appreciate it.
- * Cause is a multilayered phenomenon.

- * Because of the mind, we are bound to live with ourselves in an altered appearance, that is in the form of family and society through recognizing each other's identity only while not knowing each other.
- * Most of the people arrive in the bank for transactions however very few come to the bank to collect the no dues certificate or to have their accounts closed. Same way many come to the life to have the experience of life, whereas few come here to clear the dues and to break the association with matter.
- * Family is an association to morally fulfill the physical desires & have the taste of that aspect of life, which is dominated by attachment, emotions & mutual dependency & various other likings, which are related with different senses.
- * Countries either have their names based on geography, ethnicity or ideology.
- * Thinking is the process in which mind takes the time to produce multiple related thoughts & post a brief analysis through intellect, the decision is taken.
- * **Evolution among humans –**
 - (i) **People who are driven by a strong sense of 'I'.** This is a wild behaviour, which is dominated by suspicion, aggregation & occasional violence. Animals have strong mind with underdeveloped intellect as compared to humans. That's why they guard their 'I' ferociously. They try to protect themselves at every cost & live as a herd, so that food collection becomes easier & guarding oneself also gets facilitated. This is the reason why some girls like bad boys. She wants resources & security. He has them. Only thing she needs to do, is to gain control over him and she is sorted.

Now she has all the resources at her disposal. Boy is also happy that the slot of mine has been fulfilled by a suitable girl.

(ii) **People who are driven by 'Me' and 'Mine'**. This happens when mind, emotions and intellect work in tandem. These people are family-oriented people. Their own earning and the family are their strong pillars. They guard both of them cautiously.

(iii) **People who say "its neither about me nor mine"**. This is the group, which starts getting back towards themselves. They value their quest more than anything else.

First group is highly impulsive. Second group applies understanding. Third group believes that whatever is happening, must be right. No need to interfere much. Accept the circumstances and go through it. Because many things in the life are beyond the control of the person. Person has to go through them whether he likes them or not.

- * Energy is diffuse, power is condensed.
- * Society is the interplay of individualities.
- * Consciousness + attention = Individuality
- * Consciousness + Nature = Life decoded
- * **There are two kinds of people in the world –**
 - (i) Who work on the effect (ii) Who work on the cause.
- * Some cultures are based on rationality, survival and science. Some on ancient wisdom. Some on religious identity and some on ethnicity.
- * Wellness is all about the balance between the five elements of the body.
- * **There are two types of works in life –**

(i) Those works that you want to do.

(ii) Things that has to be done through you.

- * Understanding is the cause of expectation and neglect.
- * Ideology got this world divided on the ground and created differentiation among hearts.
- * Simplicity is like the filter that allows only those things to pass through it, that are needed. It stops all the undesirable things outside. Which means it allows only limited download, while maintaining a large free space inside. This is how the system has less chances of getting hanged.
- * Defence is nature. Offence is ideology. Defense is like immunity. In case of low immunity, there is the heightened risk of diseases. In one's own periphery, defending oneself is called immunity.
- * Ideology exists, till the time resources exists. Once resources start getting depleted, people and nations automatically start coming out of this mental condition called ideology.
- * Some political ideologies are completely cut off from the nature. That's why they works on the principle of me and mine. My identity and its control over the larger resources.
- * Simplicity insulates you from getting covered into the layer of ideology. Simplicity is the prerequisite of clarity. Simplicity is your defence against mind, intellect and ideology.
- * Ideology divides. Nature units.
- * Simplicity is about the purified soft nature. It is the nectar of life.

- * Simple people are like the recharging point in the society. People come to them to get themselves recharged. As they have downloaded a lot of applications in their system, which are draining too much of their power.
- * Body is nature. Made from & by nature and it gets assimilated into nature. Nature functions on balance. That's why body needs balance to work optimally. Simplicity knows that internal power is much more important than materialistic desires.
- * Some political ideologies put ideological ruling above the individuals. They doesn't believe in individual's own growth, development and internal evolution as they look towards humans merely as a resource.
- * More we go farther from oneself; more time, efforts & sufferings are needed to get back to the home. This is simple.
- * During hardships, time does not pass easily. It feels elongated and stretched. These are the difficult times, one goes through to come nearer the home. Hardships balances that time, which was used to drift away from self. During the drift, we keep on layering oneself with multiple coates of mind. While coming back, these multiple layers get peeled off one by one. This peeling off creates the moments of suffering.
- * Service needs suppressed ego. Sanyasis or ascetics do it through will power. Service industry does it through training & incentives. Here understanding and dharma both agree that ego is the hindrance for service.
- * In duality, person standing in front of you is a separate entity. In nonduality, person standing before you is a mirror image of your inner self.

- * Study of nature and its various elements is science. Study of consciousness is spirituality.
- * Difficult phase is the phase of purification. Every trying time removes some obstacles for you. These are the obstacles that obstruct to let one see oneself in everyone.
- * Life is an interplay of consciousness, mind and nature.
- * Consciousness knows oneself. Purified intellect explains life. Intellect plans life.
- * Truth dissolves ego and mind.
- * Surrender means love for the absolute and accepting the nature's laws and arrangement.
- * 'Art' is about exhibiting and polishing the traits and qualities given by the nature, whereas 'Science' is about learning the laws of the nature & applying them to shape up various inventions and appliances, which are used to ward off the difficulties of the life and to make the functioning easier.
- * To embrace the change, understanding needs to keep updating itself.
- * What is the change?
Change is an individual's attempt to either grow, develop or evolve. Change keeps happening until one reaches upto oneself. Consciousness won't stop until it finds itself. That is why change is inevitable.
- * What is 'failure'?
Doing an experiment aligning only with the understanding drives us to failure. Understanding helps us however it doesn't guarantee success as success involves multiple other factors as well.

* What is 'Success'?

When person's understanding & the laws of nature coincide, experiment becomes success.

* Doing something without any plans and getting a positive result or being gifted something without putting any efforts or something pleasantly surprising happening out of nowhere or getting something which is beyond the imagination and bigger than the plans is termed as 'luck'.

* Doing something under the influence of desire only and result getting backfired is called 'blunder'.

* Happiness, which is pleasant and unexpected is called 'surprise'.

* Incident which is unpleasant, unexpected & harmful is an 'accident'.

* Excitement \implies Boredom \implies Tension

Excitement changes into boredom and boredom through frustration changes into tension over a period of time.

* 'Lust' is that opportunity provided by duality, which gets sponsored by power. It has a visible and a hidden aspect. Excitement is visible, which persists for some period of time. The hidden aspect is that one has to lose his power in this activity. After losing the power, person struggles with the past and future as paucity of the power, makes mind stronger thus it's activities increases. Children cry and may even get sad however then never get frustrated because they are far from lust and physical desires, which keeps them full of power. Till the time person is rich in power, he doesn't get frustrated.

- * Power of the body gets concentrated around that level or point, where consciousness exists. That is why through the austerity and meditation, person helps his consciousness rise above. This is how the human's power rises from the lower centers of the body towards the upper centers.
- * Chaos is outside, disturbance is inside.
- * 'Alter ego' is the altered ego which imagines that, i could become that or how I wish, I could be like that.
- * Good man :
One who is concerned about you. One who takes care of you & your responsibilities. One who is ready to direct his resources & attention towards his family and friends. One who is ready to spare his time for his own people. One who values his family and relations.
- * Existence has only one criteria of wealth.
Rich : Who is full of power.
Poor : One with less power.
Very poor : One with depleted power.
Pitiable: one who has depleted power and massive backlog of negative karma.
- * Culture works on self. Social religions propagate the faith & belief.
- * Being upset means expectations are not getting fulfilled.
- * Words indicate something although their formation, which is called the sentence, has an explanation about what they indicate.
- * Like the religions takes birth from spirituality. Similarly, Sanskrit is that mother language that took birth from spirituality. All the languages that

derived from Sanskrit has those spiritual ingredients and lineage. It's words have hidden explanations about life and its rules. That's why maharshi Patanjali has a sutra about languages in yog sutra & he also worked on the grammer & ayurveda apart from 'yog sutra'.

- * Parents appreciate that child, who takes this ideology of 'me & mine' seriously. Parents just expect that as they considered their child under 'mine' category, children should reciprocate it during their old age & fulfill their duties.
- * Three layers of wellbeing of hostel kids.
(i) Psychological (ii) Physical (iii) Soul
Psychological wellbeing covers social security (kids gelling with mates), individual progress (Progress in studies as well as in extra-curricular activities) and shield against aggressive and bully behaviour of some students. Physical wellbeing covers proper nutrition and health issues being addressed properly. Soul recognizes love. Very unconditional love that kids are used to getting at home. In hostels this can be provided by selfless people around. Missionaries, Sanyasis & caring people can help.
- * Understanding alone doesn't solve our problems. Wisdom makes them simpler.
- * Individuals run hospitals for the benefits and profits. Spiritual organizations run hospitals for service. Individuals run schools for the financial and social benefits. Social organization run them for providing knowledge and providing those people a chance who are interested in social works.
- * Everyone has the power and everyone has this opportunity to convert it into love and wisdom. Love wipes off insecurities and wisdom informs us about living life Intune with oneself and the nature. Living life with oneself is

the way to bliss and living life with mind is living with confusion. Love is the produce of power. It's never a byproduct of mind or intellect. Whenever you see love in someone, it always originates from power. The same power lies with each and everyone and that's why everyone can produce love within. Love is the only reason behind humans accepting animals as part of the family and wild animals accepting some humans as part of the pack.

- * Intercourse is about the point that 'will you be able to satisfy me'? Marriage is about the point that 'are we compatible enough to live together?'
- * This body has been obtained from nature. It has to be given back to the nature. What is so hue and cry about this? Although definitely there are certain reasons behind acquiring it & there is some definite objective that has to be fulfilled through this.
- * Darkness gets eliminated by light. But why does darkness exist?
Darkness exists because of matter. Matter obstructs light. So, if we are connected with matter, we have to go through darkness. Liberation from the matter guarantees you a permanent place in peace or light.
- * Until it doesn't get aligned with me, it remains an opportunity. Once it has been conquered, it either becomes an asset, responsibility or a liability. Asset needs to be protected; liability has to be disposed off.
- * Plants give us oxygen, fruits, food, shadow, rains, shelter, wood etc. However why don't they have a defence mechanism? Even a small ant has her defence mechanism. Reason is that plants don't have a mind. Mind is responsible for defence and offence. That's why plants are considered nature.
- * Either your surrounding will impose a religion on you or your mind will lead you to some religion. First one is an obligation. Second one is choice.

- * Good for you, not for me: One particular thing which is exciting for one person, may be common for another. A thing or incident which is satisfying for one person, may be an obligation for another.
- * Either your nature will perform for you. Or your mind will decide for you.
- * Real battle is between your nature vs your ideology. Same thing is happening outside too i.e. nature vs ideology.
- * One doesn't need a social religion only to reach up to god. By keep working according to the own nature, karma backlog keeps getting diluted with time. This is how an automatic softening procedure keeps working on you. Your nature will lead you upto stillness, peace and bliss. If we work according to our nature, we would always have a plan B. However, if we work according to someone else's ideas, there won't be a plan B. This leads us into an awkward situation. Your own nature is your plan B. Its better if it is the plan A as well. The day your nature becomes your plan A, you become spontaneous. This leads to sahaj samadhi.
- * Yog is the real marriage. Shakti marrying the Shiva. Nature marrying with the one, who is completely detached. Nature gets a free flow through you, once you attain yog. One who helps without a reason is termed God. They who help with a reason are termed parents. They have a reason that is called emotions or the idea of 'Me & Mine'.
- * As the rocket moves upwards, it keeps shedding it's first and second stages. Once it reaches into the space, only satellite remains. Similarly, as you move towards divine, you lose religion, ideology & your identity. As you reach into the vast or thick peace, only your consciousness remains there, which

further moves towards the absolute through its internal power to get merged with the absolute.

- * Possessiveness comes from understanding. Love comes through consciousness. Understanding changes with time, which changes the extent of possessiveness.
- * As the rocket lifts off, in the form of different stages, it keeps losing its identity. At the end, rocket gets dismantled completely and only satellite is left. Similarly, as we keep moving towards the divine, we keep losing our various identities. For example cast, religion, titles, gender etc. At the end, thing which is left alone is 'that'. Only that.
- * There is an Olympiad for science, maths, technology. There is an olympics for sports. However why there can't be an Olympiad for mystics? Because mystics don't do anything by themselves. They are the most passive people. Things happen through them. They don't even know what's going around them. They are contained within themselves.
- * More you are able to generate excitement among people, more you are considered successful, in terms of money and fame. Entire entertainment industry is based on this fact only. One who can't generate excitement, is considered boring and unsuccessful.
- * Marriage is that game of 'snakes & ladders' in which happiness is searched and attempts are made to skip the failure and sadness.
- * One can save oneself from many traumas by not implementing someone else's understanding and ideology in one's own life. One may use other's skills however it should always be executed through own natural way. It's better to implement own ideas than copying other's way.

- * Conditioning is moulding the baby, according to the parent's understanding, ideology & culture.
- * There is one thing that is of common interest for both science and spirituality and that is the power.
- * Science asks questions from spirituality. Spirituality doesn't ask questions from science. Rather spirituality explains different aspects of one's own being on the basis of scientific laws and discoveries.
- * A mystic or witness can be anything but curious.
- * Samadhi is a state in which one gets the explanation of those things, that happen before the eyes & the mind generally keeps wondering and remains clueless about them.
- * Resolution done by the mind gets broken easily because mind does not have the power to implement it & it has multiple options to work upon. Another thing is that when waves of addictions attack, they often easily tear apart the defense put up by the mind. However, consciousness sticks with its own course because it has the power to do so & it has to keep moving continuously, leaving the old addictions behind.
- * Like the mind is the regulator of the body, similarly pancreas is the regulator of liver. Hormones of pancreas get all the extra sugar in the blood deposited in liver. Liver keeps on releasing the sugar, as and when body requires it. This system gets dismantled in diabetes. Now the person has to take care of monitoring sugar level in the body. That's why multiple small diets are recommended.
- * Four kinds of effects on the body –

- (i) Other's
- (ii) Own mind
- (iii) Environment
- (iv) Destiny

- * Opposite attracts that's why bad days attract good days. Happiness attracts sadness and vice-versa. Past attracts future and future attracts past. Male attracts female and vice-versa.
- * If you have to play a game, you have to abide by its rules. If one doesn't follow the rules then he may be prematurely evicted from the game and maybe put in isolation or at a distance from the society. Life itself is a game and it has certain rules and definitely a referee as well.
- * Bliss is being boundaryless.
- * It wasn't not the relatives, whom Arjun did not want to fight with. It was his affection with them. His own affection was making him weaker and incapable of following his natural way. Life itself is a Mahabharat, a battle field. One day one will have to fight with this feeling called affection and win it over. So that one could go beyond them.
- * Akash is that apart of space, which is covered by the gases. Area covered by the body belongs to space.
- * Dressing is a cultural thing although sometimes people wear some religious symbols over it.
- * Sanatan Dharmi got themselves changed into Hindus. Buddha, Nanak and Mahaveer got Hindus revert back to sanatan dharma.

- * Surrender is the gateway to non-duality. Till the time, mind does not take it's hands off the control unit, soul does not takes over.
 - * Whole Hinduism is based on one simple law that is 'law of karma'. Which means that you are the maker of your own future and the destiny. As the part of it some rituals, some celebrations and some prayers are there. Some people dive deeper into devotion to have a better control over their karma. Law of karma is simple. if there is karma, there are fruits associated with it. If there is no karma then the person is not bound by any law of the nature, In this case, one gets liberation. All the karma is done by conscious mind. If there is no conscious mind associated, then the work gets done by nature herself. By knowing the secret of karma, person's own karma become his prayer.
 - * Hinduism is the symbolic ritualistic representation of Indian culture.
 - * In one civilization many cultures co-exist. Cultures are geographically specific. Cultures are cocktails of local believes, wisdom, environment, religion, history, spirituality etc. Civilizations are few, cultures are many. There are epicenters of civilization in the world, where they took birth. For the example- Indus valley, Mesopotamia, Harrapan, Mohenjo-Daro, Mayan etc.
- Civilizations are inhabitations of humans with planned towns taking care of security, food & energy supply, water bodies, shelter, climate, connectivity, other resources etc.
- Earlier civilization were need specific. With continuous development, they become modern and a part of it also became demand specific. Along with the life, they also start giving shelter to the life style as well. Cultures are wisdom specific. Social & religious practices are ideology & belief specific.

- * Life's first half is full of excitement and the second half is full of repercussion of that excitement.
- * Either you can use your energies in making people aware of your individuality or one can use the same energy in realizing oneself.
- * Living unaware means 'observation less living'. Living fully aware means being aware of self. In this case one spontaneously becomes aware of his thoughts, actions & addictions.
- * Mandatory elements to obtain the positive result are –
 - (i) knowledge
 - (ii) Skills
 - (iii) Dedicated mind
 - (iv) Resources
- * Four dimensions of one's being –
 - (i) Mind
 - (ii) Intellect
 - (iii) Consciousness
 - (iv) Soul
- * Thinking and understanding guides a person in life. Thinking is about mind. Understanding is about intellect.
- * Everything is never lost in life. We have already lost oneself, now there is only one option left, which is to reclaim ourselves.
- * Till the time you don't reach up to dead end. You never come to know that the end is dead.
- * Happiness is not a state of mind. It's a state of consciousness.

- * A person who has tasted true happiness, won't get satisfied with excitement.
- * Mind has only one thing to offer and that is 'excitement'. It doesn't know what happiness is.
- * I am happiness. Once I get detached with myself, my happiness flies away.
- * I like meeting people, when I am with myself. In this scenario, I have something to offer to them and that is love. When I am detached with oneself, this process of meeting people becomes a burden.
- * Happiness is a state that is found in non-duality. Duality doesn't know happiness.
- * Defence is need, offence is desire. Defence is not an ideology; however, offence definitely is. Extreme ideologies whether right or left, only sows the seeds of hatred and violence. It's a trap for people practicing them. Their ideological practices will harm others and in turn one who sowed the seeds will have the baggage of all the karma fruits on his back. Extremism whether right or left is an ideological aggregation.
- * Senses give us options. By gradually reducing our dependency upon senses, we make ourselves free from the constant push and pull of senses. This is how we concentrate ourselves around our own center. This increases our chance to get 'self-realization'.
- * Only when a cloth goes through difficult process of cleaning, it gets rid of spots and dirt. Similarly, tough times make us get rid of all the dirt that sticks with us. Good and bad days are the fruits of Karmas however before surrendering, bad days work as accelerators, that make us learn about the life. After surrendering, difficult times become god sent opportunities, to

prepare one for the ultimate that is best taste of one's life and that is 'You' or 'self'.

- * By our own choice, we get a body and experience lust. And by his grace only we get the taste of absolute and then never want to leave it. Then after whatever you do, do it for him. This way whatever happens to your life, would be his wish. Not the mind's. This is how life starts becoming divine.
- * As humans we are privileged, as we can speak our grievances to the god. Once you connect with him, this privilege would be gone. Now onwards he will speak through you and you would never want to go back in control of the own mind again.
- * We are like that alien, who has lost his connection with his mothership. As soon as one is able to reconnect, then onwards one will be at ease. No more mental push and pull ups.
- * Names represent either the culture or social religion, one comes from.
- * Everything that could be seen through the eyes is nature.
- * Action doesn't always need a reaction. Sometimes it needs 'correction'. Because correction has the ability to change the action.
- * Basic difference between plants and humans is that plants keep enriching the environment and humans keep exploiting and poisonings the environment. To let the Humans thrive, it is necessary that the plant kingdom should always have an upper hand. Humans have the life however it is the plant kingdom which makes the human life possible.
- * Human body is broadly divided into three parts –
 - (i) Soft tissue

(ii) Muscles

(iii) Bones

Breathing exercises work on soft tissues. Physical exercises work on muscles and bones. Physical and breathing exercises work on the hardware of the body so that the software, which is mind or nature can function smoothly on it.

- * Commitment is an agreement, in which she gets ready to give you attention, care and company, which she names love and you are supposed to give her attention, resources, protection and mould own life according to her's habitual inclinations, desires and understanding of life.
- * One who shed their body at the time of enlightenment, know about themselves. People who retain their body post enlightenment know about themselves plus life. They have been retained to share the wisdom about the life and love with society and humanity.
- * Your nature is responsible for giving you a bumpy or smooth ride. Here nature means the inner environment and ride means the actions done by the mind, which shows it's effects on the outer environment.
- * One needs not to change the religion because one day one will have to shed the affinity with the idea of social religion completely. Thing that needs to be changed is our understanding about religions. And our approach towards religion.
- * Yoga is the science of keeping one healthy without much utilization of space. Yoga is much more relevant now as we are loosing space for outdoor activities because of rising population and diminishing free outdoor space.

- * Homeopathy knows 'like cures like'. This is how it knows that one who creates the disease and the one who can help in treating that disease are same. One aspect of nature creates the disease and another aspect of nature treats that disease.
- * Being health-conscious is directly related with the objectives of life or the fear associated with losing the health. In the first case, you perfectly know that who you are and what the body is. A driver or pilot needs his machine in best shape. So that he can utilize it optimally. A wise driver does not harm it's machine to draw any sort of satisfaction. Rather he gets satisfaction through fulfillment of the objectives through the machine.
- * Care means looking after the needs.
- * Curiosity is the subtle form of stimulus. In moderate form it's called excitement. In hyper form it's called anxiety.
- * Attention means paying heed to action, words and changes in the outer environment.
- * Company is to ward off boredom and insecurities.
- * Space, distance and time, these all happen because of duality or bipolarity.
- * When one restricts his intake through various senses & holds oneself up to fulfilling the needs only, he prepares the ground for staying in stable state. Excessive intake through senses fuels mind and thus gives birth to emotions & unnecessary crowding of thoughts.
- * Body language means that whatever that cannot be or is not said through the words, is reciprocated through actions. Body language relays the signals through actions & postures. When words are stopped because of shyness,

morality issues, unfavourable conditions or confusion, although the thoughts are bubbling within & the message cannot be contained inside, then actions of the body are used as the medium to convey own message, emotions, discontent, pleasure etc.

* In the normal course, there is monotony or routine in life, which is mixed with food, entertainment, outing and physical attachments to spice up the life. In Samadhi, there is 'Noneness' mixed with informations about life, coming from 'Purified intellect' which imparts enthusiasm to collect, secure & forward the informations.

* Curiosity initiates many reactions. For example –

(i) Excitement \implies Routine \implies Tension

(ii) Excitement \implies Affection \implies Insecurity \implies Jealousy \implies Sufferings

(iii) Excitement \implies Affection \implies Insensitivity \implies Hurt \implies Sufferings

(iv) Excitement \implies Affection \implies Commitment \implies Dependency \implies Loss \implies Sufferings

(v) Excitement \implies Affection \implies Dependency \implies Belief \implies

Following counterpart's understanding or Ideology or vision or approach

Conflict with others the world gets divided into mine and other's

Depending/Protection mine and offending others \implies Confusion \implies

Mental \implies Clouding \implies Dilemma \implies Trap

(vi) Excitement \implies Commitment \implies Expectation \implies Family

Responsibility /accountability \implies Kids moving out \implies Loneliness

Tension \implies Disease \implies Old age \implies Loss/Loneliness.

- * Fuel tank of the body and machine are different although they perform the same function.
 - (i) Body's fuel tank is flexible and stretchable that is the stomach while machine's fuel tank is rigid.
 - (ii) Machine's fuel tank spills upon over filling, while body's tank stretches first before spilling.
 - (iii) Body has the capacity to absorb, store and expand. This is how, it accumulates fuel. Machine does not have that capacity. Mind utilizes this quality of the body in its own way by making it heavy and non-flexible. This is how mind takes away one privilege from the body and the unnecessary reserve starts producing problems in the body.
- * Every performance is time bound as other performers are waiting in line. Stage has limitations. It can't accommodate all the performers and performances at one time. Their simultaneous appearance hinders each other's performance. Every performer gets a unique backdrop. He can go in a scripted or spontaneous way. Scripted means guided by the mind. It's the one's own choice. Other performers sticking with script only, may try to limit that person's performance, who is going solo and unscripted, as he wants to perform unhindered & doesn't prefer to be controlled by others. Another reason is that he doesn't prefer to align with any group, as he prefers to be natural and spontaneous. So sometimes he breaks away from the group and performs solo. These are those people, who don't follow the normal course of society and work on their individual purpose. However, fulfillment of all those objectives, benefit the society at the end.
- * Experience and realization, both are subjective (personal).
- * There are two kinds of people in the world.

(i) Who migrate from their original place.

(ii) Who don't migrate.

People who don't migrate from their birth place are of two types –

(i) Those people who are not able to lay off the conditioning of that locality.

(ii) Those one's who are able to detach oneself from their conditioning and allow oneself to change with changes happening in the surroundings.

People who migrate from their original place are of two types –

(i) Who are not able to lay off the childhood conditioning, even after being in a completely different environment.

(ii) Who are able to distance themselves from unnecessary ideological conditioning while retaining the valuable cultural elements.

* Biggest irony of animal & human kingdom is living fearful, afraid, distraught and disconnected with their very own creation or origin. As we are not able to use our own power because control has been shifted to the mind. In these forms, we are in a low battery or low power state, which obstructs our connection with our own source.

* All the solutions/answers are around us. Despite this, we are not able to reach up to them. Why?

We are in a fast-moving train. There is something written on the trees passing by. Because of the speed & distance, we are not able to read it. Once the train starts getting slow, we are able to read few words. When the train stops, one can step down the train, reach upto the tree and can read, what's written there on the placard. Nature has all the answers however the problem is that we are moving too fast and nature stands still. Once we are able to still the mind, our reach up to all those informations become a reality. A gram seed either gets consumed by someone or goes in the earth and sprouts.

Similarly, when a person's nature comes in sync with outside nature, his internal resources get channelized in that way, in which nature channelizes her own resources. Then the person's nature gets mixed with mother nature and consciousness gets freedom or salvation.

* Generally we don't produce happiness within, rather we buy happiness from around us . For this we spend our resources. Example – money, time, peace and power. When we start getting love and happiness from within, our resources are free to be utilized by the needy. This is how we stop trading through nature and go back to our original nature & our resources become free. Now one can use them, where they are needed most.

* Why do we need a guide in life?

Because we are unaware, inexperienced and confused. We want someone standing on that corner of the road, which we want to tread. He has gone through the experience of this whole journey. We haven't seen it. Our confusion delays our decision. He can help us to choose the right path & make us see things and know about them. So that there could be maximum output in terms of finance, quality of life, work satisfaction etc. One who has seen all the aspects and options of the route, is able to guide us, which makes the journey less cumbersome & less unpredictable.

* A counsellor alleviates confusion & helps you to take decisions & feel comfortable with them. So that all your energies can get lined up behind one single goal. He helps you to take decisions and ensures you that the best decision has been taken for you. Now all you need is to start working on that objective.

* Philosophies are those highways, which can accommodate more people and let them cruise at higher speed with known bumps. These highways are safer

than single roads. People while following their objective or destinations, choose their preferred highways or the lanes. So that the ride could be smoother, event free and fulfilling. People of various destinations take the same highway. They turn on the adjoining roads when their destination is near. However, upon reaching, they don't forget to mention that they took particular highway to reach up to the destination. Objective and philosophy are not same, as destination and highway are not the same. Philosophical highways make you reach up to your destination while sticking with some principles. Philosophies are those fixed principles of life, which originate from one's nature. One wants to reach up to objectives without parting ways with own philosophy. Child from the same parents can follow different philosophies in life, according to their own nature. Rules set by one's nature are individual philosophies. Your philosophy is the signature of your nature. Wherever you go in the world you remain close to your philosophy. This is how you remain close to oneself, irrespective of the place you stay at. Philosophy is like the pillar of life.

- * Word 'station' originates from static. Buses and trains have stations. These are the places where they become static, so that the commuters can hop on & hop off. Living at a station does not means being static. One keeps moving within the station. If not the body then his mind keeps moving in and out of the station.
- * Content : Whatever comes out of you, through you and by you leaves it's effect on your surroundings. Being content means being comfortable with own efforts & output. Discontent means not being comfortable with own efforts & generated output.

- * No one can be taken for granted in this world except nature and that is real love. So next time, when you doubt that nobody loves you, look at the nature.
- * Behind every successful man, there is a woman. As being a partner, she wants success for you. As the whole world, which she wants to create is partially or completely (depends upon various cultural backgrounds) dependent upon your success as the fruits of success gets shared between both the partners. When it comes to the mothers, their care & emotional support removes many obstacles from the children's path of success. Behind every satisfied person, there are many men and women as the satisfaction is related with skills, efforts & related outcomes, opportunities, knowledge & resources. In the person's whole journey of satisfaction, many people take part & contribute in many ways. As a person goes through various levels of success and satisfaction, he gets to witness the harsh and ugly realities of the life as well. The quest of success and satisfaction brings in multiple compulsions as well. The experience of both the aspects gradually moulds the one towards being a saturated person.
- * Sufferings whether they may be related with person's physical, mental, emotional and psychological aspects play a great role in making one a fully saturated & self realised person.
- * Once we stop altering our own nature, nature starts the process of clearing the backlog. Once backlog is cleared, you are free.
- * People want to listen you, however before that they want to know, that in what capacity you are saying this?

- * Over ambitiousness doesn't know balance. That's why, it keeps disturbing the balance in the family, society and nature.
- * 'We had a blast' means many exciting things happened within a short span of time. It was like firecracker with many lights. Every light represents excitement. Most preferably they were unexpectedly pleasing and that's why surprising and lovely.
- * Mind needs the novelty to keep the level of excitement intact.
- * 'I' means individuality.
- * Any place that has cross – ventilation remains fresh and lively. Whereas any place that has single point entry with no exit remains stale, humid and smelly. Same is the condition with body. When you get the cross ventilation through it that means exit and entry points for power. It becomes fresh and lively.
- * Why do we need continuous motivation to work on our various determinations? Because our mind & people's reactions continuously demotivates us & our mind keeps shifting it's attention among multiple points.
- * Whenever you do something that comes from your nature, you remain self-motivated and the work automatically gets executed.
- * Ultimate objective of everyone is same, that is using the power in a way that nature does.
- * Excitement \implies Routine \implies Boredom \implies Excitement \implies Tension
This is the chain that starts from excitement. Whenever we get bored, we want to go back to excitement.

- * Mental clouding increases our dependency upon surroundings. Peace gradually reduces our dependency upon surrounding & helps us to become more focused towards the absolute . All of our addictions have been added to us. They are not our original nature.
- * Animals can be divided into three categories.
 - (i) Lower ones : Who work on their needs.
 - (ii) Middle ones : Who work on their desires as well.
 - (iii) Higher one : Who work on need, desire and ambition. Example – Humans.
- * Different ways of making your presence felt –
 - (i) Through the body
 - (ii) Talent
 - (iii) Training & skills
 - (iv) Knowledge
 - (v) Wisdom
- * A person's presence is feared, when he loses control over oneself. In this case he becomes harmful. When mind completely takes over the nature and becomes sole ruler, in this case, one loses the control completely & becomes unpredictable & dangerous.
- * A person's four wars :
 - (i) Physical war
 - (ii) War with diseases
 - (iii) Ideological war
 - (iv) War within oneself, which includes confrontation with own thoughts, fears and insecurities.

First three wars are to be fought with outside world. Fourth one is the war within. Physical war is about fighting physically to sort out differences.

War with diseases : Immunity that is the healing power within, is continuously on the war with infections and wear and tear.

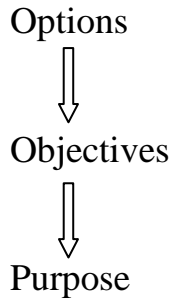
Ideological War : Intellectuals fight this war. Or the ones, who fight the ideological war are known as intellectuals. Intelligentsia gives birth to ideologies.

War with oneself : This is the war between own nature and mind. Nature wants to merge with natural surroundings & in this process, one gets liberated. Whereas Mind wants to segregate you from the surroundings and retain you within this mental & biological framework.

- * For many of us, social celebrations are an opportunity to showcase our accomplishments to the society. People want to turn these opportunities into uplifting the image of the family and self. Whereas the same social celebrations or events are a financial burden for a larger section of the society. Although they prefer to adhere with it, out of the fear of social scrutiny & judgements.
- * Division or segregation is a social reality. It happens at individual level. One person's or family's happiness or grief does not causes happiness for all & grief for all. People are not unanimous in happiness and grief. Reason behind this is the division. The cause of division is mind. Individuals have mind, which segregates them from others.
- * Yajna is something in which one form of energy gets transformed into another form of energy so that it can be utilised in another productive process like the plant kingdom does. Animal kingdom can't exist, if plant

kingdom stops producing food. The fruits of yajna, done by plant kingdom are enjoyed by animal kingdom.

- * Three stages of life :



- * Renunciation means let the energy flow. Don't let your mind obstruct the flow of nature. When you don't obstruct the flow of nature, you remain a part of it. This is how you remain peaceful and joyful. All of our problems start, when we obstruct this flow.
- * Dance like no one is watching. Live like no one is watching. While dancing you don't obstruct others. You are in your own flow. Similarly, in life, when we obstruct others, we disturb our own flow.
- * Plant kingdom does not have objectives, it only has the purpose in life, that is why it is called the nature.
- * When we come out of a stuffed, humid room, we get to feel and inhale the fresh air, which is present outside. This is what nature does for us. Think about the room with stuffiness and humidity. This is what our mind does with us.

We are a liability upon existence, till the time we don't find our purpose. Once we know our purpose, we become an asset for ourselves and the existence. Individuality has objectives and ambition whereas self has purpose.

- * Love destroys insecurities.
- * Scientists and artists are the engine or producers of business. Businessman use their talent to create and generate business through the finished product, developed by them.
- * Existence operates the best government. That is invisible one. It delivers the maximum governance along with the full freedom to operate.
- * Happiness is one of the biggest mysteries of human life. It is an irony that we talk about it often however don't know exactly, what it is and how does it feel like to be fully happy, which is also called the bliss.
- * Putting own hand on someone's head – it provides the sense of security and blessing to others.
 Hand on shoulder – support/proud.
 Hand on the back – friendship/praise.
 Hand around waist – romance.
- * Politics either gets utilised as a tool by someone with objectives and dedication to run the system efficiently.
 or
 It serves as a tool to fulfill one's personal ambitions.
- * Objectives are fulfilled through resources. That's why one needs resources to fulfill the objectives. Whereas to fulfill the purpose of life, resources are provided by nature. Like a tree gets all the resources from nature to fulfill its purpose of providing shade, shelter and fruits.
- * Fulfillment of the purpose of life completely dissolves ego. It makes you completely free from bondages of ego & mind. Astral bodies want a material

body to fulfill their purpose so that they can self-transform completely and be that, what they actually are.

* One can share his experiences with family, friends, students and readers while one needs to share his realization with the world.

* Sacred fig and banyan are worshipped in India because of their ability to provide shadow to a larger area and enrich environment with more oxygen & capability to develop energy resources in the form of dry wood.

* Dinner is inversely proportional to breakfast. Take your breakfast like a king, only if you dine like a miser? If you dine like a king, then one should breakfast like a miser. This particularly applies to the person, who doesn't lead an active life.

* Objective of the spiritual practices is to find the purpose of life.

* Difference between the researcher and seeker?

Researcher strengthens his individuality upon getting the findings. Whereas seeker perishes when he finds oneself. Only finding is left, no seeker remains then after. That is why science can only explore & understand the material aspect of the cosmos while seeker can find the secrets of self & the conscious element of the cosmos and get assimilated in the existence.

* Every objective was an option once. Every workable option starts getting converted into objective.

* **Difference between objective and ambition.**

Objective : Its our objective to prove it to ourselves.

Ambition : Ambition is to prove it to the world.

In objective, one wants to prove it to his own mind.

In ambition, one wants to prove it to the collective mind called society.

* Every ideology has objective and every ideology has a sell by date. Once objectives are achieved, ideology and its institutions should get dissolved. Otherwise it starts converting itself into a tool that is used by people to fulfill their ambitions as then onwards no objectives are left, only ambition remains. That is why upon taking the sanyas, people renounce their old name. Old name was a tool to explore options and achieve objectives. If they carry the same name to the sanyas, it may become a tool to fulfill their ambition.

* Physical beauty is just about flesh, features and skin. That's why sex dolls are in demand.

* **Difference between option and desire.**

Stimulus, which is compelled or fuelled from within is called desire. Whereas options come from outside. Someone showing interest in you means he/she is giving an option, which one can work upon.

* What is the chance?

Chance is something that life throws up at you. Whether to accept and capitalize on it, depends upon the person & his individual preferences and nature as well. Generally person lets it pass those chances, which go against his natural tendencies while readily accepts those ones, which are his spontaneous choices. One goes against all those obstacles, which try to stop the one from going ahead and ultimately makes sure that he is able to catch the bus.

* **Difference between an icon and the guru?**

* **Icon :** He sets a benchmark in material world for others to follow. He lives by example. His achievements challenge others to meet his threshold.

- * **Guru** : Sets a benchmark in spiritual world and rest is same. Guru is that height of consciousness, which is completely beyond the mind. Guru is that height, which is present in altogether a new dimension.
- * It is the power that is present between the two worlds (visible & beyond) and segregates them.
- * Independent means physically, mentally and financially non-dependent. Whereas self-dependent means emotionally and spiritually self-reliant.
- * Ambition is not about me or I. It is about my or mine. It clearly shows that it's not the part of my being or it's not what I am. It is about what unique I can perform, develop or prove to the society.
- * Veil or not to veil is an individual choice. Not a decision enforced by someone else. To start veiling and to stop veiling is an individual choice. Veiling is done to avoid extreme weather, allergies, infections and unwanted attention.
- * Profit and loss are related with individuality only. For the consciousness, these words are alien. Mind is the one, who is interested in the profit and loss.
- * Officers are there to provide services. They are appointed by some authority or the state. To provide services they have control over larger resources. The way an officer conducts his duties, can make his consciousness lighter or heavier. His approach towards his duty will either elevate him through karma yoga or will suppress him under Karma fruits.
- * Understanding is incomplete and that's why it creates confusion. Single reason behind all the wars in the world is understanding. Understanding is

not pure. Pure is the nature. Understanding is made up of many ingredients like mind, intellect, ego, experience, conscience etc.

- * Power & the sufferings has this ability to work against karma backlog and weaken them.
- * In the uncomfortable environment, it's better to retract than react. Reaction is forceful reflection. When you don't react, action goes within you and make changes in the person's internal configuration.
- * Mind creates needs and desire. Mind requires a form for itself so that it can interact with other people. Any form needs continuous energy supply, in the form of solid, liquid and gas for maintaining itself. Nature fulfills those needs and desires. Nature is visible and silent. God is invisible and silent.
- * Nature is not static, its flowing. Nature of consciousness is to flow. However, in the presence of mind, it is dragged and pulled. Because of the mind, consciousness and nature are not able to come on the same frequency.
- * Nature is the 24-hour ATM. Every living being has an account in this bank. From the need to ambition, your withdrawal limit is unlimited. Towards you, her devotion is such that, if you use her resources to fuel mind, she keeps on maintaining 'I' for you. If you lose your interest in her attractions, she starts condensing your power that propels your movement beyond the visible side of nature. One part of nature is the matter, which binds you and another part of nature is the power, which liberates you from the material aspect of the nature.
- * Army either performs the defence activities against the external enemies or it pushes forward those policies of the government, which are related with

the neighbours and adversaries. This is how, it either performs the defensive or offensive actions.

- * Push yourself to the limits, this is what your mind and society wants you to do. Pull yourself back to self, this is what 'Yog' asks you.
- * You and your outcomes are different. Your outcomes may be prolific however you might feel frustrated. When you are content and satisfied, in this case the result might not be noticeable by others however they will be permanent for you and durable for others. As your contentment produces it's fruits, which are dispersed in the surroundings. So the living beings in your surroundings are set to get benefitted by them.
- * Only thing that exists is called existence.
- * Religion is a link between humans and their higher forms.
 - (i) Interaction among humans, deities, incarnations and nature – Hindu.
 - (ii) Interaction between humans and realized ones – Buddhism, Jainism, Sikhism.
 - (iii) Interaction between humans and prophet or son of the god – Islam, Christianity etc.
 - (iv) introduction between humans and the pearls of wisdom (Veda, upanishads & Geeta) - Sanatan dharma
- * There are two categories of people.
 - (i) Who keep working upon options, objectives, ambitions and their destiny lets them function in their own way.
 - (ii) People who are not ambitious & they work upon their objectives in life however their destiny blocks, some of the objectives to divert them towards a particular direction, so that their resources & power can be utilized in a

way that is best suited to them and all. This is how destiny helps them find, what they are looking for.

- * Touch is of following types –
 - (i) Loving
 - (ii) Naughty
 - (iii) Desire full
 - (iv) Hateful
 - (v) Sporty
- * Your connection with others is of three types. People whom you –
 - (i) Like (Attracted)
 - (ii) Dislike (Distracted)
 - (iii) Neutral
- * Freshness is power.
- * Emotional means attachment.
- * Psychology is about contribution of mind to the quality of your life. It's about those various ways through which the mind affects the life.
- * What policy is to government, love is to nature.
- * Psychology is cause; fear is its effect.
- * In football field, the easiest thing to do is to shoot a self-goal. Because the goal keeper does not suspect his own player. Similarly, in the life, body also does not suspect mind and mind keeps on doing self-goals by harboring various harmful addictions.
- * Austerity gives power. Power gives state of stability. It's a carefree state . It is a state when consciousness gets detached from attachment & qualities. So,

things keep on happening as usual however at the same time, one feels free because it is the nature, who does all the works. State of stability gives Samadhi. In Samadhi person starts getting love because mental chaos starts settling down and the internal power becomes free & undisturbed.

- * Our identity is the reason of our sense of insecurity. As we have to protect and keep intact our identity. Any potential threat makes us insecure.
- * Nature gives us freshness. Mind gives us pollution. Freshness keeps us durable. Pollution erodes us.
- * Concept of the nation is based on managing human and natural resources effectively & with their help, running the system efficiently.
- * Marriage provides physical and social security and emotional dependency. Those societies which could not provide safety and security to its females had to adopt marriage as an imperative security feature. Those societies where females are free and secure, decision of marriage lies in the female's hands. There the marriage is optional, not a compulsion.
- * Science is dependent upon human resources, which are related with the mind-body complex. Spirituality is dependent upon one's own natural resources and utilising them optimally.
- * Mind wants to connect with attractions.
Soul wants to connect with nature.
- * Countries that invade other countries, believe that there is nothing to explore within themselves. So, let's explore outside. India never invaded other countries because it knows that the best thing that could be explored, lies within everyone. So, after attaining success and satisfaction, it's better to move inwards to seek saturation and light.

- * We believe that mind is the cause of civilization. In reality nature is the cause of civilization like stem is the visible cause of tree, although in reality root is the real cause of the tree, not the stem. Root can't hold the weight of the tree, if it does not get support of earth. Earth can't function alone in giving birth to the tree. It needs five elements to come together. Five elements of nature can't give birth in the absence of consciousness. Nature is the extension of consciousness. This is how consciousness is the sole reason. This is the difference between believing and knowing.
- * Don't take life seriously means don't take mind and its interaction with the world seriously.
- * Music without words engages mind. Thus, helps in meditation. Music with words incites understanding. This is how it invokes emotions.
- * 'Prana' is the gift given to you by nature. it is that oxygen, which is full of freshness. Ayurveda asks you to wake up early in the morning to collect your gift. Awareness means interaction with outside world without the interference of mind. While dealing with the world, mind concentrates on any one thing. In awareness, consciousness is focused within oneself.
- * Confusion inside, propels experiments outside. In absence of confusion inside, there won't be any need of experiments outside. Life means experiments. 'Life free state' means confusion free state. No experiments means no jeeva. That means rise of consciousness. Upon ending the confusion, duality also ends. Self-realization gets achieved.
- * Politics is about policies. The word police originate from the word policies. Police is the one, who executes the policies related with safety & security of the people. Politics is a tussle of duality to take control of the natural and

human resources of a defined land. Resources are used to implement the policies and sometimes for achieving the hidden ambitions as well.

- * It needs an internal tsunami like condition to awake us from our deep sleep.
- * Civilization needs government. Without a government, there will be complete anarchy or lawless condition.
- * Happiness belongs to the donor. Jubilation belongs to the recipient.
- * I hope, one day nature will let me flow with her. That day all the barriers within me will be broken. Someday, I will witness this event. Someday, I will be able to fulfill the purpose of my being. That day, a person experiences the real happiness in its very pure form.
- * 'I' and society both recognize 'mine'. Working on mine satisfies 'me' and it wins certificates from the society as well. So, it's a win-win situation. That is why everyone keeps working on mine and the society keeps on talking about this 'mine'. 'Mine' is a constant and perennial point of comparisons and discussions.
- * Memories of unfulfilled tasks are like the prickle in the skin. Every prickle in the skin initiates the process of inflammation and thus creates pain and swelling. So, it's like a damage that needs healing. Taking the prickle out, ensures the healing. Similarly completing the task, rests the thought process associated with it.
- * Till the time, there is uncertainty between two people, there is curiosity and excitement. As soon as uncertainty and curiosity ends, excitement also settles down.

- * Between the excitement and frustration, lies a period called boredom or monotony. In this phase people look for the 'small happinesses of life' which means the small phases of excitement.
- * Marriage is all about experiencing good things and atrocities of life together. Marriage is a representation of duality. Whatever that is beyond duality is beyond the marriage of two people also.
- * You can't fight ideology with ideology. It's like fighting sword with sword. It is bound to injure both the parties. Because both are attacking each other with energy and hatred. Only love and wisdom can melt all the ideologies of others and it evaporates the own ideology as well. That's why tyrants, aggressors could not achieve what Buddha, Christ and Mahaveer achieved.
- * Observing the matter needs mind however observing the life needs detachment and refined vision. We have been missing an opportunity to collect our observations about life. As we indulge too much in the matter and that drains away all of our power and arrests our attention.
- * A witness means when the person is not selective. Anything or everything before the eyes passes as a motion picture without creating any interest or indulgence. It's a phase when events, pictures & circumstances keep moving as it is. Nothing gets absorbed within & the one is neither selective nor judgmental about them.
- * 'During our times' : When life was full of excitement & free time. When exaltation used to criss-cross in our system. When everything before the eyes was an opportunity. And every opportunity presented an excitement. When the world was rosy. When mind was not a liability and the world appeared like an amusement park with full of rides.

* Three stages :

(i) Kids : Not much differentiation between family and society.

(ii) Younger stage : Differentiation established.

(iii) Mature stage : Family Vs society inter-mingling & competition.

For kids periphery is seamless, because differentiation is not established.

With time differentiation gets reinforced. Towards the slump of life, differentiation gets strengthened. This is why periphery gets very limited. So differentiation is inversely proportional to periphery.

* Talent is directly proportional to the effect in the society. Means more talented has the greater chances to leave one's effect in the society.

* When marriage is not working well, society suggests to give birth the babies. This gives a new objective to both the partners, in which they can get themselves involved. And this objective is a life time one. The crux is, if 'I' is dissatisfied with the present scenario then 'mine' should be roped in to provide the satisfaction. In this case mine will engage the 'I'. I becomes satisfied when a new jewel is added in the crown of 'mine'.

* I am Sam.

I – Mind. Sam – Identity. Is – Consciousness

In reality everyone is just 'is'. Beyond consciousness there is nature and existence.

* For a person, office is workstation and home is the support station. Home takes care of the needs and many of one's objectives. Person fulfils some of his desires there as well. Office is the place, which provides an opportunity to earn resources to take care of his needs, desires and ambitions as well as the satisfaction related with the work..

- * Bread, butter and bungalow i.e. need, desire and ambition.
- * Introvert is searching within. Extrovert is searching outside.
- * In an auditorium, actors keep on coming and leaving. They come there, keeping performance in mind and leave having memories in mind. They never get enough time to detach themselves from their play and provide themselves a chance to connect with the auditorium. We are not able to observe and appreciate other's performances because we are engrossed in our own performance. We only compare our's with theirs. Performers come, keeping future in mind and leave with the collection of past, in the form of memories. However, the auditorium remains silent, present, unmoved, detached & same. Immediate backdrop keeps changing, larger backdrop remains same, performers keep on pouring. Performers love their act & become comfortable with the backdrop . For them backdrop is an opportunity to showcase what they have. Similarly in life, we are attached with ourselves and our people. We showcase our potential in the social backdrop & earn praise, prestige and money. In the meanwhile, we remain detached with the larger backdrop, which is nature.
- * Talent + efforts become performance. Effort without talent or skills becomes the ordinary work.
- * Dividing one's attention and resources in multiple directions is being social. Collecting one's attention & having it transformed into the focus and that too within the periphery of available resources is being 'Sanyasi'.
- * Ideology causes dependency. Many of the bondages come from sticking with the ideology. Independence is freedom from ideology and its effects on self and other's lives. Let the bonding should not get converted into bondage.

- * Effect of a particular emotion on our psyche is called the mood. According to the effect of prevailing emotion, mood can be classified into good or bad.
- * Intoxication produced by substance is a very crude form of intoxication. Because it affects the mind as well as the actions. So, everyone out there gets to know that someone is drunk. However, intoxication produced by power / shakti is of very refined form. It affects only consciousness, not the senses or mind. So, no one gets to know that, one is high or intoxicated. Yogis called it 'Surati' or 'masti'.
- * Morality means once I have committed to you, I should remain adherent with it & should not divert my attention towards anyone else.
- * 'Bhaav' is a state being free from pull of future. Once you enter bhaav, you become free of starts and ends. Because nature takes over from there. Nature is startless and endless. In this case whatever is executed from you is of nature, by nature and through nature.
- * Look how differentiation diminishes rapidly. Male and the female gets affected by sentiments equally. However, their range is too variable. As soon as they enter bhaav, range diminishes. Now both experience the same carefree state.
- * Bhavna/emotions are composed of – Affection, fear, possession, achievement, loss, excitement, lust, boredom, frustration, sadness, tension, satisfaction, responsibility, attachments etc.
Whereas bhaav is about being carefree. Things keep happening around you, although you remain detached and least or unaffected.
- * 'I can handle' means I have enough courage & capability for the action and I have enough power to absorb the effect of the reaction.

* Thanks but no thanks :

Thanks : For considering me

No : I don't need it.

Thanks : For the opportunity or the offer.

* **Knowing**

Believing

I know	I believe
Comes from internal memory	Comes from external memory
Comes from within	Comes from the mixture of experience, intellect, culture etc.
Gives completeness	Emerges from incompleteness
It's like a river	It's like boat in the river
Sense of insecurity gets vanished	Keeps insecurity alive
Comes from consciousness	Comes from the intellect
Emerges post purification	Emerges from imperfection
Recognizes the absolute	Recognizes the society
Comes from life itself	Comes from surroundings and conditioning
Fear of the unknown vanishes	Fear of unknown stays
'I know' means I know myself and my purpose	Does not know oneself. Only believes. Distance from the purpose of life.

* (i) Complete belief is complete darkness. Little belief, little knowing is confusion. Complete knowing is 'light'.

* (ii) Possessiveness is directly proportional to radicalization. Before the advent of religions, people were radicalized too. During those times, they were radical about their possessions. With the advent of religions, people became radical about religion. Work of the religion is to deradicalize

followers as much as possible. As water softener softens the water, religion should soften the people.

- * Atheism itself is a religion. It's an 'intellectual, ideological & egoistic religion'. Where religious people believe sacred texts, Atheists believe their non-belief. More than the existence, they question the belief system. Some of the atheists may be more serious seekers than the religious people as they are not ready to believe someone else's words, experiences or realisation. Either they are ambitious people or they are looking for their own realization.
- * Two types of religious people are present –
 - (i) Since childhood – They believe, as they are grown up in such an environment, which propagates belief & people get conditioned accordingly.
 - (ii) By nature – They surrender & become devotees.
- * Surrender is the invitation to spirituality.
- * Mind comments on individuals while intellect comments on individualities.
- * Country having highest vegetarian population and most spiritual country of the world are same. It establishes the relationship between the food habits and various realisations which are related to the self.
- * Atheism does not mean end of seeking. It either means more strong seeking or more strong conditioning towards the ideology of non-belief. Atheists are more inclined towards becoming or posing as an intellectual & exploring all the aspects and perks which are related with it. An atheist want his answers on his own because he is not ready to believe what others blindly believe. He wants to explore his own mind and its capabilities and limitation. A socio-

religious person believes in his conditioning while an atheist believes in his intellect. A naturally religious person believes in kindness and surrender.

- * God is the truth.
- * Best thing about conscience is that, it is unbiased. It gives the solution on the merits than prejudice.
- * Truth and nature are always in a complete surrender mode towards each individual. Only thing that keeps us away from them is our resistance from surrender.
- * By hook or by crook – Mind is hook & trait of maliciousness is the crook.
- * In relationships, till the time mind has its say, intellect rests. When mind does not find its way, intellect works.
- * Social family is the group of individualities. Every individual has a family & an inner family. Where consciousness is baby and shiva or gateway to the truth is the father and nature is the mother. This is real family. So, a person can have two families. A social family and an inner family.
- * Only a consciousness can be composed and tranquil.
- * On one extreme end, you are individuality and on another extreme end, you are super consciousness.
- * Consciousness is the sixth sense.
- * There are two kinds of people.
 - (i) Who have interest in following the religion.
 - (ii) Who have interest in making others follow the religion. Which means making others believe, what he believes.

First ones are concerned with themselves and the divine blessings. Second ones are concerned about everyone else except themselves, when it comes to the belief system.

- * Desire and knowledge change an individual into an individuality. Individuality minus desire and expectations becomes an individual. World might consider this person a great Individuality however the person minus desires would consider himself just a simple individual. Austerity and sufferings change an individual into consciousness. This is the self transformation.
- * As stem is imperative for the existence of tree, similarly consciousness is imperative for the presence of individuality.
- * Work is of two types –
 - (i) That gives you money.
 - (ii) That gives you money + satisfaction. People who are married with their profession, get ample satisfaction from their profession.
- * Difference between God and Dog –

Dog is loyal, cute, aggressive, omnivorous, loving, emotional, protective, a defined and limited biological form etc. Whereas God is the seed of all the living beings and the rest of the emotions, qualities & forms that exist in various forms of life. God is formless, omnipresent, eternal & purest form of being.
- * It's the nature who does all the work, it is the individuality who makes all the noise.
- * The way any society lives life is culture. Food, dressing, mutual relations, views towards life, society and oneself, family, education, personal freedom,

wisdom of realized people, faith, practices, conduct etc constitute the culture.

- * Power is inversely proportional to individuality.
- * Individuality controls the matter whereas consciousness gets dissolved in the absolute.
- * Double meaning words are those, which address both the desireful meaning and exact meaning. People use them often to show their witty side or desires in disguised form.
- * Happiness + being seated in love is 'bliss'. It happens without any visible reason, which means it is not related with any material aspect however it is related with the person's internal arrangement.
- * Because of being the representatives of the nature, females are producers of physical form of life called babies. They are the ones, who give the birth & and thus keep the cycle of life furthering on the planet.
- * In male dominated societies, marriages are 'celebrations of exchange of responsibilities'. Because females are considered a fertile commodity as well as one major responsibility of the parents. In these societies, boys are considered an asset and daughters a liability as they have to leave the parent's family to start a new one. To encourage the groom's side in taking the responsibility of the girl, dowry system came into existence. Bride's father tries to find a boy, who could prove an 'asset' for the girl as well as competent enough to take the complete responsibility of the girl & the family. At the same time, groom's side is ready and eager to take the responsibility as through the marriage their boy gets a companion, which is a matter of satisfaction for the boy's parents. At the same time, they feel that

one of their social responsibility also gets fulfilled and now can comfortably face the society. Girl is blessed with the ability to give birth to the progeny, who will be responsible in the future to take the family's legacy forward.

- * For individualities, life is an asset and liability statement & their responsibility is to always keep the side of assets heavier than the liabilities.
- * Frustration either comes from limited understanding, under-performance or losing the acquired position by not being able to perform upto the threshold.
- * Ideologies try to spread & take control of more land & influence more people. This is how, they like to prove that they are better than the rest of the ideologies.
- * Life provides us two options :
 - (i) Going towards the individuality.
 - (ii) Going towards the truth.
- * It's the culture that deals with day to day lives of its people. More than the belief system, hinduism is a culture. Culture tells us how to live amicably on the periphery of life. Religion takes us towards our own center. Both are different from each other. Arabian, European, Asian, African cultures were present, when the social religions were not born. In India one can witness, people following different cultures because of the innate diversity and the impact of the multiple invasions & migrations from last one thousand years, as well as indian culture embracing every religious belief & their related culture. It's not a pure Vedic culture all over the country. Although its large part is still preserved as the collective wisdom.
- * During the episodes of anxiety, mind pushes the person towards the periphery. One feels being under the influence of destabilizing &

challenging feeling and restlessness all over the system. Mind keeps banging the person against the wall of will power.

- * In male dominated societies, asking the hands of the girl from her parents is like expressing own affection towards the girl & agreeing to shoulder her responsibilities with pleasure. Before the marriage, parents guide & takes care of her. After marriage, it is expected that the husband will do the same. In both the cases, it becomes the responsibility of the parents and the husband to keep the girl happy as she is not entitled or provided the equal freedom like males enjoy. With lesser freedom, her capabilities also get compromised as she has the access to the lesser opportunities.
- * In male dominated societies, poor condition of females after husband's demise has roots in this psychology of considering and bringing up females as a liability. When husband is gone, no one in the vicinity wants to add another liability to his kitty. It leads to poor condition of ladies. Morality issues further worsen their condition. Many of the ladies may not be educated enough to support themselves. Many of them lack the skills, which could provide them respectable mean of earning the living. Many a times, they lack enough social exposure and self-confidence to face the competitive world. Although the change is inevitable. Every new generation breaks multiple shackles, which were considered normal in the previous generation. New generations are less segregated on the point of gender and females are coming forward to avail the equal opportunities & rights.
- * Suffering is the repercussion of that condition, in which our mind has driven us into.
- * Resources are of two types :
 - (i) Natural

(ii) Human

- * Happiness is an individual event. No one would be able to know that you are happy however everyone knows that you are successful or not. Happiness is very personal. Being happy and pretending to be happy are two different things. Pretending is associated with social events & for this one has to put in multiple efforts to appear happy.
- * When we meet others, we pretend that we became happy by seeing them. However real happiness comes, when we meet with self. Infact a person comes to know about happiness, when he knows himself. Before this, happiness is just a feeling, which is unstable and keep coming and going . Before attaining self, person keeps pretending about happiness and considers jubilation as happiness.
- * In the absence of light, living being become helpless. Light make things visible. Light itself is invisible. Similarly, wisdom is that power which is invisible. It makes the cause or the seed of life visible. This is how humans get to know oneself inside out.
- * Illusion is the workshop of individualities. Nature is the garden of consciousness.
- * Child birth is a matter of celebration for the family in our society. Point of celebration is that the baby is born through that bride or groom, which is selected or approved by the family. It's a celebration of family's success, on the social parameters. Family shows lesser involvement and curiosity in the child birth and related celebrations, if the life partner of their boy or girl is not approved by them. Although the child birth increases the chances of

approval of their parent's marriage by the associated families, as it has the softening effect on their ego.

- * A defined form or matter is the cause of emotions. If lady conceives through someone else's sperm, then her husband may feel that the emotional bonding with the baby is missing. He may think that if the baby is not my extension then how am I connected with him. People get emotional for their connections/extension, which is matter, not for someone else's matter. There is a famous saying that 'till you don't earn the money, you won't understand its worth' means when you earn something, you get connected with it emotionally and become ready to preserve & nurture it.
- * In Hinduism there are multiple deities, few incarnations although just one truth or super consciousness. Multiple deities are one of the reasons for Hindus to be liberal as it makes them receptive to those forms and names of the God, which are unknown to them.
- * Questions don't give birth to the answers. It is the answer that gives birth to the question. Questions came very late, answers were present from always. Between a hen and an egg, hen came very late. Egg is the cause, hen is the effect. Cause gives birth to the effect. Eggs are present since the formation of aquatic life. This vary question is misleading. Hen is a specific genus however egg is not specific to any particular type of animal. It is present right from aquatic animals to humans, as human females too produce eggs. Without the cause, there cannot be any effect.
- * Knowledge is for individuality. Wisdom is for consciousness. Knowledge sustains the person in this world whereas wisdom stills the person in this world. Wisdom halts our drive of acquiring more and more knowledge &

through that to remain involved with all, that is happening around us. Wisdom halts our curiosity for 'more'.

- * What land does for trees,
Culture does for followers. Which means providing them required mental stillness and wisdomful & compassionate nourishment for the soul.
- * Religion is a tool to dissolve politics. It should not become a tool to strengthen politics. Religion should act as a strainer to filter out the politics. We commit a mistake, when we start consolidating our individuality with the help of religion. This is how a whole generation starts getting confused as they start considering religion as a part of their identity. Religion is just a short cut to build an identity as it is too cumbersome to build an identity through one's own efforts. Religion is a personal thing as it helps to connect ourselves with our soul. No identity is helpful in doing so.
- * Society draws its inspiration either from culture or from religion. Culture based societies are open hearted, while religion-based societies are close minded, as they replace social rules with the religious rules. Social rules give preference to the family and the person while religious rules value the sovereignty of the belief system.
- * It looks like that death is the departure from earth however it is departure from the body. It is that unavoidable journey that we try to avoid till the last breath. Unlike other journeys of life, for which we get curious, prepare our luggage, get the bookings done etc, in short, become 'mentaly ready' however we never get ready for the end. Reason behind this is our 'unfinished agenda'. Like an artist keeps on learning and performing throughout his life. He collects lots of success and satisfaction through his art. At the same time he keeps on experiencing the various forms of

sufferings, which are present in life. One day he goes through self transformation and his passion gets transformed into devotion. Then only his attachment melts away and makes him better prepared to go through the flow of life.

- * Through our karma, we try to interact with the world, we live in. While through our nature, we try to serve the world we live in.
- * Every single mind is like a free magnet. It attracts his own individualities in multiple lives and other's also. Mind is on the prowl 24×7.
- * Food's energy + Individuality = Karma
- * Success brings possession, possession attracts attention.
- * We don't complete our race called life. We just pass the baton to the next generation, feeling that our job is done. What we did was just one lap. Race is not over yet. Next generation takes the game forward & does the same.
- * Reason behind the success of social networking sites is that it helps people to connect with their second pole. Through social network, family shows their success to the society. As it is always family vs society. That is why people regularly update their page and tag people. In case of single person, it helps to quantitatively widen their search for the second pole. That is why youngsters frequently update about themselves because they want to be seen and get noticed, which increases their prospects and opportunities.
- * Family is the congregation and 'cultivation farm of individualities'. Where husband and wife work on their own, spouse's and kid's individualities.
- * To shape an individuality, we take help of many resources like mind, brain, time, energy, finance, emotions etc. Religions talks about propagating their

practices during the person's lifetime while on one's demise, they pray that one should attain peace. Whereas spirituality talks about the bliss.

- * Stomach tells about the hunger, which is the need. Mind tells about the taste, which is a want. Whatever informations come to us through senses, that give birth to desires. Whereas all those inspirations that come from within are related with our soul.
- * You can't ask peace for guru and heaven for followers. Destination is one. For guru and for disciples.
- * We lose ourselves to our individuality and redeem ourselves through our soul.
- * Need is the necessity.
Demand is the desire.
- * Whatever that provokes senses is sensual. Right from taste to sound to sight. Love gives freedom to be yourself. Possessions try to mould you.
- * One way of segregating ourselves from this world is by putting a shield of nature between two of us. Nature gives birth to material. Material gives birth to material desires. These desires can't pierce through the nature. So, the nature is the best deterrent against this sensual world. By putting on the shield of own nature, one gets peace from one side and the bliss from another side.
- * How do we make ourselves dependent?
Desire of any kind forces us to become a party. A party is known for the openness for the transactions and interactions. So, by freeing ourselves from these sensual desires, we take ourselves towards freedom.

- * Face is just about recognition. Whereas consciousness is about knowing.
- * Senses need satisfaction and consciousness need saturation. Post acquiring saturation, person becomes devoted towards the purpose of his life.
- * We surround ourselves with a wall of ego. Among the masses we cautiously hold our ego. That is why nobody laughs when trees fall and seeing a person fall becomes a matter of fun. People enjoy when someone's ego gets a beating. When one gets embarrassed, it becomes a matter of fun for others.
- * Whenever someone addresses you as mother or lord or prabhu, he addresses your inner nature or soul.
- * You can feel any place by two means. One is by your senses and another is through consciousness. A place that has feast for senses, may be completely empty when it comes to consciousness. Another place that is powerful for consciousness may be uninteresting for the senses.
- * A singer gives his best performance in bathroom. Because there one sings for oneself. There is no one else there, who can distract him, so his focus remains intact. Focus getting polarized within, becomes a soulful experience.
- * More than the average power within, propels consciousness towards super consciousness and more than normal energy in the system propels the mind towards the materialistic engagements .
- * Success and failure belong to individuality, not you.
- * Relationships are the experiments of mind, done through individualities and are the celebration of own identity.

- * Being on the right or left wing is like being on the extreme. Even in the plane people don't travel on the wings. For a safe journey they are always in the middle. While being on left or right, your power won't be able to lift your consciousness up as the person needs to be in the middle for the development of consciousness. Being for or against means being charged. Any charged thing instantaneously reacts with one or another. Thus the probability of development ceases.
- * Love has this unique ability to melt down the ego and take it out through tears. That is why people feel light and at home when they find love. One feels that his house gets converted into home when love enters into it. That is why people want to construct & live in a house with the love of their life. when we look into this phenomenon at the spiritual level, then this body is a house and the love within elevates the person's consciousness to the level of infinity. For the consciousness, infinity is the home. There one feels surrounded by love from all over.
- * By the society, a single boy or girl is considered an unpaired electrode that is available for pairing.
- * Tension is the outcome of interplay between the Individualities..
- * When we talk about India, it's mostly about the Indian culture, than the Indian religions.
- * Religious countries are destined to fail for the very basic fact that they put religion over humanity and governance. This is like wearing underwear over the pant. In this way, neither the purpose of pant, nor the underwear gets solved.
- * When we come to this world, we get two things –

(i) Body

(ii) Recognition

Rest of the life is used for converting recognition into individuality. For example, A person tries to add some decorations before or after his name and then he tries harder to maintain that name for the rest of his life.

- * A thirsty person would never like to spill his water in desert. A tipsy would never like to spill his alcohol. Similarly, a Buddha will never like to spill his power through his genitals because he knows that water, energy or power work best when they are retained in the body. Body needs water, mind needs alcohol while consciousness needs power.
- * Word that is related with the marital relationship is 'happy or unhappy' and 'successful or unsuccessful'. While in friendship, it is not about being happy or successful. It is all about being natural and comfortable.
- * Religion is a bridge between our internal chaos and eternal peace.
- * Unlike the birth of a baby, where he lands up in complete unfamiliar world and is scared, enlightenment is about landing up at home. It's so much comforting that thought of sharing the experience with anyone does not crosses the mind. Because mind becomes rudimentary. Eternal home does not belong to the mind. As the consciousness gets eclipsed in the material world, mind gets washed away in eternal world. Door to eternity does not let the mind in.
- * When the force of water is not controlled through a valve or dam, it gets spent. Similarly, when the individual's force is not controlled through will power, it gets spent.

- * In closed societies, people who are driven by lust, have no option but to get married early. A normal person, who wants an individuality as a partner, gets married later, as he has to shape his own Individuality first, which takes time. One who searches for a person of sweet nature, may have to wait for longest period as to know the nature of the person, one has to go through ups and downs of life along & has to sit in multiple examinations of the life together to understand someone's nature more adequately.
- * Marriage is a social celebration of mutual commitment. Commitment means accepting another person as a mental, emotional & physical partner for life. The fruits of own individuality are bestowed upon the partner. At the same time, some unwritten expectations & restrictions are imposed upon each other as well, as far as emotional, mental and physical parts are concerned. Both become lawful partner for the future.
- * Apart from understanding, an altogether different aspect of this world, which is known through purified intellect is called 'wisdom'.
- * As an individual, person enjoys his rights as well as he is expected to discharge his duties towards the state. It is an individuality, who can be or can remain committed. This means that as the person builds his individuality, many responsibilities keep getting attached with it.
- * Difference in point of views gives birth to mistrust. Mistrust gives birth to dispute. Disputes lead to diplomacy and arms race. Diplomacy tries to find out the solution through dialogue.
- * Without nature's love, life cannot exist here or anywhere in the cosmos. Nature's love is the pre-requisite for any form of life.

- * Thoughts are crystalline that means interwoven in formation. They connect individuality with the matter through energy. Due to the crystalline nature they collide with each other and thus noise is made.
- * Generally the name given to a person encourages him to take inspiration from it and carve the life in such a way that the life could be made large or meaningful. Sometimes vice versa happens, when one makes his life so much meaningful that he is given a name later on by the people, which dwarfs his childhood name and from then onwards the person is known by that new name only. Like Mohandas Karamchand Gandhi was given a name called Mahatma. Now the world addresses him as 'Mahatma Gandhi'.
- * To learn something, an individuality is needed. While to know, consciousness is needed.
- * Ash is matter minus energy. That means amorphous. Use of ash by Shiva propagates a message that 'try to see energy separately from matter'. Because energy + matter gives birth to a particular formation to which people develop attachment as that is a reality however a fragile reality. Whereas truth remains hidden somewhere within this form.
- * Surrender before wife, if you want to get respect from in-laws side. Surrender before truth, if you want to get equanimity.
- * Purity is pre-requisite of impurity. Which means one has to mix something in the pure form to convert it into an impure one. Impurity provides a possibility of purification. This also means that purity is possible.
- * Love is an eternal state while wisdom is the eternal knowledge. Lust, passion, ambition, greed are only lengthy & temporary .

- * Impulse, excitement, anger erupt for short span of time however they are notorious for keep recurring.
- * By following society's rules and patterns, you will work dedicatedly on your individuality. After getting detached from the norms and directions of society, you will concentrate on the individual & become compassionate towards other forms of life also, who are not part of the human society. As in this case every living being becomes more important than the norms of the society.
- * Every individual in the society goes through his own struggle. Every individual has hope and he needs guidance from time to time. One who breaks away from the perks of social living knows more about solitary surviving and is self assured.
- * Morality exists because of the society. Morality should not be imposed at the expense of freedom. Because freedom is nature and morality is personal choice. Some people are naturally moral. So they value it spontaneously. While for some it is an obligation. Society should encourage its members to be moral however it should never be imposed upon anyone. As the person's mind resists all sorts of obligations. No one should torture anyone in the name of personal desires or social morality. Although the door to counselling and guidance should always remain open as making mistakes is a normal human trait. Making one realize his mistake, itself works as an eye opener for many people. Person's nature values morality while mind values experimentation and opportunity. So it highly matters that under whom acquaintance, the person is.

- * Parents want stylish and meaningful names for their kids however many of them don't wish to change their funny sir names, just because of the fact that it is part of their identity.
- * Difference between satisfaction and saturation is that the procedure needs to be repeated cyclically to reinvent the satisfaction however saturation stays once acquired as gradually it becomes nature.
- * Yoga means the merger of consciousness into super consciousness. When consciousness becomes distant from super consciousness, it gets surrounded and affected by the diversity of nature. This way a series of cause and effect starts taking shape. As soon as consciousness gets separated from super consciousness, it's search starts from there.
- * All the work that is done through individuality creates karma. After losing the individuality, individual becomes free of karma bondage, which is called 'salvation'.
- * Any process that teaches the way of living is about enhancing the continuous rectification process of human nature.
- * In reality, every girl searches for his Shiva as the feminine energy travels through the time and space to finally get coupled with the male energy. Both the forms of energies are complimentary to each other. She starts her journey by finding a suitable boy for her. A man who can dedicate himself to her and can complete her various desires because society does put some restrictions on the females for the sake of security & moral purposes. Society also has expectations from the boy. It wants him to fulfill all those desires of her that society neglects. This is how groom becomes a tool of the society. Girl does everything to make necessary changes in the boy that could suit the girl's

requirements. This is how she wants and tries to improvise his boy. In the society and family, it is difficult for females to have their 'me time'. This 'me time' gives them breathing space and little freedom. Freedom is the primordial necessity of someone to work on oneself.

Society wants the boys to compensate for the misdeeds that society does with women and later society wants the boy to cover them up on society's behalf.

Society gives every boy a task to mould himself according to her bride's wish. Society does not like those individualities, who fail to do this. Society likes and respects those guys, who successfully complete this task of moulding themselves. Husband becomes last hope for the lady because during growing up, society did not pay the lady her due. This is the reason, when this last hope gets dashed, she feels helpless.

Being part of the society, whatever misdeeds males do with women, he faces the repercussion of same misdeed, when he becomes husband. This is how the law of karma comes back to haunt him.

- * Cow has this unique property of converting waste (dry grass) into something useful that is milk and cow dung, which can be used as manure and fuel as well. Nature works similarly. That is why the cow is considered sacred as nature.
- * Reverse mirage : Mirage means when senses expect water at some distance although upon reaching there, water is found missing. Which means earnest need and capability to drink water is there however supply is missing. Reverse mirage is something when whatever that is acquired during life cannot be used because this body becomes incapable due to sickness or old age. Which means capability goes down while the supply remains intact

there. During sickness & old age many food items and physical activities are contraindicated for the person. So even if the person has desires or the need, he cannot fulfill them. Both in Mirage and reverse mirage, desires remain there although either the supply or the capability goes down. In both the conditions person gets frustrated as the want remains intact. An unfulfilled want keeps creating it's ripples in the person's internal environment.

- * Second and the third most confusing thing that people get after mind is face and private parts as both are related with some sort of identity. Mind uses them to establish the person's individual and gender identity.
- * Intercourse is just a mechanical process, that is why people use their imagination to spice it up. To extract more satisfaction out of it, people try or imagine different partners. Without imagination or some visual stimulation, it's just a routine process to feel sensations through genitals.
- * Showing interest means a person wants to explore more about another person or place or event etc.
- * Whatever that is beyond the purview of individuality is wisdom. Wisdom is not subjective, it is always eternal.
- * Mind uses hair as a part of the identity that is why many monks shave their heads or some grow long hair. So that hair can't be used as a tool to enhance individuality. After shaving the head, person cannot experiment with the looks. Person's look remains stable in this case. When the facial and head hair are grown too long, they serve to conceal the person's identity.
- * Life is a continuous search. It is not a destination. Search is always done in an unfamiliar territory. Some of the searches are fulfilled through acquiring, holding or exploring, while some of the searches are fulfilled through

renunciation. This way the searches can be classified into active and the passive one. Active searches are done through the mind and intellect while the passive search is beyond the mind and the intellect.

- * Intercourse is a game played by two individualities through sensory and motor neurons.
- * Attachment is the sole reason of having the point of views. With the fall of attachment, point of views also fall.
- * Individuality is related with insecurity. Intellect asks you to take sides. You are given two options. Either 'for or against'.
- * Every point of view is supported by one argument.
- * Every point has three sixty-degree (360°) angles. By which it can be viewed upon. Every sight can be divided broadly into two parts. Every part has 180 points of views. 180 points of views will be on front and rest 180 will be on its back. That is why debate between 'for and against' goes on and on and on.
- * Whole human life can be summarized into one line that is 'from command to surrender, which means from captivity to liberation'.
- * Power works as an insulation between this world and that world.
- * Every adult spends his entire life searching for a state that every child is already in. This state is about how to be happy without any visible or thinkable cause.
- * Till the time insecurity prevails in our being, love can't blossom. As Dahalia cannot blossom during summers. Blossoming depends upon surroundings. With insecurity, the emotion which erupts is of possession, which is a form of captivity.

- * Society keeps vigil on family and family keeps reinforcing itself against society.
- * Family tries to avoid the standoff between family and society.
- * Monks live on the periphery of the society. Witnessing this game of bipolarity from a distance. They are dependent on the society however not involved with them.
- * Holi erases both identity and individuality. It gives this unique sense of being equal. Colours cover the face and identity is gone. No differentiation remains. In the absence of identity, only thing that remains is joy. That is why festival of holi is often associated with joy. When the colors are there on the face, no one is carrying any identity during that period. Being devoid of identity provides them a freedom and that sense of freedom gives birth to joy. While carrying along the identity, person is supposed to maintain the social decorum.
- * Individualities try to find satisfaction in the bipolar game of society, which involves transaction of multiple types however monks try to find saturation in the inner stability.
- * Lecture is delivered through knowledge, intellect and experience.
- * Gossip involves individualities. It tries to extract some fun through their activities, incidents, knowledge, personal life etc. For some people it is a good pastime. Gossiping is done in the absence of related person. This ensures that the gossip is not interrupted. In the absence of any contradicting view, the person can spice up the chat by adding some imaginary incidents. By gossiping people try to ridicule the opponents and satiate own ego. They also want to prove their ability to make people laugh. People try to add more

members in their gossip club, so that they can get more content for gossip. This extends their company or group as well. They consider that this is a group of friends and like minded people.

- * Ideology is the idea that seems logical & every attempt is made to prove it logical. If it is logical then it is workable. If it is workable, then it can be advertised and propagated. Meetings can be organized to convince people on the ideology. When the number of people increases, who follow a particular ideology then with their help a wave can be created, which can be utilized to bring the socio-political change. However, at the end, it's just an idea. All the ideas originate from the mind.
- * Employer demands success from his subordinates. Workers may want success/satisfaction or both from his work. People who look for satisfaction prefer to work on their own, so they could plan and arrange the work according to their wish. That is why they prefer to work independently. Whereas people who want success may join or form a team. Some people prefer to work solo as they want the creative freedom and freedom to choose the aspect on which they want to specialise or focus upon.
- * What is divine ?
Whatever that is out of the purview and confines of mind, intellect and ego is divine.
- * Enjoy is encapsulated joy. This encapsulation is of mind and ego. Whereas joy is a state, which is beyond mind & ego. All that fun, which is experienced through mind is called enjoyment. Curiosity and interest, both are present in enjoyment, which is a pleasant feeling.

- * Nirvikalp Samadhi is about making the insulation layer around the consciousness, so that it becomes impossible for mind to impregnate it. In this state, consciousness drifts far away from the effect of the mind.
- * Human and animal societies co-exists. They do come in contact however they don't intermingle with each other. Movies that show two of these societies coming together, leaving their respective instincts behind, speaking a common language and intermingling, gives emotions a new high. This creates a fantasy ride for the viewers. Fantasies are always pleasant. These movies show two of the societies following a common culture and confronting a common problem hand in hand. People deal with the real world. For them these fantasies are like the cold breeze of fresh air.
- * 'Ideal' is the one, who lives up to the people's expectations or his own values. One who is ideal for society may not be ideal for the family and vice-versa. Certificate of being 'ideal' is issued once the person is tested in different scenarios of the life and on various parameters. When he performs steadily for a longer period, people's expectations are successfully met and scrutiny is largely favorable for him . According to the different perspectives of the life, there are different standards of being ideal. One who is considered an ideal king, may not be considered an ideal husband. One who is considered an ideal spiritual teacher, may not be considered an ideal prince.
- * Our every effort is to bridge the difference. When you come to know that there exists no difference. What will be your efforts for?
- * From one to zero and from zero to infinite. This is the real journey of each individual. Fighting ideology with ideology is like fighting sword with sword. Fighting ideology with truth is like fighting the sword with air. No

matter how hard sword tries, it won't be able to destroy the air. Sword will degrade one day while air is eternal.

- * Guilt happens upon realization. Realization comes from analytical power or conscience. After performing the action under the influence of mind, once the person becomes stable, then his analytical power does the analysis for him. Power is always unbiased. So, person gets the unbiased verdict. This analytical power tells him that you did a mistake and then the person realizes that whatever he did was wrong. Analytical power can only work when one's ideological conditioning is not that strong. Desireful & consensual act of two people can be judged by a conditioned mind as a wrong act while the same act can be judged by the analytical power as their own choice & decision.
- * When society fails to correct its misgivings or malices, law of the land intervenes to protect the individual rights. Society did not abolish 'Sati Pratha' then the government had to intervene. Society failed to abolish dowry, child marriage and triple talaq, so law intervened.
- * Society gives priority to the family. Law gives priority to the individual's rights. That is why the tussle between the society and the establishment is more frequently evident.
- * Morality is the standardization done by the collective brains of a particular society. That is why the standards of morality are different for different societies.
- * Sanskars (conditionings) are like mouldings and societies are like slots. Like mouldings get fitted into the slots, similarly conditionings are variable according to the societies. They are imparted to have a particular cultural

standardization of the incoming generation. Conditionings are those teachings, which come from the socio-cultural background.

- * One of the most valuable asset for a person are his personal values. They are about his philosophy related with life. Those teachings or conditionings which are not in sync with the individual values are left behind by the person. Those values which are very important for a person, gets transferred to the next generation as an example & very important learning about life.
- * Conditioning judges according to the cultural values, family lineage or morality. Conscience judges according to the individual qualities & choices.
- * For the mind 'are you happy' means are you satisfied?
- * It is interesting that we don't have any doubts about the presence of our minds or nature. However, we have doubts about existence or some divine presence because we don't have any experience related with it.
- * Total failure means efforts done without any trace of success and satisfaction.
- * Prostitution is the pure business where he needs pleasure and she need success (money) or vice versa.
- * To live life productively, you need a philosophy. If you don't have any, people will share theirs with you.
- * Boredom and excitement are related with bipolar world. Where old pole becomes boring and new pole becomes exciting.
- * Expectations are on family level or social level, for example respect. Desires are on personal level, eg. possessions.
- * Push and pull mechanism of relationships:

Those relationships, in which both expectation and desires are involved, work on push and pull mechanism, to get both of them achieved. Person is pushed and encouraged to collect the resources while he/she is pulled closer to get engaged in the desireful activities.

- * Marriage is a societal facility not a social obligation. Like variety of food is a facility, not an obligation. Facilities are provided to them, who need them. People who don't need any social facility are self-sufficient. Any social facility which is binding, becomes a social obligation for them. Society provides facilities & avenues to the individuals citing the basic human instincts. Although not all individuals are same as the intensity of instincts vary from person to person. Humans have this unique property of internal evolution. The extent of person's internal evolution curbs many of his instincts. That is why as far as the basic human nature is concerned, a vast variety is seen among the population.
- * Tears come when we feel love or helplessness (paucity). First one is enriching; second one is draining. During the adverse times, when the mind feels insecure from all the quarters & the person feels the absence of care and compassion, then he gets to see the brutal and insensitive side of life. This realization threatens his faith in humanity. During these times, he gets to remember those days, when he used to get complete care from the near & dear ones, which made him feel secured. During this adverse time, when he gets to see the helping hand being extended from unknown people and his needs being taken care of, then the tears of gratitude roll out from the eyes. Then he feels that compassion and humility still exists there, which takes care of those who are in need. Witnessing the selfless gesture of people, dispels the feeling of alienation. During these times, person gets to witness

that compassion is much more stronger than the feeling of hatred. It provides the healing effect.

- * Marriages are present only till the time societies are present. A boy and a girl stranded on an island can't get married. Because there is no priest or witness or court to certify marriage. It will be a very peculiar relationship. As both of them will take care of each other, either they are naturally compatible or they will forge a bond to take care of the daily challenges. Their company will either be natural or artificial. They can be gentle or rough with each other. In the world no one knows about them, so there are no expectations attached with them. So no morality issues are attached with their relation. Either they will be sensitive towards each other or will show the traits of dominance. If they are nice with each other, then they will have a mutual attachment. Their relationship will not be certified or approved by anyone as only thing which matters here is the mutual attachment. A healthy relationship has the ingredients of mutual respect and care. In the absence of any third person, relationship doesn't need any name. If two people are not judging each other then name of the relationship becomes irrelevant.
- * In the garden of Eden, Adam drifted away from god. And then he never remained same. Adam is consciousness, God is super consciousness. When consciousness turned towards the mind, then it never remained same. As instantly a company is formed between the mind and the consciousness. A name is given to this company by mind. God disappeared from the sight of consciousness and mind started generating dreams, thoughts and imaginations. So consciousness got occupied with them. This is how the consciousness drifts away from the existence and gets involved with the world, which is created by the mind. Garden of Eden is that place, where

both the truth and the mind are present at equal distance and opposite to each other. Here the conscience comes as a representative of the God and suggests not to eat Apple. At the same time a thought comes as a representative of the mind, that suggests to go ahead and taste the apple. Here Adam's action decides that in which direction he is set to travel from here. So garden of the Eden is actually a place of transit.

- * Happiness without reason is life's utmost goal. This state is called joy. Till the time happiness exists with a reason, it vanishes once the reason is gone. When there won't be any reason, at that moment only thing that exists is joy. That state of joy, gradually gets transformed into the bliss, which is the abode of god.
- * Nature + Mind = Affinity with material.
- * People stereotype others on the basis of their socio- cultural background & habits prevailing in that particular society, that is why people are able to predict that how a person from a particular background will act or react in any given scenario.
- * Whatever that is able to break the current arrangement is termed as revolutionary. Ideologies revolutionize the society and affects the thought process of its members. Realisations revolutionize the self. Ideologies revolutionize the individualities whereas realisation gives birth to self. Self is beyond rules and patterns laid by the society. Revolution comes from outside. Realization comes from the inside. Revolution changes the arrangement around us while realisation changes the arrangement within us. Any revolution within the society affects the way of life of its members greatly. Whereas realisation affects the personal habits to a great extent.

Revolution changes the scenario around us, while realization changes the scenario within us.

- * Truth becomes thought, once it is said and it crosses someone's mind to reach upto him. Words that enter through the eyes or ears & reach upto the mind are considered someone's thought. As the person who listens or reads is familiar with the thoughts only. So, the very fact, that is truth for someone could just be considered as a thought by another one. Truth is self revealing. It is about every person's internal journey and every individual's own finding. It is availed through self-realization. It can't be shared among the crowd as it is.
- * Austerity condenses power. Meditation polarises this power towards the self. This is how both of them help the person to claim oneself from the life.
- * Focus is the trait of consciousness. Through this focus, awareness takes birth. Awareness is related with the truth around and within us.
- * To observe life, one will have to let the uninterrupted flow of Ganga or power start within oneself. Interrupt this flow and one will have to take part in life and becomes a component of it. To observe the life in a neutral manner, one needs to generate awareness within. In simple terms, we need a separating medium which could separate us from the strong current of life. So that the person can become still, which allows him to witness the truth and generate the awareness within, which lets the person witness the life and various components of nature.
- * Intellect is of three types :
 - (i) Raw : That is dependent upon five senses and takes inputs from the mind.

(ii) Improved : Takes inputs from conditioning, talent, learning and own experiences.

(iii) Refined : Takes inputs from refined intellect & consciousness.

- * In the society, there are commoners and VIPs, leaders and followers. In spiritual groups, there are equals and absent/none.
- * Society is never about equality. It is about constantly working towards changing the socio-economic class and becoming elite.
- * A body and consciousness, both have to pass through bottle necks to take birth. That is cervix and Sahastrar. Body thrives on energy; consciousness thrives on the power. Post birth, body grows while consciousness expands and transforms. Both can remain stunted in the absence of nourishment. Both go through transition and enter into new environment. Body's transition is from nature to materialistic world. Whereas transition of consciousness is from material side to nature. Body decays while consciousness transforms. Nature facilitates both deliveries. Body's parents are different in every case, whereas parents of consciousness are same in every life and the person. Body has relatives whereas consciousness is free from all relations.
- * A writer thinks more and rests less as his mind keeps working. This is how fiction takes shape. Letting the mind rest more and thinking nothing gives shape to spiritual content.
- * An obstetrician/gynaecologist and a spiritual guru both have same role to play. That is to help in child's delivery & related problems. Gynecologist helps in conceiving a baby while guru helps in preparing the disciples for second birth. Both help by removing obstacles, suggest the ways to minimize the problems, let the nature play its role & take it's own course.

- * Society is about providing importance to the precious things, giving value to the physical appearance, attachment and identities ; whereas spiritual groups are about reclaiming the inner beauty & finding the priceless element within.
- * Being judgmental is not a strength, it's a weakness. Reading spiritual content helps one to get rid of familial, social and ideological conditionings. That is why every realized person pens down his realizations.
- * Parents want to see their sons successful and their daughters satisfied.
- * Intellect got this civilization developed, ego can even destroy the civilization, if it is not controlled by will power & compassion.
- * Retirement does not mean a tired mind & body. It means getting tired of the monotonous routine and pattern of life. It means getting rid of the engagements to focus on the hobbies & to do something, which is more natural and helps in mental decluttering and evolving internally.
- * Attraction is related with satisfaction.
- * At the fruit shop, no one knows where these fruits came from. Only thing that is important over there are the fruits. Similarly, it is not important, that what your affiliations are. Important point is how you can optimally use your resources to produce fruits for letting everyone use them.
- * All our sensory organs open towards outside. So, they can't help us to look within. Only thing that could look inside is our consciousness.
- * Existence = Truth + Nature
- * Biggest problem of our lives is not knowing about our 'destination'. Life's destination and aims are different. Not knowing the destination leads us to

form small aims, which are suggested by the mind, so that time could be passed & the sense of wasting the time is eliminated.

- * Curiosity is about knowing things inside out. Another person's individuality is an obstacle from knowing the things from inside, as it protects own secrets. So, in order to satiate curiosity, another individuality should be won over either by own charm, wealth, talent or other qualities , to get the desired informations.
- * You can control a lion or elephant either by strength or by love. We can move the rock with strength however can we do that just by love? Answer is no. Rock's and animal's body has one similarity. Both are made up of matter however both of them are different. Living beings have consciousness which recognises love. That is why a small human can control gigantic elephant or dreaded lion. This is why, living beings are not just matter. They are not just a body.
- * Attraction is always towards the improved version. it is like a compliment, when people get attracted towards you. Some people look stunningly beautiful although when they open the mouth, party gets spoiled. Some do not have those amazing looks although when they speak or sing, it feels like symphony. So people keep noticing others and often keep getting attracted. People keep enhancing and exhibiting their positive side, which gets noticed by others. Charm serves as a substrate for attraction. When one person is charming and another person has interest thriving within , then attraction happens. In the absence of interest, charm doesn't get converted into attraction.

- * Life partners often keep assisting each other about social manners & the bedroom manners. Who teaches what, depends upon one's nature & the field of interest.
- * Destiny has destinations in future. Once you have reached the final destination and all of your desires and thoughts have disappeared, then destiny becomes inconsequential. It is about that moment, when complete transformation happens. This means that destiny has a defined area of action. It remains effective till the destination. it has it's effect on the path and the journey.
- * Idol is present and unmoved. He is the one, who is still. In the temple only the idol is still. Rest keep moving in and moving out. Idols teach to be still. Let the body move. You be still in the body.
- * All the mismatches in the marriage are because of not being able to fulfill each other's expectations.
- * Marriage is the social form of working on one's satisfaction and desires.
- * Turn outwards and this very moment becomes hopeful or hopeless. Turn inwards and this very moment becomes complete.
- * Mystic is someone, who neither believe his senses nor his mind. He goes by his consciousness and awareness.
- * One who is predictable, is considered docile until and unless his actions doesn't harm anyone's interest. Such person acts according to his words. There exists no discrepancy between the two. He is the one, who is not wary of his image. One who speaks, what he is.
- * Ashram means a spiritual society or abode.

- * When observation or happening gets replaced by presumption or assumption, this state is called madness. In this state, people start believing their mind much more than their senses. Senses take their feed from the real world and transfer them to the mind. This is called the reality. When the mind reaches to a state, when it starts trusting the images created and sounds produced within the mind as the reality. In this case the real world becomes secondary while the imaginary world becomes primary for the person. Now person starts negating the reality and starts believing his thoughts. This situation affects his personal and social relations negatively.
- * Things that are considered strength in social societies, are perceived weakness in spiritual society and vice versa. For example, increased sexual activities or interest in materialistic offerings.
- * Some people may don't find themselves fit in the society, this doesn't mean that they are not fit for the life. They may be fit for spiritual societies. They should try exploring more about themselves and their inclinations.
- * Space and atmosphere exist side by side however they are different from each other. Similarly, within the body, nature and mind exist simultaneously. However, they are totally different & poles apart from each other..
- * Social and spiritual societies are completely paradox in nature. Where societies are hell bent on producing babies. Spiritual societies are completely devoted towards giving birth to their own consciousness.

Social Societies	Spiritual Societies
Love to talk	Prefer silence
Dominated by mind	Dominated by power
People look at each other	People look inside

Connected by bonds	Connected by love/service
Follow rituals	Follow the wisdom
Driven by individuality	Driven by consciousness and power
Family is outside	Whole family is within oneself
Driven by success and satisfaction	Driven by saturation
Cosmos is outside	Body itself is the whole cosmos
Heads towards the end	Heads towards Samadhi
Trapped in south pole of the body	Moves towards body's north pole
Recognises people by individualities	Recognises people by consciousness
Body is the whole existence	Body is just a medium
Fuel is food	Fuel is power
Push and pull society	Expectationless society
Driven by desires	Driven by necessity
Force is predominant	Power or patience is predominant
Dualistic	Non dualistic
Driven by Karma	Driven by Karma Yog
Social understanding is sought	Self-enquiry is desired
Desires bonding	Desires love
Driven by ambition	Driven by the quest

- * Character is a wall of will power around consciousness. It is there, so that mind can't have a free run.
- * Emotions are like waves on beach. Strong but not deep. Whereas 'state' is like the deep ocean with no strong waves however ample depth.
- * Gossip is related with individualities.

- * When gossip is done with prior information and consent, that is called roast. The difference between gossip and criticism is that gossip is the individuality centric whereas criticism is ideologic centric.
- * Whatever we eat, we feel its effect. Eating fruits makes us calmer and contained within. Eating grains provides strength to our muscles and desires as well. Eating non vegetarian food alters our psyche in such a way that person starts considering animals as his food, not as a form of life.
- * Insecurities are of two types, familial and social.
- * As far as the 'male centric societies' are concerned, in marriage a husband's job is to make an insecure and unsatisfied girl feel secure and satisfied.
- * One can teach a kid about social life however one can learn a lot about spontaneous life by observing them .
- * My child will do better than me and thus will glorify my name. It means planning to remain involved in social transactions through kids by emotionally aligning with them.
- * Nature feeds us in two ways.
 - (i) Food/energy
 - (ii) Power
 First one is visible and known while the second one is invisible and mystical.
- * There exists the economy related with three dimensions of life. Which are -
 - (i) Longevity of life.
 - (ii) Breadth of individuality.
 - (iii) Depth of consciousness.

- * In the market, consumers keep coming and going while the provider stays. Similarly, in the world also, if you just keep doing business, you will remain a consumer. All the spiritual personalities are suppliers. They stay for thousands of years, in the form of messages they deliver and through the life they live.
- * Finding sense in something means finding reason in it. When we are not able to find sense in something, we term it magic. However every magic has a reason behind it. Till the time reason is not known, it remains magic. When the reason gets revealed, then magic becomes logic.
- * Irrespective of various differentiations, classifications and visible differences, everyone in this world points towards the Sun as the source of light and energy. Similarly, every realized person points towards only one truth however everyone has his own peculiar way of doing so.
- * Important starts with import, while innate is something, which is eternal part of ours. Import means producer is someone else, who provides the product to the supplier for the sake of sell or distribution. Thing that you have imported or has been provided to you, passing it on to the society and other living beings is important. For Bill Gates, Warren Buffett, Mark Zuckerberg and Ilks, this idea of passing on their wealth to the society is important. It gives them satisfaction. For enlightened beings, passing on the information they have got is imperative. Because that's what their job is. In this process they recognize their eternal part, which stays with them. One who has recognized his innateness, won't be charmed by the imported or important things. That is how one becomes the automatic choice of mother nature.

- * It's all about, whom you want to connect with. Society, family, business or oneself. By getting closer to oneself, a person becomes much more beneficial to the the society than getting closer with another person.
- * It's interesting that you can contribute to the world more, after getting detached than by getting attached with it.
- * Whatever you offer to Shiva, he sends all that towards north. That means all of the flow of power towards north of the body (upwards) reaches upto Shiva. Whenever you offer your power to Shiva, he lets it flow further towards north by converting it into the Ganges of wisdom, peace & universe.
- * Being free from the compulsion of acquiring sexual satisfaction, makes one non-dependent upon the partner or anyone else. This efficiency & the related practice is called celibacy.
- * One thing is very clear, inside us one who does the work and one who lays claim over it are completely different.
- * Decisions are either taken by
 - (i) our conditioning.
 - (ii) our intellect
 - (iii) our conscience.
- * Religious means acquiring and inheriting the rituals and practices from the society. Spiritual means reversal of this process. It is about becoming a tool of love, service and wisdom.
- * Science can only treat the problems related with the body and mind. So, it can only treat the external part of us that is mind and body. Science can't reach up to the soul. Only power has the reach up to the soul. Medical

science is completely dependent upon nature for its goal to treat body and mind. Science gets helpless in the absence of nature's support, which are resources and person's inner healing power. Science treats while nature cures and heals. Science facilitates healing.

- * Proverb says 'mirror never tells lies'. Because by showing the right image, it proves your imagination wrong. It shows the discrepancy between the imagination and reality. So imagination has this propensity of being wrong. Mirror shows reality as it is about the image. The physical image, which gradually changes with the advancing age.
- * A question that is important in one society, may be unnecessary in other, funny in third and offensive in fourth society. This way a person experiences vastness and diversity in cultural practices of different societies.
- * When nature and traits come together, they give birth to resources. Resources in the form of elements are called natural resources. When consciousness makes bond with resources through the mind, it gives birth to humans. Humans have talent, trait, intellect & skills. Which are termed as human resources.
- * In the weddings, apart from the rituals, all celebrations are done keeping society in mind. It becomes an event to showcase individual and familial growth. Food is offered as a return gift to them, who attend the event. That is why the host expects you to be present and dislike absentees.
- * Being peaceful and being secure are two different things. Peace comes when power finds Shiva in the body and peace is the outcome of this union of Shiva and Shakti (power). When consciousness gets liberated and attains itself. When it realises the one, who is actually present; then only, it gets rid

of the insecurity. An individual spends a lot of his time and resources for making the arrangement to fight with his insecurities. Property, family, social support and progeny are the tools to fight insecurity.

- * All the social religions are there to help each other. They can learn from each other's good practices while observe and avoid own redundant practices. Societies and countries made in the name of religion don't have this privilege of self-observation and there is always a strong opinion about preserving the practices as it is and thus they are not able to get rid of the practices which has become useless now. This decelerates the personal evolution. They consider all the good things are with us and nothing is there which could be deleted from our traditions and beliefs. They believe that it is highly likely that the others are involved with wrong practices and false beliefs. This way they continue with unnecessary rituals, believing they are right. Practices get converted into traditions. This is how wrong traditions creep in and get consolidated with time. It's like a family believing that all the good things are with and about them so it's better to marry the kids in the family only. This is how some genetic abnormalities become strong enough to get manifested in the progeny. Societies, who believe in the 'within family marriages' are affected more with these conditions than the others.
- * In reality there is no antonym of love. Nature loves us however it never speaks about it. Because for speaking, words have to be used and there is antonym of every word. Languages like antonyms. That is why they have devised an antonym of love, that is hate. Languages are dualistic. Realized people often say that god is love because there is no duality present in love, that is why God is absolute.

- * No one is sent in this world without a Guru. Our karma and karma fruits are our day to day guru. Karma brings various experiences while Karma fruits bring various levels of realization. Both of them, enrich the person.
- * Individuality wants to stay and nature wants to flow. That is why individuality stands as a wall. Wall has this property of absorbing some energy while reflecting back the rest of the energy. On the other hand nature doesn't want to hold back any energy rather it facilitates the flow of energy. In simple terms, individuality absorbs a great extent of the energy, which is provided to it by the nature. Individuality is built through this absorbed energy only.
- * Keep throwing stones in the river and it never aims back. None of the action of nature is specific or selective that is why, she is out of the purview of 'Law of Karma'.
- * Courts also believe that sometimes our understanding can't explain a scenario completely. All the points related with the case may not be compiled completely and thus the judge can remain unconvinced. That is why 'benefit of doubt' is given. Doubt is that gap, which understanding is not able to bridge yet. This means that till the time, the person is driven by his understanding only, there always remains a room for the doubt.
- * A toddler has curiosity however his undeveloped body and understanding cannot help in synchronizing his actions. That is why, parents take care of the kids because a curious and unexperienced mind has propensity to inflict injury on self and others.
- * Practice comes from the word practical. To make a practical successful, many things work in coherence that is mind, wit, training, skills, experience,

reflexes, power, resources etc. That is why a doctor's or lawyer's practice is not perfect. It's just a practice. As for the perfection, so many things have to come together and perform optimally to get the near perfect result.

- * We need one solution for all of our problems and mind gives us options. It does not have any solution. Solution is related with the person's nature & his ability of being patient. All that mind can offer is just one more workable option. That one more option does not solve our problem rather it delays the solution. Till the time our working ability is intact & we are being controlled by the mind, we just keep on trying that one more option.
- * Visiting a place having a prejudice about it, can make that prejudice stronger. Visiting a place with an open mind, opens up avenues for exploration as rather than being sensitive about an issue, we remain neutral and accepting. Life is that very place, which can either make our prejudices stronger or it can allow us to explore and change oneself simultaneously.
- * Earth is a laboratory where mind, brain, ego & senses related practicals are carried out. Mind and the brain give birth to ideologies. People do their experiments related with life, under the canopy of their ideology. Mind cannot give the answers related with your existence. Just because that mind was developed much later in the evolution. Just like that one student, who came late in the class, cannot answer about the topic, which was taught in his absence. In this case, one has to meet that student, which is present in the class right from the beginning & is known for his focus. Consciousness is that student.
- * Recognize the real lady in your life. All the ladies roaming outside are the part of the illusion. All the men roaming outside are also the part of the illusion. That is why both of them are bound to disappear. Real lady lives

within. Give your energy to her and she will get it converted into love. Now As far as the love is concerned, you become a rich person and can spread this love in the surroundings.

- * It's not the night that separates two days. Rather it is sleep that makes the difference between two days for the person. A new day means freshness, recharged batteries, breaking away from yesterday's event, calmer mind, relaxed body. Sleep breaks that chain of thoughts that keeps the consciousness engaged.
- * Parents make it a point to find a meaningful name for their kids. Later their action suggests that forget about the meaning and concentrate on the fame of the name, the identity & the Individuality. Once the person starts shouldering the responsibility, meaning becomes meaningless as the Identity & Individuality become the primary objectives of the life.
- * It's difficult to wash the clothes in hard water. It cannot take out the dirt, the way normal water can. Similarly, soft nature can clean out your karma backlog more easily than the complicated and rigid nature.
- * In the form of children, parents want players for their team. Who can contribute in this game of family vs society. If they can't accomplish that, they may be considered a mere burden. Parents want role players/characters, who could strengthen the team of family. Family believes that if you can't glorify the name of your forefathers, then what's your significance is. Family don't need just kids, they need performers. From the children, family expects good numbers in exams, success in the profession & marriage and then the production of next generation of kids as society considers it mandatory. It is also expected from them that they should do the same things in life, what

parents did. Raise the progeny and play the next round of family vs society. There is a set pattern of life in the society, until one decides to change his own way of living the life.

- * Whatever we are filled with tends to come out. Right from the anger, frustration, grief, anxiety, peace, happiness, love etc.
- * India believes in savings :
Financial savings gives financial security. Family gives social security. Investments in relationships give emotional security. Seminal fluids savings give happiness and stillness. This saving facilitates the flow of nature's stream through us in such a way, which is in compliance with the nature. Everyone of us receives nature's power and resources unhindered. So it is up to the person that how they utilize them.
- * Flirting is micro mini marriage. It gives you psychological wellbeing and saves you from emotional, physical and mental exertion. That is why it is considered healthy. It is like tasting the food and moving on without indulging into it. It's like sealing the deal on psychological level and moving on.
- * With emotions flowing, one can't see what's happening around. Emotions restrict our vision drastically. It's like observing the sea by standing on the beach and believing that I have seen the sea in entirety. Sea is not the surface. Whatever happens on the surface is because of air. The real sea is between its both surfaces, along its whole length, breadth and depth. Everyone of us is a sea with different look and colour, having the same depth.

- * Men are interested in national or regional politics. Females are interested in family and work politics. That's why men watch news and females watch daily soaps on television.
- * Extreme of psychological is emotional.
- * Marriage is not just an opportunity to find jubilation and satisfaction. It can be an opportunity to go beyond jubilation and satisfaction & explore that uncharted ground.
- * With money, we can't buy land. We only buy the control over its usage. Which ensures that no one else can lay claim over it and owner can use it, the way he wants to. In absence of others, there won't be any need to buy it. Animals control the area through strength and aggression. Humans are civilized so they use the money to lay control over it. Its only the control that can be acquired. Propensity to lay control is a mental phenomenon, which increases with population. It's look like that you are marrying a person or a body. However, in reality you marry a mind and a nature.
- * Attaining self and living life according to self is the epitome of human life.
- * A person's nature only gets revealed during the adverse conditions. During which some people become aggressive, vocal and reactive while some of them prefer to stay calm, inert and forgiving.
- * 'I' is the most beloved thing and at the same time is the biggest liability too. 'I' stands for identity and that is why everything associated with our identity becomes so important to us.
- * Girls work hard to look like girls. From facial hair removal to body hair removal. They have to hide all the signs of masculinity in them.

- * Life can't be understood,
It can only be known.
- * Wars are fought just because of greed, ideology or greed encapsulated with ideology.
- * By the coupling of male and female energies, which are pure and power, life takes birth.
- * Life has two aspects.
 - (i) Knowledge
 - (ii) Wisdom

An individuality gains knowledge through experiences of life and educational curriculum. Education is nothing but a grand collection of other's work & contribution about different facets of life. This way students get benefitted by other's role, deposition & experiences . One who is not educated has to live with a smaller horizon and lesser opportunities, which are provided by the life. Knowledge wants you to read and implement those learnings in life. Whereas wisdom does not come from reading. It is provided to you spontaneously by the existence.
- * One, whom you prepared to work for yourself or you aligned up with someone expecting that he/she will remain faithful to you. If that person starts working against your interests, then it becomes one of the worst setbacks of life. This means the resources used for the experiment, like time, finances, emotional attachment etc. went to drain. Ego takes a beating as the person feels that he has been fooled. Although this experience provides a great lesson.

Neglected old age parents are one of the example although they may not raise the kids only, keeping in mind their own benefits however they raise them for the sake of fulfilling their own responsibility towards the children, their attachment and the natural propensity. Because of the limitations of old age like finances, physical strength, falling health makes it difficult for them to recollect oneself. During this phase they may get the emotional and mental setback from their grown-up children, if they are neglected & left to survive on their own.

- * Non vegetarian food is related with survival instincts. It is based on the belief that it's important that I should live. Whereas vegetarian food is based on the belief that your life is as important as mine. It's important that animals should also get the liberty to live. They should not be slaughtered for the sake of satiating our taste buds & eating habits.
- * After education, it is about you vs society, as the person establishes his own individuality, in the social garden of multiple individualities. After initiation into the society, it is about 'I' & mine. 'I' means me while mine means my individuality, ego, wealth and intellect.
- * Humility melts the ice formed by the mind. 'I' indicates towards my physical and mental identity. Your humility gives others a chance to take over their own 'I' & 'Ego'. Smile is the best ice breaker. If someone puts his ego forward then other person also puts forward his own ego to counter others. However if someone puts his humility forward then other person also lets his humility come to the fore and compliment his counterpart.
- * Life is a circuit of circulatory system. Till the time this circuit is intact, life flows through it. As in the electric circuit, current can't flow through it, once

it is broken. Similar to the cycle of nature like water/air/weather, life is also connected with the cycle or circuit of the circulatory system.

- * Purified intellect provides you the knowledge of life and nature, which are the absolute aims of life. As living the life without knowing it & its producer, is like not knowing the source code of the instrument, which one uses throughout. This means that the person is still missing the core of the life. Without knowing the source code, no alterations can be done in its software.
- * Males could not curtail their own aggression, that's why they curtailed or killed female's freedom, in the name of morality. As law of karma would have it, same ladies started killing their husband's freedom after the marriage. This is the beautiful example of how your understanding ditches you. You torchured them under the canopy of morality, they torchur you back under the canopy of commitment.
- * Individuality has a problem that it is not connected with any natural cycle. That is why it starts and finishes.
- * Fire has the power to eliminate variety and differentiation by turning them into ashes. Attachment gets connected with a particular appearance. Fire melts that appearance into ashes. That is why fire is sacred. As it is that element, which liberates the energy & converts the decomposing form into ashes.
- * Television, mobile or video games get preference over the partner, just because of the fact that you can mute their sound, turn it off and would only switch them on, once needed. Whereas you can't control a human mind, which exists in the form of a human partner.

- * Initiation is mentally breaking away with the affinity of a structure called society and its limitations and impositions.
- * Life is a giant laboratory where practicals related with desires, anger, greed and attachments are done and consequences are received.
- * As soon as you become nothing, you become transparent. Nothing stops at you. Everything flows through you. Where there is a continuous flow, there is nature. Where there is nature, there is peace.
- * In relationships, many a times one wants their partners to be like a deodorant, who could mask the partner's bad characteristics. Whereas in reality, partner is like a perfume, which is a borrowed up fragrance. A person doesn't need to borrow up anything, as one has or can cultivate own fragrance.
- * The software of existence, gets updated in you during peace only. Accumulate peace and then your peace will speak & explain, it's own updated version..
- * Birth means being on earth.
- * For marriages, there are four parameters for selection.
 - (i) Appearance
 - (ii) Skill, intellect
 - (iii) Desires
 - (iv) Nature
- * There is a message by you, to you, for you. That the real religion is working on and according to own nature.

- * Don't mould yourself according to your work. Mould your work according to your nature.
- * Teacher teaches students. Circumstances provide experience to the individual. The experience has many hidden lessons.
- * Eternal = Internal + External
Eternal is that, which is present internally as well as externally. Which is omnipresent. Where there exists no classification and differentiation. Where duality ceases to exist. Where sensitivity towards time ceases to exist.
- * Consciousness = Individuality – (Mind + Intellect + Ego+physical form)
- * Experiments related with success and ambition are conducted keeping individuality in the center.
- * Ego does not work for us. It actually works against us by consuming our power willfully.
- * We are Matter + Consciousness. God is pure consciousness.
- * Yes, Shiva is destroyer. However, he destroys only that which is destroyable and a liability. He destroys the bond which binds consciousness with mind and intellect. This bond itself is ego. Bond is made up of power. When Shakti meets with Shiva, this bond gets broken. Resultantly our individuality perishes and consciousness is born. It's necessary to go through self-transformation to know oneself and get liberated. When Buddha takes birth, Siddhartha vanishes. Parvati or shakti gives birth to a baby, when she gets coupled with shiva. Who is later known as Ganesha. Mind, intellect, ego are always afraid of Shiva because they know Shiva can and will destroy them, sooner or later. If Shiva stops destruction of our attachments or inhibit our

transformation, we will be lost forever. We will be trapped in the realm of time for always and would never be able to regain ourselves.

- * Life is a game of menses, senses and tenses (Past, Present, Future).
- * Depression is the deep oppression. If there is oppression, there has to be some oppressor. It is either our own mind or someone else's mind.
- * As sleep is an end of a day, Death is the end of a crazy journey called individuality & a physical appearance called individual.
- * Your 'I' or mind extends on to the matter and you extend in the cosmos.
- * One needs will-power to climb up. Once you reach up, now you don't need ladder any more. You are alone up there although there is no loneliness as you get connected with the cosmos. Body that is the ladder stays downwards and consciousness travels beyond. Upstairs there is more light and you get reunited with your lost family, that is peace and truth.
- * To get to the super consciousness stage. You need to claim your consciousness first.
- * Love is like the drip, which is given slowly and it replenishes the lost elements and re energises the body and restores its strength. It is slow, steady and persistent in nature.
- * This cosmos sends both kinds of females to the world. It sends mummy and mother both. Mummy gives birth and takes care of her children. Mother may not physically give birth however she takes care of every child, which is in need. As the mother believes that providing care and fulfilling needs is necessary, wherever & whenever, it is needed.

- * Life is like a candle. Its base provides it stability and flame exists at the upper end. However, in our case, flame burns at the base and upper end remains lightless. We generally burn our candle at the wrong end. And this happens at the expense of our internal stability.
- * Life's first part is for exploration. And the second part is for self excavation.
- * Excitement precedes orgasm. During the phase of excitement, whole lot of power gets converted into energy. This energy gets converted into heat. When this energy is released, person comes back to the lesser power level.
- * Sanatan dharma is the pious mother of Hindu dharma. With the inculcation of castism, over dependence upon ritualistic part, continuation of detrimental & cruel traditions like sati pratha, breaking away from Vanprasth and Sanyas, Hindu dharma transformed into a deformed form of Sanatan dharma.
- * Whatever the plants receive from surroundings and cosmos, it's more than 90% part, are made available to the others. For themselves they keep less than 10%. The case is just reversed with humans. We collect more and distribute or share less. The reason is our insecurity, desires and ambitions.
- * Mind believes that life is about amassing the resources & control. While it is about balancing and finding our way out through the life's sufferings.
- * Our one end is of uniformity and other end is of diversity. Truth always approaches us from the side of uniformity. So, if one wants to find truth, it's wise to move towards that end.
- * Two types of books are available in the market :
 - (i) Those that talk about diversity.

(ii) Those that point towards oneness.

- * Moving ahead with thought process is like moving in the direction of dead end. Moving away from thought process is like opening the gate to the cosmos.
- * Sticking with any thought process is like sitting in a pan which is at burner. Till the time fluid is in the pan, it keeps boiling, which is a pretty uncomfortable situation. At the end, fluid always spills out thus leaving behind the pan and own identity both. Similarly, ideologies boil the person till the time, one does not leave the body (pan) and end up being wasted (spill).
- * Legs are there to move trunk and head from one spot to another. Trunk is the power station of the body. Head is the place, where sensory organs, brain & north pole of the jeeva are present. So head is apt place for the power & the consciousness to live, not the lower end or trunk.
- * After breaking away from the body, one is bound to come back to matter, because mind perceives matter as the only available option. Through our inner transformation, when we come to know that there is another option of moving towards 'super consciousness' and that is the eternal destination. Then why would you like to get bounded to the matter, for doing the same temporary business here.
- * Sleep indicates that timelessness is an essential part of our being.
- * A lady wants to feel and act special. That's why she does not like her husband to appear ordinary, especially in the social gatherings. Because by this, her own importance decreases. She wants that everything associated with her, should look special.

- * Why does animals/human species produce solid and liquid waste?
This is an indication given to us that you guys have come too far from the source. Plants don't have this obligation whereas the Animals and humans have it.
- * 'Let go' means let your mind and intellect go out and leave this sacred place vacant. Let the peace fill this place. One hardly experiences peace in life time. So, let one have the taste of this side of his being. Let one experience, what is beyond the mind.
- * 'Act of god' should be replaced with 'act of nature'. God never ever performs any act. If he wishes so, then he has to reincarnate as a human or animal. He is just a pure witness. He is the witness of what mind does and what nature does. That is why he is completely impartial. If ever he wants to set any example, he takes 'Avatar' and to do that he goes through the nature's cycle to get a body. Nature has its own rules, the supreme being himself never violates the nature's functioning.
- * Social networking is all about curiosity and diversity. Self-networking is about oneness and stillness. In the outer world, there are two stages :
 - (i) Student/Amateur
 - (ii) Teacher/Expert
 In the inner world, the stages are :
 - (i) Seeker
 - (ii) Attained/Realized
- * With growing age, our eye sight diminishes. This is an indication by the nature to gradually shift to the 'insight'.
- * Expectator is expecting however onlooker is just a witness.

- * Witness is someone, who is witnessing the proceedings before his eyes, where both action and reaction are present. Offender and defender, both are present. Whereas the judge (mind) is not present within the witness. So, no judgements are dished out. Judges look for evidence and motive. Purified intellect explains the mechanism and reason behind the whole picture. Witness is not involved or aligned or vocal, that's why no one knows that he is present within.
- * We can create artificial intelligence. However, can we create artificial god? Intelligence is human periphery. Truth is human's core. That is why he can only be found through self searching.
- * We want our name to be propagated to the next generation that is why we advertise our name. Some people leave affinity with their names, just like the air leaves the balloon. Free air expands in sky and a neutral person expands in his own inner sky.
- * Secret of love, lies in detachment.
- * The best of you is yet to come.
- * Every office has a 'secret room'. Where all the data and details of the clients, company and employees are kept. Upon inception all the employees are told that they are not welcome in that area. They can go anywhere in the office except that place. Only a handful of people have access to this place. Similarly, we also have a 'secret room' within ourselves. Where even we are not allowed to visit. Even our boss, which is the mind doesn't know about this place..
- * Indian culture always had a clear-cut differentiation between the religion and spirituality.

Rituals (Karma Kand) – religion

Wisdom (Gyan Kand) – Represents the spiritual side.

- * Before the self dissolves in the absolute, all the belief systems and ideologies have to disappear. At this point, there are only two left in own world. You, which is the 'self' and the absolute. Your presence starts from the very point, when you awake. Before that you were not even existing, only your identity existed. Reclaiming our presence is imperative to meet him. We have to be present to meet someone. One can't meet someone, if one is not present.
- * Like Ganga has many sister rivers, who finally converge into the Ganga as a single stream. Similarly, religions are like sister rivers, who finally submerge in one single stream called 'spirituality'.
- * What is the difference between philosophy and truth?
Philosophy originates from the inner core of person's nature. It guides the person to stick to his own ground, during those times of life, when the person can easily get deflected against his own natural course. Whereas the truth originates from consciousness.
- * One ideology fights with another ideology. Truth never fights. Truth prevails. A continuous fight between the two ideologies keeps going on and people remain attached with its proceedings. However beyond this friction, it is the truth, which is always present there & is non degradable. All the fights die down, when one reaches even closer to the truth.
- * Either you can remember the truth, which will be told to you by someone else or you can realize it by oneself. Truth is not a belief which could be

given by someone else. It is that hidden element of oneself, which has to be searched and attained.

- * Remembrance vanishes, realization stays.
- * You are not obligated to follow any ideology. Ideologies originate from intellect. Our affinity with the world, makes it an obligation to protect own and resist rival ideology.
- * Politically correct :
Whether it may be a family or international politics, people are interested in their rights and their perception of being right. When you don't want to challenge someone's affinity with being right or their 'rights', people prefer to be politically correct. Which means they keep their point of view up to themselves and express some soft and unhurting statement. In this way people don't want to damage their relations with another person or side by taking a different stand. They just pass a statement, which doesn't hurt the interests of their allies. In this case preference is given to the alignment with either side than going on with the reality.
- * Food is an obligation imposed on everyone of us. It is not a personal choice. Your own being is beyond any obligation.
- * Doctors are called the second God not just because they save lives. But another reason is that they don't select. They provide their services without considering the background or deeds of that person. Choosing is not an option for them. If you can come to him or they can reach to you, you can avail their services.
- * In complete detachment, lies complete containment.

- * Nerves help us to differentiate between the good and the bad. When we become aware about both the sides, only then our understanding can work properly. If nerves would not have been there, in that case, we were not been able to shield us from the bad. In this case, person gets prone to inflict self-injury as in the absence of nerves, the feeling of pain also disappears. Pain serves as an indicator of problem, as well as a deterrent against injury.
- * On the basis of prevailing culture & religious affiliations of any area, two kinds of societies exist.
 - (i) Close societies
 - (ii) Moderate societies

Close societies dish out very stringent punishments for committing crimes, as they are influenced by the religious texts. In moderate societies upon breaking the law and committing the crime, punishment is given, at the same time offenders are provided the scope for improvement as well by preserving his human rights . In the constitution of moderate societies, state is not allowed to treat the prisoners with brutality. No civilized society has space for brutality.
- * Mind knows energy,
Consciousness knows power.
- * Power is responsible for one's internal upliftment. It doesn't matter whether one's body stays or fades away. In next life, one carries on the journey from that very level that one attains in the previous life.
- * Being introvert means your whole battle has been limited to yourself only. No more battles to be won outside. One stays calm outside while inside he keeps struggling and fighting. One day a point comes, when calmness

extends within also. Now it exists outside as well as inside. It's everywhere now. You get surrounded by it and it flows through you.

- * Moral support means in principle being on the same frequency.
- * Till the time, you don't recognize nature is your only caretaker, one remains dependent upon role playing for the sake of acquiring and providing care. The day you recognize the nature in its most dedicated form, dependency upon role playing is left far behind.
- * Whatever that has been given to us by this world is the real problem. Whatever we really are is the real solution. To find your solutions, find yourself first.
- * Nature has already mixed the desired quantity of sugar in the milk. Then why to add some extra sugar in it?
- * Nature recharges our ground water resources. We only exploit it.
- * In close societies before the marriage of the children, their sexuality is a liability for parents. Parents have the responsibility of marriage of their children. So, children's premarriage sexual activity is a problem for the parents because it can pose problems in getting them married. A person's internal comfort is related with his expression of sexuality. Sometimes children's sexuality or sexual inclinations become a liability and a cause of serious concern for the parents.
- * Discrepancy in desires between two people, doesn't allow them to come on an equal ground, which ultimately gives rise to frustration.
- * If you don't have desires and your partner have them, then the whole institution of marriage becomes a burden for both.

* Desires are of two types –

(i) Episodal in nature (ii) Durable in nature

(i) Episodal in nature : Intercourse. This is a recurring kind of desire. Under the influence of mind and hormones, it keeps recurring during the lifetime. It's frequency is dependent upon the activity of hormones and the mind.

(ii) Durable in nature : Family, emotional support, property, recognition, work satisfaction, legacy etc.

If we see them in totality, then the person remains occupied by them throughout the life. Which means he may not get to taste the flavor of a desire free life. This way a section of population may not be able to experience, what it is called as a natural life.

* Push and pull mechanism between the parents and kids :

Parents try to push the kids in a particular direction and pull them back from certain areas. This push and pull mechanism needs vast amount of energy, involvement, counselling and resources.

* Attachment is inversely proportional to assessment. As assessment decides on the basis of merit while attachment decides on the basis of inclination. This inclination doesn't allow the person to be neutral & forces the one to be partial.

* Western civilization works on the science related with the life, life-style, infrastructure & advancing the civilization. Whereas east is known for its works on the fulfillment of life & the search related with the self-contentment, happiness, bliss and salvation.

* Invest to invent. Invent a way that would enhance your progression towards your own being. Invest your time in the quest called self enquiry.

- * One complete life is facilitated by many previous incomplete lives.
- * Yoga comes from spiritual world, so anyone practicing any religion can incorporate it into their daily routine, without being prejudiced about it as its area of function is the mind, body and soul.
- * Food is rich in energy. Milk is rich in power.
- * Life can be of two types, a river or a train. River flows forward towards a definite destination and ultimately gets submerged in the ocean. Whereas train keeps running between the designated stations. It cannot flow spontaneously. Train has to keep running, keeping time in mind. Rivers keep flowing at their own pace while the speed of the train is decided by others. Between these two, everyone is allowed to follow anyone of them. Selection is yours.
- * Society is a game of assets and liabilities.
- * Home is where freedom is. If in your own house, you are not allowed to live according to your natural way, It means that circumstances are such, that demand a role playing from you, even at the home. In this case, person starts being natural at his workplace. This is how the boundary between the house and the workplace, starts diminishing. Person wants to execute his work in a more relaxed and informal way. He tries to make his work environment more comforting & treats his peers in a more cordial way.
- * We can choose between a violin & violent. When you let your power to remain 'in', it becomes Violin. It becomes music. When you vent out your power, it becomes violent. So when it comes to using the person's own natural resources, like energy, strength and power, one has to be prudent.

- * Nobody says that God is good. Either he can be good or be the God. He can't be both. For him choice is clear. Being good is a rated with the fulfillment of choices, aspirations, desires and ambitions. That supreme form of being is not attached with either of them. There are various deities, who take care of the various forms of human inclinations and aspirations. That form of being is different than the human dimension. God is the absolute and purest form of being.
- * Whatever is 'mine' is not me. Me and mine are different. Mine can't be me. 'Mine' is my attachment. Mine is my periphery. Mine is my extension.
- * World knows many classifications, which are based on age, sex, race, geography, history, religion, cast, intellect, financial status, desires, preferences etc. At the level of truth, there lies only one classification, that is either you are an identity or something else. Apart of this, all other classifications are superficial.
- * Human and demon, both have mind. Only the intensity is different. Humans have one higher base called humanity, which is beyond mind & which belongs to the human conscience. Humans are privileged to have the support of it. Demons don't value this aspect, that is why they can commit such heinous crimes, which are strictly adverse to the humanity.
- * Attachment is the byproduct of mutual dependency. More dependent you are on your individual desires, more attached you become with it.
- * For a mystic, being present means ability to witness the existence everywhere and being lost means being indifferent to the surroundings. For the society, being present means being involved in the activities happening

in the surroundings and being lost means being cut off or detached with the happenings of the surroundings.

- * Every human being is restless. Entire human race is restless. They will continue to be restless, until they are humans. Human race is formed to be restless. If it won't be restless, evolution will stop. Being restless is imperative for keep moving. Realizing this essential aspect of the life, people look for the stillness. Upon finding the stillness, person transcends beyond being a human. He gets to know about his hidden dimension, which is above humans.
- * Body is not primarily meant to handle power. It has been evolved essentially to play with energy. Only consciousness can play with the power. Whenever the body comes in contact with power (electrical), everyone knows what happens.
- * Why politics is known as 'power play'?
It can convert individual's power into energy. It can also use the resources judiciously for social use. Politics is known to become a game of ambition. People get addicted to the facilities and perks, it brings along. They don't get to see any other option where they could control so much administrative power and people's attention. Being at the helm of the affairs and ability to cast own effect on people's lives, gives so much high to a particular kind of people, that they refuse to turn their back to the politics. Anyhow they just want to remain in the middle of the affairs. Ambitious person doesn't want to be forgotten. So he tries to make sure that his voice is heard and his presence becomes mandatory at every important forum.
- * Karma Yog exists just because the law of Karma exists. There won't be any karma yog, if no law of karma existed. It means law of karma ensures

repercussions & sufferings. And if suffering is a reality then the way to come out of suffering must be present somewhere.

- * Our internal design is such that we can never remain unsurrounded. Either we are surrounded with thoughts, curiosity, plans, prejudices, lust, passion, intellect, desires, attachment etc or finally with peace, which is the purest form of nature.
- * Duty is that work, which you do out of attachment or responsibility. Either we are attached or dependent upon someone or someone else is attached or dependent upon us.
- * Compassion is common passion. Air, water, food, sleep, space, health are our common needs. Not just the human kingdom however the animal kingdom also needs them equally. It is also a fact that not all human beings are fortunate enough to have their continuous and easy supply. When any living being gets deprived of any one of them, it starts affecting the person severely. One starts losing his balance and requires other's help to come out of this situation. Many individuals are sensitive towards other's needs and willingly come ahead to fulfill the deficiency. This sensitivity is called compassion.
- * If there is division and differentiation, then there can't be peace. Peace means only one piece. Peace is a state, which is beyond duality. One can attain the peace only when, one is able to see one absolute truth everywhere and in everyone. Till the time, there is division and differentiation, there can be anything but peace.
- * Is your work recharging or discharging you? If it is discharging you and you experience diminished power, strength and happiness, then it is definitely

not meant for you. If it is recharging, which means increase in power, strength and happiness, then in this case, you are doing what exactly you are meant for.

- * More you are connected with yourself, more you are connected with others. More you know about yourself, more you know about others. More you are disconnected with yourself, more you will be angry, segregated & agitated with others.
- * It's a great irony that during our stay at this planet, we never get to know about universal laws of nature. We remain entangled in the laws that have been imposed on us by the government, society and religion & It is highly likely that we don't get a chance to see beyond them.
- * Going towards differentiation is like, going towards south. Going towards uniformity is like, going towards North. In a human body, north is upwards while south is downwards. This movement pertains to the movement of the power within the body. With the power, consciousness also moves upwards or downwards.
- * Friendship is more stable and fulfilling than wedding because in friendship, we accept people for 'what they are'. In wedding, we accept partner for 'what's there in the package or what they can offer or become'. Wedding is a continuous process of moulding each other. Both of the partners have this concept that 'I appreciate you for what you are, however I am concerned about, what you can do for me' or how much you can mould yourself for me.
- * Divorce is diversional force. Marriage is match for carriage.
- * Joy means joining the 'yum'. Which is a form of minute and pure consciousness.

- * Government is meant to govern the resources. From natural to human.
- * If only prophets or realized one's are the sons of God, then who are all others, who exist in various forms of life? They are also the children of God however they don't realize it yet. Someday they will. The realized people have realized this truth. This is the only difference between them and others.
- * Either you will make some changes to the world or the world will change you.
- * Resources + Inclination = Show off
- * Resources + Vested interest = ambitions
- * Resources + Religion laced with ideology = belief, rigidity and extremism
- * TV is one-way traffic, internet is two-way traffic.
- * If you are not expecting someone, you will be dependent upon memory to recognise him. If you are neither expecting nor recognizing, you will definitely miss the bus.
- * Sun and earth jointly make food for you. Food is the very visible example of how the various elements of the whole cosmos work jointly to feed you. So, who else can help you in a better way than food to reconnect you with the existence? The essence of food that is left in the body is known as 'Oj'.
- * In the Vedic period people were encouraged to read their own tendencies and habits to find out that what aspect of life comes natural to them. It was broadly divided into education, defence, business and service. This is how they were able to recognize their natural way of living the life. Cast recognition became cast system with passing time. It is like religion within the religion, which boldly states that your nature is your real religion. All

that you have to do, is to follow your nature. You are not obligated to follow someone else's nature. You need not to shoulder anyone else's individuality, when you can build one for yourself.

* In Indian religions, enlightenment or self realisation is given so much importance because they mean that your internal configuration and software has the capacity to be transformed completely. They all talk about mind, meditation , compassion, wisdom & service.

* What is curiosity?

Curiosity is a part of our journey. Which wants to check available options and unknown or restricted territories. Through our curiosity, we want to confirm that whether the experience belongs to our taste or interest? Or will we be inclined towards exploring and knowing it more? Upon experiencing, curiosity dies down faster than desire.

* Free consciousness is a like a magnet. If it is not drawing mind towards it, then at the same time, it is moving closer to universal consciousness and getting dissolved into it.

* No one knows, who wrote Vedas and Upnishads. Vedas are called authorless. The authors did not even mention their names in the book or the verses. This fact itself has a message for civilization that truth is important, individualities are not. Wisdom is a common property, which gets spreaded through the culture.

* Spiritual and material worlds coexist together on this planet. All of our inclinations come from the material world. All of our neutralities come from spiritual side. One thing that may be of utter importance for someone, may not even spark a curiosity in another one.

- * All of the materialistic world is made up of three things. Mind that is desires, intellect and ego. All of the spiritual world is made up of just one thing & that is you.
- * Ego can suppress another ego however it cannot win it. Humility can make ego surrender.
- * For waking up, one will have to fight with the same identity that he builds tirelessly, throughout his life, day in and day out.
- * Rather than fighting with your desires in horizontal direction, just rise. If you stay at that level, the desires will keep coming back to you. It becomes a state of continuous fight. But if you rise, they won't find you to engage yourself. Don't spend your energy in fighting, rather increase your power for the sake of raising the consciousness.
- * Three layers of being –
 - (i) Truth (timelessness)
 - (ii) Nature (Present)
 - (iii) Time (Past and future)
- * What are the sutras?
Put the problems and questions into the sutra and get the answers or solutions.
- * Natural food vs Man made food preparations:
Natural food has more quotient of power than the man-made food. Man-made food preparations are dominated by the mind, that's why they are rich in flavor. As they get examined by the tongue, before food could enter the stomach. Natural food is rich in those elements, which are needed by the body to maintain the balance of required elements within. If taken in the

right proportions, they maintain health. Alongside the food, nature also provides freshness. Fruits ripen naturally and they are consumed without the necessity of fire. Natural food items are provided by the nature for free. While man-made food items come with a price tag. Nature concentrates upon fulfilling the needs while man-made food items are prepared keeping the demand in mind. Nature provides the food through the vegetation while the man made food contains a large sum of non vegetarian food as well. Nature never does the branding of it's food while processed food are generally sold under a brand name.

- * Resources in the form of wind, water, petroleum, radioactive materials, earth, air etc. are given to us by that part of nature, which is perceivable by senses.
- * Did you help yourself today?
- * Individuality lives and fades away however consciousness dissolves in the eternity.
- * Curiosity is related to diversity. If there is no diversity, there won't be any curiosity.
- * Spirituality starts from there, where the social religions are left behind.
- * Social religions will ask you to believe in them, whereas spirituality will ask you to have faith in your own nature. Idols are not just for concentration. There are hidden messages in them, waiting to be decoded.
- * Give yourself, a few individuality free hours everyday.
- * Every living being frequents between spiritual and material world. When we are in a formless state, nobody wants to return to the material state however

obligated by our charges, we have to come back to neutralize ourselves. Irony is that being in our spiritual state, we don't want to come to material world, however we are compelled and while being in the material state, many of us are hardly inclined towards our spiritual state because we get taken over by mind & the materialistic presence around us.

- * Start loving him and you will feel his love coming back to you. However, it may take few or many years for you to realize it. Until & unless all the Karmas are not burnt, we are some distance away from him. When the love starts getting generated within, person starts becoming richer, as far as his eternal wealth is concerned.
- * Our journey starts from the curiosity. Then comes the zeal to perform. After attaining success, we want to proceed further. When the person obtains some higher ground in the society, then he wants to influence people through his thoughts. Now on the intellectual ground, he wants to move further. After influencing people through his work, now he wants to influence the society through his ideology. To influence people intellectually is a matter of great satisfaction.

After spending a part of his life on this level, he gets to experience its downside as well. On the intellectual level, he gets to see the favorable and unfavorable circumstances. He gets both the critical acclaim and the criticism. Through the intellect, person wants to fulfill some of his individual objectives and after then the ambitions, if one has any. Considering the perks associated with being an intellectual, person keeps negating the criticism and setbacks offered to him. There come certain intense periods in life, that has the capacity to alter the flow of the individual's life.

During these times, person gets to witness the real side of life more intensely. Now from being intellectual to the one, who has realised the actual and real side of life, person starts flowing in all together a new direction.

- * The resources those are present on the earth from billions of years like radioactive materials, are being used by the individualities both for & against the humanity. Knowledge gathered through the science, made us capable of utilizing those resources. Through the science, they are made available to the politics. Politics can use them both for and against the humanity for achieving it's goal.
- * Nationalism is useful till the time, it is restricted to protect and develop the nation and preserving it's culture. When nationalism starts bullying or disturbing other nations, it's called direct or proxy war. History teaches us that it's not uncommon that many nations join the war in the name of nationalism & gradually It gets converted into the world war. Whole of the Europe and the world knows the evils of aggressive nationalism.
- * Why this world, which has over six million population and people ready to mingle, is witnessing upsurge in the number of sex dolls business, ladies preferring to be single mother and men preferring to take help of surrogate mothers for having delivered their babies? Because they have seen enough of 'individuality toxicity'. Now they need just the individuals, who are free from the ego, aggregation & assertiveness.
- * Civilizations give birth to the religion & through them there evolves a culture, over a very long period of time.

- * Indus valley civilization is different from other civilizations as it has given birth to spirituality and through that spirituality, people filtered the religion.
- * Ancient Indian scriptures are authorless. Which means that the texts came, when the identity of the person got dissolved. That is why message is there however the messenger became none or void. This means that when the spirituality erupts, identity dissolves. At some other places in the world, messengers gave birth to religions, to guide people towards spirituality.
- * Consciousness gives birth to religion. Super consciousness gives birth to spirituality. The religion is a way to realize oneself. Once the person realizes oneself, spirituality is the way forward.
- * Veda, Upanishad and Geeta belong to 'Shruti' and they gave birth to spirituality. This means they are the pool of wisdom, which automatically surfaces within the person and the person comes to know about them spontaneously, which means without any external interference. This happens when the person becomes inert enough to let the bubbles rise in his internal sea and come to the shore. In the charged form, person keeps making the ripples on the surface of his internal sea or mind keeps producing the waves. That is why, person never gets to witness those bubbles of the wisdom.
- * Puraan came from 'Smriti' and they gave birth to religion. 'Smriti' means those words which were delivered by the Guru to his disciples. Disciples memorized them and kept on propagating them to the society and the juniors.
- * Rather than hundred places to see before you die, it should be hundred one places to see before you die. One of them is going within oneself.

- * Point of view changes as soon as view point changes and it changes quite often.
- * Hormones has the capacity to make people moan horribly.
- * Don't we see that complete is a part of incomplete. You have to just peel off the outer layer. Complete is hidden inside the incomplete. Everything that looks incomplete from outside is fully complete within. Incomplete cannot become complete by addition rather than it just have to shed that extra burden to become complete. The very fact that one is or was present, means that, one is complete. Every living being that we get to see is complete within oneself.
- * Oblivious :
 You may have witnessed this condition, when you get lost in oneself. It happens for few seconds. When you can hear people, however you lose interest in their talks. Eyes fixed although not concentrated on anything. you look at something constantly however not interested in that. We are there however disconnected with the surrounding. At this point, you don't think anything. Complete thoughtlessness. These are glimpses of samadhi. When you see some realized person, he may appear fixed in that condition. That is the taste of samadhi. it is also called incognizant state. During the childhood, people experience this more often than other phases of life.
- * We all exist because of truth. How much money does the truth has? As we always remain concerned about how much money do we have. However the absolute is not concerned rather it is in complete devotional mode.

- * Life is like a flash in the pan. The drop of life has to understand that it does not belong to the pan. It is present in the pan because it got condensed. It's in the pan because of a reason. Its real place is atmosphere, not the pan.
- * Every human being is either an Adam or an Eve. God just drops a seed in our brains by saying that enjoy the trip but just don't taste the apple. We water that seed, plant it in our heads and ultimately let the tree grow out of that seed. This is the tree of our Individuality. We could have believed what the creator said and ignored the seed, which exists in the form of thought.
- * Idea could be worth a million dollars but the smiles are always priceless.
- * What anyone can do, if there is nothing but peace? Only peace. One will remain floating in that sea of peace.
- * Thanks, god, for providing me with such a state-of-the-art machine, in the form of the body. It lets me travel to the world as well as inwards. It lets me explore the matter as well as search the light.
- * Our invigilator is invisible to us however he is eternally devoted towards everyone of us.
- * Divine is the best wine. As it has double wine. Both the tranquility of love and bliss of light are present in it.
- * 'kaama or lust' is a temporary relief. It a symptomatic treatment. Whereas 'Som' or shiva is the cure.
- * People can have different faiths but mother nature has only one set of rules for anyone or everyone.
- * Religions are short lived however nature's laws are universal and eternal.

- * To utilize the life close to optimum and more efficiently, it is unwise to take commands from mind. Rather take them from the soul. Soul's commands come in the form of internal motivation.
- * Similarities between a body and a machine :
 - (i) Both need energy to function.
 - (ii) Both produce output.
 - (iii) Both produce heat so cooling is required.
 - (iv) Both need rest/sleep.
 - (v) Machine goes through the process of weathering and body goes through aging.
 - (vi) Tubes are found in both of them. These are in the form of miner tubes and blood vessels.
 - (vii) Both produce by-products that is in the form of solid, liquid and gases.
 - (viii) Both have a processing unit known as CPU or brain.
 - (ix) Both have a shelf-life.
 - (x) Both are discarded after they stop functioning.
- * One finds the real purpose of life, only when the 'I' or 'Ego' gets dismantled. Before that whatever we do, do for 'I'.
- * Continuity leads to regular performance. A regularity in optimal performance leads to contentment and that is satisfaction. This is the process through which people get satisfaction. When the person is away and his continuity of work gets hindered, he starts becoming eager to get back to the work. As he feels deprivation in work related satisfaction.
- * Science is that part of nature, which is understood by intellect and developed by the brain. Intellect has devised a research methodology. Through this

methodology, brain does the data processing, which it gathers through the research. This is how the whole process of research gets authenticated and becomes ready to be presented for the scrutiny.

* We love and live life because of its addictions, in addiction free state. It hardly matters whether one is within the life or out of it.

* Happiness is an automatic choice. Sorrow and grief are our compulsions. Everyone wants to experience happiness in life and wants to stay away from sorrow. People get drawn towards the places, which are known for happiness like amusement parks, malls, multiplexes, parks, markets and people prefer to stay away from the places, which are known for sorrow and grief like old age homes, jails etc. A person who is naturally happy, people get drawn towards him spontaneously because in the vicinity of that person, they want to experience the joy and happiness. That person is just a tool, the main reason behind his following is the happiness, which gets exhibited through him. Humans get affected by sorrow, god doesn't. That is why, only god remains along the person in our sorrow. As the person gets affected and the supreme being remains completely insulated of it.

* **Joy:**

Inner joy when turns outwards, it becomes enjoyment. when it turns further inwards it becomes bliss. So joy is the substrate. In the absence of joy, there cannot be enjoyment or bliss either. Children and people of tender age, enjoy more because they have been provided with this vast chunk of joy and they convert this joy into enjoyment gradually. When this joy starts getting depleted, the question arises that where all the happiness has gone? This joy is that happiness. This is how, the enjoyment is not dependent upon resources. it is dependent upon the inner joy. People with their batteries full

of joy, can enjoy anywhere. In younger age or childhood, the joy is provided by nature, out of love and compassion. However yogis work to earn the joy and when they cultivate the joy within, then they are not ready to spend it into enjoyment. They want to further deepen it into bliss because this time, this joy has been earned, through the reclusion, practices & austerity .

Kids can spend that money mindlessly that has been given by their parents but when they earn the same money, they don't spend it unnecessarily. Now they are conscious & more mindful, thus they want to preserve that wealth. No mindless expenditure anymore.

Similarly in the first place, nature provides the joy to everyone and later on she wants you to earn that joy so that you can use it more judiciously and shape up something really productive through this.

PASSION AND SPONTANEITY ARE TWO DIFFERENT ASPECTS OF THE ONE'S BEING. ONE IS RELATED WITH THE EXTERNAL ASPECT WHILE ANOTHER ONE IS ABOUT THE INTERNAL ASPECT OF THE PERSON. THEY ARE LIKE THE EPICENTER OF THE LIFE. PASSION IS RELATED WITH THE MIND WHILE SPONTANEITY IS RELATED WITH THE CONSCIOUSNESS. PASSION DEVELOPS THE PERSON'S INDIVIDUALITY WHILE SPONTANEITY DEVELOPS THE PERSON'S CONSCIOUSNESS. PERFECTION NEEDS PASSION WHILE ATTAINMENT OF HIGHEST VIRTUE NEEDS SPONTANEITY. PASSION IS ASSOCIATED WITH THE KNOWLEDGE WHILE SPONTANEITY IS ASSOCIATED WITH WISDOM. PASSION DRAWS RECOGNITION WHILE SPONTANEITY BRINGS REALIZATION. PASSION TAKES TOWARDS THE RESEARCH WHILE SPONTANEITY DRIVES TOWARDS SOUL SEARCHING. PASSION BRINGS ACCOLADES & FAME WHILE SPONTANEITY BRINGS PEACE & LOVE.

