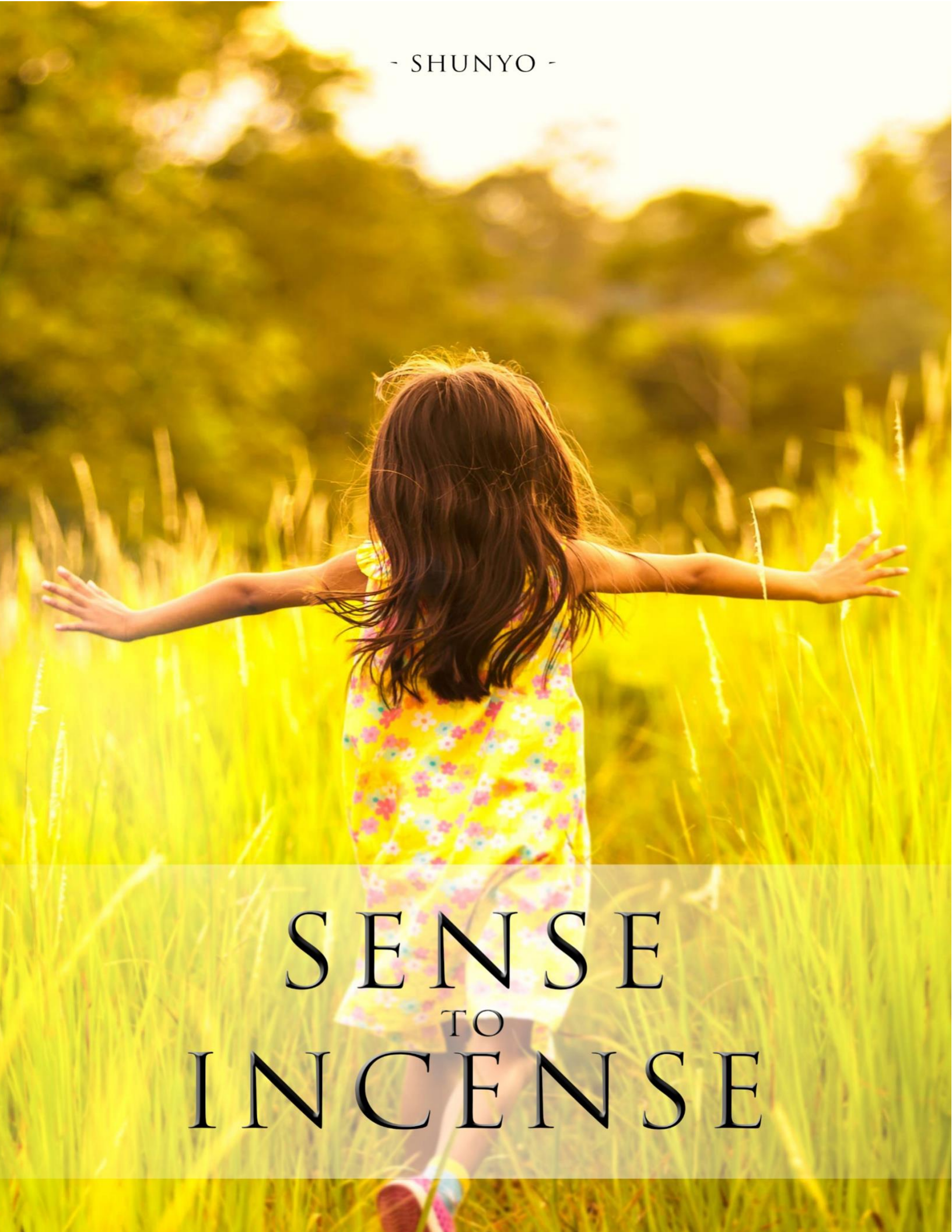


- SHUNYO -



SENSE  
TO  
INCENSE

Sense to Incense

Shunyo

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Recipe of happiness is “lots of nature, much less of mind”  
Recipe for success is “lots of mind, less of nature”

Memory registers attractions, incidents and individualities. Post realization, none of them hold gravity.

Memory is the offshoot of mind, in which all the activities related to it get stored. All the activities of conscious mind are recorded in the memory. Opinions expressed through the brain are projected through the conscious mind. Memory is responsible for our attachment with the past. In case of memory loss, this connection with the past gets broken. Individuality is lost, if memory is lost. It's like a bank losing all the data related to the customer, or a server losing all the data related to its customer. Post realization, a new dimension gets opened that limits dependency upon mind and memory. Memory registers actions and reactions, while conscience is beyond the activities of mind.

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Democracy is known for smooth transition of power. Similarly, realization is that moment when power gets transferred from mind to consciousness.

Before realization, all the activities are identity-centric. Even if the person does some good deeds, he deems them as his actions or his good karmas. Claiming its own means, if at all some fruits are related to it, they should come to him. When one person transfers his power to another, both of them remain intact. One person is defined as incoming and another outgoing. While in the event of realization one perishes, another takes birth. When identity perishes, no one takes birth. Individuality perishes while consciousness comes to light. One becomes changed into another. Mind gets reduced to consciousness. It is called a reverse expansion. It is retraction.

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Most of the human lives are identity-centric, while some of them are service-centric. Bill Gates is a perfect example of a transition from identity-centric living to service-centric living.

There are two types of philanthropists. One group pledges their fortune to some organization that does humanitarian work, while they keep on doing their previous work. Another group belongs to those who transfer their responsibilities to another capable person and decide to devote their time to humanitarian work. The second group goes through a major shift in one lifetime. They quit their successful profession for a satisfying service. It is not just about money changing hands; it is about doing the thing toward which the person is inclined naturally.

\*\*\*

God knows His purpose completely. Nature knows its purpose too. Only animal kingdom is devoid of its purpose.

Absolute and nature are on the giving end. Animal kingdom is on the receiving end. For humans, knowing their purpose and working toward it is the real art of living. Apart from nature and absolute, everyone will have to blossom and perish here. So, by recognizing oneself and the purpose of life, individual moves away from the process of eruption and dissolution by letting the nature take over oneself and by letting oneself become a part of nature's cycle. The root of all human problems is in not knowing the purpose of life. This is where mind comes to play by suggesting options and devising objectives.

Consciousness adopts these objectives and doesn't have its own purpose.

\*\*\*

Mind is like digested food.

Body flushes out the digested food. Similarly, mind should be left out. Food that overstays in intestines doesn't want to leave them, and similarly the mind, while being seated deep within, doesn't want to leave consciousness. Like constipation creates restlessness, similarly mind creates restlessness. Constipation forms gases, while mind forms karma. Constipation damages digestive system, and similarly mind destroys the person's peace. Constipation arrests intestines, and mind arrests body and consciousness. Like the body always has some food in its stomach and some feces in its intestines, similarly every individual has consciousness and mind within.

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Social gatherings demand your presence.

This means you recognize me and I should recognize you. If you take some time off for me, I should take time off for you. If you accept to be among the crowd in my gathering, I should be among the crowd in your gathering. If you are mine, then I am yours. Excitement is like a meal that has to be shared, while happiness is like a fragrance that automatically spreads. Excitement counts on individualities and is shared with people on one-to-one basis, while happiness spreads like weather, i.e. it is wider in approach. The thing that is exciting for one person can't necessarily be exciting for another one, while happiness signifies hope, which is relevant to everyone. The ones who organize

social gatherings want to ascertain whether their excitement is transferred to you or not. If it excites you, then you have to be present at the venue, where it is going to be celebrated.

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For parents, kids and property are both 'mine.'

That is because both kids and property have been acquired in lifetime and with effort. Property needs effort for procurement, whereas a significant effort is needed from the parents to raise kids. Both are the parts of a parent's objective, and every objective needs attention and resources. One is a human resource, while another is a natural resource. One is a movable asset, while another is an immovable asset. Immovable asset is treated as financial security. However, in reality kids also have "I," i.e. the identity and related individuality. So, sometimes, two "I's" lock their horns over 'mine,' which means 'property,' as the property is a common 'mine' between the two "I's."

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Not only females, but anyone can get reduced to 'none.'

Anyone can and everyone will get reduced to nothing someday. The concept present between identity and 'none' is time. Identity is not a permanent and eternal entity, like milestones are not the destination. Milestones just indicate that destination is little closer now. A person goes through different identities through his life. A child gradually becomes youth, adult, old, son, brother, husband, father, amateur, seasoned, subordinate, boss, tenant, landlord, non-religious, religious, mild, extremist, nationalist, socialist, communist, single, engaged, committed, separated, rational, rigid, Indian, American, European,

student, teacher, etc. Identity keeps changing throughout different stages and phases of life. 'None' is not an identity; it's a state. In the West, there are nuns, while in the East, there are sanyasis. Identity itself gets reduced to none upon realization, while none gets inflated into identity upon procurement of mind.

\*\*\*

Fear is related to identity.

People fear the things and people who have the capability and propensity to hurt and destroy identities. Everyone wants to safeguard their identity. Fear is identity-centric; Buddha is in a state when identity gets dropped. This freedom from identity provides him with a fearless state. Identity is aberration from nature. Identities are non-existent in nature. That's why even ghosts can't scare nature. They can only rake the shelter of nature. Identity is an illusion created by mind, and maintenance of identity is the cause of fear. As building an identity demands significant effort, losing it is a dreadful idea. One wants to quell this idea at any cost. Mind is the birthplace of identity. Mind uses all of its resources to work on its own identity. That's what it does throughout life. So, keeping it secure is a natural instinct for the mind.

In a meditative state, a person remains fearless, because he is not surrounded by his identity during that time. Either he remains aware of outer surroundings or he becomes awareness. Every spark of fear makes a person attentive and tense, whereas while being aware one is relaxed and devoid of physical tension. The root of tension is the bond between the mind and the body. While being aware, the barrier of conscious mind is taken away. That's what makes a body relaxed. Being tense means identity. Identity has to be protected; that's what



understanding suggests. When Buddha decided to shed his body, he went deep into meditation. Gradually quitting conscious mind, unconscious mind, identity, fear, and the state of being aware, he went deep into awareness and then broke the connection with the body.

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Ways to resolve any dispute:

1. Talks
2. Judiciary
3. War

Through talks, understanding, both the parties try to resolve the issue. Sometimes, understanding has a word with nature of another person. When a mind talks with another mind, negotiations happen. Every point is discussed thoroughly. Profit and loss are calculated.

Sometimes, egos clash with each other, which complicates the outcome and delays the resolution for years. When one puts his nature forward, then the ego of another person becomes weak and the nature within him comes forward. This helps in solving the problem amicably and within lesser time.

If the outcome is zero, then a judiciary becomes the option, because both parties believe that it is neutral, has a better understanding of resolving the matter, and its decision is binding since the administration is bound to implement the judgment.

Third option is war, i.e. let's settle it out one on one, with the use of muscle power. If one party accepts the defeat, then the matter gets resolved. If both parties refuse to bow down (because 'mine,' i.e.

property or ego, is much more important than “I”), then the extreme condition would mean that either party will try to erase another’s identity. In this case, only one identity survives. The whole business of fear runs on this basic principle; surrender your ‘mine’ before me or get ready to part with your ‘mine.’ This is why the ‘rule of law’ is needed.

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People recognize those whose ‘mine’ is bigger and broader than average.

The purpose of recognition is that their ‘mine’ can become helpful for me to expand my ‘mine.’ So, I keep praising them and remain in touch with them. Their resources are vast. They can help to expand my resources. They are mighty, which is why it’s better for me to remain in their loop. The word “liasoning” is used for such type of connections. It’s like siphoning of oil from a higher drum to a lower drum through the connection called pipe. Pipe is a medium of transferring resources from one place to another. The higher and bigger drum is their ‘mine’ and the smaller and lower drum is the receiver’s ‘mine’. This is the story of all high and mighty in the society. People want to connect with them. This association is not out of respect, but rather it’s an effort to expand own horizons.

\*\*\*

Attention is duality.

It’s between me and my objective. Attention is a detachment from the rest, an attachment with one. For this attachment, ‘I’ has to exist there. So, attention needs identity. In the absence of identity, no one can be attentive. Attention is a one on one condition. Attention achieves

objectives and meditation achieves peace. Both meditation and focus need power. For being attentive, power moves outward and for meditation power moves inwards. In meditation, the “me” merges with its surroundings. Only the surroundings remain, not me. The “me” disappears into the surroundings. It’s about surroundings, not me. Me is a burden, while surroundings are peace. Meditation is a taste of ‘none.’

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Respect is for those who neither work on “I” nor “mine”.

Rather, they turn inwards and start the journey toward themselves. One who is not into matter and its attractions, but rather into condensing power and practicing austerity. They follow the path that is not even a choice for majority, because moving inwards is not a choice, but it is nature. Moving outwards is a choice of mind. They prefer nature above matter. One who doesn’t fall into the trenches of options, maintains a smooth walk through them. Options don’t lure them. These trenches of options are filled with ‘mine,’ which is lucrative and intoxicating for many. Neglecting available intoxication, they keep on moving toward the unknown, and some of them reach up to the unknown in this lifetime. This courage wins them respect.

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Shiva is the purest.

Between the two poles, life gets exhibited. In India, the north pole is called Shiva. Pure north pole. Shiva is a destination. The poison present in his throat neutralizes all the impurities and lets only pure to pass through itself. The poison only affects those who are vulnerable to it.

One who raises above the impurities of nature can reach up to him. Parvati has to go through rigorous penance to mold herself into nature to realize Shiva. The power of nature doesn't halt at Shiva; it gets changed into nature and flows on. There is 'zero' beyond Shiva, absolute 'zero.' Shiva is the gateway to that nothingness. One can't enter into nothingness without passing through Shiva. Beyond Shiva, the consciousness starts merging into super consciousness. Just because he is the gateway to nothingness, Shiva is beautiful.

The world has resources, and Shiva has poison. One who is ready to pass through poison can reach up to Shiva.

Shiva has the ability to digest poison. One who walks towards Shiva, goes through the duality related to the matter that works as poison. However, Shiva is there to absorb the poison. He is not selective when it comes to poison. He has this knack of absorbing others poison, as well as who walks up to him. He cleans the person from the poison associated with him. Another aspect of duality is binding for people, which is called sufferings. As one walks toward Shiva, he gradually starts receiving the taste of the state in which Shiva is seated. One gradually starts getting detached from his addictions. This is the pursuit of purity. All of our addictions work as a slow poison for us. They gradually keep working against the person, while the person happily bears them considering them as liking.

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Your focus, clarity and efforts win respect for you.

One who takes himself seriously makes people take him seriously. People respect those who have the propensity to take themselves

seriously. This becomes a cause for inspiration. This becomes an example that it's possible to be attentive to one's objectives. Clarity is related to one's objectives, strengths and passions in front of them. This tells that the person is not confused about himself. Confusion spreads attention and energies into different directions. Clarity focuses them on one objective. Effort is related to the optimal utilization of time to ensure a desired outcome. Effort helps strength to get exhibited.

\*\*\*

A abused B. Friendship got broken. Not because B got hurt, but rather because B knows now that A lacks 'willpower'.

Abuse doesn't always means using foul words, but rather it means acting weird because of foul. Friendship blossoms on the substrate of nature. Mind can't drive friendship. Mind drives partnerships and co-operation. Substrate of friendship paves way to faith. The faith that one would not apply mind to this connection. Mind creates pollution, and nature automatically cleans all pollution. Friendship is a pollution-free garden. A person doesn't make it by choice, but rather it gets created by itself. Planning attracts partners, while nature attracts friends. A word that is often associated with friendship is 'need.' That means a friend may be away when one works on his desires, but he would be around when he is needed.

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Kanyadaan doesn't means donating a girl. It means donating your internal power to surrounding. To do that, one has to condense power within. It needs penance to raise, enrich a girl, and then give her away.

Similarly, one has to work continuously on one's nature to purify power within and condense it, so that it can be forwarded to the surroundings, in order for others to benefit from her. Popularly advertised Kanyadaan means handing over own asset or responsibility (in whatever category the girl falls in the family) to someone else. What is being handed over as donation doesn't have its own desire; otherwise, it can become a liability for the receiver. Nature is a pure giver, free from desires, so one can only donate the power that is associated with own nature to others. As far as a girl is concerned, if her family won't do Kanyadaan, she will manage it herself.

\*\*\*

Business dies when it meets nature.

When nature's flow is established in the body and consciousness becomes a witness of it. This process marks the complete detachment. Every business is associated with an identity. Every identity is associated with an addiction. Absolute or God has no identity, because He doesn't have an addiction. Business is a process of giving and taking, i.e. action and reaction. There is no action and reaction going on in nature. It's just a flow. As one realizes nature, his interest in business is lost. Nature is not driven by mind, but business is a product of mind. Once you reestablish a connection with nature, the businessman within you vanishes.

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Ego is a defensive phenomenon.

Ego is that big boulder which we place before ourselves, believing that it will help to shield us. If it shields something at all, that is our

individuality. This block of ego becomes a limiting factor for us. It doesn't let us explore life. So, this defensive phenomenon called ego becomes a burden for us. We are not in the body to defend our 'I,' but rather we are here to explore and experiment. In Mario video game, Mario doesn't engage with the obstacles, but jumps past them and moves on. That is how he clears the obstacles and stages to keep advancing. Mario is clear, and we are not. We like to engage. Mind's idea is to engage and take control.

\*\*\*

Human's biggest confusion is "you are mine."

The biggest confusion that we spread in life is these words 'you are mine.' In reality, 'mine' can be 'yours'; however, 'I' can't be yours. If the 'I' decides to be 'yours,' then the 'I' will have to spend its life according to your idea about life. When I have one of my own, then how can I live this life according to your wish? That would mean to fully surrender to your mind, not to your soul. When everyone is struggling against their own minds, how can they surrender to their husband's/ wife's / boyfriend's/ girlfriend's mind?

Every relationship that one establishes in life is established by keeping this basic idea in mind, i.e. 'you are mine'. This line is the basic reason of all the suffering and suffocation people feel or experience in the relationships made by their minds. Till the time someone's 'I' is not won, the win is not complete, and our mind believes so.

That is why people go all out with the guns blazing to take control of that 'I'. The mind wants to win the other's mind to claim its superiority. He doesn't rest till this mission is complete. So one's mind becomes

someone's suffering. So 'you' can't be 'mine,' or 'I' can't be 'yours.' However, 'yours' can be 'mine' and 'mine' can be 'yours.' Let 'I' be free and experience life. You, me and mine are just one of the illusions created by mind. We like this illusion. That is why we like to operate and dictate. There is only one idea that works behind everything and anything, which has been created by humans, and that is 'you are mine.' Knowledge is considered 'mine,' so it is always given to someone who is 'mine,' so that the profit related to 'mine' stays within 'my' family.

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Mind is fear.

There is no fear beyond mind. We feed our mind and in return it gives us fear. This is how it uses our own energy to work against us. This is like giving ammunition to a goon, believing that he will fire upon others only. However, in reality mind uses all of our resources to generate fear within us. Mind is the distant end of consciousness. That's why it doesn't see life emanating beyond itself. Mind sees Maya before it, i.e. the matter which is frozen energy. That's why he sees a dead-end. That is why its only hope is to give birth, so that he can believe that he will be present in some form.

\*\*\*

Whatever stays is mind, whatever flows is nature, and whatever finds its purpose in nature's flow is consciousness.

Mind halts while nature flows. There is a popular classic Hindi song that says "nadiya chale, chale re dhara, chanda chale, chale re tara, tujhko chalna hoga, tujhko chalna hoga" (River flows, current flows, moon



moves, even the stars move. You, too, have to move on. You, too, have to move on). Nature continuously flows as river, air, weather, time, stages of life, day and night, all of them. Mind hates to move on, and that is how it gets into a 'self-imposed seclusion.' In this seclusion, he wonders, "Where has my happiness gone?" Wherever there is a flow of nature, happiness lives there. Whatever stays, becomes stale and stingy. Mind takes the shelter of relationships as an excuse against moving on. However, one doesn't have to move away from relationships, but has to move away from the sense of possession and attachment in them. In this way, relationships remain visible; however, the nature within starts flowing and creating.

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Don't take your mind seriously because it never takes you seriously.

Mind has this knack of not taking you seriously. It doesn't even recognize you. It is rigid, and adamant, and particularly interested in taking decisions and remaining adamant over it. Conscience's voice is feeble; mind's voice is louder. That's why It loves to outtalk others and overpower conscience. Mind doesn't even recognize the presence of conscience within. Until it becomes strong enough, it will be always outplayed by mind.

It is impulsive. It forces you to act swiftly. It wants to act and expects reaction; however, the burden of reaction affects consciousness. It is like that spoilt friend who stays with you, thrives on your resources, and acts of his own free will. People know him because of you, and he doesn't have his own standing. He keeps on experimenting and stays reckless. He is very good at convincing, so he keeps you under his control. All his experiments appear exciting, so you like staying with

him. However, you are held responsible for his recklessness and all the backlash is diverted against you.

Problem at hand is that we don't have any other voice to guide. Right now, mind is the only source of internal voice. There would be a day when the lost voice would come back. Till that time, "Geeta" can be followed. The basic nature of every person is innocent and gullible. If this wasn't the case, then why anyone would take their mind seriously? Mind doesn't take us seriously because mind has nothing to do with us. Like infections don't take us seriously because they have nothing to do with us. All they want is to consume our resources and use them against us.

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Ego is like seeing oneself in the mirror and saying to oneself or to someone else, "Can't you see that? It's me."

As what you see is me, so respect that. If you hurt that, you hurt me. If you acknowledge that, you acknowledge me. Me and my image are not different. If you work against that, you will work against me. Ego means believing in image more than the self. Ego means focusing on the outside, completely ignoring the internal world and its needs. Ego means living for mind and ignoring the self. It's like working against our own interests, just to satiate the instructions of mind. Ego means the cloud of energy associated with mind. So, when the real picture goes through this dense cloud of energy, it gets altered. It's like putting on goggles, seeing the world in a different color, and believing that it's the true color of the world.

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In relationships, we make a common mistake of not accepting the changes that have taken place in someone's internal configuration.

We expect that they will remain the same forever, ignoring this basic rule that life means the constant change that keeps happening continuously. Life is a gathering of incomplete and raw people, on which destiny, mind and circumstances continuously keep on working. They are like chisel and mallet that are all the time in action. They work in tandem to carve out a Buddha statue from a raw piece of stone. Mind wants to retain the status quo because what it sees before the eyes is a dead-end. Nature is an internal configuration which changes slowly; however, it does changes. The process of change is too slow, because change depends on the outcome of experimentation and its effect on oneself.

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Students leave their homes so that they can maximize their potential in an attachment-free environment.

Attachment and its related effects definitely deflect attention. Students attending competitive examinations want to find a place where they can plan their routine according to their own wishes. The next step after planning is implementation. Implementation needs attention. Attention needs the minds in surroundings that are looking for attention. It's about limiting oneself to the objective only. When an objective is driven by passion, attention becomes automatic. A passionate painter can paint amidst the crowd, because his passion keeps other options and distractions at bay. One who is not passionate about his objective wants to remain away from distractions and options.

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Soul needs peace, and mind desires desire.

There are no different shades of soul; however, there are countless shades of mind. Peace is the thick layer of power that encapsulates the soul. This encapsulation provides complete freedom from mind and its games. Although soul is that ripe state of consciousness, which has fulfilled its purpose, so it automatically remains in peace.

Whereas mind thrives on desires. It keeps showing its presence by popping up the desires. If there is no desire, there won't be mind. Mind exists to create desire. This is how it keeps consciousness busy by throwing options at it; this is like being trapped in a strong current of life without being present and aware.

\*\*\*

My attention is not me. Me and my attention are different.

Me stands for mind + body. Attention is achieved through internal power. It is attention that works. In the absence of attention, work becomes lame. If attention is there, the work will become automatic. Attention is all about power. Power is all about nature. Nature is the real doer. That's what Geeta says. It's not you who performs; it's actually nature. One has a mind, and it lays claim and control over the outcome. This attachment with the claim is the reason of altered identity one carries over his back. Nature works and works tirelessly. Nature has no breaks, no rest. Mind needs both rest and breaks. It can't work tirelessly. It needs to go to sleep to regain its freshness. Mind diverts all the power at its disposal toward outside, which is called attention. Mind is separate from the nature. As both are interwoven in

a complex manner, it becomes difficult to differentiate between the two of them.

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Exchanging hearts means exchanging commitments.

This is the literal and decoded meaning of exchanging hearts. It means, I would give you my heart, if you value it. If you don't keep your commitment, you risk breaking my heart. Commitment calls for acceptance that I am the only one for you. One should be considered as a center of life. Acceptance toward someone special originates from mind. Commitment means that both of us are special to each other and others should be considered normal henceforth. I am your de-facto attention and you are mine. We are made for each other. My search ends at you and so should yours.

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Wrongdoings (by self or others) give birth to insecurity.

Insecurity calls for defense. Mind says offence is the best defense. This is how insecurity gives birth to offensiveness. Offensiveness is inversely proportional to the 'sense of security'. This is the reason why jails are high security areas. A whole bunch of insecure people are accumulated in one confined place. There are chances of violence. To suppress that violence, security is needed. If a wife is insecure, she becomes offensive. Nations become offensive, when they get insecure. India chose to remain limited to the self because its culture teaches that there is a larger goal to life than just being a ruler or becoming famous. That is the 'attainment.' India was getting attacked since early ages by a whole bunch of insecure people; however, it kept absorbing the impact

because it had willpower. India is not known as an aggressor because it has remained free of insecurities.

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Prayogi se yogi tak.

That is from experiment to realization. Whatever lies beyond truth is only an experiment. Either we are prayogi or yogi. After realization, there is no more need for experiments. That's why realized people are not interested in experiments anymore. Experiments bring results, while yoga brings oneness. Mind loves to experiment. Curiosity is the reason behind all the experiments. In the absence of curiosity, experiments become process. Curiosity changes the process into experiments. Curiosity transforms power into excitement or desperation. First ashram of Indian culture is about need, i.e. education, health, and other basic needs. Second one is about working on desires. Third one encourages to get oneself limited to needs, while the fourth one emphasizes on reaching to oneness.

\*\*\*

Migrations are of two types;

1. For life
2. For lifestyle

People prefer to migrate to such places where natural resources are abundant. This makes life easier. Ample water, fertile land, plain area – such landscape becomes an automatic choice. Balance of the five elements of nature, such as land, water, fire, air, and space make area conducive for the birth of life. Crops can grow easily. That makes food

abundant. Abundant water resources also attract migrations. Civilization attained its earliest and primary shape about 10,000 years ago when the most recent ice age ended. The atmosphere became warmer and conducive for life to flourish. Primary irrigation techniques helped in attaining the abundance of food. This diverted attention toward other walks of life, and social development started.

When life becomes easier, lifestyle becomes the next sought after thing. It is a place where objectives and ambitions of life can get fulfilled easily. Migration to West from East in the modern world happens because of this simple reason. Earlier, lifestyle was limited to monarchs. When resources get limited in one place, life in any form chooses to migrate. That is true for both animals and humans. Industrialization expanded its horizons into masses. Advancements in science helped in the process of migration. Invention of wheels marked the hunger of earlier migrations. Humans used ships to travel to other places on earth in search of a living, sometimes a better living. The arrival of airplanes revolutionized the process of migration for lifestyle. Migration is driven by the instinct of survival. Migration for lifestyle is driven by the instinct of development.

\*\*\*

Nature is how you respond to the other's soul. Character is how you respond to the other's individuality.

Like image is the projection of mind, character is the projection of nature. Mind decides about character being loose or strong on the basis of how it responds to the offers that come its way. If it remains unaffected by the offers, it is defined as strong. If it responds positively to offers and options, it is defined as loose. A person's nature gives

importance to someone's soul rather than his mind. That is why it prefers not to offend or react to being offended and enjoys showing love and avoids the temptation of business when in contact with others. A strong character respects and recognizes everyone's presence. A loving nature knows everyone's presence and is open to extending love toward everyone.

\*\*\*

Some bondages are formed in the hour of insecurity.

As soon as these insecurities vanish, the bondages are broken because they are not natural bondages. A common event of insecurity brings insecure people closer like in case of a flood. Many competing animals take shelter under same tree without being offensive to others, because it's the time of helping and passing the information freely. Similar incidents are seen in politics. In the event of common insecurity, non-natural bondages are created to ward off insecurity. As soon as insecurity gets diminished, everyone walks off in their respective directions. Insecurity opens up people. They become ready to come out of their comfort zone to handle the situations in a better way and for a more favorable outcome.

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Talent is not an asset; it is responsibility.

Talent is an asset for the mind, as it can use the talent to achieve success and fulfill ambitions. It is like a gift given by nature to consciousness; however, the one who lays claim over it is mind. Having a talent or any special trait is a very tricky situation. It can be used by the mind, nature or consciousness. Nature uses it to acquire and



provide satisfaction and happiness. Consciousness utilizes it to fulfill its purpose and ward off the baggage of previous karma. Mind can use the same talent to create the baggage of karma. In extreme cases, mind can use the talent to create problematic and tough situations for the person. Knowledge can be used for constructive things, whereas the same knowledge can be used for devastation as well. Explosives can be used for making roads and clearing debris, while the same explosives can be also used for destruction. The only thing that makes a difference is the one who uses it.

A crane can make structures, and it can torment buildings as well. One who has a talent and is deprived of happiness marks that there is something wrong. May be he doesn't realize that talent is not given just to acquire success, but rather it can be utilized to make others happy and contained. This gesture in return provides happiness to the person.

Nature doesn't utilize any of its traits for itself. All of its qualities and amenities are for others to use. It is eternal and never ending. This realization makes nature peaceful and fully contained. Another thing that can be learnt from nature is how she utilizes her assets to create peace and happiness for itself and others.

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Action and reaction don't have a cycle. They have a beginning and an end.

So, it's not natural because the nature knows only cycle. Two people entangled in action and reaction can't go on forever. This process ends when either of them surrenders or perishes. In the meantime, they keep on damaging 'I' and 'mine' of each other and looking for

satisfaction in the process. It's a process of collateral damage, in which one perishes and other's ego gets satisfied; however, both of them move away from oneself. The mind recognizes pioneers and finishers, arrivals and departures, beginnings and conclusions, achievers and losers. Every arrival and departure is a part of a larger process, which can't be sensed as it is beyond senses. Mind sees every process in small segments. It can't see the whole cycle because of its limited vision, which is driven by the mind's limited understanding of time. Senses can register the trunk and branches of the tree, but not the roots, as they are not visible. So is the case of time with mind.

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Everything is a toy for kids and everything is an asset for adults.

Kids have a very feeble sense of 'mine'; however, it is in a very raw form. They don't add value to their possessions. Adults add value to their each and every possession. That's why kids are not much affected by the loss of their possessions, whereas adults feel a setback with every loss. Kids are present; however, they have a very weak sense of 'I' and 'mine.' Elders are also present; however, they carry a very strong baggage of 'I' and 'mine.' This baggage makes them heavier and less playful, as they get overloaded, which reduces their efficiency and potency.

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Mind travels in horizontal direction, consciousness travels in vertical direction.

Mind travels horizontally and all over. The resultant displacement is defined as needs/ objectives/ ambitions. For all these displacements

consciousness is pulled horizontally/ laterally/ outside, neither of which is its natural movement. All that the consciousness wants is to remain free and rise up. Due to its rise in vertical direction, natural and behavioral changes take place. When mind dissects the given picture into multiple columns and rows, directions emerges. Mind needs directions as its tool, as the body is limited and so is its approach. It can only deal with a given segment at a given time. That's why segmentation helps it to locate and act. Consciousness travels in a vertical column, as it is attached to the nature's power within. As this power keeps on accumulating, a column naturally keeps filling up.

Consciousness is light, so it is present at the top of this column. It's like a jar filled with water with a floating ping pong ball over it. Ball being lighter remains floating. This internal column is a column of saturation. Consciousness leaves its saturation behind once it embarks on the journey called life. Life comes to full circle once it attains complete saturation. Now attainment becomes a natural phenomenon. All the excursions of mind are bound to start and finish, while the journey of consciousness comes back to full circle. Journey for a wheel is going in circles, while journey for the mind is to travel distance. For mind, point A and point B are separated by a parameter. For nature, point A perfectly overlaps with point B. in fact, there is no point A or B for nature. It's just a continuous, unending cycle.

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How to find love, happiness and joy?

Love is the outcome, when the power within reaches up to heart chakra and transforms there. This is why there is a famous saying about "heart filled up with love." Nature converts raw grain into ripe grain; similarly,

a basic power within body gets transformed into love, as it is ready to be distributed and shared. Farmer produces grain that satisfies many. Similarly, the love emerging from you quenches internal thirst of many.

Happiness is related to mind. Mind feels happy when the nature within takes its due course and utilizes mind to get its work done. Remember, mind creates a sense of insecurity. When it finds someone along, its insecurity vanishes. It feels contained. That someone is own 'nature.' Mind feels that someone is there to be with it. In this condition, it happily performs the work allotted by nature and remains contained and satisfied. Like a pet feels secure in the presence of its master, in the presence of consciousness, mind starts to leave its restlessness. It's like an unruly employee who becomes functional and disciplined. When mind feels relaxed, it becomes operational and starts working for consciousness and in turn feels safe and secure.

Joy is related to consciousness. It is in search of its purpose. Till the time it finds one, it remains annoyed and works under mind. It feels joy and ecstasy when witnessing the fulfillment of its purpose through nature. This fulfillment gradually converts it into soul, which is the ripe state of consciousness. Problem with mind is that it goes out of its confines to find someone who can be defined as 'mine.' That mine lives in confines, i.e. inside. It can't be traced outside. That's why the mind feels insecure in this world and finds it unfamiliar. It's like a kid unknowingly goes outside home in search of parents and forgets his way back home. Now he is alone, sad, annoyed and insecure.

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Mind only makes changes. Nature gets the work done.

All that work done is done by nature. However, mind gets the liberty to make changes. Like land keeps producing something. It may be grass, weed, plants or jungle. What mind does is, it sows seeds by cleaning the grass. Now the land starts producing the crop. The whole process of turning a seed into a crop is done by nature. Intellect or understanding decides how to utilize fertility of the land in a better way, and the mind starts acting on the plan. Mind can't do the work. It is dependent on the nature to get the work done. So, rather than using the words "I did lot of work today," the right line would be "I made many changes today."

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All disputes are related to 'mine'. All efforts are related to 'I'.

Efforts that a person takes for 'I' create 'mine,' and all conflicts that arise around him are because of 'mine.' A person may feel that he is making efforts for 'mine'; however, 'mine' is connected with 'I', so all the efforts that are made for 'mine' all go through 'I.' In the absence of 'I', work can't be done on 'mine.' Like a body is prone to infections, 'mine' is prone to conflicts. All the conflicts that happen around 'mine' affect 'I.' This is how 'mine' has as effects on 'I.' 'I' creates 'mine' to work for it, to keep or make things favorable. However, in adverse conditions, 'mine' starts working against 'I'.

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What happens when “I” stops making changes?

In this case, internal nature becomes in sync with outer nature. Nature is omnipresent, within and outside both. Till the time the two get in sync, individuality keeps working. Once the internal nature comes into sync with the outside nature, individuality perishes and self-realization happens.

That is why self-realized one cautions to not try to awaken the power within, until your nature has gone through the process of de-conditioning and has mellowed down. In this case, Shakti would work for you, rather than working against you. This is the reason that suppression, anxiety and depression work for the docile people to achieve oneness.

All those unfavorable conditions are a tool for naïve people to achieve their true nature. Unfavorable conditions help them to achieve detachment from the mundane and limit them to oneself. This becomes a process of enrichment of self. As soon as this is achieved, the same power that was working against the person starts working for him. That means the innate power works against the individualities; however, it works for consciousness. Consciousness gets liberated when inner nature becomes in tune with the nature present around, and the tools by which this state is achieved include surrender and tapasya. When ‘I’ stops making changes, one thing that elopes is the ‘change’ itself. When change perishes, flow establishes. All the phases of circumstances, and mind, and stages of life become irrelevant. A state is achieved and consciousness wants to remain in that state forever. Lust for change and desire to obliterate the change become a matter of past.

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Mind worships the one who it can't acquire.

Mind surrenders and worships the one who it considers as the one that can't be controlled by it. The whole concept of life is dependent upon nature. Without nature, there can't be life; however, nature worshipping is very scarce. The reason is, mind believes that nature can be manipulated. Whatever can be manipulated can't be worshipped, and that's what mind believes.

Mind believes in worshipping, while nature believes in love and nurturing. Without getting in tune with nature, no one can become saturated. Nature makes saints. People worship saints; however, the same people don't worship the nature. A saint can't make others saints, only nature can.

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If not him, then his.

If one can't be won or acquired, let's get something from him. If he is beyond reach, then let's ask him to share some of his 'mine.' By making him pleased, we will be able to get some of the things which are at his disposal. This is called 'fruits of worship'. Sometimes worshipping is also outsourced to priests who will regularly perform the pooja, so that the benefits could reach us and the priest would be benefitted by us.

Sometimes when 'mine' gets a setback, faith gets jolted, pooja gets discontinued, and a complaint is lodged that I am worshipping you, however you have failed to shield me, which you could do by using your powers.

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Unconscious and conscious living.

Unconscious living is like being drowned in a strong current of water when your whole attention is diverted toward saving 'me' and 'mine'. Completely unaware of whatever is passing by. Living detached from surroundings. The surroundings is not civilization; it is the environment, the nature (within and outside). Living detached from self. Living an occupied and inflated life. This inflation is because of 'mine'. Life centered around relations, remains distant from realization. Because the one who realizes is busy enjoying 'me' and 'mine'. Duty and responsibility exist between me and mine, although life passes devoid of love. The very crux of life, which is love and happiness, remains distant. The house got filled; however, the internal flask remained empty. Prosperity is visible; however, there is poverty and loneliness within. The reason behind poverty is that the key to the self wasn't found and loneliness clinging around because the one who was being searched by me is still at large.

Conscious living knows 'I' and 'mine' both. Unconscious living doesn't know about them. Conscious living has awareness about the past and the present as well. It's like smooth and continuous flow, not the strong and powerful currents as felt in unconscious living. It's gentle and beautiful. It has no struggle with the ups and downs of life, rather it's about being present and witnessing them. Their presence doesn't bother the self. One who is within it, is in unison with his surroundings. 'I' remains missing. Only they are present, not me. No compulsions of relations because love blossomed. Neither push and pulls of 'I', nor baggage of 'mine'. Home address is known and keys are available. One



becomes aware that there is nothing like shortfall or abundance. one is either in or out of this. Human unconsciousness is no less than Kumbhkarna. Kumbhkarna needed lots of energy to make him awake whereas consciousness needs lots of power to be awakened.

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Success is all about Ego, while Satisfaction is all about mind.

Ego is a question whether I have it in myself or not? The affirmative answer to this question is success. A youngster has this question whether someone worthy will get attracted to him? Ego of one person wants to win the ego of another person. If one ego surrenders to another one, then success is complete and the objective is achieved. So, mind moves on and looks for a new objective. The mind strongly believes that it is the doer. So it wants to deliver. When it sees oneself delivering successfully, it gets satisfied. It has found the answer of the question, "Will I be able to do it the way others do?" An affirmative answer draws satisfaction. It wants to come up to par with others. It wants to make sure that it is being considered a competent contender. Feeling that originates through it, is satisfaction.

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Success is about projection, while satisfaction is about injection.

Success is about whatever being projected by me, whether it is being vindicated by the society or not. Society judges your devotion. Mental brightness coupled with attention brings success on time.

Mentally average, however devoted, people find success too although it may get delayed, but doesn't get denied. Success gets denied to the

people who are neither mentally bright, nor focused. Success is about “whatever has been given to me by nature, can i put it all together?” It is about being able to post something significant that can get recognized and acclaimed by society. That is why success is all about effort.

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Kids watch animation because they are easy to understand. They engage mind, while at the same time, they are easy on brains. There is not much to understand and apply brains to. Characters don't have much expressions on their faces. Every facial expression is food for brain. Brain starts working to extract the meaning out of it. This diverts the attention. This disengages the mind and the flow gets obstructed. Animation is easy, but serials are complex. They have brain games all over. Animation tells that planning and execution are both easy. Male adults watch news because they have their opinion ready on every proceeding. Female adults watch serials because they are about mind games of a family. Family is a subject in which they are very interested. Kids neither have opinions, nor mental games to pursue. Their world is rosy, where not much feelings are involved. That is why childhood is considered the most comfortable period of life.

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Effect of results brought through efforts brings satisfaction.

It's a personal thing. Expectations are personal. When they get realized, satisfaction emerges. Being recognized by others brings satisfaction. This question is always there in every amateur, “Are my abilities competent enough to deliver?” For answers, abilities will have to be

put to test. If results are affirmative, then the answer is secured and it's a 'yes'. Any test or competition is a congregation of minds, having a common question, "Do I have it in myself?" One essential part of every test or competition is results. Results are the key to every answer, that desired by mind. If the answer is 'no,' then another question is raised, which is 'why'. When hope gets mixed with 'why,' it gets converted into 'why not'.

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Noneness to oneness.

When you get reduced to none, you get to know that everyone out there is just one. Buddha can't see identity or individuality. All he recognizes is life. None of his messages is for identity or individuality. His messages are for your consciousness. Whether he is surrounded by one or one lakh, he addresses only one, the very one that is present in everyone and is common among masses. This is the conversation between none and one. This is the message from one to none. Sometimes Buddha, remains silent; however, the message gets delivered. Buddha's silence fills the listener from within.

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The basic difference between a normal man and Buddha.

Normal man is a downloader, while Buddha is an uploader. Buddha diverts you toward yourself, whereas humans want to attract you toward themselves. Buddha's raised hand is like a reflector that reflects your question to yourself. This question creates resonance within yourself, and the resonance breaks the bondages within. This is how Buddha uses your question to find the answer within yourself. All that

he wants to say is that he himself found his answers within, similarly every curious one can find his answers within himself. He wants to shake you from within.

Humans download resources, talent, traits and strength from nature and use them to satisfy the mind. Buddha lets that nature flow through him, so that it can flow unchanged without leaving any impurities.

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Difference between curiosity and interest.

Curiosity is a short-term addiction, whereas interest is a long-term addiction. Addiction means whatever extras that have been added to you, are not part of you. They are like extra baggage upon oneself. Their roots are hidden in mind; thus they are like imposed traction.

Individual knows that curiosity can't be converted into the objective of life. However, interest has the potential to get converted into one of the objectives of life.

Curiosity is short-lived; however, it has a repetitive effect. Interest remains stuck for a longer period.

Curiosity dies faster, while interest remains longer.

Curiosity is a short-term excitement, whereas interest is a long-term excitement.

Curiosity quickly gets converted into boredom, guilt and anxiety. Curiosity provides excitement, whereas interest provides satisfaction.

Curiosity is related to knowing, while interest is related to the completion of an objective.

Senses generate images or sensory inputs. Inputs gets passed on to the mind. Mind gets curious about the novelty, while when mind paves way for inherent qualities to get exhibited or comes in tune with these qualities, it is known as interest.

Curiosity gets converted into interest when one wants to associate oneself with the thing that is generating curiosity.

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The thing that can't be taken for granted in this world is 'mind'.

This whole existence belongs to you. Apart from the mind who lays claim over it. Don't take me for granted means either perform or perish. Fall in line or fall out. Surrender or disappear. Stop considering me your 'mine,' rather you should know that I am 'I' who is vying for mine. 'I' may have remained suppressed for some time; however, now it's coming back. I am an identity, so recognize it. I am not here to be yours, but I am here to make you mine. Don't expect me to surrender unconditionally. There may be surrender, however with conditions. I am not your property, until and unless you are ready to become 'mine'.

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Mind is repetitiveness.

They say, don't repeat your mistake, because if you repeat it, that means you are falling into the trap of mind and asking for trouble. Mind keeps on repeating memories before your eyes, so that you remain connected and attached to people, places and incidents.

Due to the repetitive nature of mind, consciousness repeatedly falls within new bodies; this process is called rebirth. Mind suggests

everyone to follow the same pattern in life, such as success and satisfaction, needs and desires, objectives and ambitions. This gives birth to the feeling of competitiveness among the masses. Same path is to be followed by everyone. That's why competition gets inevitable. Intoxication brings repetitiveness. Mind is like intoxication. That is why it doesn't like to provide liberty. It loves to expose compulsions, so that the repetitiveness can remain viable and sustainable.

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Modern medicine is costly.

This is because the mother of modern medicine and the mother of business are same, and it is the brain. Ayurveda is a part of Veda, and none of the Veda has emerged from the brain. They emerge from a purified state called a 'pure mind'. That state is free of business.

Ayurveda expects its practitioners to be ascetic. It encourages people to perceive it as a service, not as a profession, as it is not a tool to satiate objectives and ambitions. Ayurveda functions on the principle of balance. Where there is balance, there is power. Where there is power, there is healing. Whereas modern medicine is a brain's child. The same brain which is the creator of business. That is why eventually business gets involved in every new creation and research.

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'Love you, life' means 'love you, opportunity'.

Life is an opportunity. For consciousness to take control of the mind and to put oneself into a commanding position, so that life could be controlled. For numerous lives, life controls consciousness. This is like

being thankful to mother nature for providing another chance, even after multiple failures. New life, another chance, batteries recharged, hoping to conduct oneself in such a way that power can be utilized for the self, so that it can propel consciousness away from the mind and toward the existence. Life is about taking control back or reclaiming it from mind. It's a tussle between the two, mind and consciousness, in which mind has options whereas consciousness has will power

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Confidence and overconfidence.

In confidence, the mind believes that it has enough resources at its disposal to complete a task effectively. It's between the mind and its resources. By utilizing the resources optimally, the mind pays its undivided attention toward the completion of a task. Focus is on the effective completion of a task. Effect of completion is out of purview.

Overconfidence: apart from the mind and resources, a third dimension is added that is ego. Ego believes that mind is competent enough to put up a good show. By utilization of resources that can win a prize and acclaim. Due to disturbance created by ego, mind can't focus on utilizing the resources optimally and that hinders the task's outcome.

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Feelings and emotions.

The effect of surroundings over one's psyche is called feelings. With changes in one's surroundings, the feelings change. My feelings are connected to you, meaning that whenever you are before me or on my mind, it generates a particular type of feelings in me. These feelings are

the reason of the bond between us. When the person fails to generate the same feelings in the other, the bond gets broken. Feelings are those vibes, which travel from surroundings to the one's psyche and produce chemical changes. In reaction to these feelings, the vibes generated within someone are called emotions. You give me feelings; my mind generates emotions in return. So, the root cause of emotions are feelings.

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Attachment gets support from understanding.

If attachment is the front office, then understanding is the back office. A 'Doer' gets back up by understanding and through energy. Doer exists because of attachments. All efforts of Doer are for his attachments. In the absence of attachments, there can't be a Doer.

As soon as attachments are dropped, understanding also gets dropped, and all the energy that sustains understanding is freed. Power supplies the energy. in this condition, the dilution of power stops. A Doer doesn't need the understanding and the energy associated with it. So, he gets back all the power that was being consumed by understanding.

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Human art engages mind. Natural art engages consciousness.

Science engages the brain. Manifestation is art. The mechanism of manifestation is science. Art created by humans engages the mind, because this form of art has been manifested by another mind. Art has science within. Science needs brains for explanation. When one looks toward this world through brains, it appears scientific. Whereas when



one looks toward this world through nature within, it appears as an art. When someone looks toward this world through consciousness, it appears as the mother, and in that very moment, a person loses his sense of insecurity. Science explores world, whereas art appreciates world. Human art exhibits innate qualities, while a person realizes the nature's qualities, when an illusion created by mind gets diluted.

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Why does understanding exist?

Just to help you find the way out, but not to find the way in.

Understanding is your guide on the excursion called life. Brain is there to help you to experience the desires that brought you here. This is an uncharted territory, so you needed help, and brain is there to make your way forward. The work associated with the brain is bright. Bright students have this privilege to move swiftly and work on 'mine' more effectively. So, bright people are considered more effective by the mind. Effect stands for registering the presence. So, brain makes you more effective among minds. In short, it helps. However, its help is limited to outside. It is of no help to the inner world.

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Why to be just a witness?

This is how you get to know about mind. Sometimes, you get the explanation about the incident you just witnessed. This is how you get to know that mind and life are different. Life just follows the mind because it is attached to it and the mind exists as its sole guide or source of information. This is how one knows that mind is the culprit,

and the individual is the victim. Mind says that the individual is the culprit. Willpower makes a witness, while the same willpower becomes conscience and provides explanations. A witness doesn't want others to be disciplined; however, he is on path to change the self and let the society witness that change does happen, and in this life only.

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Curiosity gives birth to experiments. Experiments give birth to likes and dislikes.

Curiosity induces experimentation. Experimentation results in liking or disliking something. Addiction is for excitement. Devotion is for love. Addiction provides a fresh shot of excitement, every time it is experimented with. When the same thing keeps on giving excitement repeatedly, it is defined as an addiction. During the day, an individual keeps going back to his addictions, because he knows that those things provide him excitement every time. People start with beer and reach up to rum in search of that shot of excitement. Tobacco gives that shot of excitement, and that's why it creates an addiction. Excitement lets them get rid of that burden of individuality. That's why people seek addiction.

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Thunderclouds don't shower.

They thunder because they want to avoid to shower. It's like a warning that says 'don't compel me to react'. Realize that something is going haywire and correct it timely. The purpose is not to hurt you, but to indicate that self-correction would be a better choice. Thunder also warns you to be cautious. Before it showers, it protects your assets.

Because in the case of an action, one should not be caught unaware. Thunder wants you to be prepared and to check your preparedness. Thunder says downpour is not the only option. That is the last resort when all other options get exhausted. Thunder says to control your mind, before it hurts you.

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Sankalp and vikalp.

Vikalp are the various options given to you by mind. Sankalp is the very option which your brain decides to work upon. Vikalp is about opportunities, while sankalp is about selection, according to one's taste and nature. One common thing between both of them is mind. Mind keeps throwing the options, while when willpower is aggregated behind one option, it is called sankalp. It's like finalizing an objective for the self. It's like identifying and acting upon it. Sankalp is often associated with a good cause. It's like using mind to fulfill an objective laid down by conscience. Meditation calls for getting rid of options and objectives. That means making one aloof from mind, because all options and objectives are driven by the mind only. One can't take the mind within meditation.

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Two 'I's fight for 'mine'. What the two 'none's will fight for?

'I' is for mine. 'I' works on mine. The only thing that 'I' has is 'mine', and 'I' protects mine. 'I' builds mine. The increase in 'mine' is called profit by the 'I'. The decrease in mine is called loss. Two 'I's come face to face on the table to sort out the differences about mine through talks. Two 'I's come eye to eye to win over the mine through fire power and

muscle power. 'I' can't command respect or control without mine. 'I' lives and dies for mine. 'I' is connected with this world through mine. 'I' loses hope if 'mine' is not being taken care of. 'I' wants mine. A person who is 'none' neither wants 'I' nor its associate, which is 'mine'. So, none has nothing to fight for. It doesn't have any treasure; however, treasure gets exhibited through 'none'. Remember keys of treasure are given to the chosen ones who aren't interested in the charm of treasure.

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Mind moves more; however, it can't expand. Buddha moves less; however, he expands limitlessly.

This is the basic difference between mind and consciousness. Mind can't expand, and that's why it resorts to control. On the contrary, the nature of consciousness is expansion. Limitless expansion. Mind is the limiting factor for it. That's why mind keeps on roaming in search of new areas, where it can lay its claim over. No matter how much control mind achieves over matter, consciousness remains unsaturated and neglected. It waits patiently for its journey. Buddha is connected to the whole existence. Mind is not even connected to its own soul. Mind wants to imitate expansion, but it is limited to inflation.

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Mind keeps changing the individual's identity, if one decides to go with the mind's suggestions.

If mind says to study medicine, one becomes a doctor, and the identity gets changed. If mind says to fly an airplane, one becomes a pilot. If mind says to not pay, but just take, one becomes a defaulter. If mind

says to use muscle to acquire control, one becomes a goon. If mind says to get married, you become a husband or wife. If mind says to mate, one becomes a parent. If mind says to buy land, you become a landlord. If mind keeps suggesting, you get an identity by following its suggestions. It's like getting a new identity card when joining a new organization. Now, if you believe that this identity is permanent, that belief is sure to be broken someday.

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Endearment generates responsibility.

If you are attached to someone, then his or her desires become your responsibility. Every desire needs resources to get fulfilled. Endearment ensures that your resources have a destination. As long as it sustains, it keeps on sucking resources and attention. Endearment identifies with one or many, while compassion doesn't identify with endearment; it just identifies with needs. Compassion distributes the resources equally, while endearment ensures an unequal distribution.

Endearment is limited to 'mine,' while compassion spreads across. The word 'endearment' is alien to plant kingdom. It gradually developed in animal kingdom and came to its epitome in human race.

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Mind is there to make changes.

Mind is not there to accept. It wants changes. Because these changes are associated with the identity it provides. It says, "If I can't bring the changes, then what am I here for?" Nature provides the substrate for mind to work upon to bring change. Every new boss brings some changes into the organization. These changes become his signature.

Controlled mind brings positive changes, whereas uncontrolled mind brings negative changes. The 'empire of change' is based on the ground of mind. The first thing that mind recognizes is itself. All the changes that it does for the sake of oneself fall into the category of 'change'. In a simple world, mind wants to bring about change, as that is how it gets recognized and appreciated. If it can't bring change, it is defined as a 'novice'. This word hurts another thing created by mind, which is 'ego'. To satiate the ego, mind keeps on making changes.

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Mind + body = me.

His mind + his body = he.

Me stands for recognition. Mind needs a body for manifesting, getting recognized and appreciated. Mind needs a body to conduct its research and practices, and that body is provided to the mind by nature. Mind is a repetition, and that's why whatever probing it does is defined as research. In 'me,' 'I' is the mind and 'mine' is the body. In the absence of a body, one gets reduced to 'I' only. This 'I' goes on to secure a 'me' for itself, which is a new body. That's why the term 'my body' is used. Mind can't conduct its research in the absence of consciousness and nature. Mind gets the support of nature or gets the liberty to play with it because of its adherence to consciousness. The life force of nature is dedicated toward consciousness, and not toward mind. However, its material part remains taken 'for granted' by the mind as well. Mind utilizes this part of nature the way it wants. However, it remains unaware of the power of nature. It fears the power of nature, as it can dismantle the progress and development it made.

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You are not life; you are the source of life.

The difference between the two of them is that the source of life may give birth to life or can remain as it is. The first one is an option, while the second one is its natural state. The source of life can create numerous lives. After shedding the body, one gets limited to the source of life. Till that time, the source of life doesn't come back to its natural form, and under the compulsion of nature, life keeps coming back to it. It can remain neutral without being drawn to life, once it sheds the charges of nature in life.

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Don't disengage a strong mind from its work; in retaliation, it may disengage you.

A strong mind is like a strong engine. It can drag the train to its destination like a bullet. It can even strike back like a bullet, if it gets disengaged from its desired work and deviates its focus towards you. People marrying with a partner with a strong mind should be really cautious about it. A strong mind converts large amounts of power into energy. This energy can be used constructively or can become destructive too. A strong mind works fiercely on the concept of 'me' and 'mine'. It is there to establish itself. It shouldn't be disturbed in the name of traditions. New establishments get erected on the same grounds that were used in the name of traditions. Recognize a strong

mind by asking a simple question, “Do you get angry?” if the answer is ‘often’ then one should reconsider the decision.

Strong minds are achievers. In disengaged case, they try to achieve their partners, which can prove to be an ordeal for the partner. Especially if he or she is a free spirit and prefers the motto of ‘live and let live’. A strong mind is all for his ambition. Ambition is the one who it strongly adheres with. If it gets disengaged from its previous work, then it may make you its ambition. So the new ambition is to take control of you. If one doesn’t surrender to that mind, then it may call for real friction. This condition is prevalently visible in marriages, when parents of the bride prefer her wedding over her ambitions. In some cases, she may quit the job or won’t be allowed to work as it may hamper the plan of marriage. If she revolts before marriage, then she may have her own way. if she doesn’t, then her partner may have to bear the responsibility of her newfound ambition.

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A strong mind is a double-edged sword.

It will either work for you or against you. Mind gets its power backup from nature. So a strong mind is capable of using nature’s power for its ambitions, and in an untoward condition, the same natural power can be used against someone. A strong mind believes the concept of ‘perform or perish’. To find its way out, it uses anger and aggression as tools. Anger is like a wildfire without mind. The only thing it knows is to burn. It can’t distinguish between the self and non-self. It’s like strong gun with strong recoil, which transmits force in both directions. So, people living with strong minds are prone to facing the heat.



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Reality is duality, while truth is one.

Reality is related to matter. Matter is bipolar, so all the traits exhibited by the matter have duality. Duality means 'buy one get one free'. Buy this and get that free. One can't deny accepting the other side, as it is inherently joined with the first trait. It's like food that starts getting digested once it enters the mouth. One eats a dish and takes the digested food out. One has no control over this process. This is unstoppable. Food is a multi-trillion-dollar business, but its end product is flushed out with disgust. It means to say that one form will change into another form, whether you like it or not. All the attractions and curiosity are related to the first form only. Your system will process the other form, but one will have to bear with its effects. These effects bring experience.

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Influence of 'state' in life.

State guarantees its citizens the security of their rights. It keeps in check the ambitions of its individuals from crossing the line. When they start interfering and eclipsing others' rights, then the state acts. For the state the protection of the rights of its citizens is hence the foremost responsibility. State protects the individuals' 'mine'. State believes that the rights of every single person are absolute. State should guarantee the fulfillment of needs of the citizens. Freedom to work on desires and encouragement of controlling ambitions and keeping a tab on uncontrolled ambitions. These are the signs of a successful state. The

state gets its revenue from taxation and utilization of country's natural resources. Taxation comes from human resources.

The state controls natural resources so that they could be saved from individual ambitions, thus they must be used for fulfilling the needs of the masses. State ensures equal distribution of the resources. State develops infrastructure like roads, railways, waterways, airways, etc. so that connectivity could be provided to the masses. One needs a functional state, as individuals work on respective ambitions. In the absence of a master plan laid by the state, cities would be full of super thin lanes and congested roads, as people would occupy them for personal objectives. State runs on a constitution which ensures equality of rights and justice for all. Judiciary is the wing of state that takes care of disputes between parties. Judgments delivered in past lay the way of future judgments. Citizens believe that their rights wouldn't be violated and would be restored through justice.

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Every action started by mind begins with excitement and ends with boredom or tension.

However, this very action also has the glimpses of Samadhi for some seconds. This is especially true for sexual relationships. Sexual relations need power. Power has a natural tendency to flow. Power getting accumulated in sexual organs forces the individuals to provide it a vent. That urgency to provide a vent to the power is defined as intercourse or masturbation. Intercourse becomes useless when this power finds another way to move out. As soon as power leaves the body, realization strikes that the very process which provided pleasure is no more worth. Power is vented out, so there is no reason to remain in the

same posture anymore. It's time to move on. The very process that was exciting earlier became boring just a few moments later. This realization has stopped people from making the temple of sex and worshipping its deities. Everyone knows it's a temporary pleasure. It's a stop gap measure until one finds the absolute, which one searches for.

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Kartavya or duty.

There are two stages in life when one is incapable of taking care of own needs, such as childhood and old age. These two stages don't express desires, but rather they are limited to needs. 'Duty' is rightful utilization of individual's attention. It takes care of the need of those who are family. Taking care of needs of strangers falls under compassion. People who are in the middle take care of the needs of older and younger generations. Mind is interested in younger generation, as it considers it as own extension. It attaches expectations to them.

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Mind is the consequence of obstructed flow of power.

Mind just happens because the flow of power gets obstructed due to the attachment with matter. Mind wasn't present since nature came into force. It gradually developed. That is defined as differentiation and evolution. Senses developed because the flow within self was getting obstructed and it needed a vent. However, whatever mind offers, consciousness never gets fully satisfied with it. Since it knows that it is not absolute. It has the memory of self deep within. That is why it keeps seeking and moving on. Mind provides options, but none of the

options provided by it fully satisfies the consciousness. It knows that somewhere there is a thing called absolute and it keeps searching for it in every life.

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### Devi or Goddess

One who is not under control of desires is devi. The word devi is the derivative of 'daiviya'. The word 'divine' originates from it. The elements of divinity are found in the lady who is comfortable living her natural life, without being affected by the trends outside. Those desires of control, pleasure and prosperity, which affect a lady, are not able to move the lady with divine elements. She is compassionate and affectionate. She is comfortable living a normal life, without being affected by ambition. One who loves to go with her natural flow, irrespectively of the conditions outside. For whom the difference between 'mine' and 'others' has gone vague. Everyone can feel affection in her. One who is not adamant about 'mine'.

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Beauty blossoms and molts with time. Talent keeps on blossoming.

Beauty is a time-dependent feature. By blossoming, it brings excitement, whereas by withering it brings frustration and tension. Talent is independent of beauty. Beauty does bring success, but for a limited period of time. It does bring satisfaction, but that too till the

time it's maintained. Once it fades away, the source of satisfaction also melts down.

Talent brings success and satisfaction, too. However, it is meant to bring satisfaction. Success is just the byproduct of working on the talent. It just happens. It's in the package. As far as talent is utilized to acquire satisfaction, it remains on track. Utilizing talent to acquire success is not doing justice to talent. This is injustice with nature. It's like when the things that were given to you to distribute, somehow got stuck with you. Distribution couldn't happen. It's a departure from the rule of nature. Any departure from nature produces karma baggage. As soon as talent is considered as a gift and one behaves as a caretaker, it is sure to provide ample satisfaction throughout life. If mind tries to be the owner of the talent, it creates problem for self. Beauty's effect is limited to self and is time-dependent. Talent's effect is visible in masses. Talent is like a tree that remains firmly there. Concern remains that how it is being used. It is not there to provide success only. For a particular time, it may provide success, but later it continues to provide satisfaction if one is looking after it. Talent doesn't always work in limelight. It also works in seclusion where it keeps producing something and grooming others.

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Success is acquiring something; satisfaction is giving it back.

We don't acquire it from someone, nor we give it back to someone. We acquire it from the surroundings and give it back to the surroundings. Carrying a heavy bag is a success, while putting it back on the ground is satisfaction and relief. Individual starts his journey without any baggage because from where he started, there was no scope of carrying any

baggage. Similarly, if one wants to end at that very point, then one has to shrug off all the baggage. Now he automatically qualifies to enter that space. This baggage is a mental one. There is no mental baggage at birth and childhood, and similarly there is no mental baggage at the fall of life. This is satisfaction. Lightness is satisfaction. Heaviness is success. Success demands proving to oneself that you are capable and different. Satisfaction is in merging with the surroundings and breaking that very thought which says that you are different.

Mind acquires while nature gives back. Gives back to whom? Again to nature. Every single resource belongs to it. Resources can be retained, but can't be absorbed. Successful retention is possible, but absorption has a limit to it. One can retain his possessions through his life, yet absorption won't be possible. That is why mind always remains in hunt for the one to whom the possessions would be transferred. My possessions would go to my children. As transfer can be averted, so mind added this clause of 'mine' in this process of transfer.

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Power is bhavna, bhava and bha, according to the position it is placed in.

On lower planes, power is bhavna, or emotional disturbance, or mood swings. As soon as this power starts moving up, it becomes bhava, which is a mood stabilizer and a more stable state. It is more independent from outer changes and inner ones as well. Bhava provides the constraint to exhibit the inner ups and downs to the world. It's the beginning of containment. Bhava continuously works on the mood to convert it into nature. Bhava provides the strength to deal with and limit the inner disturbances to the self. It is a natural deterrent

against exhibiting it to the surroundings. It's like my problem is mine, so don't want to pass it on to the surroundings.

Same bhava, when rises up, breaks down to give birth to bha (light) and va (present). Power moves up in the vertical direction. Its journey from the lowermost plane to the uppermost plane is the journey from bhavna to bha.

These are the three basic forms of experiences and realizations that life provides. Bhavna uses nature against self and others. Bhav starts exhibiting the nature, and all its bearing is limited to self. Emotions get changed into stability, and stability gets changed into light when it starts receding toward the center. Milk gets converted into cream and cream further changes into butter upon working. It's all about being condensed gradually.

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Awareness means you without the interference of mind.

Awareness is the product of centrifugation that separates the self from mind. Mind interferes by the sound and by curiosity it generates. The sound of mind claims its 'I' and generates curiosity that is a prospective 'mine'. Awareness is pure you. In its pure natural form. Mind connects you with senses. In the absence of mind, connection with senses is also broken. So the pathway of sensory impulse is obstructed. In the state of awareness, one can relax. That too, while one is awake and during broad daylight. For mind, awareness means being aware of the surroundings. For consciousness, awareness means being aware about the mind and its games and being in a non-thinking state. Just being

present. Spirituality doesn't see individuals and individualities. It only witnesses mind, nature and consciousness.

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The whole life is about one thing, which is how to control mind and use it.

Or one can keep getting used by mind. How to control it? Another question that rises before one is why to control it? This question is posed by mind itself. Mind says life is all about controlling others, so when there would be talks about controlling own mind, then mind would laugh at this suggestion. This question is funny for the mind and there is a reason behind it. Mind fully believes that it has a presence and the body is not different from it. It believes that the mind and body are one. Until and unless one is really fed up with own or other's mind, he would never consider 'mind' a problem. So one who is at perfect ease with himself, does not see it as a question.

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We watch and talk about the things we feel curious about.

This curiosity establishes a subconscious attachment with those very things. This subconscious attachment makes us prone to getting affected by them and theirs. In this way, our curiosity makes us vulnerable. Being curious about something means sending our energy toward that. Energy gets generated through power, so it's a state of loss of power. Mind thrives on the energy that gets converted from power. This way, mind also gets charged. So, when one works upon curiosity to control it, he saves his power by reducing power loss and



discharging mind as well. Controlled mind can be used more constructively than an excessively charged and uncontrolled mind.

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Ego is about being something.

Ego is about proving to the self. Ambition wants to prove it to the world. Who is the one within that we want to prove to? individuality wants to prove itself, and mind is the one that raises doubts over individuality, so it wants to prove it to mind. Mind is the one that raises questions, and understanding is the one that raises doubts. Mind asks close-ended questions. Understanding asks open-ended questions. People who ask close-ended questions are mind-driven people, and people who ask open-ended questions are driven by understanding. A person's ego gets hurt when questions are raised about him. His ambition gets hurt when questions are raised on his plans and policies.

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For humans, sex is not a need, it's a compulsion.

It's a compulsion because it happens due to the obstruction in the flow of power. Accumulating power in the genitals forces an individual to release the pressure. This is how sex or masturbation happens. In case power starts rising without obstructions in vertical direction and flows out of sahasrar chakra, sex won't be a compulsion anymore, because the power has its dedicated highway and is clear too. Ready to rise and serve.

Like pressure cooker has a safety valve to release excess pressure, similarly genitals are those safety valves that provide a vent to the

power. Even the pressure cooker doesn't let the required steam pressure to go out. Only the excess amount is permitted to go out. The required amount is needed and makes a pressure cooker useful and successful. Nature doesn't jack off its pressure because it utilizes all of it. Till the time sex remains a need, the body remains a compulsion. Compulsion is always backed by some force, either outer or inner. Unused or compressed energy becomes that compulsion. Under compulsion, it's not about choice; it's about option.

Like any other, sex is an addiction. One has to work on his addictions to move toward his own pure nature. Occasional or frequent, tobacco remains an addiction. An addiction is an addiction. If jacking off is not required, that means all of the power is being utilized by nature for its purpose.

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Conscious mind is the one who talks, and subconscious mind is the one who shows curiosity.

Office of curiosity is in the department of the subconscious mind. While driving your vehicle, your eyeball rolls toward many things. Different person's eyeballs roll in different directions. This is how subconscious mind affects you. It diverts your attention toward the very thing which is sitting in the subconscious mind.

This is how subconscious mind affects attention. People get curious about uncharted territories. Knowing overcomes curiosity. If there is an unabridged gap between curiosity and experiment, then mind gets an open field to play. Mind utilizes this gap to deposit thoughts about the

unexplored curiosity. Subconscious mind is the back office. Conscious mind is the front office.

Focus is clarity, whereas attention is objective. Unconscious mind is attentive to its desires. It converts focus into attention. During meditation, when unconscious mind goes to sleep, a person regains focus which bends his consciousness within. Consciousness is a root, unconscious mind is a stem, and conscious mind is branches. Mind makes a person conscious about the surroundings. Being conscious means being aware without any desire or objective. Being 'aware' is related to outer surroundings, while 'awareness' is about internal world. Being aware and being involved are two different things. One can just be aware without being involved.

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Ambition creates ambiance.

Ultimate ambition of mind is to create ambiance in which one can live until he is attached to the body. It is like creating a big balloon around self with artificial environment. Ambition is like a self-imposed captivity which your mind loves a lot. Mind calls it ambiance. This ambiance separates you from the environment given by nature. In some mental ailments people lock themselves within a house, considering it safe.

In reality, the threat wasn't outside. It was within. In the mind and in the stale enclosed environment of the room. However, they believe in the opposite. Whereas an objective doesn't create an environment for you. Once the objective is achieved, you can move on to the next one, detaching oneself from the previous one. Purpose has nothing to do with creating an ambiance for the self. It accepts the environment as its

own. So there is no need of imagining and creating a new and temporary one. Knowing the existing surroundings is more important than creating new ones. New creation is only needed because one couldn't get assimilated within the existing one. It's like this is their house, so I should make a new, improved house for myself. Neglecting this fact, the new creation is dependent upon existing creation for its own survival. When mind starts getting overpowered by nature, in this case life is not driven by ambition. Ambition uses talent to gain success. Unique talent together with an ambitious mind is a perfect recipe for an ambitious personality. Ambition wants resources to realize its dreams. Talent is a perfect resource on which mind can build its castle of ambition.

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Development comes through willpower, not desire.

Mere desire, in the absence of willpower, can't develop. Willpower is impartial, whereas desire is partial. Development requires suppression of many other specific desires. So, for the fulfillment of a common desire, many individual desires have to be suppressed. Development is completely dependent upon resources. Natural and human both. Nature doesn't pose any obstructions as it knows only one mode, which is surrender. However, in case of human resources, greed is a deterrent for development. It delays and obstructs the development, as it is more interested in siphoning out the resources for fulfillment of personal aspirations and ambitions.

Accountable system fills up for the lack of willpower of human resources. Rights are provided to implement the responsibilities. Abuse of rights is directly proportional to mishandling of resources.

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Who is the one that exists between old and new?

Who is the one that recalls the past and plans for the future? Who is the one that is present right now, between both of them? Why he keeps asking, "What's new?" Why is he connected with others through memory only? Who is the one that experiences both, the old and the new? Who is he, without whom there won't be any existence of old or new? Who is the one that looks for old and new?

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Old and new both are related to the experience only.

What has been experienced is old and what will be experienced is new. That means one who experiences both old and new is separate from them. An individual having ice cream is not the ice cream himself. He is different from ice cream. He tastes ice cream; ice cream doesn't taste him. Between him and ice cream lies interest. Interest is the reason of his association with ice cream. Ice cream may be his addiction, but one day he may quit eating ice cream. His tryst with ice cream would be over someday. It's just a phase in which he developed liking for ice cream.

He, ice cream and interest are a complete package. Ice cream and interest can be removed someday. In that case, he would neither be new or old one. He would just be what he is and has been all the time. Additions and addictions both don't merge with one's being, like clothes can't merge with the body. They just come and go. They come as new and leave as old. In between, they keep changing every day. Old and new are time-dependent, and that is why experiences are time-

dependent. Excitement is about novelty, while curiosity is about the experience which is brought along with novelty. Curiosity propels the person to make multiple friendships. Those friendships get converted into relationships, which generates and sustains curiosity. Experimentation with novelty goes on till the time curiosity dies down. Nature is neither old nor new. It is permanent and eternal.

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Uncontrolled mind is a liability, while controlled mind is an asset.

Liability is like a debt. To clear the debt, assets have to be diluted. In spiritual world, only power is recognized as an asset. Uncontrolled mind is a liability because it uses your power to thrive on. It dilutes your assets to burden you with loads of liabilities. It drags you to unfamiliar and uncalled for territories. It obstructs optimal utilization of resources. It works against your health by leading you to various addictions.

On the other hand, a controlled mind works for you and that is the purpose of one's life. It is not interested in others, but is rather ready at your service round the clock. It doesn't lead you anywhere. It doesn't suggest or suspect, but rather acts. It works like the machine that doesn't complicate the process, but is rather prompt and easy to handle.

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Mind says the individual is a culprit or a victim. Conscience says the individuality is a culprit while the individual is a victim.

It's not the one who performs; it's him under whose influence he performed. It's not the hardware which didn't run; it was the software

that refused to run. Individual gets detained because of the mess created by his individuality. Individuality can't be arrested, so the individual gets arrested. Individuality is not visible, while the individual is. Individual is individuality's identity. Brain recognizes identities, so identity bears the brunt of individuality's deeds. Individuality needs an individual to perform. Individual is just a medium of individuality. Individual is completely dedicated to individuality, so it becomes difficult to differentiate between the two of them. This is the reason why individual becomes the victim of deeds of individuality.

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Mind generates interest in the very field in which we have mild talent.

Sometimes talent is not there, but still mind convinces you that talent is there, so just move on. This is how talent and interest are correlated. This is how talent drives you. People don't show interest in your talent, but they are interested in your interest that lies in own talent. Your interest takes your talent to the people. They draw inspiration from your interest in own talent. They feel amused by your focus because they know that they also have this possibility of focusing. They watch carefully how your focus is achieving objectives for you. Whatever benefits one reaps through showcasing the talent, mind lays claim over them and starts amassing the 'mine' through those benefits.

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Lantern needs a flame to get lightened up.

Whenever life throws difficult times at you, it may be a blessing in disguise. This may lighten you up from within. lamp doesn't have a mind; otherwise it would be really distressed by the sight of an

approaching flame. Lamp doesn't have any; however, humans have the mind that becomes fearful by seeing an approaching source of heat. The reason for fear is that mind is still in search of self. It doesn't want to leave its control over 'mine' before he finds the thing he is searching for. The lamp needs flame whereas life needs difficulties to get lightened up. Difficulties produce friction. Friction produces heat. Heat is difficult to bear by mind. Without flame, there can't be a lightened lamp.

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Bhava means stable mood, humility and compassion. It's a state beyond excitement and sadness.

It's a state free of interferences of conscious mind. A strong mind is the source of mood swings and alterations. It is the cause of the flow of emotions. It is the major cause of the loss of focus. In the absence of conscious mind, a person becomes much more focused and productive. In this condition, one objective gets undivided attention. If a simple thing happens, all unnecessary thoughts, concerns, perceptions and insecurities are removed and a person is able to utilize the time in a much more productive way. Now the thrust is not on the outcome, but rather it sets on enjoying the process. The person gets a more condensed supply of power, which propels him toward his objective while alleviating confusions within.

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Happiness is being carefree.

Kids are happy because they are carefree. Because of being carefree, simplicity and joy gets exhibited through their actions. Upon witnessing



this joy, elders realize that kids stay happy. It's about the age and the state they are in. The state changes with time as mind starts developing. Some people retain their simplicity in later years. Simplicity means refraining away from differentiation imposed by mind. Mind gets attached to other individualities through care. Care is individuality-specific. Simplicity doesn't venture out in care because it has compassion. Emotions and happiness can't exist simultaneously. All the comedians you like, appear carefree and that is why they are able to take out the joy that is bubbling inside.

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Diwali.

Once you are back home, lamp lightens and vice versa. once you get back home, you become light. Home wasn't in the darkness when you were out. You were in the darkness when you were out, and you weren't even with light then. Light was deep within; it was just covered up. You were still a lamp; however, the light was missing because it was all covered up. You were still a lamp, however not enlightened.

Enlightenment is when that light from deep down within comes to the forefront. Now it can help the surroundings with light. Home is where light is. Wherever you may be on earth, that doesn't matter. When light comes to the shore, that very place becomes home. Material made houses are just lodges. Some live in a better lodge, and some in normal lodge.

Diwali as a festival is a hope that someday the light will come to me as well. Someday I will turn out to be a lamp. A lamp has a purpose. The purpose is to surrender all its resources and power to the surroundings. Surroundings is nature. It's giving back whatever has been allotted by

nature. Nature gave the resources to lamp and lamp converted that matter into light and sent it back. No holding back. Lamp is pious because it can convert matter to light. Light and matter are both convertible into each other. Converting the matter to light is a message that the attachment with the matter ended. Whatever I was given, is being returned with humility. I am no more a debtor. All debts got neutralized. My experiments with matter and its attachments are over. I am back to my real self again. Thanks for this journey, however, I realize that being self is much more comforting than donning a new identity every time. No role playing for me anymore. Back to real. Back to absolute.

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Rama returning home.

Ram – soul.

Seeta – nature.

Lakshman – controlled mind.

Hanuman – consciousness.

Hanuman wants to merge with rama. Seeta knows her purpose perfectly. She continues doing that in maternal place, in jungle, in in-laws place, and again in the jungle. That is why she is comfortable in the jungle, away from rama. Without rama, there can't be lakshman. Lakshman exists because of rama. Lakshman is the distant extension of rama. Lakshman gets disciplined in the presence of Rama. In the absence of Rama, he can get unruly. Hanuman has always been in search of rama. That's why when he meets him for the first time, he recognizes and realizes that he is the one, who he has been waiting for. The day consciousness realizes the existence, she knows that this was

what she was searching for. She doesn't need anyone to say that. That very moment is of clarity. The only reason of hanuman's presence on earth is Rama. He is here for rama only. He knows only one thing and that is rama. He knows that rama is my ultimate and only destination, like sudama had only one destination and that was Krishna.

For hanuman, rama is not just an assignment that becomes over once rama wins over lanka. Rama is the purpose of hanuman. Unlike objectives, purpose is only one. Hanuman's life's power is directed toward rama. He remains unmarried, so that there shouldn't be any other gateway to vent his power and attention. For hanuman, rama is inside and that's the place where all his power heads to.

Ram returning back is an event for religion, but it's a fulfillment of life's purpose for spirituality. Rama is soul. It fulfilled its purpose and upon leaving lanka, such as a workplace, it gets back to the home that is absolute. Rama is not an individuality or identity. It's walking away from identities and the world of individualities.

Rama's reaching back to home safely with seeta, lakshman and hanuman gives hope to every individual that it's possible. It's possible for him to reach back to the place from where it started. It's possible to get back home. This hope is celebrated as diwali. Diwali is a social as well as individual celebration. It has a meaning for mind and soul both. Mind celebrates it as hope to welcome wealth and prosperity home. Consciousness celebrates it as a festival of light by witnessing light going back to nature through being a lamp. When consciousness doesn't contribute to darkness and progresses to a purposeful living.

A purposeful living is a like a lamp. It dissolves material connections, and has them converted into light, and provides them to surroundings

sans any business involved. The sun provides energy, but doesn't charge money for it. Sun has vast power, and lamp has some power, yet both are used purposefully without any waste. Apart from the size, there is no difference between a lamp and the sun. Both share an unconditional devotion. For both of them, neither matter matters, nor its perks. Both are converters. Sun converts gases to light, and lamp converts matter to light.

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You are naturally focused.

Focus + mind = attention.

You are focus yourself. You naturally are. Right now, you may be confused, diffused and disarrayed, but in the absence of mind you are focus. Like a prism dissects light into seven different colors, mind fragments focus into multiple directions and calls them interests and objectives.

The purpose of life needs focus and it achieves that by slicing mind away from consciousness. Now the distracter is gone. Focus comes back. Plants are focused toward their purpose and they don't have a mind. Focus is backed by power. In the absence of power, there can't be focus. Power is the single factor behind focus. It's like you together with nature, and that is all. Nothing else. When attention turns inwards, it becomes focus. When focus turns outwards, it becomes attention. As soon as it turns out, it finds mind waiting for it.

All the needs, desires, and ambitions are achieved through fragmentation of this focus only. So one loses his focus to achieve all these entities. By leaving desires and ambitions, one regains his focus

back. Focus is purpose. As soon as focus is regained, purpose comes back to life. There is always something for everyone, whether he moves in or moves out. Finding purpose is the gateway to divinity because it takes shape without the involvement of senses. You just remain present and things keep taking shape around you.

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Rather than living life, we just keep finding new ways to skip boredom. The day we start living life, it becomes meaningful.

Every celebration has a purpose, whereas every party has just objectives. Celebration has a common goal, while party celebrates one person's objectives.

Life is a continuous play of finding new ways that can provide us with excitement. Upon meeting people, we ask them, "What's new?" because new is exciting. What's new means, what is there to experience and experiment next? Old is boring. No one is asked to narrate his memories. It may be exciting for them, but it is boring for us. Another reason is that old may be emotional for them, but it is neither emotional nor exciting for us. We get emotional about 'Mine' and your 'mine' is your emotions, not ours, because we fail to connect with your 'mine'.

Living life means parting with mind and its way of spending time. Living life means looking at time from a different perspective. Living life means getting in sync with our surrounding. Distance abolished. It means getting integrated. It's like moving out of captivity and becoming one with everyone.

A life lived becomes a story to read and share. A life just spent gets erased without leaving a trace. Festivals have some hidden messages. These messages have a formula of celebration. Celebration is related to self, so festivals have some messages for the self, which mind misses often. What happiness is for society, and celebration is for the self. Celebration is related to answers, which takes oneself from confusion to clarity.

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Happiness acquired through senses is momentary. The rest of the time gets spent in recollecting those memories.

We keep on rewinding and playing those moments of life, which we consider happy. The vast gap that exists between these moments of happiness is filled with memories of those happy moments. We call it sweet memories. Routine is boring; that's why mind keeps on playing these memories so that routine can be coped with. This is how mind continuously keep us engaged.

Why do we face this monotony or boredom? Because just after initial excitement, mid-phase of that experiment becomes monotonous. We may not be awaiting any result, but results are bound to come. It's an experiment that is going on and we participate in it voluntarily. Happy memories of those past experiments encourage us to indulge in more experiments.

It's like in a sports match, drinks come in intervals, and till that time, one can keep playing the game. One is free to imagine and wait for drinks. You desire the drinks, yet they are not available throughout. There is a time for them. Until then, keep on playing as you are being

supplied the drinks because you are the player. Non-players can't have free drinks during the interval. If they want it, they will have to buy them. Until you reach the end of this game, you won't be able to make a new memory, because the result is only available at end and you have to work hard, to make it a memory that is worth recollecting. If you miss to put up a good show, this game may provide you with a memory that could haunt you. So, work hard to get good memories.

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We may keep categorizing mind as 'my' mind, but the mind addresses itself as 'I'.

This means we subconsciously know that mind is our extension. It is mine, but can it be 'what I am?' The answer is, it can't, because in that case the statement would be 'I am mind'. It's clear that me and mind are separate. This is a hidden gift that eastern civilization passed on to the world. 'My mind' wants it and that very desire becomes my objective. We spend nearly all of our life doing what our minds want. It's like my boss wants it and I have to deliver. However, when the inner transition happens, the mind stops wanting. Gauge the simplicity of your basic nature by this point that mind doesn't stop wanting and we don't stop fulfilling him. My mind's desire becomes my obligation.

Just imagine the state of freedom when mind won't ask anything, so you will be under no obligation to fulfill that want. You will only stop working for the mind, when the mind will stop wanting. Such is the dedication of consciousness to surroundings that it says take whatever I have and just be happy. This way consciousness offers all of its power to mind. Because it is you that matters, as Itself is is no one. I have

resources, you have desire. So take my resources, if it can make you feel happy.

On the other side mind, genuinely believes that it exists. That's why it keeps referring as, 'I want it', 'I am this', 'My name is this', 'This is my gender', 'This is my identity,' etc. Mind is the one who is in a continuous search for his identity. He just wants to know who he is. What is his source and what its destination is. This is how his search becomes ours.

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Mind talks with an imaginary mind. Consciousness lets nature take its own course. This is how they utilize their time differently.

Mind is the one who does the talking. Talking means dialogue. Chatting between two people is a dialogue. In the absence of another mind, it creates an imaginary mind and talks with it. This is called speaking to self. Others will see it and refer to it as, he talks with himself when no one is around. Actually, he has created an imaginary mind within and is talking to it. Thoughts that he couldn't utter in person are being shared now. This is how talking keeps on happening, even when the person is alone. Consciousness doesn't talk, but only silently keeps witnessing the ongoing dialogue between two minds.

Why does mind do the talking? All of its talks are associated with its efforts of finding self. It is a continuous effort of finding own identity, till the time it gets merged with consciousness. Mind uses all resources to find self.

On the contrary, consciousness knows self and it also knows that whatever is happening by nature is right. Nature is the one who does all of its work to such perfection that no one needs to do even a minute



correction. Consciousness knows who actually does the work. So it just becomes a witness. It's like when mom is preparing food, why to interfere and ruin it. Such is the perfection of its work that it doesn't even recognize self or others. It knows perfectly who actually exists. Mind spends time in altering the nature within, and consciousness just stands aside and lets nature take its own course, because it is the real perfectionist.

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Every change that comes to your life saves millions for you.

Every addiction is worth millions. Addictions range from substance to endearment. Earning needs your time, mind, effort and attention. And why do we need all these earnings? To satiate our addictions. Spending associated with addictions is of two types. Spending done to satiate the addictions and spending done to fight with the consequences they produce. This is what future planning is all for. Mind is also an addiction. No addiction, no requirement of future. In that case, the present would be enough. Because that is what you are, present. With or without body.

They say, time is money. Independency from time brings independency from unnecessary money and all the effort and friction associated with it. In this case, one finds the answer of 'how much is too much'.

Addiction makes attention necessary. Attention makes mind necessary. Mind makes time necessary. Time makes money necessary and the chain goes on and on.

This way de-addiction doesn't just save you money. It saves lots of your focus as well. That focus is free to remain inwards. This is the real

treasure. The denser the focus within, the more productive life is. Just like the dense jungle takes care of the environmental needs of the surrounding area. Earning is for 'mine', productivity is for surroundings. A de-addicted person is naturally a multi-millionaire because our addiction consumes our multiple millions and time associated with the earnings. Resources which are saved from addictions become productive. Addictions are counterproductive.

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Peace means freedom from boredom and monotony.

Both of them can't co-exist. Either peace would be there or boredom. Peace is produced by nature and the one who feels it, is consciousness. Signals of boredom and monotony are generated by mind. Contained consciousness is peace. One who is alone and getting bored is not at peace, whereas one who is alone and neither feeling monotony nor boredom is at peace.

Memory strikes during the phase of boredom. Memory is not you, it's one of your attachment. Memory gets washed away after every life, like kitchen utensils are washed after every use.

Monotony is playing a single track since long, and boredom loses interest in this track. Boredom means things are not happening the way they should be. Monotony means things are happening; however, results will take time. Journey is on, and hopefully it reaches the destination. Monotony is waiting, and boredom means waiting is not worthwhile. Monotony says things are happening; however, where is something new and exciting? Boredom says, "I desperately want a shot of new and exciting." Monotony gradually changes into boredom. Both

of these words are related to the 'Doer'. It's he who gets bored and monotonous. Reason is, he is attached to the experiment and the outcome. Whereas witness is neither attached to the experiment nor its outcome.

He who is away from the experiment and experience is at peace. Peace is a hallmark of this nonattached state of being. Peace is achieved when every piece of one's being is recognized and self is realized.

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Love is not there where it is being searched.  
It's there, where no one is looking.

Talent is not there in the natural resources; it's present there in human resources. Natural resources have nature. Glimpses of that nature in humans are called talent. Similarly, love is not there in the matter and its attachments; it's there where its source is and it is present all over and within as well.

Love is the flower that blossoms when the plant reaches a certain stage. Continuous work of nature on plant is exhibited in the form of a flower. The flower is present in the vertical direction and is distant from the root. Roots don't have flowers. Similarly, when energy travels in vertical direction within and reaches a certain point, the flower of love blossoms automatically.

Continuous work of nature on life paves way for blossoming of the flowers. Similarly, love within self blossoms when nature is protected within and allowed to flourish and when it remains undisturbed by mind. Responsibilities get replaced by love when it blossoms. Responsibilities need efforts and attention, whereas love is effortless

and outcome of focus. By concentration of energies within, love happens.

Mind goes on to search love outside. Outside, one can only see the effect of love. Love and effect of love are different. Love pouts within and its effect is visible around. Love gained from others can shield us from insecurities, but it can't abolish the insecurities completely. To cure oneself from insecurities, one will have to dive and dive deep within.

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Nature is not Jeeva; however, she is a giver of life.

Jeeva means a package of soul, nature and mind. Nature is soul plus matter. Nature paves the way of life. Without nature, there can't be life. In this existence, everything is linked to each other and that is how it facilitates the way of each other.

Apart from mind, everything else is known. Mind believes completely differently. It says I am one who is known, and apart from me, everything else is unknown. This is how we start getting scared of the one who we know the most. Mind is the one which is the most unknown and unnatural thing for us. If that wasn't the case, then there won't be jokes about marriages, which is an association of two minds.

Nature facilitates life. It provides and sustains life. It lets this event of life happen. Life is the distal end of consciousness. Life is the permeation of consciousness into matter. There are restraints and constraints associated with this event called life. So, it needs someone who can facilitate and nourish this event of life. Nature is the one who

does the work. It takes the responsibility of logistics and 'after-sale service,' which is to be performed during life in the name of healing.

It takes the responsibility of this whole excursion. The beginning and the end are associated with this excursion only. Beginning is the point where this whole game starts and the end is the marking of that point, where consciousness merges with one, from where it belongs to.

Journey is ended; destination is achieved. Life thrives on nature, nature thrives on power, and power thrives on absolute.

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Birthday provides you opportunity. Realization day provides you purpose.

In Indian culture, there is a concept of "Dwija," it means the one who gets the second birth in a lifetime. Birth is the day when jeeva gets a body to perform. On the day of realization, jeeva perishes and self takes birth. It is being born again in one single body. Self-realization and the day of enlightenment are the same. The body provides an opportunity to move on to the next dimension of being. A student wants an opportunity to get into college, where he can prove his worth by completing the course with flying colors so that he can move on to the next level that is professional life.

Similarly, an opportunity is needed to find the purpose, so that the purpose can be completed. Opportunity works on needs, desires and ambitions, whereas realization works on purpose. Second birth in life does happen. All ancient scriptures talk about this event and encourage people to move toward this state. This is the state of transition, from existing one to the next one.

The hindrance that exists between individual and his purpose is the mind and the karma backlog. During moving through them, some part of an individuality gets stuck in them. One has to leave those parts to move on. This is the process of purification and deconditioning.

Once the purpose is secured, the next step is to devote life's full power to nature, so that it can utilize the power provided by you to fulfill it. Nature does it for you. You just need to be present and remain focused.

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Life is the time that exists between opportunity and purpose. After attaining purpose, only purpose exists, and nothing else. Life dissolves in that very moment.

It all starts in that one moment when you realize who you are. Now everything around you becomes information to share. Now you are witnessing this whole creation that provides you with a whole lot of information to be shared. Nature wants to share, while mind doesn't. Now, whatever you have, is for sharing. Because resources are common, they are not specific. Mind categorizes them as specific. Once the obstruction of mind is over, sharing happens naturally.

Nature shares all of its resources with everyone. Now through you it does the same. Mind categorizes and classifies, while nature removes and dismantles all these categories. Because the only thing that it recognizes is consciousness.

In one incident, a cow accidentally ingests a precious diamond ring which man wanted to present to his prospective wife. Human mind knows that diamond is precious. Cow's mind doesn't. Nature doesn't

discriminate, so it didn't object when the cow ingested the precious ring.

Life is made up of past and future, and a Doer. Upon dissolution, it gives birth to consciousness and present. Time span in which consciousness exists is called present. Now it's all about present and purpose. Present has purpose that leads toward omnipresence, which is absolute. Power has purpose.

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What life is for human bodies, nature is for celestial bodies.

Life comes to force through the balance of five elements, jeeva and power. Five elements, such as earth, fire, water, air and space come together to constitute a body. Through the body, jeeva interacts with matter and its attractions. So a body is needed to experience matter. Desire to know matter and its aspects repeatedly draws jeeva to take human bodies.

Nature is the part of the visible world that exudes freshness and thrives with life. Freshness is power. Power is life. Jeeva is dependent upon five elements to perform, but consciousness thrives on power or nature. That is not limited to a particular body to fulfill its purpose. After coming out of body, the consciousness prefers to live free of body and its limitations. It continues working on its purpose through celestial bodies.

Body is for the form of being limited to duality. Post-duality constraints and restrictions are taken off, there is a continuous supply of power for celestial bodies, like it is for human bodies. Human body gets this

power through senses, but celestial bodies are in a free state, so they don't need senses to consume this power.

Celestial bodies exist because their purpose is to let the nature convert the power made available to them in a way which nature wants. They are just the medium of nature. They don't have any individual purpose. This is how their consciousness gets ripened into souls. Once this process is over, they are ready to merge with the supreme soul.

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Internal journey starts the very moment when attention gets introverted. Period before this moment is for the preparation of journey.

Internal journey needs preparation. Preparation to clear the road within, which is done through tapasya. Tapasya is mind, body and voice-centric. By restricting mind to use them freely, the restraints are imposed on self to conduct these organs in a more responsible way. By not allowing any kind of violence through these three, one keeps his internal road clean. No harsh words in any conditions, not letting mind to create thoughts that advocate violence against anyone, and not letting mind to use the body freely by hurting anyone, in any way. These are parts of internal cleansing and keeping the house in order, so that consciousness can progress smoothly upwards.

Devotion, surrender, meditation, yoga, service, conscience, love, keen reading habits – these all generate enough power to create a wall of power around consciousness, so that mind can't breach this wall and that is how mind gradually becomes subtle and naïve and learns, not being aggressive and rigid.



This is the departure of consciousness from the world of ups and downs of feelings to stability. This stability allows consciousness to gradually condense around its own center that is soul. When attention gets introverted, it starts becoming focus.

What attention is for individuality, focus is for consciousness.

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As soon as attention gets introverted, one finds himself amidst nature. A state full of love and security.

This state is the death of insecurity. This is the state you have been searching for throughout your life. This place is the abode of celestial bodies. Consciousness enters the 'world of self'. This is the 'life-free state'. This is the conducive state to let the light appear.

Lifestyle changes appear after this, not just to maintain this state, but these changes are to sustain this state. This state provides a purposeful living. This is a state of 'Samadhi'. Nature is free of endearment rather devoted toward everyone, so this is the state of equality. When your life's force doesn't work for mind, it works to consolidate nature within you. You come close to the state of equality. This is called 'Samadhi'.

Love blossoming within removes all sorts of insecurities and makes you free. Free from keeping a contingency plan ready. When you know that you are and will be taken care of, then rather than wasting energy and time to fuel insecurity within self, one starts working to keep other insecurities at bay. It's simple that when help has been reached out to you, then you start helping others in fight with their insecurities.

Throughout the life, we keep fighting our insecurities. Our insecurities make us unproductive or less productive. They suck away too much of our power. This power could have been utilized to make us productive. Nature is the most productive one present around us. Reason is just one. It is free from insecurities and this makes it available and devoted to every single being.

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Post realization your silence becomes a message.

There is a difference between news and message. Mind generates news that always evokes excitement or sadness whereas message is conveyed and received in silence and it's beyond excitement or sadness. News is for mind, and message is for consciousness. News gives you objectives and ambitions, and message gives you purpose. Message is hope.

A lamp conveys its message in silence. Nature's messages are kept draped in her peace. Nature is the reservoir of all secrets of this existence. If you can silence yourself, you can have your answer from within, because nature is present there as well.

Maharshi Ramana preferred to be silent among visitors. Message was simple. Silence yourself. That is all. When you become silent and unmoved from within, you reach your destination. Use all of your life force to silence your mind and then onwards nature's power will take over you, and you will witness things happening spontaneously, as a plant erupts spontaneously.

Realization happens in perfect silence and it has a message. Silence is the biggest message in itself. It's a demonstration that it's possible to

remain silent. Internal silence gets exhibited in external silence. Senses get feed by the mind. If mind is silent, then senses automatically go into silence. Silence is hope, especially for those who are going through rough weather internally. Those who really want to know whether it is possible to remain silent internally. Silence lies in depth and depth has some hidden treasures too.

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Introverted attention is a state of freedom from emotions.

All weaknesses of emotions cant enter this state. This is a place where consciousness can only enter when its de-conditioning is complete. Austerity is subtle fire, but all of its attachments fear fire. Although attachment itself is an uncontrolled fire, a subtle fire is always better than an uncontrolled one. We need a subtle fire to cook our food.

Emotions are attached to individualities. Fire needs power to flare up, and similarly emotions need your life's power to flare up. It's like the power that could be used to keep the house warm, starts being used in such a way that hurts the house.

Mind sees hope for itself in each and every relationship it makes. Ups and downs in this hope give birth to emotions. When attention gets introverted, consciousness stops connecting its hope with others. Still it is in a search mode, although now the search is not being performed in external territories. Now, it doesn't ask others to be its hope. Area of search has shrunk. Now, it is more contained and relaxed than ever. Outside world is moving at its own pace, yet the weather inside becomes more pleasant.

It becomes difficult to explain and no desire to explain even. Whatever it is, it is better than before. It feels like mild intoxication that exists persistently. Now the outer world and inner world run at two different paces. Inner world being more relaxed and calmer.

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Every responsibility brings accountability along. It's a push and pull phenomenon.

Organization provides job after confirming that one is suitable and capable to live up to the responsibility. Employee is compensated for his engagement with an organization. A manager is appointed to fix every employee's accountability.

One is pulled up every time, when manager gets convinced that one's commitment is lacking. Commitment is toward responsibility. Organization expects one's commitment. Capability + commitment drive a person in professional career.

Responsibility and accountability need two players. Employer and employee or seller and buyer. Employer expects from its subordinates to keep working and keep posting them. So that the performance appraisal can be done. It's like your professional dealing with customers convinces the owner. Satisfy your customers and that in turn satisfies the owner. Your action and their verdict goes hand in hand. Boss pulls you up if you don't push enough.

Relationships made in life also have this push and pull phenomenon attached. Marriage brings responsibilities for both partners and society

is always there to fix the accountability in any untoward happening. Accountability gets fixed, if any partner's efforts are not considered adequate enough to meet the standards laid by the society.

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'Sense of accomplishment' is achieved when one works on his own brainchild, establishes it and makes it viable. Whereas satisfaction is achieved by working on any original or acquired idea and keeping it viable.

An idea is a brain's child, and when it is reared up well, it generates a 'sense of accomplishment'. It was a question raised by the mind, 'Will I be able to do it?' When this idea is backed by attention, which arises from interest, it changes into passion. Passion is a great tool to achieve satisfaction and 'I did it' feeling. Now the mind's challenge has been accomplished. Whereas working on someone else's idea can provide you success, but the mind still has a question for you, which is, 'Will I be able to do something on my own?' Right from giving birth to an idea to materializing it.

This is the reason why many people after doing job for many years decide to start their own venture. They use their savings to materialize their idea. Now money of success and satisfaction is being invested to acquire the 'sense of accomplishment'. Our resources become our tools to gain success, satisfaction and accomplishment.

These are the treasures of mind which it collects in life, using the resources. In simple words, mind utilizes time. All resources take shape from time only. A baby's time in this world starts from his birthday. From that very moment, he gets the access to the resources.

The day one receives the sense of accomplishment, the mind stops questioning, 'Am I worth it?', or 'Do I have it in myself?', or 'Will I be able to?' Now mind knows that this step is achieved, yet it is not the thing which it was searching for. So it will have to keep moving on.

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'Bhava' means getting freedom from bearing of 'mine' on 'I'. Freedom from push and pull between 'I' and 'mine'.

Bhava is the first step toward oneself. People are experiencing it throughout the world since ages, although India classified different ways to achieve it. Love, wisdom, devotion, yoga, service and conscience are the six main ways to reach a state that is free of constant push and pull that the consciousness goes through every single day. Attaining this state is a big achievement in internal cleansing.

It's a carefree state. Care is always extended toward 'mine'. In bhava, care gets replaced by love. Care affects you, whereas love doesn't. Care has psychological and emotional attachments. Bhava is a state free of attachments.

These are the steps back to absolute. From light to emotions, we descended from this ladder only. Now the very same ladder takes one back to place it belongs to. This is the beauty of the ladder. It is there for both ascenders and descenders. Both use it for their respective purpose.

Devotion is such a beautiful way to achieve bhava. When you see a devotee, you realize that they don't follow the usual norm of living life laid down by the society. The very time utilized by society toward

achieving 'mine' is utilized by a devotee toward his deity. Deity is his 'mine'. The difference is that society sheds tears for the loss of 'mine', while devotees' tears roll out of joy by knowing that their 'mine', which is deity, is indestructible. So in any case, he can't lose him. It's a matter of great joy and relief.

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In one line, enlightenment means freedom from 'I'.

This state marks the completion of the process when the whole package of I, me and mine gets dropped. I gets separated from am. I gets dropped in consciousness, like a drop in sea. The thing that still remains is 'none' or 'self'. The interesting thing is, you are there, but for the very first time there is no I around. For the first time in life you realize that you were not the 'I'. 'I' becomes absent. People in this state often say that there is no one. Neither I nor you. Only him.

'Tatvamasi' is a word given by those who have reached up to this state. It says, 'You are that'. Not the one that you perceive. There is no difference between you and that. I can see him in you. Earlier he was invisible in you, but now he is pretty much visible. He is your source, and one day you will definitely reach up to him. This association can be delayed, but can't be denied.

Identity and individuality both get dropped. Reality comes to the forefront. Role player or actor has left. No more burden of preparation of the act, rehearsals, action, and expected reaction. Dissolution of the director that is 'mind'. No more working on the movie called individuality.

No more restraints of working as a team. No more compulsions of group play. Fresh breeze of clarity. Uncovering of hidden treasures, which are beyond the reach of I. Essence of all pleasures, made available in solitude and silence. No more separation from surroundings.

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Emotions are the outcome of push and pull between 'I' and 'mine'.

That's what it is. An interplay between I and mine. Emotions are not your essential part. It's not that one can't live without them. Emotions are the creation of I. So, basically they are not your creation. One has to live with them because of attachment with I. It's like living with the dramatic relatives of one's tenant. Mind is the tenant. After the tenant is gone, there won't be a compulsion to bear with his drama group.

One believes that I is needed and it brings a whole package along. So if I is given a place, one will have to bear with his whole package. I is not your natural thing. It just happened to you. Experiments and experiences are like push and pull. Result or outcome of this whole procedure is emotions.

Like sea water flows in the backwater channels. Some water from this channel goes to the trenches around and becomes static and stale. Similarly, the flow of nature is like sea. Backwater channels are like mind. Trenches around these water channels are like 'mine'. Water that gets collected in these trenches is like emotions. So the peace and freshness of nature gets converted into emotions when the mind starts utilizing them.



So emotions are one's distant extensions. One's natural habitat is sea, not the trenches. Moving from trenches to sea is like moving from emotions to peace and joy.

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Careless means someone who doesn't have respect for 'mine'.

The word 'care' is related to 'mine'. 'I' needs a significant effort to build 'mine'. All of his time and energy has been applied to give 'mine' a shape. It's the outcome of the whole life's effort. I and time are two sides of a single coin and this whole coin is an imaginary one. Whole business associated with this coin is called 'mine'. When 'mine' comes with so much effort, it has to be respected. Disrespect of mine is disrespect of 'I'.

So mine should be regarded in high steam. Disapproval of 'mine' by someone has a direct negative effect on 'I'. Disapproval indirectly means that one invested his 'time' in a worthless venture. No 'I' would like to hear this. His most important thing, the time, can't be spent on something which others don't approve of. For 'I', time is opportunity, to find the thing which is being searched by 'I'.

It becomes a rage when another person doesn't approve of 'mine'. Whereas it hurts when someone closer who falls in the category of 'mine' doesn't approve of 'mine'. They say, if you want to convince someone, appreciate his 'mine'. Appreciation has a direct positive effect on 'I'. 'I' feels that his whole effort didn't go in vain and one who appreciates 'mine' regards 'I' as well. So for 'I' he becomes an automatic choice. Appreciation creates a soft corner for that one person. While dishing out favors, he becomes an automatic recipient.

Parents who define kids as careless mean that the kids are not paying attention to what they would inherit from parents. They would also be defined as careless, if they are not considerate about their own 'mine'.

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Awareness means presence without 'I'.

It's the presence without push and pull between I and mine. Awareness means present and looking at infinity, and the gate to infinity is within. Senses can't concentrate toward infinity. The power around your consciousness is like that thick line that keeps you aware about your surroundings. You remain aware of the world around you, but you remain disconnected.

It's like someone sitting on his comfortable couch, munching snacks, watching his favorite game. He won't leave his place for anything in the world. It's his push and pull free zone. He won't leave this comfort for anything that he has experienced in the past.

If it is present without 'I', then what's its significance? It is present to witness the world in true form. With 'I', seeing the world in its real form is not possible. Like light traveling from stars shimmers when it reaches earth's surface, because upon crossing the atmosphere, fluctuation in wavelength happens, which causes its shimmering effect. Similarly, 'I' creates a thick fog of energy around consciousness that provides an altered picture to consciousness. For example, the body full of bad smell appears attractive, and jungle full of freshness appears weed. Getting control over properties feels like being a landlord. In reality, no one can ever be the lord of the land because land is a fixed asset and

humans perish. A temporary thing can't be a god of a permanent thing. Based on this altered information, consciousness acts likewise.

Awareness provides the picture in its true form that changes the vision of consciousness about this theatre called world.

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Passion.

'I' on one side and objective on another side. There is a connection between 'I' and objective. Passion erupts when there is full focus of I on objective. I has the power of attorney to use the resources of consciousness. When 'I' diverts all the resources toward the objective, it's called passion. Mind is really keen on doing this experiment, because it believes that it possesses something special which should be cultivated.

Mind recognizes that special thing and wants to pursue it. If mind has its way, then it will go on working on it. Sometimes, its wish gets suppressed by surrounding minds. However, this obstruction doesn't kill the zeal. It keeps erupting in some form.

Passion stands for probing. Probing, digging and taking something substantial out of it. it provides satisfaction. When talent becomes passion, it works wonders and the effect becomes multifold. It makes people celebrities. It makes dancers, actors, scientists, business tycoons, great soldiers, sportspersons, artists, entrepreneurs, etc.

When interest becomes passion, time passes comfortably. In this case, a person attaches himself to the process and the outcome. For some,

watching sports is a great passion, while for some it's travelling. It breaks the monotony of life as it provides excitement and satisfaction.

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Spirituality lets us know about two things:

1. The real self.
2. Life in which the real self wanders.

Before spirituality comes to us, we remain unaware about these things. To know life, one has to be neutral, uncharged. Being male or female, one always remains charged as they are two opposite poles.

Real self is beyond charges. Free of either positive or negative charge. So self-realization evaporates many illusions one has reared about oneself.

This is how a person comes to know about the concepts of life. The very life in which he lives without even understanding it. This is like living in a colony without being aware of its location and layout.

We keep learning while doing business; however, this learning is mostly about the tricks of business and tricks of mind. We only learn something about life when we get to know the impacts of extremes of experiments that we perform. In life, sadness is as much there as happiness is. Both extremes come in packages. Excitement and tension work in tandem. It's like a 1+1 deal. Other will be awarded to you, if you decide to buy one.

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God expands and this expansion of his gives birth to processes that govern the whole system.

However, he remains aloof. His real nature is confined to the center, but with expansion he transcends from absolute to duality. Duality has two sides, as a coin has two sides. If one takes the coin, then he will have to adopt both sides. These two sides have two different kinds of effects. When we see a coin, only one side of it is visible at a time. One has to flip the coin to see the second side of it. If one sees only the edges of the coin, curiosity drags him to the coin. One wants to explore it and this is how one permeates into duality.

Krishna, who is considered an absolute power, was present to witness Mahabharata, where two sides came one on one to resolve the dispute. He tried diffusing the conflict by visiting the camp of the side which was not ready to bend and give the rightful rights to the other side. He tried convincing them, but when they remained adamant for the war, Krishna let it happen while he himself remained uninvolved in the war.

Message was, 'If you want to see the effect of the greed, then it's your own choice'. You will have to move on either driven by willpower or by bearing the fruits of destruction caused by your own experiments.

One is not a system. System of nature works for everyone. One and his system are different. That's why in your detached state system keeps performing for you and you just remain a witness to the process and its magnanimity.

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One will have to fight with mind to regain own state back.

A fierce fight. Gradually, one has to inch closer to self. Mind keeps us busy by occupying us in multiple tasks. This process has to be reversed. Once you regain the state, it will be able to provide work to mind. The day mind dissolves, one gets his final purpose of life. However, till then, mind is our owner. After securing the win, you will be the master of your own life.

Our own Mahabharata is inside. This fight with mind will be for peace. Peace is our own nature. Till the time mind is present, one can get anything but peace. Either we can keep working as laborers in our own being or we can proceed toward to be farmers, who decide what is to be sown in their lands and how to utilize their produce. Otherwise, mind will keep deciding and using our land to sow its crop.

Mind considers itself a separate identity, so it keeps doing business with others and safeguards self in any case. Once you regain the control back, you won't be a trader anymore. You become a feeder, who uses his resources to feed the self that he sees in everyone. He sees himself in everyone, so he wants to share his resources with those in need to fulfill their basic needs. This is what his compassion will do. The nature within him has its own plan to how to utilize this empty vessel to produce some soothing rhythms.

After mind dissolves, its nature's decision all over. After mind evaporates, nature takes over. No one knows better than the nature how to utilize the resources optimally.

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As we go outwards, new things keep on popping up, and our own power goes to sleep.

These new things include desires, intellect, brain and ambition. It all stops with one process called 'end'. On the contrary, once we move inwards, all these new things start settling down and our own power starts getting condensed. This is how we move away from the 'end' and proceed toward transition. Moving away takes us to the world of emotions. Mood instability, flare-ups, disgust, mistrust, irritability, sadness, boredom, monotony, tension, depression and panic. These are all found while we gradually move outwards. Excitement, endearment, possessiveness - these are our rewards during our excursion in the emotional world.

Desires drive us in the external world. Working on every desire robs us of own power. More desire, less power. This is how it is. The desire has a direct relationship with attachment. Attachment is a power sucker. It's a big hose attached to our power reserves that drains the power. Power drives one in internal world.

After turning our back to emotional world and moving to the world of bhava, we reach different stages. These are called 'attainments'. Attainments are gradual detachments from the previous addictions. Every addiction that leaves us, saves lots of power for us. Addiction is power loss. This is how more power comes to the system when one moves from disparity to prosperity in spiritual world. New is indirectly proportional to power. With more new things in life, it becomes more powerless. Every individuality seeks and attracts attention. Attention is a derivative of focus. Being more attentive is being less focused.

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Endearment removes purpose from life.

Endearment works on the individuality of a person; this is how it robs you of your stock of happiness. Someone's success is bought by spending own power and happiness. Home is a laboratory where experiments of endearment and attachment are carried out.

Indian culture says, move from home to jungle. That means, move from attachments to nature. Leaving home means leaving attachments. The first thing that two people struck with attachments do, is making their home. Men make houses, females convert them into homes. Men are comfortable with houses. Women are passionate about homes. The difference between a house and a home is that in houses one can live 'attachment free,' whereas homes are attachment and endearment zones. Their own abode where exercises of attachments can be learnt and reciprocated.

Ashrams are different from homes, as they encourage to go within self and explore deep, instead of going toward someone else and exploring the dimensions of his or her individuality, along with related effects and products of marriage of individualities.

Attachments are required until the time love has blossomed. Upon arrival of love, attachments get washed away. Attachments are a stopover to the journey of love. A station that comes in the way. Love brings purpose to life, while attachment brings objectives to life. Objectives bring success, and purpose brings satisfaction. Endearment demands attention, while purpose seeks focus. Eyes can't see light, but they can see the colors it is made up of. Similarly, love is associated with light, whereas endearment is associated with colors.



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Liberty and freedom.

When one gets a chance to speak /follow/ implement their mind, it is liberty. Mind wants liberation from other's minds. Ideologies and insecurities obliterate other's minds, because they believe that it is in their best interest to make others follow their chosen path. All advertisements and meetings are organized to influence others' minds. Once mind gets controlled, a human resource is generated ready to work under someone's ideology. Every human resource controls a natural resource. This way, ultimately mind gets control of vast natural resources associated with all those human resources.

A mind wants to live and act the way it wants. When this liberty is denied, then mutiny and movements take place. They happen within the family, in society and in countries. Life belongs to mind and it wants to exercise its full control over it.

When one's consciousness is freed from the shackles of mind and its extensions, it is freedom. This is the next stage of liberty. When one gets rid of his own mind. This automatically alleviates the effects of others' minds as well. Upon freedom from mind, consciousness takes birth. Freedom from mind paves way for freedom from matter as well. Because it is the mind that connects one with matter and its bearings. Liberty is matter-centric, while freedom is power-centric. Liberty is availed in horizontal direction, while freedom is attained in vertical direction. Liberal provides liberty, and free provides freedom. Liberal values liberty; free values freedom. From liberty to freedom, this is how one progresses.

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Either we fight because of insecurity or we fight with insecurity.

Fighting because of insecurity is fighting for mind. Fighting with insecurity is fighting with mind. Mind makes us feel insecure and to secure ourselves one fights with surroundings. The cause of insecurity is within and its effects become visible outside. One insecure mind makes another insecure. This gives birth to the ideology of rights or control. Mind wants to secure its rights, because others trespassing his territory make him insecure. This gives birth to the concept of fighting for rights. Just because rights can be obliterated by various thought streams, securing the rights becomes necessary.

Mind claims its control over the body. Control becomes null and void once the body perishes. This is how the whole work done by mind, through mind becomes rounded off. Another mind comes who claims its control over the territory previously controlled by another mind. This is how the game of control goes on and on. Not only civilization, but jungle also witnesses this kind of tussle between rival minds.

Mind is insecurity, so fighting with mind equals to fighting with insecurity. As mind is an integral part of ours, the methods to fight with it are selected carefully. By controlling desires of mind, being selective with words and tone, and controlling the rampant run of senses, one starts taming the mind gradually. Geeta keeps all these measures as austerity. Nature keeps all insecurities at bay, so by working on own nature, one gradually moves forward toward securing a victory against mind.

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Addition vs addiction.

Whatever changes you are able to bring into your nature is your 'addition,' whereas whatever changes the mind is able to bring in you is 'addiction'.

Why does the mind bring addictions to us? Because of its experimenting nature. It tests multiple things and chooses few of them to remain adherent with. Its repetitive nature turns those likings into addictions. Mind and body operate in pair, but for its addictions, mind neglects body's health. When it comes to choosing, mind always selects addiction before health. It's like the driver who starts ignoring his own vehicle. Keeps on riding and stops taking care of it.

Here willpower comes to rescue the body. In addictions, mind works against the body, whereas for de-addiction willpower comes to the forefront and becomes the savior. This proves that the body is just a tool for the mind. Mind operates it the way it wants, without being considerate enough of its well-being. Addiction claims life because mind likes it, but body doesn't.

Removing the addiction is the addition for the nature. Austerity doesn't let the mind rob the person of willpower, and practice increases willpower. Two of them fight the addictions effectively, and without the active involvement of the person, addictions gradually start leaving the body. Mind is against routines and practices laid by others because it doesn't want to leave its ground. Life is a like a game of chess where two opposing sides are addition vs addiction.

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'I' creates 'mine' through curiosity.

'I' works on 'mine' because it wants to see the effect of 'mine' on 'I'. That could only be done when 'mine' takes shape. Curiosity drives 'I' to work on 'mine'. 'Mine' is the thing that helps 'I' to fight with its insecurities. Same 'mine' that was created to fight with the insecurities gets converted into property or ambition, once it crosses the threshold which is required to keep insecurities at bay.

'I' has curiosity about the world. 'Mine' helps 'I' to explore the world and get to know its aspects and offerings. 'I' remains 'mine'-centric till the time its curiosity gets satisfied or realization happens. Till that time 'mine' will keep on absorbing the resources of 'I'. In reality, 'I' itself doesn't have any resources. It's the parasite which utilizes the resources of consciousness.

'I' is mind. Mind doesn't stop its exploration till the time it finds absolute. Nothing short of absolute will be able to contain mind. So the things that fall in the category of 'mine' are just a stopover for the mind. It's like a fly which flies toward the flame and sacrifices its life to the flame. At the end, only flame remains, while fly perishes. Mind surrenders itself to absolute by getting merged with absolute. Mind keeps on exploring because it knows that it is not absolute. It knows that it is incomplete, and that's what prompts him to explore, to search.

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Expectation keeps its center of gravity outside, which makes it bound to revolve around this center. Hope retains its center of gravity within,

which dramatically reduces the energy required for going around the center.

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Ambition vs purpose.

In one line, mind has ambition, whereas consciousness has purpose. Ambition relates to the outer world, whereas purpose relates to the inner world. Ambition needs intellect, while purpose needs power. Till the time ambition gets fulfilled, satisfaction won't be achieved.

Whereas working on purpose becomes satisfaction. Ambition is related to image-building, whereas purpose is related to self-ripening. Ambition creates 'mine,' whereas purpose consolidates none. Ambition is a brain child of own mind and it puts self above all, whereas purpose is born when mind perishes and oneness sashays down.

Ambition is the outcome of birth, while purpose is the outcome of realization. Ambition comes from first birth, while purpose comes from second birth. Both of these births are associated with just one body. Ambition is driven by the future and it gets registered in history, while purpose is the outcome of the present and it also gets registered in history; however, it strengthens the present in everyone. History is memory, written or unwritten. Ambition is related to individuality, whereas purpose is related to soul.

Achievement of ambition paves the way for finding the purpose.

Ambition takes shape in every life, whereas purpose is the outcome of many past lives. Ambition converts identity into individuality, whereas purpose is achieved when individuality gets dissolved into consciousness. Ambition is predominant among masses, while purpose

is scarce. Ambition is binding, while purpose is liberating. The center of every person has purpose, and the periphery of everyone has objectives. The whole journey is about moving from confusion to clarity, from objective to purpose.

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Stereotyping.

Life gives us many tools. Stereotyping is predominantly using just one of them and remaining adherent with it. Not exploring other aspects of life. Just being committed and dedicated toward only one aspect. This is why others start relating the person to that one particular aspect. Sometimes, not just one person, but the whole community starts identifying themselves with one aspect. That is why sometimes an entire community is viewed as stereotypical.

For example, some communities are known to use brain excessively. Brain is just one aspect, among multiple aspects one is awarded with. Some communities are known to be rich. Some of them are known to be business communities. Some communities are known to be educated. Some of them are regarded as good at playing music. Some of them are good with handicrafts.

Identifying males with blue color and females with pink color is an example of stereotyping, too. Some communities are identified with hard work. Some of them are known to be flexible and open, while some of them are considered rigid and closed. Some communities are associated with prosperity, while some are considered poor. Some are known to be producers of great soldiers. Some are considered naïve and some crooked.

Not only ethnic communities, but geographical communities also get stereotyped. Some geographical communities are considered pro-development and some of them traditional. Stereotyping ranges from individual, to ethnic, to geographical communities.

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Being a part of someone else's ambition snatches away your freedom.

One's freedom lies in his purpose. One who walks the path of purpose moves alone, just because no one else relates with his purpose. It is limited to him only. Ambition desires feedback, whereas purpose doesn't, so ambition desires followers. Feedback fuels ambition, whereas purpose is independent of feedback. Ambition doesn't provide freedom. Neither to the bearer, nor to the followers. It provides inflation to the bearer. The followers follow talent or dedication; they may or may not follow the individuality. Individuality devoid of humility dents the ambition. Follower remains in awe of talent, or individuality, or both. Talent and individuality both get exhibited through matter, so neither of them provides freedom.

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The only thing left to achieve by the super-rich is 'Samadhi'.

He has achieved all that money can buy. Whatever is achievable and explorable is achieved and explored. He has experienced all that civilization has to offer. Whatever is available has been tried and tested.

He has amassed the wealth using his talent, brain and efforts. However, whatever is beyond the reach of talent, brain and effort is yet to be

realized. Outside, there is the abundance; however, there is still restlessness inside. Seems like there is something, which is still at large. What it is, is also not clear. Maybe this restlessness will go, if I achieve more or it may start weakening, if I give more. Maybe, it is the time to decide.

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Mind doesn't differentiate between the need and desire.

It knows only one thing and that is 'I want it'. This want of the mind is a liability for the body and the consciousness. Need and desire both have its implications on psyche and body. However, the mind is not considerate about its potential deteriorating effect. It knows only one thing; if things are going according to my wish, then it's fine; otherwise, measures should be taken so that they fall in line. Mind itself is a question; it knows its answer either in affirmation or rejection.

Mind continuously works on 'mine'. 'Mine' can only be constructed by affirmative answers. Denials leave a dent on 'mine'. Individuality wants, whereas consciousness needs. For mind, acquiring is important, not its related effects.

Consciousness is limited to needs, and mind expands into desires. In reality, the need and desire are two completely different things. However, it needs conscience to differentiate between the two. Mind has a one-way sight. It doesn't look within. Differentiation between the two of them lies deep within. For consciousness, need is 'mine', and desire is not 'mine'.

Conscience can differentiate, but it doesn't has the power to implement this differentiation. Mind knows that addictions are bad, yet



it keeps on harboring them. Mind believes that right now it's working for me, so it should continue. It needs a backing of consciousness to restrict the self to needs. Consciousness has focus and focus is polarized power. Living on needs helps consciousness to keep its focus intact.

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Mind is violence.

All sorts of violence emerge through mind only. Violence comes from violation. Violation is related to rights, while violence is associated to confines. Uncontrolled mind propagates violence. Mind becomes uncontrolled because it gets more than normal energy. Energy is the booster of mind. Religions encourage fasting to weed out excess energy from the system.

Mind resorts to violence to safeguard its identity. Mind can't see its identity going down. At any given time, multiple identities exist in society, which creates confusion for mind. This confusion leads to competition. Roots of violence are hidden in identity. Violence is always against some identity. Hurting and erasing identities are types of violence. Hurting identity wants to instill fear in it. Fear instilled in someone is an assurance of secured own identity.

Instilling fear in someone is mental violence, while assaulting someone bodily is physical violence. Physical violence also creates fear. Soul is non-violent meaning that soul is non-mind. Buddha and Mahavir preached nonviolence, which was the outcome of their attainment that is beyond mind. Message was: don't fall into the trap of mind. Violence against another person is violence against the self.

If someone is hurting someone's identity, then unconsciously he is strengthening identity. Identity is a liability. Strengthening liability is loading a burden on the self. Geeta says no violence, not even in the thoughts, is a part of austerity or self-cleansing.

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Expectation has a hidden hope.

Hope lies within and expectation takes that hope outside and puts it into a basket and believes that someone will come and fulfill this hope for me. It's like taking one's heart out and believing that this is the right environment for it. Like for the heart, the right place for hope lies within.

Internal power keeps hope intact. If hope is a lamp, then own nature is a glass that covers it and lets it remain lit and unaffected by outer atmosphere. When hope becomes expectation, then it gets susceptible to the changes in the outer environment. It becomes dependent upon surroundings. Surrounding is made up of duality. Duality is a package that comes with its pros and cons, and that is why expectation never gets satiated completely.

Hope lies within. It should remain within. That is its natural habitat. That is its natural workplace and home. Following own nature keeps hope alive and kicking. Outer environment is completely unnatural for hope to survive. It's like a password meant to be kept within. It is not to be shared with others, as there are chances that it can be misused, and everyone has their own password. So like password, hope is a very personal thing.

When hope gets infested by mind, it becomes expectation. Seeta is safe within lakshman rekha. When she comes out of it, she becomes vulnerable. Same is the case with hope. Seeta remains in the best position to help others with their needs for food, when she remains within. That confinement is her natural work environment. Nature provides tools for everyone to realize their hope. No one else will be able to do it for them. Mantra is simple. Remain within and keep working according to own nature, and that will help to realize the self.

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De-memorization either comes with time or sadhna.

Time stands for old age or death. It's like cleaning the junk files from the system, so that the system can work smoothly. All this necessary information gets suppressed by unnecessary information because it's heavier. One misses the necessary information because they are weighed down by the junk information.

A swimmer can't swim if a heavy stone is tied to his legs. A walker can't move, if he is pushed back by strong winds. Old age deletes all the information, necessary and junk both, in the ailment which is called dementia. Whereas sadhna deletes only junk information. All the necessary information comes to the forefront. Now the person knows it and can work on it.

Earlier, the person was indifferent with it. Junk data diverts the person toward irrelevant objectives. Access to right information draws one back to work on relevant objectives.

Getting the intestines cleaned or deleting junk memory from computer and mind – all of them have same effect on their respective functions.

We know the process to clean junk from intestines and computer, but how to flush out irrelevant memories? The answer is by increasing the power quotient of the body. Power is the one drug which heals without differentiating.

Indulging in own natural work and following own nature increase the power quotient of the person. Indulgence in unnecessary things increases the memory burden on the self. Nature doesn't create memories. It creates environment. Environment of freshness.

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What my is for I, one is for none.

Angulimal meeting Buddha is like 'my' meeting 'none'. I confronts another I with my. Angulimal's strength was merciless killing. With this trait, he used to confront another's 'I' and used to quash them with this peculiar trait, which was his 'my'.

Buddha meeting Angulimal was a different ball game all together. Here 'my' confronted 'none'. Angulimal threatened that he will take away Buddha's identity, which is body. Buddha said, "I am pleased and ready, now and here." Body is not my asset; it's a liability for me. So I am not losing anything. You may proceed with your plan. Angulimal wanted to see fear in his prey. Every mind wants to see its effect in other's mind, which is its driving force.

Mind acts because it thinks that its actions will tilt the game in his favor. When it sees that its actions are not producing any change, then it loses

interest in its actions. Angulimal used to kill bodies, because killing provided him with hope. He saw himself willing every time he killed someone. In Buddha's case, if he kills Buddha's body, he won't register a mental win, because he failed to instill any shred of fear in Buddha's mind. So the act of killing became futile. His hope in this act of killing died down there.

Then he pleaded Buddha to show him a way that could keep his hope alive. Buddha told Angulimal that he knew one way that keeps hope alive. Angulimal decided to follow this way. Earlier, he was following his mind's way. Both ways have one thing in common and that is hope. Earlier, he had hope in violence, while now he had hope in non-violence. Earlier, his hope was to quash others' minds, whereas now he had hope in quashing own mind.

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Confusion attracts responsibilities, whereas clarity attracts purpose.

It's a common practice in families to provide responsibility to a member who is confused. Family believes that if someone is not able to find his objective, then they should give him responsibility. This responsibility will provide him with an objective. This is a way of adoption of an objective. Understanding believes that a person needs objective, which shields him from going haywire. This is how confusion attracts responsibilities. Which is a compulsion to have some objective. If not own, then an adopted one. Understanding tells that it's better to have an objective, own or adopted, than being objective-less. This is why society engages its dilemma-stricken lot with each other.

Having own objectives is the outcome of following own nature. Un-following self-nature makes a person more confused. Society knows that the biggest responsibility is to start a family, so they insist on getting the person married.

Giving responsibilities means engaging the mind. Engage the mind; otherwise, it can become destructive. A mind which is not engaged in an objective, can work against the assets of society or family. So for saving the assets of the family, a confused person is awarded a responsibility. Sometimes, this association of two confused minds provides an objective to one person and a purpose to other one.

Clarity attracts purpose. Nature is clear; that's why it is purposeful. God is absolutely clear that his purpose is to run this whole existence. He does this by standing firmly in the center. This provides the liberty for creation to go around him. His being unmoved gets the world moving.

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Ambition is captivity with perks.

It's a confinement within all facilities. It's like Buddha's house which had all the things to woo him. In Buddha's case, ambition and perks belonged to his father, whereas Buddha felt captive in the middle of it. When ambition creates perks, then the package doesn't look like a captivity. What is ambience for mind, is a baggage for consciousness.

Ambition inflates individuality. Periphery of this captivity is individuality. Perks are amassed to keep the mind busy with their features. For one who is boundless and limitless, any confinement is like a jail, no matter how luxurious it is. No matter how financially

rewarding your job is, if it doesn't involve your natural objective, then it's a like garnishing an undercooked dish.

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Poison.

Poison stands for another or second aspect of duality. One aspect is inviting and attractive, whereas another is repelling and distractive. Leave the food unattended for 24 hours, and it becomes poison. A newborn baby is a gift, while old age and disabled people are considered liabilities by the same mind.

Shiva ingesting poison means one who bears the wrong side of duality. Shiva is cleaned out of poison as a sculpture is carved out of a rock. Shiva withstood it because his natural internal strength provided him with power. Beautiful face of deity in the temple bears multiple strokes of chisel and mallet. It goes through a rigorous process of finishing and polishing. The beauty and shine emerge thereafter. An artisan doesn't work on weak rocks, and similarly destiny only works on people with strong natures to carve them out.

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No enlightened person is able to narrate his realization experience perfectly.

They just try to explain what it was about. Whatever they go through in the moment of enlightenment doesn't get registered in the memory. So, no matter how hard they try, their explanation is like the summary, as the whole book remains invisible and unregistered. Realization and experience are two different things. Realization surfaces, while

experience comes to us. Realization is deletion, while experience is addition. Memory registers change or effect. Post realization, one who is interested in registration gets removed. Whatever part is left, narrates the story.

They hardly like to describe it. It's just a moment for them that opened the gate to unknown. They have to turn to literature to borrow some suitable words to describe it closely. It's a moment when all their words were taken back and they were provided with a new set of vocabulary to use. However, the effect of that moment is seen in every moment of their post enlightenment life. Post-delivery, a baby goes through drastic changes in later life. No one believes that this is the same baby that used to be in the womb. Same is the case with post-enlightenment phase. A baby has too little memory at the time of birth, and later on it develops. Similarly, in that moment one has very little information about the self and life, which later on develops gradually. An embryo gradually changes into baby, identity and individuality; similarly, an individuality changes into consciousness, soul and absolute gradually.

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Strong mind.

The more complete the fusion of consciousness with mind, more stronger the mind is. Because this way mind finds a big chunk of power through consciousness. This big chunk makes the mind stronger. Now mind can express itself in a more decisive way. Energy is the food for mind. Mind getting more energy becomes more rampant.

Often females have very strong minds, because they have access to a big storage of power. They are more powerful than men. That's why



they can reproduce. If all this power gets diverted toward mind, then the mind gets a lot of fuel to create illusions and ideas. Illusions related with own create an illusory world around it. Strong mind is sure to affect its immediate surroundings and people related with those surroundings. A person driven by anger surely impacts people around him. This is sure to impact others' understanding of life. They display the other side of duality that is scary and disturbing.

A strong mind, which is insecure and full of expectations, can create hell on earth. When a strong mind is diverted toward an objective, it brings achievements. If a strong mind makes someone its objective, it is capable of unsettling the person. It's like a laser light pointed at a target. This whole recognition of me and others creates karma. Strongly believing in own existence and others: this is what a strong mind does. This belief certainly produces actions. This is how our own actions create liability for us. Strongly recognizing the self tends to strongly establish the self. This strong desire to establish an ambiance related to own individuality needs lots of energy. This energy comes at the expense of own power.

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Females prove to be successful managers.

They are full of expectations and don't shy away from expressing it. A strong-minded lady is attentive towards her objectives. Life is a competition for them and losing is not an option.

Society conditions women to be full of expectations. Society, as in a collective mind, keeps females insecure. With this insecurity, they are also given a hope. Not even society, but their own mind too, makes

them believe that someday they will meet their Mr. Right. He will be their right hand. He will protect them from insecurities, as his job is to make them fully secure. He will fulfill all their expectations. He will be accountable to them. He will be given responsibilities to look after them. They should hope that there is someone who will be completely dedicated toward them. This assurance and hope make females “full of expectations”. Female bosses are full of expectations from their subordinates. This nature proves beneficial for the company and they get compensated for their nature. It’s a win-win situation.

Being reactive naturally goes in their favor. They react on failures and they want results. They are naturally competitive. They hate to lose, irrespective of the place. Home or work. They strongly believe in their thinking and go all out to make it happen.

They know both things. Dishing out responsibilities and fixing accountability. Females value ‘mine,’ so to create ‘mine’ they go all out to meet the demands and targets of the job. Mind creates insecurity and insecurity creates ‘mine’ to shield itself from potential adverse conditions.

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Everyone has his own territory to win.

Right from the territory, adversary, power, weakness, strength to reward, everything is there for each and every one. Outer fights are to acquire control. Inner fights are to regain the ‘self’ back. It’s not a good idea that while remaining parasite stricken, we go out and fight a war to acquire control on some piece of land. It’s an irony for every one of us that the ‘self’ is captive in our own home and we are not even aware

of it. So everyone has own and personal battle to fight, with own resources. Best part is that everyone has access to the resources to wage this war against our occupant. Every one of us has the same surroundings and the resources come from them and those resources are free of copyright and control of any mind. So we are not fighting with each other, rather we have an ongoing fight within.

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Mind is measurement.

Mind may know less and more, whereas soul knows complete. All the alterations are related to measurement. this is how all the alterations are done through mind. Measurements are related to curiosity and interest. Mind's decisions are based on measurements. Mind is interested in parameters. Parameters indicate small & big, near & far, little & more, fair & dark, thin & thick, old & new, achievable & not achievable, etc. Mind takes decisions about these variables. That is why mind remains interested in measurements.

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Freshness of atmosphere converts into happiness, once it gets assimilated within.

Like we are dependent upon nature for breath, the case is the same with happiness. Happiness is all around in the air. Inhale it, absorb it and it starts getting exhibited in you. Early to rise makes you happy, because freshness is predominantly present in surroundings in early morning. In the cities, freshness dips down during day time; however, it is present abundantly in the morning. In mountains, freshness is always present in the air.

Inhale the freshness from surroundings, convert it into happiness through the process of mediation and it is available within. People living in cities are prosperous, whereas people living in the natural environments are happier. People living in cities are more tense, whereas people living in mountains are more relaxed. Freshness in condensed form becomes happiness. Meditation does the condensation work. Happiness is all over, while the tool is within. A half an hour of meditation session is more happiness-producing than a grueling mental session.

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It's not coming from within.

Nature is spontaneous. Mind is tempting, and understanding is confused. When you are pitted against an opportunity, instantaneously you know whether you want to do it or not. Nature doesn't speak. It just detaches itself from the scenario. So you know that mind is compelling or getting tempted, but someone within is not with the mind on this decision.

By its spontaneous decision, nature suggests that you don't need this experiment. You will unnecessarily engage yourself, if you decide to go ahead with this option. Maybe you have done this sort of experiment in one life, and you have learnt your lesson. Now this experiment is not for you. Now you know it's not coming from within. So there you retract.

Mind and desires are present on periphery. In some conditions, mind becomes tempted about the offer, but the nature within remains against the offer. In this case, the desire expressed by own mind and

pressure exerted by others' minds fails to convince the self. Offer and desire together fail to convince the self. Mind says it wants it, but something within remains firm and unmoved. This is how destiny helps you to follow a designated path. A person's own nature is the substrate on which destiny works in this way. There is a definite connection between the nature within and the future that unfolds.

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Nature invests in process, whereas mind invests in product.

This is the difference between the two of them. Nature doesn't recognize the product; mind doesn't recognize the process. Nature recognizing the product would be like recognizing every individual plant or grain. In that case, nature will have to divert its attention toward care and maintenance of the plant. It will lose its focus from the process that continuously produces new plants which provide grains and fruits. The process of nature will be obstructed this way.

Mind wants to use nature to create products, so that the business can go on. Mind puts all its thrust in the product and its survival. This process generates a by-product called feelings or emotions.

Nature is very clear. It knows one thing; the flow and balance have to be maintained in order to keep the cycle of life going. Individuals fall out of the flow and then come back to the flow, and the process goes on. However, mind wants for the flow to come unto me and rest there. There is no need to go anywhere. This trait of control creates imbalance. Imbalance obstructs life.

It indicates that mind has limitations and nature performs limitlessly. One process gives birth to countless products. Mind concentrates on a

few of them, while nature remains focused on the flow. This limit of mind makes it work on the product, and it goes on refining and updating it. However, it doesn't change the reality of the product. It remains perishable. So no matter how much you decorate it, it is sure to disintegrate one day.

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Consciousness is the projection of the soul.

Consciousness has a nature, while soul is beyond nature. Consciousness gets a canvas in the form of nature to work upon and to get help from. Soul is purest, consciousness is purer, and individuality is amalgamation. Consciousness is the form of soul that interacts with nature. Through consciousness, the soul takes the step towards getting exhibited. Everything in the world is interconnected as a source and extension of each other.

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Why do we deviate from our own nature?

The answer is to find success. Own nature provides satisfaction. Success is the by-product of satisfaction. Here mind comes into play. It suggests, why to tread a long path, when we have a shortcut to it? Shun satisfaction, apply some brain, and that will take you to success directly. Shortcut saves time. By taking the shortcut, time will be saved. That saved time can be used to generate more success. This is how mind gives birth to 'ambition'. Mind is a shortcut to success.

Nature doesn't say anything. You know what is natural to you and what is not. So, following the chances of own nature is increased, if one is

able to silence or tone down the mind. In that case, mind won't provide an option. No option is nature. Nature doesn't need options because it has flow. Nature has nothing to do with success, but mind has. Mind is impulsive, so it doesn't know satisfaction. It only knows success. Success is excitement. Excitement doesn't have any parity with satisfaction. It only knows success and relief. Relief is getting rid of immediate pressure or imbalance.

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Society is congregation to compare 'mine'.

'Mine' decides the social hierarchy. In the root of society exists 'I'. 'I' developed society to exhibit 'mine'. Without 'I', there can't be a society. Mind uses body as a vehicle to make society a reality. Society recognizes differentiation. All social gatherings are organized by keeping 'mine' in the center. All that glitters and preparations before attending social celebrations are to prepare oneself for the competition about to take place at the venue. Competition is mine vs. yours.

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One who left to find truth didn't come back.

He never comes back. However, the body comes back in alive condition. Like absolute extends into nature, nature into life, life into differentiation, differentiation into evolution. Similarly, opposite of extension is dissolution. Dissolution doesn't mean end, as the extension of absolute into nature doesn't mean the end to absolute. Dissolution is transformation. From this dimension to another dimension.

Life remains, body remains, but the one who was eager and restless departs. Then who is left back? One who is left is a newborn. Classic example is Siddhartha who left home to seek truth; Siddhartha didn't return. One who returned was Buddha.

After departure of seeker, something is still left. That something is 'self'. When seeker leaves, the self gets birth. Two births happen in one body.

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Trust is money.

Company which can't win the trust of customers can't win the money of customers. Whenever a company's credibility is under a scanner, sales go down. A professional's degree generates trust in consumer's mind that he would be able to solve the problem. Ability generates trust. Firms and companies want to tell people how old and experienced they are. Experience has the potential to generate trust. Displaying conception year on board, such as 'since 1932 or 1964' convey that they know their work and mean business.

A professional wants to generate faith in himself first by acquiring experience, proper training and related knowledge. Then he wants to advertise this 'faith in self' to others to let them know that he is serious about his work. A politician organizes public meetings and uses various public platforms to generate trust in his favor. That trust comes handy in elections.

Trust has two elements, an integrity of the person or company and his policies and technical know-hows. Integrity incorporates his traits, such as talent, struggle, passion, clarity and objectives. In case of a



professional, his technical and managerial qualities, and in case of a politician, his policies and vision. This whole package generates trust.

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Service is spontaneous because it comes from nature, and compulsion is the word connected to duty. Service comes from nature; compulsion comes from mind. Service is the outcome of compassion. It is not an idea; it's nature.

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Generosity.

When 'mine' is extended toward those who have little 'mine', act is defined as generous. Generosity is extended toward 'mine', whereas compassion is for 'I'. Compassion addresses needs. Generosity helps others in fulfilling their responsibilities. Generosity recognizes responsibilities and individualities. Compassion focuses on food, clothes and health. Generosity is toward house and education.

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Law is there to shield you from society and vice versa.

However, law can't shield one from his own mind because that falls in the confines of individual liberty. Mind can bend one toward addictions. It can make one suffer from them. Law doesn't consider one and his mind different. Law treats one as individuality. Willpower comes to one's rescue. 'Penance' is the way to increase that willpower. It gives you strength to say no to your and others' minds.

Conscience suggests, 'I actually don't need this addiction', and willpower starts working as a deterrent against mind's lures. Every win registered over mind becomes nature. By penance, you decelerate mind and let nature take over. Nature suggests you in form of conscience and provides you with power to implement the suggestions.

Law stands between person and the society as a guarantee to both that the interaction between the two parties would be fair. Both will consider each other while taking action. In case rights of any party get flouted, law comes in to normalize the dispute and to punish the culprit. It is there to keep society viable and trustworthy.

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Yours is useless for me, if 'I' don't have 'mine'.

So to come in contact with 'yours', 'I' needs 'mine'. Death abolishes mine, but I is still there, so it creates another mine, such as a new body. Mine is needed because yours persists. Mine interacts with yours. To get a feel of yours, I need mine.

Uninterrupted supply of power creates 'mine' for 'I'. 'You' is the reason for 'I' to persist. Others are needed for me to go in search of mine. The day others won't be there, I won't be bothered about finding mine. So mine is compatible with yours and vice versa. When yours won't count, mine also won't count. 'I' needs 'my' to contact with those whom it considers 'mine'.

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For I – energy is needed,  
For mine – matter is needed,  
For soul – power is needed.

Matter creates mine. This is where the five elements come to play. 'Mine' contact with 'yours' through matter. The world is the place where 'I' plays this game of 'mine' vs 'yours'. Concentrated energy, such as matter, comes into play to create 'mine' and 'yours'. However, in the absence of 'I' 'mine' can't exist.

Power gets converted into energy and that is the deed of 'I'. 'I' needs energy to create an ambiance called 'mine'. Give 'I' energy and it starts thriving. Ascetic tries to control 'I' through energy channelization. Soul thrives on power. Give soul power and its effects start getting exhibited. Soul packs energy to convert it into power.

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For the first time in life, you feel independent.

Self-made is not independent. He or she is dependent upon 'mine', whether it is family, friends, passion, etc. Plants are independent. They are not entangled in mine and yours. They are just dependent upon the power to fulfill their purpose. You don't need anyone else to fulfill your purpose.

Free of emotional dependencies, free of 'mine' and 'yours,' and free of 'I' also. All hurdles are removed to let the nature flow through you unhindered. Only your body and nature are left, not even your mind. You become dependent upon nature because you got connected to it. Traits of body gets used by one's inner nature. Nature exhibits through nature. The only thing that you do is to do 'nothing'.

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There are no successors or inheritors in spirituality.

Spiritual treasure takes birth from power. Nature lets you take control. Elements are visible nature and power is invisible nature. Power can't be achieved through control. Control has its origin from mind. There is no parity between mind and power. No relationship.

One within whom, power resurrects automatically produces spiritual treasure. Control is related to the 'change of hands'. Earth doesn't control its produce. Nor trees do. Mind is there where control is. Mind and spirituality are not even remotely connected. Spirituality is beyond mind. The very first thing a producer does is leave the control over it, because he knows who actually is the producer. He is just a medium, not the cause of produce.

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Don't get angry.

Getting angry is a detachable thing. It can be procured or can be avoided. It means that it's optional. It's upon the individual whether he uses it or not. In this sentence, there is someone who advises against it to someone who has been dragged into it. One who is suggesting is nature. He is reminding that 'willpower' can be used to avoid the situation and for future purposes it can be stored so that the future incidence of anger can be averted. One who is listening is consciousness. If it is refined enough, it can avert the suggestion of mind comfortably. If it is polluted and rough, it may find it difficult to control itself and there would be no choice but to follow the instructions of mind.

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Emotions erupt because they are generated by understanding.

Understanding controls emotions. A person being less or more emotional is directly related to the state of understanding and one's dependency upon it. Nuisance makers create such conditions that have a direct impact on people's understanding. Just because of the fact that emotions can be inflicted, vested minds use them to realize their objectives and ambitions. Someone's weakness becomes someone's strength. People who are more emotionally aggressive in earlier days become more stable in middle or later stages. So there is always a target group present in the society who can get manipulated. Religion is perceived as identity. Identity is an emotional issue. This is why religious sentiments keep getting flared up every now and then.

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Clothes are either invitation, or statement, or both.

For an ascetic, clothes are both a statement and an invitation. It is the statement of non-interest in society and its affairs, so kindly don't waste my time in discussing society matters with me. The hidden invitation is that one is ready to share his wisdom. It is an invitation to talk about what is beyond mind and intellect. For religious followers, it's a statement of identity. Recognize me, who I am, and which group or section I belong to.

A uniform is a statement of one's field, so people can directly contact them, in case of need. That falls in the category of invitation and statement both. A policemen standing quietly in the middle of the road is a statement that someone from administration is there and watching,

so be careful, if you have any weird ideas in mind. it's an assurance of security to those who wish to see someone responsible and potent around. It's a statement that the state considers everyone equal and is capable of protecting the individual's rights, in case of need. A doctor wearing apron is easily recognizable in the hospitals, so time is saved for the one in need of urgent treatment. Doctors and nurses wear different clothes, so they are recognized easily. However, mind makes it a matter of identity.

For flesh traders, their clothes are invitation and statement both. Statement is, it's my working hour and invitation is, I am ready to be hired. Mind gets confused in figuring out between statement and invitation. In the case of confusion, discretionary power comes to rescue. Females use their clothes as a statement of their liberty and equality; however, some minds think that it's an invitation. That is a mistake and one gets rid of the effect of this mistake, after some experience is gathered.

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Life is like a strong current of water.

One needs power to stabilize the self in this strong current. A strong flow of water takes all the weaker things along. The only thing that can fight with it, is strength and capability. However, muscular strength can't fight with the flow of life. Force is a novice against life. If force could fight life, then bodybuilders could do it in a better way. Everyone would aspire to be a bodybuilder, so that the ups and downs of life could be tackled with more comfortably. Life is not driven by force.

Life is driven by power. The invisible power of nature. Only power accomplished person can remain still in the current of life and time. Life doesn't give any chances to be understood. One who can remain still in the current of life can witness the flow, the beach, and the surroundings. One who can witness it, is the one who can tell about it. One who is able to see, is capable of painting its picture. One who has heard it, becomes able to tell that life speaks.

Life gives two options: either get involved with it or learn lessons from it. Swami Vivekananda received a lesson of equality from a prostitute. Many of those involved with her couldn't receive this lesson. Vivekananda was reluctant to share a public gathering with her considering her retrograde. She sang a song in the gathering that made Vivekananda realize his mistake. A lady who works as a flesh trader is a mother of her kids, too. Society gets involved with her while kids don't, so society gets the feeling of flesh and kids get their teachings from their mother. For one involved with life, life behaves like a girlfriend or boyfriend. One who is present but not involved with life receives the lessons about life and its secrets from the same life. Life becomes a guru if one surrenders to absolute.

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State guests are received at ports, according to the protocol, but a kid is carried along to present the flower.

Politician meeting another politician means a mind meeting another mind. Mind suspects. Suspicion increases differences. This creates uncomfortable conditions between the two of them. This discomfort

can stick around the whole trip. Setting a right tone is needed upon someone's arrival.

A child is a raw mind. They don't know differences. They don't plan and plot. They are spontaneous. They are the flame of hope. They carry smile sans any business. Mind creates technology, not the flowers. Kids are the flowers of civilization. They are a gift not to be inherited; they are a message to be realized. Their presence gives birth to affection within. Child is unable to gauze differentiation. Things that they can offer are hope and love.

Flowers are presented because they carry a message of freshness. Freshness brings happiness. Happiness flushes out past memories. Like flowers are the gifts of plants, your presence as a state guest is like a gift to us. As flowers are considered important, so are you being considered important to us. Having a child along carries a message that you are being welcomed with love. Love has this unique property to dismantle differentiation and suspicion. So this child is there to ward off any suspicion in our minds. State is considered successful, if it can sustain hope among masses, and every regime wants to keep this hope alive during their regime. Even guests are hopeful, of an interesting and conducive trip. Hosts also remain hopeful that something substantial would come out of the visit.

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25 years of vanprastha ashram to know self; rest 25 years of sanyasa ashram to let nature flow through self.

This is how life gets divided into four equal parts, for its maximum utilization. First 25 years for knowledge, second 25 years for desires



and objectives, third 25 years for transition, such as from mind to consciousness, and final 25 years to let nature flow through self. From identity to individuality, to consciousness, to absolute.

Third 25 years to reach up to oneself. 25 years of walking toward oneself. 25 years of walking away from dependency upon visible. To walk and wander within. 25 years of probing. 25 years of learning to say 'no, thanks' to desires. 25 years to find home, to reach to wisdom, to delete mind from the self, to let nature take over, to become lighter, walking towards north from south.

Then after 25 years to radiate freshness and hope. Period of uninterrupted flow of Ganges, whose origin is inside. Period of being a lighthouse that helps those who want to reach to the shore. One who doesn't want to come to the shore also gets to know that shore exists and it's attainable. Nanak gave hope to the entire population that came in contact with him, directly or indirectly. Upon his withdrawal, 'guru granth sahib' became the lighthouse.

This is a plan for those who want to utilize the ancient wisdom of the civilization. For those who are ready to surrender and move on, who have their questions and are not complacent. Ambition is not our de-facto destination. It comes as an option and compulsion, if our internal gate doesn't get open at the right time.

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Sleeping means being under the influence of someone.  
Awakening means the self gets awakened.

Darkness overpowers us. It encapsulates us. We are no more present then, only darkness is present. One has been shadowed. One has lost it.

You are not you. One is absent and loves it. Darkness presents love as an action.; otherwise, it's real nature is spontaneous. One is not present then, because the self has been overpowered. Being present is the trait of the self. Self stands for consciousness. Light has been contained within. One can't be contacted because the self has been shadowed by the mind. One has become aloof, and mind makes us realize that this is the way to be. One's possibilities also lie dormant within him. They exist, they are present, but not being exhibited. Darkness incapacitates us. One is not able to see his own hands and the things present there besides him.

Whereas having woken up means that shackles are broken. Sun of freedom and light is with us. Air is fresh and environment full of freshness. All the possibilities have also awoken with you. One who was restless is at ease now. Search ended, dependency ended, purpose is revealed.

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If one is able to live life according to own nature and for the betterment of nature, it's a matter of huge relief for one. Because in true sense, this is the way life flows. If one is able to live life according to own nature and the sake of his own quest, then the atrocities around is just a bad phase. Phase ended means problems ended. Whereas If nature gets overpowered by mind and being utilised to deal with the atrocities outside, then it's a bad deal, because after a certain time the phase will pass, yet the effect of the deal will drag one into the future to absorb the effects of the deal. This is how mind creates future.

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They said the world is like a lodge. If that was not the case, then why one would have to leave it?

You check into a lavish hotel and enjoy its every section. Hotel is just a halt for you as you have a destination to reach. This gives you freedom to enjoy it completely. Having a further destination takes away your insecurities. In case one doesn't have any destination to proceed to, then these insecurities won't let one enjoy his stay at the hotel. His whole time will be consumed by planning and exploring the options. Guests feel relaxed during their stay at a hotel, as it's not their workplace, so they have a good time. Staff of the hotel is bound with responsibility and accountability. That's why while being at the same place, they don't go through the same experience as the guests do. One can enjoy the life if he is free from insecurities. Guests and hosts go through completely different experiences at the same hotel. One is on vacation and another one is at work. One is relaxed, while another one is attentive. One is excited, whereas another one is monotonous or tensed. One is having a good time; another one is looking at the clock. Guests are not attached to the hotel; however, the staff is. Guests are not going to stay at the hotel, whereas the staff is. Guests are not involved with the functioning of the hotel, but the staff is.

Guests are not hotel; hotel can't be the guest. Guests move; hotels don't. Guests love to check in and check out; hotel remains fixed. Hotel exists because of guests. Hotel is a temporary creation erected to provide travelers with shelter. Tourist coming to the hotel has an objective. Either he wants to explore the place, or do business, or just to recharge and prepare for future. Both get attached to each other and get detached too. Old ones vacate the place; new ones occupy it. This is how it works.

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Why do we need a Buddha to tell us that life is a suffering?

Why can't any normal person come to that conclusion? No one around you will give you this conclusion. One who is suffering can't tell you this. Because he is stuck, he is trying to find a way out. He is engrossed with his struggle and right now he can't share anything. The whole force of his life is being used to counter the sufferings. Only the person whose sufferings have ended can tell you about this. In normal course, sufferings end with life; sometimes they come to an end prematurely and this incident gives birth to a Buddha. At the end of sufferings, the person realizes about the cause of sufferings. Buddha can see the plant and the root of suffering. Now he knows how it can be eradicated. If Buddha stops at saying that life is suffering, then people would say, oh! You are suffering. Take some medicine and get back to work. The thing that makes Buddha stand apart from the crowd is that he talks about the disease which no one is ready to accept as a disease. He tells about its cause, and treatment, and then overall eradication. The reason why Buddha is able to tell this is that he is able to see the mind, which no one else is able to see.

Enlightenment gave him a sight to see mind. Normal people can't see mind. They perceive mind as self, whereas Buddha says that mind is just a plant in my garden which can be eradicated. Because it is unsettling the whole garden. Buddha tells this truth to those who are following his mind. The difference between Buddha and his followers is that Buddha has a way, and followers have a hope. Hope to reach there someday. There must be a way that could realize their hope. Hope must come true. If it is coming true for someone else, then there is

high possibility that it will come true for me as well. Till that day, my hope is with me.

Life is suffering because one lives life under the implications of mind. Implications imposed by mind come in different forms. Ideologies, ambitions, needs, desires – these are imposed implications on us. Every person's own pure nature is beyond these implications. Nature is not cause of suffering, but mind is. That is why Buddha says that attachment created by mind is suffering. Either mind will create suffering through its attachment, or mind will be used by you to spread hope and creativity. Without mind, there is no life. There is no need of life. Mind creates the need of life, which nature fulfills. Throughout the life, mind remains with us. This is what prompted Buddha to say that life is suffering. At any given point in time, nature and life exist simultaneously. Life is dependent upon nature; nature is independent of life. Nature organizes this event called life, upon insistence of mind. Only the person who has come out of the clutches of mind can tell you that mind is suffering. Otherwise, mind tells you that it's exciting, it's rosy, it's success, it's satisfaction, it's control, it's inflation, it's measurement, so it's better to be on the right side of the measurement. Avoid being small; aim to be tall.

Buddha has seen his own true nature; that is why he is able to tell that life is suffering. Buddha perfectly seated in own nature looks toward life and finds out that it's all suffering, no matter how prosperous it may look. He finds out that everyone on that side will be much more comfortable when they will be on this side. For all that prosperity they will never want to lose this state which is devoid of mind. Because mind created want and related suffering. Whatever has been made available by nature is perfectly enough to remain unmoved and unharmed.

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It's optional to go into the past; it's imperative to go into the future.

The past gets contacted through memory, so it's basically data. It's impossible to go into the past with the body and it's unavoidable to go into future. The past gets restricted to memory only, while the future is action, reaction, destiny and its effects. The past is a matter less memory, while the future is an interplay of desires and matter. The past is experienced through memory. The future is experienced through senses. Past generates emotions, whereas future generates curiosity. Journey is towards the future only. Past is sent to a recycle bin first and then it gets deleted permanently. Experiences of the past make a person selective about his actions and reactions in the future. An end to the process of action and reaction ends dependability on memory and the past as well. Future exists until the time action and reaction continues. Future ceases to exist when there is no action from the mind's side and all the past karmas have been nullified. Past accumulates karma in the memory, while karma gives birth to the future. Mind forays into the future and future generates the past. Hope says that future is an asset. In the absence of hope, future becomes a liability. For brain, past is an asset that generates understanding. For uncontrolled mind, past is a liability because it has committed many mistakes. Future is the dimension of time that is extension of the present. Nature keeps a person in the present, while mind forays into the future. Present is about needs. Future is about desires. So either we live in the present or the future. Past is the time span which is extended from the moment of hope to the moment when hope first arrived. While present is not about 'was' or 'will be'. It is about 'is'. The

frequency of 'is' and the frequency of present are the same. Future is optional once all the past bills of nature have been settled.

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Life gets driven by two things: mind and power.

Everyone knows that there is mind. It is evident. It is functional. It drives our life. It is an engine and we are like coaches attached to it. This is the only way for us to live life. However, there is one more hidden way of living life. It is hidden because we don't know about it. We don't experience it. We remain untouched by its effects. The reason behind this is that it needs minimum concentration to become active and start showing its effects. This is power. It's there; it's present however hidden. A person only gets to know and feel its effect, if it gets activated somehow. It brings wholesale changes into life. With power activation, hidden traits come to the forefront. They were present, but hidden. One didn't know about their presence. So, no question arises about utilizing them. They impart their contribution in fulfilling the purpose of life. For the first time in life they get utilized for some worth cause.

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Power is the cushion against the impact of life.

For mind to instigate you for a reaction, an action must hit you. Until the time it hits you, you are not under compulsion for a reaction. Action and reaction are very well known, but absorption of the impact is something rarely talked about. That is the absorption power. A person falling from height can be saved, if there is enough cushion to absorb the impact of action. If there is cushion within, the consciousness is

saved from continuous nagging of mind. Your 'willpower' saves your energy and being bothered by the mind; it also nullifies many impacts and effects on life that ultimately affect you.

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Face can't express joy.

Joy can't be expressed. It can never be expressed. However, eyes can. They prefer to remain fixed and emotionless. They don't appear interested in the view before the eyes, but they appear fixed on infinity. Face fails miserably, so it appears expressionless. Mind may suggest that this person is deeply sad and gloomy. Face will fail to express; mind will fail to gauge. Actually mind needs expressions to interact with surroundings. In a state of joy, consciousness comes out of confines of the mind, so the mind doesn't receive energy for expression because all energy flows inwards. A person may appear lost. In reality, he is actually lost in infinity. When joy happens, one has no mind to express it. It's a mindless state. Mind initiates the process of expression. In the absence of mind, this process of expression is not initiated. Expressions are a medium of interaction. Mind wants connectivity, so it creates expressions.

It's a matter to be grateful to god that there is something within us that remains constant, and that is nature. Mind is there to make life bumpy. So much that people feel thankful that the day ended. A person going through depression feels like, 'why the day started at all, sleep was better'. Mind makes use of our own energy to make the ride rough for us, while nature-driven life is much smoother because it lacks the sequence of action and reaction. It retards the curiosity in mind to block the process of experimentation and getting affected. Net energy



saved is driven inwards to flow upwards, so that it may come out of the body through the topmost chakra, creating bliss.

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Intuition.

Intuition is information. Mind presents thoughts. Brain produces plans and ideas. Purified mind produces wisdom. Soul provides self, whereas consciousness provides intuition. Intuition is the information related to an event or a person. Whereas wisdom provides information about life. Intuition is associated with future. Getting a glimpse of future which is associated with you is called intuition. Females and kids are more intuitive because they are filled with power. Child's undeveloped brain, mind and memory save lots of power. With the development of brain, intuitive power starts diminishing. With cultivation of power, it starts reappearing. The signals of intuition may be weak or strong. They just appear without any expectation about them. They come from within. Mind is not the origin of them.

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Uncontrolled mind is hatred.

Controlled mind doesn't know hatred. Uncontrolled one does. Controlled mind is an engaged mind. Uncontrolled mind is livewire, harmful. Uncontrolled mind tries to find its solutions in identity. Hatred is identity-centric. It's a result of clash of identities. When own identity comes under threat, it hates other's identities. Hatred is the result of looking for answers of infinite into given confines. Thus creating confusion, anger, disgust and reactivity. Hatred wants to preserve own identity at the cost of being hostile toward another's identity. It is

basically mind vs. mind. Confusion ignites hatred. Clarity dissolves hatred. Ideology fuels hatred. Ideological wars are full of hatred. Ideologies get their origin from mind, so despite the differentiation, they are one common pole, and that is why they repel each other.

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Memory is needed for dependency.

Memory is our search for love in the past. We memorize people because we tasted love through them. Through their memory, we look for the love that existed within them. Memory is our dependency on love. Memory recollects those moments for us, when we had tasted love. Dependency is considered essential for the pursuit of love. We need memory because it connects us with love. This is our medium to love. Our dependency upon memory indicates that there is distance between us and love, because we need a bridge that can connect us with our supply of love. Like we need a phone because of distance. Phone becomes the medium that bridges the gap. The day you find love through cosmos, one's dependency upon memory starts diminishing. Then one realizes that memory was not an addition; it was just an addiction.

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Idol worshipping means interest in body.

Body is a soft idol. Statue is a hard idol. To leave idol worshipping means to drop interest /affection/ attachment with body. This can't be

done through mind. Mind recognizes only body. So how will it be able to sever the attachment with the only thing it recognizes? Body is the projection of mind. So, in no case it is going to buy this idea of not recognizing the body. It will do a trick and let the brain come to the rescue. Brain comes up with its unique explanations that idol means a non-living sculpture. It says that Idol worshipping is considering idols as gods and to stop idol worshipping means to hate the idols. Then mind comes up with a suggestion that when we hate it, then it should be broken. It's not about the matter, it's about our connection with the matter.

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I don't even want to remember you.

All my expectations of you fell apart. There is no reason to remember you. Your memories give me pain. That means you were careless. You didn't pay heed to 'mine'. Mine means my desires and expectations. Our association was a bad experiment. Mind is dependent upon memory. Nature doesn't generate memory; that is why it is free from the past; neither it has any expectations, so it is free from the future as well. Nature is just a process that continues unhindered. It is independent of the past and the future. It is eternal, and that's why it is called the present. Present is free of memories. On the contrary, mind has a bank account called memories, where it stores all the data related to the past experiments. Future has hope, desires and excitement, whereas past is restricted to memories only. Future is about pending experiments and effects of past experiments.

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If we could see a person with all his mental baggage, we would be seeing an overcrowded bus. If memory could create visible effects related to its data of the past, it would be like a large baggage around the head. Mind experiments with matter; those results don't remain permanent, so they get recorded in inventory called mind. Experiments give birth to a particular scenario; the scenario keeps changing, as it is done in that dimension of time that keeps rolling. Whereas the effect of experiment is durable, as memory is durable. Memory makes changes in nature which are permanent and get carried over. Memory makes a person's actions selective, but it's like a baggage that keeps holding one toward past. It needs power to carry the baggage along. Power is peace, so this baggage comes at the expense of peace.

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Sky is the limit.

That means you are limitless. Material world is limited as its matter. Matter is vast, but it has limitations. One's aspirations drive him in the material world. Aspirations are only related to matter. Aspirations can't let you expand into the sky. They will keep you rooted on the matter. The essence is, stay fixed on matter and keep expanding your ambience through aspirations. You, along with your aspirations expand on the ground, whereas you minus the aspirations expand in the sky. Aspirations are those roots which bind the person with the matter. Geeta says that every living being is the tree which is inverted. Roots are not downwards; they are actually upwards. Aspirations tend to grow the stems downwards. However, aspirations remind the person to keep rooted to the place where they are right now; otherwise, they

may lose it. So it's better to keep holding it. This is how mind binds the consciousness with the matter through aspirations.

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Destiny brings two sorts of changes into one's life.

One is visible and another one is invisible. Most of them are visible and can be perceived by senses. These kind of changes are related to the hardware, such as body and its possessions. Birth, death, mutilation, abnormalities, connections, separations, etc. Although all connections and separations are not related to destiny only. Mind also has a role to play with them, but few of them definitely are destined. The second type of changes is related to software, such as mind, power and consciousness. They are not visible, but their effect upon life can be perceived by the ones who have refined vision.

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Types of visions.

Mainly, there are two types: raw and refined. The vision that notices structural changes is called raw vision. It is guided by the mind, which notices you by your surface. The fuel of this vision is energy. Energy gives birth to matter, so the vision fueled by energy is limited to matter. It rates, categorizes and marks the person by their structure and ambiance around them. Whereas refined vision is fueled by internal power. Discretionary power can sense the changes in person's internal chemistry. It gauges behavioral changes and changes related to one's nature. One who is relatively stable only can gauge internal changes. His stability makes the change visible to him. Mind is unstable, so it can't

gauze the internal changes. More unstable the mind is, lower are the chances of having a refined vision.

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Anyone who takes care of your desires and expectations gets the authority to pressurize you.

Pressurizing and pressurizing with authority are two different things. Pressurization means expectation. Someone who is pressurizing you without an authority on you can be ignored. 'Mine' of both persons starts overlapping. A case is related to individuality, and individuality is a charged pole. They are working on your desires; won't you work on theirs? You end up paying much more to those who don't charge for their services. Denial to pay generates guilt and sometimes attracts curses. This 'in-return' expectation sometimes demands money, time and in extreme cases attachment. Attachment comes at the expense of focus. One has to lose his focus to fulfill demands of the attachment. Like attachment, focus too knows only one thing, complete or nothing.

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Mind is hidden, body is visible, and this creates excitement.

Body is visible and that creates excitement. Body comes alongside the mind, and that becomes a complete package. Mind is invisible, so its expectations are. If mind becomes visible, it would break the illusion of excitement, created by body in many cases. If mind and its effects both become visible, then most of the relationships would die at the inception level. In this condition, mind will decide against the mind. like there can't be two presidents in one country, there can't be two charged and reactive minds co-existing in one common area. It is the

‘nature’ within which keeps both people glued. Nature bears with mind, carries it along, and keeps the relationship going. An excited mind is experimental. Excitement has a hope of a positive outcome. Excitement dies down the very moment it sees negativity. negativity discourages excitement.

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Time is the greatest healer.

Healing is related to the body and the mind. Through the course of civilization, different medical streams were developed in different parts of the world to help life to get rid of sufferings. Healing is about two things. Power and time. Mental sufferings are recorded in memory. Memory is a temporary data bank that gets formatted and deleted with time. Memory keeps inflicting the wound repeatedly. With each passing day, new data arrives that dilutes the old data. Effect of memory and mind is laid to rest daily during sleep. During sleep, the body utilizes the internal power to heal its ailments. During daytime, mind utilizes the same power to scratch the wounds by replaying the memories. Every single breath brings a new stock of power which heals.

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Sex.

Sex is a tool to experience Shakti through body organs. Shakti being released through neuromuscular complex produces a ‘trans’ effect. Organs present on the lower part of the body are engaged and their effect is felt on top of the body, meaning in the mind. The whole effort is to create the relief in mind, which emerges when two opposite body types meet. When two opposites meet, something magical happens.

People keep repeating the process so that this particular effect can be achieved every time. A whole lot of resources are required in the process, such as two opposite sexes, power, functional body organs, and opportunity, to feel that immense pleasure. Its effect lasts for some seconds for men and for more extended period for females.

Sex has its effect on all three segments, such as body, mind and consciousness. Body feels 'at ease,' as the tension accumulated in muscles gets relieved. That is why the person feels a little lighter after it. Conscious mind feels the satisfaction of performance and the tricks it applied in the act. Conscious mind voices the ego, but it finds its origins in subconscious mind. Ego becomes satisfied through the process. Subconscious mind wants to win other individualities. Sometimes it uses sex as a tool to prove to the self that another one with better mental and physical qualities has been won through the act. It believes that when you let the body surrender before you, you actually control that person's mind as well. It provides a sense of success. Sex has something for consciousness as well. In the moment of orgasm, just for a few seconds consciousness feels the taste of 'Samadhi,' which is feeling the self in the absence of mind. Outgoing power dissolves mind for some moments, which creates the basis of 'tantric sex'.

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Documentary has no commercial value, but a movie has.

Documentary documents, and movie entertains. Entertainment has commercial value. Documentation is needed to keep records and it can be done with minimal resources. Entertainment demands maximum resources. Documentation doesn't provoke excitement. Entertainment is all about excitement. Excitement kills boredom, so money gets dished



out and collected in the process. Wisdom should get documented; this is what existence believes. Documentation is secured for the future seekers. Mind is predominantly involved with entertainment, whereas consciousness documents. Not for the self or others, but it is the nature's flow within which creates. Just because it has to be created. Documentation carries hope. Hope is an individual thing. It says that someone earlier has done something independent of mind and associated business. Hope says 'it's possible'. It has been done in the past, so it can be realized in the future as well.

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Simplicity exudes power. Plants exude power. Yoga emphasizes to use this power to keep fit and heal mind and body.

Yoga is about the connection between the humans and surroundings. Plants are the medium to permeate power to the visible world. Life around the globe depends upon this power to exist. Yoga is a science that teaches to utilize this power to solve the puzzle of mind and its effect on body. Yoga has a simple philosophy that says power heals mind and body. This power should be secured from atmosphere and assimilated in the self, so that it can work for you to make you happy, healthy and wise. Mind wants happiness, while body needs health, and consciousness is wise.

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'Respect' is the recognition of 'mine'. 'Proud' is the belief that in the hour of need, 'mine' will work for me.

Being left alone means that mind and body got left alone. Take 'mine' away from 'my' and ego gets dismantled. Ego can't tolerate being left alone. Body is 'my' and all its associated attachments are 'mine'. Interplay between 'my' and 'mine' creates this illusion called 'Ego'. Ego is fragile and gets hurt easily. Coz all the attachments on which it survives are fragile. All fragile things should be handled with care. Ego, too, should be handled with care. Because in case of getting shattered, it may hurt the self and accompanying. Expectation exists between 'me' and 'mine'. Expectations don't come true every time. Expectation believes that someone's mind or nature will surrender to me. Nature is boundless and mind is reactive. Nature is a process that is spontaneous, whereas mind is confusion.

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Death doesn't do you apart.

It just takes away the medium to contact. In reality, wisdom does you apart by merging all in you. Taking away medium is the reason of frustration about death. All the things which had to be done can't be done in the absence of a medium called body. It's like, if I don't have a phone, I can't talk to the people who are away. So the body is needed for the experiment called life to continue by coming into contact with surroundings and each other. It's like taking a magnet away from iron. This separation doesn't take away magnetic property of the magnet. As soon as it finds another metal, it will again make the coupling. This process keeps going until magnet loses its magnetic property and becomes neutral.

In the world, you expand so that you can maintain. In inner world, you maintain so that you can expand.

Two opposing approaches, in two opposing worlds. Mind likes to expand. Power prefers to contain and concentrate around self. Expanding the nature of mind puts you against the limitations of body and mind. There are other minds present around, and they too want to expand. This creates confrontation. In this case, mind's ambitions become a burden for you, whereas in the inner world, containing oneself makes the mind run out of energy. So the limiting factor is lost. Now, it's not about inflation. It's about being omnipresent. The mind who wanted to inflate and was trying to tempt by saying that your limit should be larger than other, has disappeared.

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Not my way.

This means it's not my nature. I can't conduct myself in the particular way which is being expected from me. Just because of the fact that 'it's not my way'. So, a permanent highway exists within every person on which one can fall back whenever dilemma strikes. Every accident while we are off the track, makes one realize that their highway is better, as it has an innate safety feature. Whenever one falls out of his way, his experience forces him to realize that his own highway is much better to travel to and reach up to destination. Every highway reaches up to the destination and ensures a smooth ride. The thing persistent with one's way is comfort, whereas other ways are filled with a whole lot of weird emotions and experiences.

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Purpose is never newfound; it's always there

A farmer had a small piece of land. He used to grow crops on it. Land was productive and used to provide enough produce to satisfy farmer's hunger. One generation later, his kids divided the land among them. Cordoned it off and constructed houses over it. The productive land got a ceiling of concrete over it. Status quo remained for some 50 years. Third generation got educated, started working and shifted base to different cities. Second generation perished with time. New generation did not have interest and time for the village property so they sold it off. A farmer bought this land. He removed the old building from the ground and started farming again. Land was still fertile. Fertility got curbed by concrete, but it wasn't lost. It started producing food again. Farm became green again.

Desires, objectives and ambitions keep changing and reinventing themselves. However, the purpose remains unchanged and fixed. It is always present and it is found in the present. Just reach into the present, and it is there waiting for you. Objectives and desires keep popping up and trying to sustain themselves. It's a continuous tussle to remain viable. Purpose is like a treasure that exists. People might not be knowledgeable about it. Mind is completely unaware of it, but it doesn't mean that treasure doesn't exist. Mind's not knowing its own problem, not the treasurer's. Treasure doesn't value itself. One who looks for it, evaluates it, and that evaluation prompts him to search for it. Like treasure, purpose remains to be explored. Nature has a purpose behind converting a raw fruit into a ripe fruit.

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Mind is the mother of all addictions.

Addition that sticks with you for some time, becomes your addiction. Mind is the source of all additions. That addition which becomes difficult to get rid of gets transformed into addiction. Remember, all addictions start with a trial of experimentation. This trial is an addiction, too. Mind is the medium that introduces you to new things. 'Mine' is an addiction. It stays with you. A person needs 'mine' till the time he goes through the process of experimentation and learning. Because during this, he only has 'mine' to fall back to. 'Mine' is money, property and relations. The day this process of learning becomes over, the person doesn't remain dependent upon 'mine'. That very day he reaches up to his real 'mine', which is nature, and completes the process of experimentation. This association makes him fearless.

There is no addiction beyond mind. Mind is the reason of additions and addictions. Nature remains in a non-addicted state; that is why time can't affect it the way it affects the forms of life which are driven by the mind. Addiction makes a bond with attention, and this is how it restricts the natural focus of the person. A person who is severely addicted is least focused. He remains attentive about his addiction, only and rest of the things in his life start taking the back seat. A person who is an asset for the family in non-addicted state becomes a liability in addicted condition.

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The day you get rid of mind, you get rid of start and finish.

Start and finish are just words spoken by the mind within us. Because they come from within, one believes them completely. There is no

point of suspicion because one who suspects, himself speaks these words. Prayers are delivered in silence, whereas loudspeaker keep on reciting the sacred verses. Consciousness doesn't raise questions. It just delivers the answers. Questions keep popping up, but the answer always remains there. Answers are eternal. Mind is not eternal. That is why it can't reach up to the answers. Questions are temporary, whereas answers are permanent. Answers are like the sea; questions are like waves. Waves exist because of the sea. Answers are limited to the process that belongs to the nature. Whereas questions belong to the procedure. Procedure belongs to mind. Procedure has a start and an end. Mind and nature co-exist. Mind thrives on nature, yet mind can't know nature. Computer viruses thrive on computer programs. In the absence of computer viruses, there can't be computer programs. Because in this case, they won't have any substrate to work upon. Questions are just the by-product of the answers.

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The state of non-duality has this vast chunk of information called realization.

This is what non-duality provides you, the realization. Duality calls for experimentation. Duality pushes you into experimentation by providing energy to the centers that provide stimulation to the senses and genitals. Senses backed by mind and energy push one into the experiment, thus one gets bound to receive its results and associated effects.

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From biological family to spiritual family.

Every enlightened person breaks away from the confines of biological family to move on to establish a spiritual family. Buddha moved out of his biological family to seek truth and later on he established a spiritual family called 'sangha'. Prabhupada realized that it was the time to move out of the family to move on. His excursion gave birth to 'Iskcon'. Nanak did the same by establishing a spiritual family that later on took the shape of 'Sikhism'. The purpose of spiritual family is to encourage everyone towards individual journey. Purpose is not to generate an identity in the name of religion. Purpose is to help others going inwards, to take people from expectation to hope. From deformity to uniformity. From mine to his. From desire to purpose. From being a piece of puzzle to solving own puzzle, from incomplete to complete, and from dependency to freedom.

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Existence is divided into three parts: source, process and procedure.

Mind has desire, nature has purpose and absolute is uniform. Desires change into purpose when they move inwards. What desire is to mind, purpose is to nature. Nature invests in process that is constantly moving, repeating itself, such as recycling, purification, transformation. This goes on without interference of mind. That is why nature is stable and eternal, whereas mind invests in procedures which have a start and a finish. Mind is dependent upon time to start and finish within a stipulated deadline. Nature is an ongoing process, which has no start and end to it. So, time gets repeated every time the cycle repeats itself. Source is completely uniform. No difference, no change, no process and thus no presence of time.

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Body is the last addiction.

Yes, it is an addiction, introduced, cultivated and sustained by mind. Addictions need treatment to minimize their ill effects and if possible, to get rid of them. Every addiction needs treatment, so does body. In early stages addiction gives excitement; in middle stages it gives relief, and in later stages, it produces problems, so is the case with body. Upon getting a body in form of a child, parents rejoice, while upon losing a body relatives mourn. When one gets liberation from mind, he gets liberation from this last addiction too. Addiction to the substance draws you repeatedly toward it. Similarly, addiction to the body draws one toward it repeatedly. Everyone knows addiction is injurious, but one finds it difficult to detach the self from it. It is an ongoing and continuous war within. Addicted one doesn't want to leave the addiction, because it provides him hope. Upon realization, addictions lose ground as there is no hope left in them.

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Mind recognizes the gap. Then uses all of its resources to build the bridge to fill the gap.

Mind sees diversity and then it evaluates resources at its disposal to make a bridge to reach to that end. Upon reaching there, it wants to be recognized by the one whom it is attracted to. Objective is to win the one, whom it takes as a challenge. Completion of the objective provides it the sense of success and catching the attention of the one or being awarded provides him satisfaction. When perception of the mind gets the backing of resources, objective gets realized. Wherever mind goes,



it makes the bridges and fills the gaps to win over the places to acquire satisfaction.

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Nature is silent.

It doesn't speak. It doesn't use words; that is energy. Nature is power. It doesn't need energy to convey. You just know whether it suits your nature or not. No words are exchanged between you and your nature. You just come to know. By following your nature, you just block a thought process, which gets initiated when mind is followed. Following your nature brings peace to you. It doesn't speak, and that's why you don't listen. Still, you know. Between you and your nature, the thing that exists is peace. All its messages are transferred through this peace. This is how the process of 'knowing' becomes initiated. Mind raises a question; if it gets dissolved in absolute, then it's like a permanent death. This thought creates fear. The best answer to this question is 'meditation'. Once it happens to you. This question elopes. This is how peace delivers its answers. A person knows that whatever happened, was better for him. The question is not needed anymore.

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You are most relaxed at the place where you don't get treated.

Especially, minimally or sarcastically. Being treated means that some mind is working on you. Understanding decides upon how a person should be treated. That's why different people receive different categories of treatment. With your selection of treatment, you want to give a message to the person. Buddha's presence is unique. He is not there to receive any message. Rather, his presence becomes a message

and a hope. He is not there to download anything. He is there to upload. In his presence, your conscience flourishes and receives a boost. Even if he doesn't speak a single word, his presence becomes a message.

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Difference between curiosity and reality.

Curiosity is hope + excitement.

Reality means witnessing a counter mind and materialistic duality. A good example of materialistic duality is food that is tasty and satiates hunger initially, after digestion becomes disgusting and stinky. Body has its limitation while dealing with matter and mind. Once hope is quashed, curiosity fades away, and upon witnessing both sides of duality, a distaste arises. Hope is curiosity without excitement. It's like a feeble ray of light. It's beyond mind and that's why it is not exciting. Hope is in the wait for light. It's a trait of captive consciousness. Curiosity is an attraction to initiate the process of achievement. Performance is also an achievement. If performance receives a positive feedback, then it kick starts an avenue that can be worked upon and developed to gain success and satisfaction.

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Success and setbacks are traits of "I".

Both of them are processed through 'my' that includes brain, talent, trait or destiny. Every experiment has two possible outcomes including success and failure. Failure becomes a setback when attachment gets involved with it. Mind receives the setback because it has the

propensity to attach itself to the experimentation it is involved in. Mind celebrates success with jubilation and excitement. Both in celebration and setback, society has a role to play. Both are associated with one thing such as memory. From both celebration and setback, the mind of society draws a conclusion. Mind finds an objective for the self in other's celebration. Mind calls it a 'trend' and wishes to follow the trend. Mind brushes aside other setbacks by defining them as person-specific and one-off cases. That is how it keeps motivating the self to move on. Mind wants to perform that experiment at any cost, because it believes experimentation is the only way to move on. It will keep raising the curiosity till the time experiment is not performed.

Success and setback are like complete or nothing. Somewhere deep down within, mind knows that there is something called complete. It is a deep-rooted memory of mind, which it draws from consciousness. Consciousness knows that nature takes care of everyone completely, without any shred of delay or denial. It's a total and complete commitment. Mind applies the same principles with matter as well. Here comes the problem. Many minds believe the same way that creates the concept of 'control' or 'possession'. Sometimes, to get control of one thing, many minds compete with each other. This is how success and setback become inevitable.

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Happiness, delight and bliss.

In Hindi, they are known as khushi, sukh and ananda. All three words are limited to the self. They say, happiness increases when it is shared. Happiness is about sharing. A tree is happy because it shares its fruits, oxygen, shadow and freshness with its surroundings. Releasing is about

happiness. A person feels relieved when he is able to vacate his bladder full of urine. Homemaker feels relieved when the useless items of house are drained out. However, she feels happy when she shares her utilities with the one who needs them. The act that brings smiles on others' faces provides happiness to the self. Your resources, when they get utilized to fulfill the needs (of the self or others), provide happiness. Salary from your first job provides happiness, because it enables you to fulfill your own needs. Earlier for the fulfillment of those needs, person was dependent upon others.

Delight is about finding light within. Realizing the hope within. It's about excavation within. It's about working on self and finding those special traits which nature has planted within you. That could be any special talent, strength, quality. Working according to that thing which you are very clear about, that special gift which nature gave you to work upon and deliver to the world. That specialty of yours is your light.

Bliss is about being encapsulated in own nature. Living life according to own nature. It is effortless living. You remain present and your nature keeps on working. Its smooth working provides you bliss. You are present and your mind is not interrupting the nature's process, but rather assisting it becomes a matter of bliss for you. This way mind is not working on you or acting independently, but is rather working for you. Without raising any question or doubt. This is how you become a factory that keeps working optimally.

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Pleasure, comfort and luxury.

Pleasure is about fulfilling desires. It could be individual, familial or social. Desires are rooted in unconscious mind. Freedom is a prerequisite for fulfillment of a desire. This way individual works on his own unconscious mind. All the individual, familial and social trips are about seeking pleasure. Comfort is related to hygiene, cleanliness, good sleep, politeness, nutritious and light food, and non-disturbing environment. Luxury is about ambiance. Ambition produces ambiance. It's about indulging in high-end living. It's about abundant living, while indulging in the posh side of life. It's about going a step further away from needs and desires. It's about image. When person believes that his image is much more important than his real self. Normal person 'photoshops' his picture to enhance the positive features and subdue the weaker side. Luxury is about 'photoshopping' the life. It's about enhanced living.

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World is a supermarket. One can't buy anything without spending something.

One thing associated with kids is happiness. Irrespective of their family background, they remain happy. Upon growing up, they do lots of things from acquiring, procuring, building, constructing, modifying, magnifying, etc. In this whole process, the thing which he spends is his inherent happiness. He becomes prosperous and abundant, but keeps guessing, where has happiness gone away? He was born with it and lost that very thing. How and why? Concentrated power with him was the cause of happiness. When it gets diluted and dispersed, happiness fades away.

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Sex provides relief, not peace.

The act of sex is full of pressure. When this pressure gets relieved, one feels at ease. Relief about the fact that pressure is released finally. However, to acquire this relief, one has to jack the peace off. Power is peace. Semen or vaginal discharge are the products of power. This whole act throws your peace out and makes one powerless. On the threshold, sex provides some glimpses of peace. When a person feels the absence of mind and memory. An isolated state, non-dependable and non-dual. This state lasts for seconds, and the person gets back to reality and duality. Mind creates imagination. Imagination converts lots of power to energy. Accumulation of energy within creates urgency to release pressure. The process of releasing the energy creates some moments of trans. Process is performed through genitals, but it is the mind that feels relief and consciousness feels the brief trans-like state.

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Spirituality is a subject of 'none'.

It's not possible to enter into bathroom being inside a car. One has to step out of the car to enter the bathroom. Similarly, it's not possible to enter into spirituality without getting rid of 'I', i.e. identity. It's a subject that covers whatever is beyond identity. Identity is not eternal. Earth has remained mindless for billions of years. Identity started erupting with development of mind. Life is divided into two parts: plants and animal kingdom. Before animals came, it was all about life, nature and absolute. Later on, evolution gave birth to mind. This body provides an

opportunity to become mindless. That is part of the reverse evolution that happens within. Spirituality is all about its outcome.

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I – mind, identity

Me – mind + body

Mine – mind + body + effect

This is what we get when we move outwards. Whereas consciousness, soul and absolute are the stages present within. I, me and mine exist in material world, whereas consciousness, soul and absolute exist in spiritual world. Material world's journeys are carried out in the company of mind. Mind points toward the body as the token of identity. Mind is the extension of ours which probes matter, its aspects and effects by getting affected by it. All internal stages are free of mind. Matter diversifies. Every diversification of matter is perceived by mind as an option. That is why it keeps working on various options.

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Mind exhausts body; consciousness doesn't.

People who apply lots of mind in their work get exhausted without doing any significant physical work. Mind consumes lots of energy in thinking process. Mind gets exhausted, and body gets tired. Threshold comes when mind gives up. Now it wants to switch itself off. While meditation doesn't exhaust you. Whenever you meditate, you feel energetic, relaxed and peaceful. Mind counts the work it has done. Sometimes just by thinking about the work done in the past, it feels tired and gets discouraged for future. There is a limit associated with mind. Mind is the limit. Consciousness remains present and nature

keeps on working. As consciousness doesn't do anything, no memory or fatigue is generated. Consciousness doesn't have memory. That's why it doesn't get tired or exhausted.

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God sends messages, not messengers or individuals.

Messages are important, not messengers. Messages can bring change within you and this is how your surroundings show the effect of change that happened within you. For God, messengers are not important, but for mind they are. In between the two of them, the condition of the person is weird. The one considered as a messenger knows that words coming out of his mouth don't belong to him, yet he stands in the middle and delivers them. He finds himself absent and becomes just a witness to the whole process. The biggest and the most beautiful thing that he has achieved till date is this state of being absent while being present. Just a void and what a beautiful void. He sees things passing by within and outside. He is present without having any opinion about them. Mind remains present, but very feeble. He witnesses some moments in subconscious mind, yet they are limited to outer surface only.

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Mind says, 'Whatever happens, we will see to it, '.

This means, 'I don't care, let's take the plunge'.

Mind means to say that consequences can be dealt with. The same mind bears the brunt of consequences. That is why it's fine, if it goes according to the mind, and it's even better if his plan fails. Failure also brings lessons. Mind is a provoker. It's not your able boss whose wish



should be your command. Provoker provokes and then stands beside to see the effect. It says, 'Let's march forward', if it was required, then we may use 'mine' to shield 'I'. Once 'mine' gets exhausted, we can ask for a favor. If a favor is denied, we will ask for help. If all options end, then it will be about fight or flight. In the worst-case scenario, we will try to save our soul somehow.

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Opinions are about duality.

Opinions consider individuals black or white, right or wrong. Opinions recognize individualities. They decide on culprit or victim. Opinion believes that individualities are true and real. They are responsible and liable. Opinions originate from understanding. Brain cultivates understanding. Brain is an extension of mind. Mind gives birth to individualities. Brain knows that mind exists, so anything done by someone's brain should attract accountability. Mind is the boss of the brain, so brain considers the mind supreme and real. Brain believes that mind can't be diluted. It believes that mind takes birth and dies, because that is visible, while in between it performs independently. Brain doesn't recognize nature. It's nature that makes the person gray and helps him to move from black to white, bad to pure. In between these two points, it remains gray. While being gray, nature continuously works on mind and shifts it toward realizing the self. Opinions are diverse because its processor, the brain, is on different levels in different people.

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Insecurity is related to 'mine', fear is related to 'I'.

'Mine' has been earned through efforts and dedication, so it should be preserved. That's what the mind keeps reminding about it. 'Mine' is considered security, so losing 'mine' is sure to generate insecurities. Present is about security, while future is about insecurity. 'Mine' is accumulated to ward off future insecurities. Mind generates fear. With the dissolution of mind, fear also gets dissolved. Mind is a researcher. It doesn't want to leave its ground till the time it reaches a conclusion. No one wants to leave in the middle of the journey. Every single mind wants to complete it.

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We sacrifice our happiness to acquire excitement and jubilation.

Our search for excitement initiates a process that ends up with sadness, depression and disgust. A group of birds finds some food at the ground; they sacrifice their flight to get the food, and this is how they end up being caught and put in a cage. Happiness is our nature. Every person's nature radiates happiness. However, our mind is our deviation from nature. It values good and propels us to do some experiments that can generate good news. With every piece of good news, a process gets initiated that gradually moves toward being bad at the end. Mind is a liability for the one who is contained within his nature. Mind is the asset for the one who wants to explore the world. The third ashram of Indian culture, Vanprastha, has been devised to move toward the happiness which exists in own nature. Vanprastha says, go back to your

own nature. It's your only shelter. After you get encapsulated in nature, you may move towards realization of the purpose of life.

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Mind celebrates because it wants to become a celebrity.

The concept behind celebration is to let people know what have we achieved. Jubilation is like a fizz that comes out of the bottle. When it comes out, it becomes evident and visible. Celebration is about jubilation and excitement. Achievements are to be showcased, so celebration becomes mandatory. Mind is behind achievements. Minds are like travelers. Travelers share their experiences and to do that they organize an event. Events are meant to inform and share. Classmates share their notes, tricks, methods and information to showcase their accomplishments. This is how they start being counted. This is how they become the stars of the batch.

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Geeta says, "Bear with it."

Don't react, just absorb it. Stay within the confines of your own nature. Don't leave your home, your nature, upon instigation of your mind. Even if your body gets killed in the process, it will be a fruitful feat for you. These are the natural aspects of Brahmin. If you are Brahmin, bear with it. This bearing will propel you within. It will bear the fruits of penance for you. Whereas a Kshatriya's natural aspect is to defend. There is a difference between violence and defense. Violence is for destruction. Defense is for protection. Even the Kshatriya nature doesn't allow to instigate and disturb peace of others by misusing the control, one commands. Defense is to maintain a piece of land or rights.

Brahmin nature bears suffering to remain in own nature and work accordingly. However, he should defend his body from external malicious assaults because this body is the way to realize the purpose of life. Whatever nature wants to perform, it will execute through this body, as it's a tool, and by the nature eternal blessings it becomes a tool of nature.

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Two ways: either keep working on the recipe for years to better it, or root out the dependency upon taste.

Mind raises questions. These questions consume resources at your disposal. This process goes on throughout life. This is how mind would keep consuming your focus, because its focus generates the resources. The second choice is to abolish the question itself. The way to do it is through meditation. This is how you are able to save your resources, which can come handy to meet the basic needs of those who need them for their survival.

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All resources are limited to duality only. Beyond duality, there is no compulsion of resources. Resources are products of duality.

Mind is dependent upon resources for its happiness, whereas consciousness has direct access to happiness. Non-dependency upon any cause or related effect. Mind has to permeate through resources to reach happiness, whereas consciousness bypasses matter. Mind can't buy anything which duality offers without spending its power. Whereas consciousness is not under any compulsion to spend its power to buy happiness.

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Followers are not meant to follow Krishna, Buddha or Christ, but rather they can only follow the path shown by them.

Buddha offered his body to Angulimal to be killed by him. Until that time, Buddha had fulfilled his purpose. It's a complete detached state from body. Now Buddha didn't have any lust to retain his body. He surrendered to existence. If existence wanted to fulfill a purpose through killing his body, he was ready. However, he wouldn't do the same when he was in search for truth, because that very objective needed a body to be realized. Buddha's followers are not Buddha. They are still in search for truth, so they need a body. Krishna killed many demons. He chose to do that because it was a part of the leela associated with his life. He had to demonstrate that evil meets its fateful end. He chose to do all these leela in the timeframe when law of the land was different. This demonstration was to make people patient. He delivered Geeta for the future seekers to follow.

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Culture is to keep you ascetic.

The whole concept of Indian culture is to prepare you for that ultimate event, in case your destiny decides to take you to next level or beyond. You should be ready to take the flight. In case you decide to turn inwards, then onwards journey should be smoother. A lot of ground would have been covered by the time you decide to start the journey. Penance is like keeping the road ready in case you want to drive. Penance is about purification of nature, whereas practice is about controlling the mind. Do you come from a Brahmin family? This means,

‘are you from the family of ascetics’? This question seeks to enquire this.

Why do we need a culture? A person gathers experience in his life. When we compare it with the collective experience of society, it is minimal. When we add realizations of the forefathers of society, then it becomes a treasure for new generations. It is just there to provide a platform for the public to catch the train. In the absence of the platform, a crowd has to stand on the ground level, which makes it tough to catch a train from uneven and a low lying ground.

Mind sees beginnings and ends, births and deaths, but culture with its treasure of wisdom says that life is not a procedure which starts and ends, but it is rather a flow of life through different bodies. Mind feels strongly about its own family, whereas culture says, ‘The whole world is a family’. Mind believes that I can act and run away without being caught, whereas culture says that your every action is bound through ‘law of karma’. Mind seeks happiness for the self, whereas culture prays for ‘happiness for all, health for all, enlightenment for all and eradication of sufferings for all’.

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Perfection doesn’t need maintenance.

Nature is self-dependent and self-sustaining. It is not dependent upon mind to maintain and sustain it. Nature takes care of the jungle. This is what perfection is all about. Man-made things demand maintenance. Service sector is about maintenance. Maintenance is the deviation from perfection and vice versa. Mind creates the body and deteriorates it through multiple addictions. All addictions bring suffering,

irrespective of their origin. Substance, psychological or emotional. Maintenance is a tiresome process. It needs brain. Brain has been devised by mind to sustain the maintenance procedure. All the maintenance jobs come with a prerequisite of responsibility and accountability.

A city needs a whole lot of maintenance, whereas a jungle doesn't. A city is beautiful, exciting and attractive, whereas a jungle is serene, peaceful and fresh. City needs light in the night, while jungle doesn't. City is about business, and jungle is about nature. Brain makes cities; nature makes jungles. Journey from mind to nature is the journey from imperfection to perfection. Mind provides us attachment which has its own flip-flops. Nature provides us love, which liberates. Desire is liability. Liability needs maintenance. Nature has no desire, so it has no liability. No liability means no maintenance. That means perfection.

Mind is about imagination. Brain is about innovation and maintenance. Refined mind produces refined products that stand for quality. Quality needs less maintenance. Brain pleases the mind by providing good quality and good service. Duality of the matter is the cause of imperfection. Non-duality of nature is the cause of its perfection.

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Death takes 'me' and 'mine' away from 'I'.

Death brings three major changes:

1. It takes away the identity,
2. It takes away the control associated with identity,
3. It takes away the tool to fulfill desires, i.e. body.

Post this process, an individual gets reduced to 'I'. this very 'I' becomes the cause whose effect is seen in the form of a body, i.e. birth. Nature doesn't deny the tool, such as a body, to 'I' which is mind. Nature supplies the tool with a precondition that it has to be returned after the designated time. Five elements constitute a body for 'I', which gets dismantled back into these elements. Nature doesn't want for the mind to remain permanently hooked with the body, so it provides a temporary arrangement to the mind which is called body.

In case one is not obsessed with his identity or the control gathered through this identity and has worked on his objectives. One who has realized the duality associated with every desire. One who has seen the both sides of the coin and is not interested and excited about the experimentation anymore. One who has paid back the debts of nature. One whose mind has been dissolved. One who is out of this circle of illusion. One who has realized his true nature. One who has come back to the self. One who has had enough of this attachment and detachment, coupling and decoupling and the sufferings associated with the process. One who has realized his Buddha state, death can't take anything away from him. When one has not lost anything, then why would he try to regain it back? No one tries to regain back, used and unuseful items. A person who has served his sentence is not under any compulsion or desire to go back to jail. He is free now.

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A particular type of nature is defined as a mother.

Behind a female body and biological mother, one who works as a real mother is a particular type of nature. That very nature is responsible for the zeal of producing children, bringing them up carefully, and



remaining committed to them throughout the life. In case of mother's early demise, the father plays the role of the mother, and in some cases very efficiently too. Nature is effortless, so throughout life a lady keeps playing the role tirelessly and efficiently. Her grandchildren also get the advantage of this nature and in a more refined way, as with time a mother evolves into a grandmother. A mother is a mother for life. A person remains most comfortable in his own nature. So, a mother is always comfortable with being a mother. Some girls know this thing very early in life: they are born to be a mother. Ladies love this identity of being a mother and readily accept being called as 'Soni's mother' or 'Sam's mother'.

Being a mother is not an assignment or a job that comes with a "sell by date". It's a flow, so a mother remains a mother until her last breath. It's like a mango tree remains a mango tree throughout its life. This is the beauty about mothers – they don't change. They remain the same. Such is the selflessness associated with this nature that they are taken for granted and they don't mind it or complain about it. Being a mother is not about an individual; it's about nature. Nearly half of the human population shares the same nature, irrespectively of their cast, color and religion. Religion can affect mind, but not nature. Mind is restricted in its approach, as it is limited to visuals and perceptions. That is why it misses the prevalent nature around. Even the mind of a mother fails to read the nature; that is why it keeps differentiating between ladies as his mother or her mother.

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Living peacefully means living according to own nature.

This is the simplest explanation of peace. Upholding own nature is creating peace for oneself. Like any color, nature has multiple shades. A person's own nature is the abode of peace for himself. Every shade of nature wants different things in life. A thing or task that brings peace to one person can't bring peace to another person with a different nature. Recipe of peace for a lady is completely different from the recipe of peace of a male. That's why we hear often, 'It's not easy to understand females.' Its true because their demands from life are different from the male's demands from life. Brahmin is not a designation or a cast; it's a nature. Likewise, being a soldier, businessman, innovator or service guy is not about choice. It's about being self. If a person finds a seat in a crowded bus, then his journey is relatively comfortable to the ones who haven't find one. Being in own seat in the bus is like being in own nature in life.

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Being professional means being ready to be pulled out.

Professional unknowingly gives this right to others to pull him out from his comfort zone anytime. He is sitting with himself peacefully and someone comes calling him. Sir, your services are needed, kindly start working. People pay professionals for engaging them. Their expertise makes them sought after. This is a classic case of how your assets become your liabilities. If you start walking toward oneself. You want more of your own time; they also want your time. Earlier, only mind wanted your time, but now you want to utilize your own time for soul searching. Soul wants your time so that it can dissolve mind whereas Mind wants your time so that your skills can be utilized.

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Real happiness liberates.

Celebration, jubilation and elation bind you, whereas happiness liberates you. Celebration and jubilation are repetitive in nature. A person wants their repetition, in order to get some juice out of them. If they can't be repeated in reality, then mind keeps repeating them in memory. This is how it extracts some excitement out of it. So their repetition becomes a necessity. Repetition is dependent upon the future. This is how happiness gets dependent upon the future. If there is no future, there is no happiness. This is how a person gets bound to the future, because he believes that the present is monotonous, while the future will bring happiness along.

Happiness extracted through relationship between two persons is also binding, because a relationship is dependent upon time, as body is dependent upon time and every relationship is formed through body only. Anything which is time bound attaches the person to it. In the name of jubilation, attachment is given to us. Attachment doesn't liberate a person. A non-liberated person is dependent, and dependency doesn't bring happiness along. Happiness is about liberation. It's about being liberated from the traits of nature and personal dependency upon them. Celebration is dependent upon a group. Group brings happiness to an individual, while in case of happiness, the process gets reversed. Happiness arises from self and travels to the group. Group is the beneficiary at the end. While in case of celebration individual is a beneficiary, as there are some objectives attached to celebration. If not primary, then secondary ones.

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Businessman's nature and businessman's mind are two separate things.

Businessman's mind wants success and is ambitious. Whatever it earns through business, it uses it as fuel to enhance or project own individuality. Businessman's nature wants to do business with ethics because it is not into ambition. It wants its needs to be fulfilled through business and whatever is excess should be used to fulfill others' needs as well. That is why Krishna says, by doing business, one can realize his ultimate goal of life, liberation. When success and business don't get limited to own mind, they flow out to reach up to those who are currently in need. Mix clarity with ideas, and it gets turned into confusion. Nature is clarity. Nature's cycle is an apt example of clarity. The cycle itself stands for clarity; otherwise, it will become a process. Nature is clear about what she does. Mind wants to do many things, and its every desire initiates a process. A wheel is round, and that is why civilization is dependent upon it for its journeys. For a wheel, it is clear that it has to roll, but the person sitting in the vehicle is on an objective, after completion of which he will chase another objective. This is how a wheel is happily bearing the burden of multiple objectives.

Businessman's nature will keep doing business without feeling burdened by it. It won't be about the earnings at the end of the day, but rather for them, it's about extracting satisfaction out of it; for him all the days will be same. Because it does the same thing every day without being bored or feeling exhausted. Inner nature liberates you, because it keeps doing its work without the assistance of the mind, and the person feels free while doing it. A person gets exhausted when he gets attached to it and start taking it as an objective. Objective is outcome-based. Nature is process-based.

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Light of wisdom remains alive in present only. Past and future are like strong winds for it. It gets lightened in present and remains burning in present only. Whatever light it generates, it continuously pushes the bearer toward timelessness. The whole of the present is about light and clarity. Future is about deviation from the present. Present is like the main trunk of the tree, whereas the future is its branches. Branches are dependent upon the main trunk for support and survival. Sun is like the present which always remains in light. Night is about the past and day is about the future.

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A day will come when your nature would get liberated from your mind. That very day, one finds love. The source of love. That very day you find your own home. That is your own nature and it is free from the captivity of your mind and the moments of the past, when your nature got mixed with your mind, and that gave birth to your individuality and your dependence upon identity. A day will come when you will be liberated from your mind. That very day you will be free from dependency upon identity. That very day your limitations will be over. That very day you will spread all over. That will be the last day of you being a cocktail. That day all the flavors of the cocktail will get separated and you will be able to recognize them individually. A cocktail is given a name and then onwards it is recognized by that name only. The reverse cocktail procedure will separate you from other ingredients, and that day you will be able to recognize the self and the other ingredients that were mixed with you to form a cocktail. You are

no more a cocktail now. You are one fresh natural ingredient in it. That day your identity and the related liabilities perish.

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Mind loses its ground to nature.

Mind doesn't get defeated; it just loses. Nature doesn't fight with the mind. it remains committed to it and at the same time it ignores the mind. Like a trespasser only enters the property when it sees that it's not guarded similarly mind gets unruly when it doesn't find willpower around. Nature doesn't speak a word. Silence is its nature. Silently it outplays the mind, like it wasn't even a contender, but just a trespasser. Contenders get entangled with each other in a dispute, not the owner and trespasser. Trespasser flees when it sees a strong owner. Until the time person remains powerless, the mind gets an open ground to play and to control. Whereas in the presence of internal power it becomes like a ground full of rain water, and now the game can't be played on it. Now mind will have to sit and relax, until the time water gets drained out. This body is like the field under control of the mind; however, when power takes over, the mind starts getting restricted. In Buddha's case, it's only nature that gets exhibited through him.

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Every excitement calls for a liability.

Everything that a person gets excited about turns out to be a liability for him. Getting excited means the power is getting transformed into

excitement, which means a person is losing his power. To get rid of liability, one has to pay. Payment is made through the coins of resources and power. Every sight of potential asset invokes excitement. Assets and liabilities are a part of one same coin. So, if one chooses to acquire an asset, he will have to inherit the liabilities too. This is duality for you. If one goes for sweets, one will have to inherit calories and fat. If you go for action, you are liable to equal and opposite reaction.

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Attachment has its share of compulsions.

This means my attachments are my compulsions. 'I' went after the attachments and got compulsions as a return gift, as if it was a package deal, like buy one, get one free. Attachments and compulsions together take up a great deal of energy, which could have been used for fruitful purposes.

Dil ne nikamma kar diya yaro,  
varna banda bhi tha kuch kaam ka

This means my attachments are draining away the major chunk of my power which is making me useless. Otherwise, I could have been of some use. Poet feels that his resources are not being optimally utilized because his focus is getting dispersed. That means probability is there, but obstruction is also there. Obstruction reduces probability. Once obstruction gets removed, probability increases simultaneously.

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Every process of action and reaction is a part of a chain reaction. If someone chooses to be a part of this process, he will be checked at some level. There is no escaping it.

A person can choose to be a part of action and reaction process, advocated by mind, or he can decline this recommendation and choose to remain aloof. By doing so, he upholds his nature. Nature never reacts, but mind does.

By choosing to go with the mind, he exposes himself to be amidst push and pull, where he will have to push his case forward and he can be pulled for his involvement in the process. So he can save himself from great deal of suffering by just staying away.

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Mind, time and boredom.

All three of them are interconnected. If one springs up, the rest of the two will follow suit. Abolish mind and it will wash out time and boredom too. Mind points toward time and reminds one that there is a lot of ground to be covered, which could be boring. Covering a long distance without excitement attracts boredom, so try to attract some excitement in between. Strong mind feels time strongly. Diluted mind has a weak sense of time.

Mind is the cause; time and boredom are its effects. So the effect of time on psyche and boredom can be controlled by achieving control over mind. Throughout the day, we keep ourselves busy to keep boredom at bay. That means we counter the mind through the nature within, which remains continuously at work. This is how nature becomes our shield to keep mind at bay.



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Expectation and neglect are two sides of the same coin.

Expectation has a hope of affirmative reaction. Walking is made possible because earth always reacts affirmatively to the pressure exerted on the ground by legs. Nature is bound by a process, which is eternal, and that makes the affirmative reaction guaranteed. However, when mind gets involved in between, eternal gets deleted and affirmative becomes dicey. The reason behind it is that mind takes every situation individually and wants to safeguard its own interests in every given situation. That is why when mind gets involved, affirmative reaction becomes suspicious. Non-affirmative reaction is considered neglect.

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Mind has control over very little part of the cosmos.

Cosmos is controlled by nature. Nature provides resources to the mind for experimentation. This experimentation produces karma. So the resources used by mind are sure to produce some consequences. Essence of Indian culture tells this to us, which rampant mind suspects. These resources can be used to alienate the self or can be used in realizing the self. Mind harbors the ambition to have control over a greater chunk of resources. Whatever resource falls out of natural process and comes in control of mind generates karma. Mind expands its ambition through its quest for greater control over natural resources. Ambition is an interesting term, which itself is controlled by time and wants to extend or abolish this restriction of time. Cosmos

runs on natural power, about which mind is unaware. Mind is meager, while nature is giant, and the absolute is the source of this giant.

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Attachment uses desire as a substrate to cultivate itself.

If two persons are related with some extent of desire between them, then attachment ensues. If there is no desire in between, it will be an association without attachment, thus pure love can flourish. Plants need soil as a substrate to grow upwards, and similarly attachment needs desire to build the self. The tree of desires bears the fruits of 'mine'. 'Mine' is associated with profit and loss, favorable or unfavorable, asset or liability. In the absence of desires, friendship flourishes. In the presence of desires, lust emerges. The whole faculty of 'mine' flourishes because of visible or hidden desires.

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Why organized life?

Because organized life doesn't have to fall back on mind repeatedly to clear up the mess created by it. Organized life is like a flow, without unnecessary hindrance of mind. Whenever mind sees some mess, it gets tempted to seep in to control the situation and get acclaimed in reward. Nature is organized. Organized life is driven by nature within. Organized stands for balance. Mind creates imbalance. An organized person wants to put his things in place, so that when they are needed, they would be found in place. When something is missing from its designated place, the mind gets a chance to become active and play detective. This is how mind disturbs stability. Organized process runs without the interference of mind and provides stability to the person.

Focus in internal world gets exhibited as organized life outside. When consciousness finds its place in nature within, surroundings automatically start getting organized. Life outside is divided into two parts, psychological and material interactions. Sometimes things look organized in the house, but on psychological level it remains messy.

When a person moves inwards, gradually his focus gets shifted away from psychological dependencies. Nature has a unique tendency of cleaning up the mess. So, over time, psychological mess also starts eloping.

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It's not a rule that.

When two males meet, they only talk about business and politics, or when two females meet, they will gossip about others, or when a male and female meet, there is always physical relationship in mind.

When two male minds meet, they talk about ambition. If not own, then someone else's. That is why they love to discuss politics. Male mind says that social ambition is the way to go ahead. So talks about success almost always find a mention in the dialogue. Equation changes when a person driven by mind meets a person driven by nature. In this case, if there are talks about success, ambition and business, they would be very formal ones, because there is no common ground between two of them.

Female mind harbors family ambitions. So they love to talk about family, kids, shopping, gossip, accessories, possessions, experiences, comparison with others, flaunting own family's strong side, suggesting others and taking suggestions from them on family matters. When

nature takes over the female mind, they become nonassertive, self-dependent, with no family ambitions and no interest in family politics; they are comfortable raising their kids without being dependent upon the male partner. This sort of nature doesn't gel comfortably with normal female minds.

A male mind and a female mind are like two opposite poles, which attracts each other, but a male and female under dominance of their nature won't be under compulsion of their respective male and female mind. It could be a non-sexual association.

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Civil engineering and spirituality.

In construction work, to clean the clogged pipes, engineers use highly pressurized air behind a soft ball. Pressurized air pushes the ball forward, and that eventually cleans the pipe to resume the flow of concrete. Same methodology is applied in the spirituality as well, when power cultivated through penance pushes consciousness upwards, cleaning the blockage of karma, and ultimately consciousness is ejected into space while keeping hold of the body. This is what enlightenment is about.

Power gained through penance keeps working on the pipe to dilute the impurities, so that when required, the channel could be opened easily. Kundalini is that pressurized air that pushes the consciousness upwards, against the gravity. Penance, practice and surrender – these are the three limbs of a spiritual trident.

Engineering and spirituality both need power to carry out their work. Engineering has tubes and pipes, while spirituality has 'nadis' to assist.

Both of them need natural resources to work with. Engineering needs cement and concrete while spirituality needs a body. Both call for optimal utilization of resources and want to avoid wastages. Engineering works on external surroundings while spirituality works on internal surroundings. Engineering works through mind, while spirituality works through consciousness.

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Conscience says worshipping is important.  
Mind says method is important.

Method is related to identity. Mind never wants to lose its identity. That is why under the influence of mind worshipping gets suppressed and method takes the front seat. Two different communities living in common area, each of them driven by mind, will remain suspicious and uncooperative with each other. If the majority of the population of both communities is driven by conscience, they remain cooperative and harmonious with each other.

Conscience knows that it's always about worshipping; methods are multiple. It's not about the procedure, but rather it's about the outcome. Methods are different because every single dot is surrounded by a 360-degree angle. So to reach up to that dot, there are at least 360 ways present. Every single degree is divided into 60 minutes. This is the reason that every social religion has multiple divisions and subdivisions. However, every path leads to one ultimate goal. Every minute and angle leads to that single dot.

Mind has a problem that it cultivates attachment, regardless of the person, place, situation, habitat, group it is acquainted with. Energy at

the disposal of mind works as a glue. Now the choice lies with the person, who it wants to go with. Mind or conscience.

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Spontaneity is productivity without planning.

Productivity is dependent upon spontaneity. Nature is spontaneous; that is why only nature is productive. Mind is not productive; it's constructive. Creativity comes from talent. Creativity and productivity both have their roots in nature. Mind does the planning. Planning is to attract success. Planning can never be productive; that is why it is limited to construction. Productivity is not a domain of mind.

Mind through planning adds novelty to the outcome, which it wants to take credit for. One substrate can be given different shapes, and its every shape would be a novelty. By mixing the substrate physically or by chemical reaction between two or more elements, another novelty is born. Mind scrutinizes the outcome, documents its positive and negative aspects, and the outcome becomes ready to be floated into the market so that business can be generated through it. Business is a classic case of duality composed of either success or failure. Business is driven by mind.

Spontaneity is driven by nature within. No planning or thought process is involved in it. Whenever a thought process is involved, novelty will be claimed and a new patent would be generated. Nature works on one principle that is 'keep producing and keep forgetting'. Mind adds value to every outcome and on the basis of merit, it starts saving and securing.

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Mind wants to change its surroundings according to its taste.

Mind knows only one doctrine that is 'control'. Mind has senses at its disposal. Through the senses, it plays the game of control. Mind starts losing control once the senses start receding. In old age, brain surrenders, but its mentor, the mind, keeps holding its ground.

Gloomy, it witnesses the fall of senses. It's like a king, who witnesses the defeat of his army and loss of his empire, but still keeps the flame of victory burning in mind. Post defeat, he wants another chance to prove oneself. He wants a new well-equipped army that can win his control back and if possible conquer the new land.

He returns back. This time in a new body, with fresh senses and better control. More ammunition and greater zeal. However, how does he get another chance? It mother nature, who provides him a new opportunity. New because he is open to the idea of novelty and wants to explore it, and nature is there to support him unconditionally. This time his success lies in his ability and efforts to turn the tide in his own favor. To prove it, he wants to make changes, and changes should be visible and palpable. This is what success is about; it is about controlling efficiently and effectively. Effect is all about affect; efficiency is about durability. The idea is to keep expanding the surroundings and keep changing them according to own taste, idea and ideology. These changes will compel people to associate the area with its ruler.

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Nature wants to be unaffected by surroundings so that it can remain productive.

It doesn't want to change its surroundings to soothe the self, but rather it expects from surroundings to not to disturb it, so that it can take out what it has within. It doesn't expect anything from surroundings. The last things it wants is to get disturbed by some mind. Nature doesn't want to interfere. Nature is flow. All it wants is to flow. Mind looks backwards to glance over the things it has constructed. Consciousness wants to look back to see how productive its presence has been.

Consciousness is not productive; it's nature. Consciousness wants to let nature work. Earlier in an attached state, consciousness was mind and at that time it wanted full freedom to experiment with matter. Now, in a post realization state, it just wants to let the one work, who is in charge of all the works. Buddha knows this, so he lets nature work through him. This is how one Buddha life becomes so magnanimous. This is the reason that he is able to do so much work in just one life. Mind always interferes with nature; that is why a life driven by mind remains restricted in approach and productivity.

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House provides security; home provides insulation for nature to bloom.

House provides a cover from extreme weather conditions. Body can only operate optimally in a certain temperature bracket. Animals are dependent upon evolutionary features to protect themselves from environmental changes, whereas humans developed technology which helps to keep body comfortable, even in the extreme weather conditions. Humans seek shelter to minimize the effect of weather on them. In earlier times, the protection was dependent upon natural



resources, while with the evolution of mind, it became more technology-dependent. Apart from weather, security is needed from hostile minds also, those who are in search of their food and other objectives. Shelter is also needed for safely igniting the fire. Fire is mandatory for cooking. Cooking makes the food tasty and easily digestible.

Once in the form of home, security and safety are attained, the next thing a person wants is to live life according to own nature. House provides shelter to body, while home provides shelter to a particular nature. Nature exhibits the self. Now, the mind driven by nature wants to act freely according to its own nature. No matter how much haywire a mind goes, there is always some natural tendency remaining present in the person. Even the dreaded criminal minds have traces of natural traits in them. House provides shelter to the body, whereas body provides shelter to nature, and nature provides shelter to consciousness. This is how the ultimate home of every person is his own nature.

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During the time life remains within the body, the body remains fresh.

Life within means freshness within. Life is out; degeneration starts. This means freshness comes to body through life. Freshness doesn't come to body straight away. In the absence of life, a body can't secure freshness from environment. Freshness is outside and it is 'prana'. Freshness is dedicated to life, not the body. Life always remains fresh, within or without the body. Prana, or freshness of environment, is the power of nature. That power is the one through which this whole creation goes on. That is why Krishna says that life changes the body

like clothes. Body is just consequence. Food available for body has variety, while food for 'life' is this power. Just because of this power, life is comfortable within and outside of the body.

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A person fails to see the things which fail to ignite excitement in him.

All the things that can't invoke excitement in the person remain unnoticed. Everything visible gets registered in the memory. Vision is governed by mind. Through excitement, mind keeps on updating and enriching the data of memory. Memory is the depository of exciting happenings. Consciousness keeps getting stronger through the availability of power. The stronger is the consciousness, the more controlled is the mind. Through power, mind gets converted into consciousness. A disciple asked his guru, don't the sensual sightings affect him? Guru told him that he is not able to see them. They may be before his eyes, but they don't generate curiosity in him, so they remain unnoticed.

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Happiness belongs to simplicity.

One driven by understanding is a good role player. One who is sharp is successful, whereas one who is simple is happy. A successful one always wonders why he is not happy. The reason is simple: he may not be simple. One who is simple lives within his natural confines. Living within natural confines is happy living. This is the most comfortable place for the person to live. This may or may not be full of luxury, but one is comfortable within.

Sometimes, we wonder, despite being among success, luxury, and comfort, where has our happiness gone? The answer is simple. Happiness has been spent on acquiring success, luxury and comfort. If success has been acquired through following own nature, then success, luxury and happiness can live together, but when success is the consequence of moving away from own nature, then success remains, but happiness vanishes. Happiness means living free from mental insecurities. While living within the natural confines, a person stays away from mental obligations. Every action taken on option presented by mind brings some mental obligations along. Natural living is living without being dependent upon options presented by mind. All actions are driven by nature. Individual remains free from making choices, taking decisions, planning and execution. This is free living. Joyful living. If the person keeps on playing the game of success, then he unknowingly keeps playing the game of thorns. Natural living also brings success, but in this case success is just a by-product rather than the mainstay. When mind has its way, then success is the prime object.

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Natural living attracts realization.

One who lives within his nature, through his interactions with the world comes to know that life is suffering. This realization propels him within, away from the attachment and illusion of material world. This is the reason Krishna says, 'Bear with it' and don't leave your nature. Those questions about the world were natural questions for Siddhartha. This is 'Siddhartha nature'. A lot has been said about Buddha nature, but Siddhartha nature is the substrate on which 'Buddha nature' takes birth. Siddhartha didn't let those questions go away from him. Society

tried with him, as it tries with everyone to persuade its members to live a stereotypical life. However, destiny had other plans, and Siddhartha didn't adopt the set plans given by others. That is why destiny took him toward the answers to his questions.

This is what natural living offers you, the realization. The world says to keep trying to change your orbit by achieving success, to continue going to the next league. Similarly, inner world offers you realization. That is what changes your orbit and draws you closer to your own center, the 'self'. Realization brings clarity. Now actions of life get driven by those realizations. Like in Buddha's case, his realization changed everything around him and around others who followed him. The power around the south pole of your body, such as its lower half, increases the potency, while power around the north pole of the body, meaning toward the brain, increases your potential. Realization increases one's potential multifold. Person doesn't remain the same thereafter. Like Siddhartha didn't remain the same post realization; he became Buddha.

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Things 'granted' to us.

Every person gets these three 'for granted' things, such as time, body and power. One can use them the way he wants. No one makes you accountable. No one takes the account of them. These are the gifts given to you by nature. It never comes to you face-to-face to enquire about how you utilized them. However, the way they are utilized creates something called 'karma'. Karma is an invisible baggage on our back. It's like a bag that keeps taking something out of it and presents it before us. Time, body and power are three real assets of everyone. Time is the stretch, for which one remains in contact with matter in its

present form. In reality, time and body are the derivatives of power. In the 'bodiless' state, one remains draped in power. Power provides an opportunity to cultivate the body around and experience matter and time.

For consciousness, power is enough, while mind wants experimentation with matter and time. That is why throughout our lives mind tries to take control of body and time. All aspirations of mind are associated with body and time. While consciousness prefers to be peacefully contained within the power. Visible world is the result of excursion outside of the power. We live casually within the house, but to go out we need to get dressed formally. A person remains same, but the dress changes. Similarly, consciousness gets changed into mind, as one embarks outside of its abode, which is power i.e. peace. Everything granted to us is limited, as our retention power is limited. Nature keeps granting time and body to us in every life, until the time one decides "I am done." No more action now.

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One common mistake.

We make a common mistake when we start considering those things as 'mine', over which we exercise our control. Every perception of 'mine' needs control over it. Control desires attention. In the absence of attention, there can't be control; in the absence of control, there can't be 'mine'. This is how perception of 'mine' soaks up too much of our attention. These are the side effects of control. It robs too much of our main resources, which are time and focus. So to contain the control, we spend our time and lose our focus. Control is a business. One can't exercise control without spending something. It is simple, give or take.

Because we take time for granted, we don't have any problem with spending time. As far as focus is concerned, it has already been lost and we are not even aware of it, so one is hardly bothered by it.

Control is a temporary phenomenon. One starts losing his control over his possessions once his senses start deserting him. Control is lost forever once person loses his body. The game of control is exercised through identity. Sometimes, during the course of life, when senses are also intact, if a person loses his identity, he loses his control associated with that identity. In some cases, those alive people who have been declared dead, by some faulty admin system, struggle to prove that they are still alive. As their identity has some associated perks like insurance, privileges, social security, property, rights, recognition, etc., sometimes when identity becomes a liability, people want to shed their old identity to evade the accountability associated with it.

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From family time to 'me' time.

In most cases, a person's time is divided into two parts, such as official time and family time. In developing countries, people generally work for six or seven days a week and their day is divided into official time and night time, which is family time. In developed countries, they further refined it. They classified weekend, Saturday and Sunday, as family time and the rest of the five days are also divided into official and family time, where night time is family time. These two are well-recognized time slots.

However, me time has not been recognized yet. All wisdom of the culture has emerged from this 'me' time. It is ironical that some of the

developing countries who have rich cultural heritage became attentive to development so much that they forgot that there is something called 'me' time, which should be made available to every person. Ambitious living soaks up our 'me' time. The third and fourth ashram of Indian ashram system recognize this 'me' time. Human resource is not only limited to his skill, expertise and time. One part of every living being is attached to divinity. Humans are closest to that divinity because they are the most evolved form of life, which can raise its questions and seek answers. Geeta mentions such point that the person living in natural and peaceful environment has some advantages, as far as his inner growth is concerned. Ancient Indian civilization has divided the time allotted to each individual in such a way that a person can progress in both the worlds, material and maternal. Material world is made up of 'apara shakti', while maternal world is constituted of 'para shakti'.

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Every single person is unique.

Till the time one remains unaware of his uniqueness, he doesn't have any other option, but to compete with others for the sake of control over available resources. Once the person recognizes his uniqueness, competition ends. Now it's not about competing with others. It's about realizing own full potential. This marks the shift from the mind to the self. Numerous mango trees in one orchard don't compete with each other, but rather they work on maximization of individual potential. Human life is about competing with others, whereas plant life is about realizing its full potential. What makes the difference between the two of them, as both are life? It's mind which decides how to move ahead. Plants have purposeful living, and humans have ambitious living.

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Excitement about anything dies down after acquisition of control over it. After acquisition, it's about control. So, excitement becomes control. Control calls for tension. Tension varies from mild, to moderate, to severe. It depends on the level of attachment with acquisition. This is how attachment gets converted from excitement to tension. In the absence of excitement, there can't be attachment. That is why Krishna says that it's better to stay away from excitement-suffering duo. One who refrains from excitement also ends the possibility of suffering associated with it. Attachment arises from curiosity. Curiosity arises from illusion. So, in the absence of illusion, there can't be curiosity, attachment, excitement and suffering. Illusion is the basic cause of suffering.

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Paradise belongs to fools.

A smart gadget goes to service center first and finally to scrapyard. A fool remains a fool, while smart gets outplayed by smarter. Dependency upon brain makes a person smart, while continuous work on brain upgrades him to being smarter. Smart is insecure of smarter. Smart has to continuously update himself to overcome the natural decay process, whereas a fool is out this business of displaying smartness or updating the self. The mind terms people fools if they don't go with the trend. They need curiosity and interest to follow the trend. One who is aloof from it, keeps following his nature, remain free of this continuous struggle to update self, according to external current called trend. The power saved in the process gets used up by nature.



Every paradise is made up of nature, while mind makes amusement parks.

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Bharat's gesture disarmed Kaikeyi.

Kaikeyi became offensive to secure the control of state for her son Bharat. Bharat detached himself from the lust of control on state and from mother as well, for taking such a stand. Her offensive gesture to secure the crown proved worthless. On the other side, Rama didn't show any interest in reacting to secure control over the state. Rather, he chose to embark toward the jungle to fulfill the promise given by his father to Kaikeyi, the stepmother. Every action wants to see reaction. Inciting the reaction provides a sense of victory, while denying a reaction instantaneously creates guilt in the person. The 'crown' which was priceless for Kaikeyi, Rama hardly shown interest in it, rather he was more interested in keeping up the promise of his father given to kaikeyi. Rama's gesture filled Kaikeyi with guilt. Guilt is like a furnace which no one would like to go into.

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If racism is countered with racism, then only racism would win.

Land becomes prosperous by optimal utilization of human resources, and not by upholding any ideology. Ideologies make countries mean and aggressive, while compassion makes countries great and peaceful. Freedom of expression is not limited to voicing ideologies; real freedom of expression is freedom to express oneself through talent, work, creativity, ideas, and free movement. State becomes real beneficiary of this freedom. Freedom to express talent drives development.

Development attracts talent from faraway places. Talent and passion need favorable atmosphere to express the self. If state backs the talent by providing resources and encouragement, then state is able to create a knowledge bank that drives technology, and ultimate benefactor is economy. An economically viable state can pass on the benefits to its needy population by providing food, health, house and education facilities.

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Happiness is the by-product of delight.

Inner delight is expressed in the form of happiness, like steam is the by-product of boiling water. Boiling water remains contained within the pan, but evaporating steam becomes visible from a distance. When a printer is full of ink, it continues to print papers, whereas when it runs out of ink, printing becomes hampered. Ink is not visible, but the print is. Talent is deeply seated, while it becomes visible in the act of the actor. In the absence of delight, one wonders, where has the happiness gone away?

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Desire is inversely proportional to power.

More desire, less power. Power emanating from soul crosses unconscious mind, conscious mind, and voluntary muscle to reach the senses. Desires use all of them to get fulfilled. In this process, they use a vast chunk of power. To get exhibited, power gets converted into heat and energy. This is how senses convert and use it. Desire nourishes senses. In the absence of desires, a person gradually starts becoming independent of senses. A saint is full of power because he saves his

power from being consumed by mind and senses. This power brings willpower and wisdom. Willpower protects the person from the duality of the world, while his wisdom enriches society and culture.

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Society is driven by mind, family by heart, and culture by conscience.

That is why culture always guides society and family. This is how conscience is above emotions and desires. The same person who goes on to build a family takes part in constituting society and later, by further refining self, enriches the culture as well. Mind is the one who experiments; family is the experiment; society is the product. After securing the results of experimentation, mind falls back on culture to seek the way onwards. Culture is the repository of hope. Hope is the flame that further shows the way. Neither society nor family are the ultimate things in the person's life. Truth lies ahead. Culture points toward that truth. Culture is that lighthouse which family and society draw inspiration from.

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One driven by his nature only remains completely in surrender mode.

Nature knows what to do and it keeps doing; mind remains silent and doesn't throw many options toward the consciousness. Options don't become the objective of life. They just keep on popping and subsiding; they are not taken seriously. Those objectives get the major chunk of resources which are selected by nature itself. For example, a person who is a warrior by nature remains busy in his natural activities. It's not that his mind doesn't tempt him to do business or other adventures to make quick money. Sometimes, a person goes on with an adventure,

which his nature doesn't permits, but as soon as one realizes that it's not his cup of tea, he returns back to his natural fold. Mind keeps doing what it does, which is throwing options, but one doesn't take them seriously. At designated intervals, destiny keeps providing the options which are right and profitable for the one.

Go-getter is not the one who keeps going to random options to see what is in store for him. It's about knowing own strength and inclination and sticking to it, despite facing odds and adversaries. Every person's nature guides him to stick to own inclination, while every person's mind tempts him to follow others' way and to be successful like them. It's not necessary that every great sportsperson's child would become good or great sportsperson. It's not necessary that if a father has talent and inclination in one particular field, then a child would be equally inclined and talented in the same field.

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Either change him according to oneself or change oneself.

The second one is easier, less frustrating and more rewarding. In simple words, either work on 'mine' or work on 'self'. To change someone else, mind will have to be roped in. Mind along with brain would make plans and start working on them. This effort needs time, patience and attention. Result would be a failure. Nobody can change another person, until and unless the person is self-motivated. Outer pressure can't bring change in someone's nature. He might show some alterations, but these are not changes. Alterations in habits are made to keep things smoother. Another thing is the changes we want to see in someone. If it is related to husband and wife, and if emotional connections are involved, then none of them want to see such changes

in their partners that could make one a saint. Partners want such changes in each other that can make their married life smoother. Mind wants such changes in its surroundings that can make its life comfortable. It never wants to change itself. If at all someone feels that he needs to change, it is his conscience. When mind sees the results and associated effects of its experimentation, it allows itself to change. Before that, it always resists the change within.

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When energy tests the restraints of body, that state is called anxiety.

Anxiety starts altering the equilibrium of the body. Vital parameters show changes during anxiety episodes. This is a condition when mind starts challenging the body. Anxiety is a phenomenon related to mind. Episodes of anxiety are episodes of insecurity. they are psychological in nature. Insecurity is discomforting. The strength of the bond between 'I' and 'my' gets tested.

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If mind doesn't oblige, so does nature.

Initially mind doesn't oblige, but after testing the effect of its misadventures, it does. Humans are the only species that reaches up to saturation. The rest of the animal species are driven by success and satisfaction. Reaching up to saturation is going beyond mind and brain. Mind is afraid of the broken contact between mind and body. Mind is one dimension of our being, but nature is eternal. Mind bows down at the end, and this is the end of illusion and the dawn of truth. Nature is consistent and eternal.

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Stage, phase, state.

Body goes through different stages like childhood, adulthood and old age. These stages are mandatory. Life goes through these mandatory changes. During childhood, mind is carefree, during adulthood it is ambitious, and during old age it is cautious.

There are different phases in life which are variable for everyone. These are phases of struggle, sickness, success, grief, depression, responsibilities, addiction, etc. Different people go through different phases in life. Even twins go through different phases in their respective lives. Phases get their origin from two sources such as destiny and mind. Destiny puts up essential phases in life. Difficult phases work as a de-conditioner that resolves past karmas and conditionings. Some phases are created by mind, like emotional and other addictions. Over-ambitiousness is also an addiction. State is something made available in the body and is beyond mind. This can't be attained through efforts of mind.

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Talented has talent, bright has brain, good guy has hope, an average person has work, whereas a below average person only has an identity, which has been given to him by society and is accepted by his mind. He lives and dies for this identity.

First four types of people have something to do. The fifth one is free to get engaged. Anti-social elements find it easy to mobilize this group in the name of their identity. Mind always wants to preserve its identity, so it finds it right to become aggressive to protect the identity. And

shrewd one can say, this is your identity and it's under threat. Now almost everyone wants to volunteer to protect it. This group also wants to show its presence.

Bright person can't be mobilized on the streets in the name of identity easily. Good guy values his responsibilities. Average one is occupied with his job.

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Society says, don't mix your drink with driving; similarly, spirituality says, don't mix mind with your nature.

This cocktail creates only one thing: confusion. Mind corrupts and putrefies nature. Drinking creates disorientation, whereas driving demands attention. It is a bad mix. Likewise, nature is very focused while mind is an ardent wanderer. The two don't complement each other. Mixing mind with nature gives birth to individuality, which is bound to erupt and settle down, appear and disappear, be manifested and perish. Centrifugation has this property of separating different elements of a mixture. Put some blood in centrifugal machine and it separates its liquid and cellular elements into two. Similarly, difficulties in life or spiritual practices are like centrifugation of self.

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Confusion is like walking in the desert. That makes every step difficult. It becomes even more difficult when direction is lost.

While being in a deserted place, if we know the right direction, then there is hope that this too shall pass. In case direction is lost, then it's a blow to hope. Hope keeps you going. Life is like the desert which definitely tests every one of us. Mind guides us through life, but by

itself it is vulnerable. During extreme conditions, it may go through anxiety, depression and panic. During the time we have the guide, hope is not needed. However, when guide starts faltering, then willpower comes to rescue. It provides hope. It helps us in the struggles of life. On spiritual path, conscience works as a guide. Geeta establishes 'contentment' as one of the pillars of internal journey. It naturally comes to you after extensive experimentation in various lives. This makes you controlled, curious and eager about life.

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If you are an austeric by nature, by choice or conditioning, then the darkest and trying times in life may open the door of hope and light for you.

This is how austerity helps. In first place, it doesn't create unnecessary problems and it has the ability to find solutions from the box of questions. Since it is not curious about questions, all it wants is an easy solution. It doesn't like to complicate things. Instead, it prefers to distance itself from existing mess. Its expectations are low, so are its demands. It respects freedom, its own as well as others'. Trying times can lead you toward your own 'consciousness'. Like before grinding, if the grain got dried well under the sun, then the quality of flour would be good. Wet grain in grinder is a disaster.

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Rigidity originates from ego.

It says that my way should prevail, my words should be honored. This is how ego tries to shield itself from counter-ego. Ego is very insecure. That is why it prefers becoming offensive during confrontation. Ego



uses the person's life force to remain viable. It doesn't have its own standing. Insecurity calls for rigidity and vice versa, whereas a secure person is a flexible one and vice versa. Ego tries to save its identity by acting ferociously, which looks offensive although in its roots, it's a very defensive phenomenon. Ego believes that this is all I have, so how can I lose it? Ego wants to keep itself rooted in its soil. Its whole attention is on sustaining itself. Any threat to its attachment with surroundings results in rigidity.

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Every attachment has a thought process associated with it.

Every attachment takes birth from thoughts. Thoughts are those glue which bind one from another. If a thought is needed to establish an attachment, then a trail of thought is needed to maintain this relationship based on attachment. This makes the whole process full of effort. Thoughts gets translated into action. Maintenance of attachment needs a lot of actions. Every action is bound to an outcome. Either it would be a success or failure. Success brings excitement, while failure brings grief. One thing is clear: this game of attachment is going to be a rollercoaster ride of excitement and grief. During the time attachment remains, thought process keeps on churning and keeps engaging the attention of the person. An attentive person can be anything but peaceful.

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Desire is own. Objective is adopted desire.

Desire belongs to mind, while senses work in tandem to fulfill it. As a package, desires bring the responsibilities along. Responsibilities call for

maintenance. Objectives are related to maintenance of these responsibilities. Objectives are related to family and society. Fulfilling the needs of the family becomes the objective of the head of the family. It is expected of the head of the family to take care of the desires and also the needs of the family. This one also becomes an objective for the one who is leading the family. It is like, 'you are mine so your desires are my objective now'. Gradual distancing from desires, decreases the burden of the associated objectives. Desire also leads to conjugation, on physical, mental and emotional level.

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Expectations give rise to depression.

Friendship doesn't create depression. Relationship does.

Expectations are of two types:

1. Expectations imposed on us by our own mind.
2. Expectations imposed on us by others' minds.

When a non-swimmer faces deep water, he tries to save oneself by making extra effort to come out. Experienced divers say that being calm in this situation is more helpful, as one doesn't exhaust his oxygen faster. Friendship is natural. It doesn't need an effort to befriend with like-natured persons. However, it takes effort to establish a relationship with the one who we are attracted to and extensive attention is needed to keep it going.

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Conversation has two components:

1. Content

2. Fillers

Content is that vital information that makes sense. That information helps in gaining success, satisfaction or saturation. All those meaningful talks come handy. As far as the knowledge is concerned, academic lectures are full of content. As far as wisdom is concerned, discourses are full of content. Books, memoirs, biographies and autobiographies are also full of someone's experiences. That too comes under the category of fruitful content. Sometimes the conversation doesn't have the content at all. It only has fillers. Fillers are those talks that can't help the person in gaining success, satisfaction or saturation. They are done just to escape the boredom. Gossips are filled with fillers only. Fillers fill the time for which two or more people come together. Customary and social meetings use generally fillers for the entire duration of talks. These fillers are originated from memory, experience, opinion or rhyming.

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Two approaches in life:

1. Create a need, then work to fulfill it.

2. Don't give birth to need; just work on preexisting needs.

Mind likes to create needs and then works on them. Nature doesn't create needs. It makes its resources available to fulfill the needs. This creates the difference between biological and nursing mother.

Biological mother wants to go through the process of giving birth to start taking care of the needs of the baby, while nursing mother accepts

everyone as their own and extends her attention towards fulfilling the needs of the baby.

Paradox in the society is easily visible at any given time; there are couples who try every available option to conceive and produce a baby while craving for children. Idea is to create a need in form of a baby and then work on it. At the same time, there are orphanage babies who look for parents. Thrust of earlier group is on production, while need of latter group is care. There is another group of people who are ok with not producing babies. They just like to divert their attention and resources toward needful.

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Guilt originates from not being able to act according to own nature. Guilt means, why did I do this or why I was not able to do that.

Doing natural things doesn't get to the baggage of memory. You just do them and move on. Doing something unnatural or not being able to do something natural always gets stuck in mind. Now mind keeps producing thoughts about it. Associated thought process is called guilt. These sorts of thoughts disturb your peace and you want to correct them if possible, so that the associated thought process can be laid to rest. Nature doesn't do anything that can evoke guilt in it. Mind does.

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Conscience makes us aware of the heterogeneous.

Don't keep living with the one who is not your part. Uncontrolled mind is your enemy. It's not a good idea to keep sleeping with enemy. Mind is not the problem; his unruly and uncontrolled behavior is. Conscience

means 'to wake up' and move away from heterogeneous. Don't share your space with a parasite. To get rid of that, one has to know that he exists and likes to stick along.

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Wishes vs. blessings.

Humans wish, God blesses; If I don't have power to provide you in the form of blessing, then I would only have a desire to release into space. May the cosmic power fulfill that desire.

Wish is a desire, while blessing is power. Good thoughts get categorized as wishes. A wish originates from mind, whereas a blessing comes from consciousness. As consciousness has the power to shower. Mind wishes; consciousness blesses. Buyer asks; seller provides, because the seller has the item. His effort is to store the items so that he can sell them. Buyer doesn't store that item so he goes to the trader to buy it. Similarly, a soul commands the power of the universe, while mind is busy controlling the matter. Nature produces food, and the hungry one reaches out to it, to collect the food. It's like an expectator and fulfiller.

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Ambition has added one new aspect to the environment, which is pollution.

Earlier, it used to be either fresh or stale. This is how someone's ambition becomes detrimental for everyone's health. It's an invisible assault and indirect too. Fossil fuels like coal and petroleum products are the secondary reason, while the primary reason is our ambitions. We selected them to materialize our dream of industrial revolution.

Brain uses natural resources for execution of its plans. Pollution has gathered momentum in the last 200 years. Mother nature has compassion, which allows the brain to exploit it. Brain becomes so mean that it almost forgets that life survives on environment. Environment automatically cleans itself. When emissions exceed the cleaning capacity of environment, then deterioration ensues. Development happens because of life, and not vice versa.

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One needs mind to interact with this world.

In case of no mind, there is no compulsion to interact with the world. This is called 'compulsion free living,' while you are still on the earth. This is a state of bliss. Complete freedom from earth and its short-term offerings. One has to spend joy to buy short-term excitement. It's like paying 10 dollars for a 10-rupee cup of tea, just because there is no money exchange available and tea is needed. In the absence of mind, one gets contained within oneself. In the presence of mind, one keeps searching for love and happiness in the visible world. Mind recognizes enjoyment, while consciousness knows only joy. Enjoyment needs energy, while joy needs power.

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Two approaches:

1. Experience it and move on.
2. Experience it and get entangled in its effects.

Experimentation, gathering its results and moving on, collect experience for us. Experimenting and developing endearment with it

creates an addiction. Addiction propels to keep repeating the particular experiment time and again. It has its associated effects and side effects. Society starts identifying us with that particular addiction. This is how our addiction becomes our identity. Being called as thief, liar, drunk, smoker, shrewd, drug addict, pervert, etc. are examples of our addiction becoming our identity. Whereas experiencing and moving on is like the train that doesn't overstay at any station and keeps running on time and reaches its destination within stipulated time. Sometimes addictions become so intense that reaching up to station becomes dicey.

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From parasitic living to symbiotic living.

From people living together to fulfill their desires and objectives through each other to living together, working on individual objectives and purposes without hampering each other's freedom and way of living. Symbiotic living encourages everyone to grow and flourish. It allows every one of the community to have his own comfortable living and breathing space. Freedom to be what you are. Freedom to be oneself. Parasitic living is imposing own ideas, ideologies, conditioning, objectives and desires on others and expecting them to embrace them and act accordingly.

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Either one sits alone and gets bored or meditates and stays content.

One thing that can't touch you during meditation is boredom. The very place where you were meditating and were relaxed, at that same place when you sit idle, you feel bored and desire to do something exciting to

ward off the boredom. It means boredom is not your integral part. it comes from the outside and sits on you, when it sees that you are out of your natural confines. To ward off the boredom, a person spends his resources, such as time, money and energy. Plants are not bored, but humans are.

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How can a person remain within permanently?

The thing that binds one within is purpose. The things that drags one outside are desires, objectives or ambitions. While working for your need, one can remain within, because to satiate your need, you don't need to use much brains. One's training and conditional reflexes do the work for us. This is how, while working for fulfillment of needs, one keeps working for own purpose. Your purpose uses your power and like river leaves its rapid flow and becomes surreal, once coming to planes. Fulfillment of purpose brings peace that can be felt by others too. Your power gives shape to your purpose and gets converted into peace. Which is your Buddha field.

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Sleep takes away our conscious and options to act without making us feel bad about it.

In case while being awake we don't feel like using our options to act and are comfortable with it, it brings a relaxed state for us. You don't want yourself to be involved in unnecessary things, and that's why you choose to gloss over. To act, mind has to be involved. It's like bringing a third party between you and peace for getting your ego satisfied or petty gains. You decide that you prefer not to earn material gains at the



cost of your peace. No mediator is needed between you and nature. No unnatural thing is needed in between. Like in mother's womb, there is no third party involved. Only the fetus and the womb surrounding it.

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Two types of changes:

1. Those that make you lighter
2. Those that make you heavier.

All changes happening according to the nature make one lighter, whereas the changes that are against the nature make one heavier. People with rough nature make others feel heavy. People with soft nature make others feel light. A person's nature can be like stone, difficult to withstand, or it can be like water, refreshing and easy to digest. This is how changes bring negativity or positivity in a person.

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Outer world is a reflection of inner world.

For kids, world is rosy and a big playground with lots of friends, whereas for adults, the same world is opportunistic, unsafe and sometimes a problem. Scenario in the outer world improves as the scenario of the inner world improves. So if we want some change around us, the work has to be done within. A painter has a picture within. He just paints it on the canvas. So the world is like a slate where writing, erasing and rewriting is permitted. Work keeps going within; effect keeps coming outside. If inner world gets cleaned, world around us also starts getting cleaned.

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Eating for taste has dual baggage on you.

It makes your body heavier and provides energy to mind that needlessly gets activated. Mind's activity is a baggage for you because it keeps you busy and restless, whereas eating for stomach keeps you light and keeps the mind in check thus removing unwanted baggage from you. Both physical as well as mental baggage. Interest in taste brings dual baggage for the self. This is how senses become a liability for the person, if they are not kept in check. Shabari uses her taste buds to select the berries for her lord. She tasted, but didn't eat and wanted Rama to consume the sweeter berries. This is how senses can be used for devotion.

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A dictator's accountability is not fixed, whereas governments can be held accountable for their acts.

A dictator doesn't have to face checkpoints which can debate and scrutinize his acts, while democracies have other institutions which can raise questions and scrutinize the policies, associated motives and their implementation. Unhindered control over the state is very dangerous, if it is not being checked and balanced by other institutions. Dictators don't like checks and balances. They like followers who can follow their wishes, ideas and ideologies. It's such a dangerous condition where one mind has the opportunity to affect millions of lives. His struggle for power can affect a million lives negatively. A dictator dictates; he doesn't suggest. He doesn't like dictations from others and may dislike their suggestions. A dictator's earnest desire is to have complete

authority over the state and he does it to satiate his ego, not to serve the people. Control is possible only over resources. One interested in control can't reach the purpose of life, whereas one who likes to serve may not have the required resources, while he has an objective or purpose of life.

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Whatever resources are left after meeting the need-supply gap can be utilized for development.

Governments are liable for infrastructure development, but individual development is the responsibility of individuals. Several countries could develop faster, as they could keep their needs in check and utilize their resources optimally. They could generate new resources by inventions and could use them to fuel the economy. On the other hand, another group of countries kept struggling for bridging the need and supply gap. In this case, development remained an elusive dream. Religious ideologies are a burden for state's development. These ideologies run parallel to the developmental ideology. This is how resources and attention get divided. This creates a state of confusion within the state about its policies. This is how policies get compromised. Development is an ambition, and religious ideologies are also an ambition. It's like putting two swords in a single armor.

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We breathe our environment.

Air encapsulates us. It comes within us to become a part of us. We are the part of environment; that's why it affects us. Similarly, environment is our part too. It is present around and within us. Our actions affect our

environment. Every injury inflicted to environment is like inflicting a self-injury. We and our environment are not separate. We are a part of it and it is a part of us. There is no distinction between the two of us. We complement each other. Any change in outer environment directly affects us. We can't obstruct natural changes, but we can definitely stop the iatrogenic changes. Our ambition shouldn't act against our health. Ambition has nothing to do with our health concerns. The only thing it knows is achievement, at any cost. Many countries, who could develop faster, ignored the environment. Mostly our development came at the cost of our own environment. This is a classic example of individuality ignoring the individual. This proves that the individual and individuality are not the same. Individual knows needs, whereas individuality recognizes ambition. Between us and our environment stands our mind, which segregates the two of us. products of mind, such as ego and ambition, completely detach themselves from the environment and the individual both.

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Fascism says that ideology ruling the land won't change; only individualities can. Democracy says ideology as well as individualities both will change. That is subject to people's choice.

One is rigid, whereas another one is flexible. One is governed by mind only, whereas another one is governed by mind and tolerance both. One says that ideology is mainstay, whereas another says that its people's choice. One says that stability is imperative, whereas another says it's flexibility. Sometimes fascism gets converted into dictatorship, which says a particular person only can guide the nation and people

forward. He is imperative, the only choice available and irreplaceable. Any action against him is an act against nation.

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Overlapping of 'mine' gives birth to conflict of interest.

Mind and its surrounding zone, on which it can lay claim over, constitute 'mine'. If someone else lays his claim over this zone, then it gives birth to the conflict of interest between two parties. A piece of land over which two people or countries claim their control creates an environment for conflict. Sometimes, the conflict goes on for generations. Oldies perish, but the new generation adopts this conflict as parental and continues to fight over it. When two different customers select one single item in a shop and get entangled in a conversation about who can take the item along, same is the case with overlapping of 'mine', which gives birth to conflict of interest.

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Plants remain anonymous; that's why fruits, flowers and grains come through them.

Plants don't need identity. They don't desire to get identified. They don't have senses like we do. This is the reason they can flower, fruit and produce grains. Their undeterred focus makes them productive. They are neither restless nor violent. They don't radiate heat like we do. Rather, they balance the heat produced by human body and human mind. They are the reason for making a conducive environment for us, while human minds are responsible for poisoning their own environment. There is no compatibility between mind and nature. Our life force is busy guarding our identity given by mind, whereas a plant's

life force is busy producing and flowering. Plants create balance, on which life runs. This is how they work on behest of nature. Nature propagates balance. Mind advocates control. More and complete.

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Curiosity ----> interest -----> desire  
(mild) (moderate) (strong)

Our curiosity about the world creates various interests in us. Few of these interests get converted into strong desires. Desires in various fields create perversions. Interests lead us to act. Desires lead us to passionate acts, while perversion leads to extreme acts. Curiosity attaches us to matter, and brain lets us explore its various aspects. Curiosity is the root cause of all explorations, whereas unsteadiness is the root cause of self-search. Inner volatility with resourcefulness is like a beautifully packed box without the gift in it, whereas steadiness without resources is like a diamond without packaging. First condition is a bluff, while second condition is the real wealth.

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There is a mechanism in place to bring you back from where you started.

This mechanism is persistent, omnipresent, continuous and obligatory. This mechanism is called 'destiny'. Only reason of its presence is to keep working on us. It is existence, compassion and commitment toward an individual. Destiny is the assurance that no one is left behind alone. Nature shows its love toward you by fulfilling your needs, and existence shows its love towards you by destiny. Message is clear: don't

create new karmas. Past karmas will be exhumed through destiny and you are back to the place where you belong to.

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The amount of work that we generally do on each other; if 25% of that work we start doing on ourselves, the stalled wheel starts rolling again.

You start getting the things you long for. However, you may not have the curiosity or interest left in them. Initially you were chasing them, just because of the curiosity factor. Once curiosity is gone, the desire also leaves, so does the attachment with the object.

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People like to keep a replica of Buddha head in their drawing rooms.

Do they have to do something with the wisdom of Buddha? Reason behind putting Buddha in room is that this person doesn't disturb, doesn't stare, remains peaceful and perfectly relaxed. They know that Buddha has no interest in the items of their house. He is like an assurance that a person can remain relaxed and not agitated in worst circumstances too. He is like a mystery for many, as how can a person remain seated without doing anything? Why doesn't he want to achieve anything? And what is he achieving in this state? Why is he not using his eyes to look at this world? Is he not interested in all the beauty which lies outside? Why is he not agile? How come is he silent?

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Hysteria is related to desire.

Unfulfilled desire. Desire-less person can't get hysteric. Mass hysteria is related to mass desire. Difference between blissful and hysteric act is that blissful act will be without aggression. It will be soft, smooth and gentle. Act minus aggression. Like a gentle river. Hysteric act will be full of energy. It wants to draw attention. It wants to make people believe that they have attained it. It's a mind's way to show off fulfillment without actually having achieved it.

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People show off their high value possessions to make others believe that they are happy.

Matter and its effect are two different things. We look like matter and we experiment with matter, but our real takeaway is its effect on our internal world. Effect stands for the feelings which it generates. We want to be rich to feel its effect. Money comes and brings along confidence and security. We want to have money to feel the effect it generates in us. We need matter to interact with the material world, which we acquire in form of a body. We are perceived as a member of this world, while the body is there. In the absence of body, membership is revoked. In the root of all our exploration, research and search is happiness. Happiness is the effect we search for. So, whenever we show off money to others, we want to look happy. At least, we pretend to. Mind wants to convey the message across, that material abundance brings happiness. If you are not happy, then look happy. Camera is an invention that captures images. It is a pricey gadget. So possessing it is



special. It captures nature and humans. We can't ask nature to smile, so we ask humans to say 'cheese', when the picture is being clicked. Message is 'if you aren't happy, then look happy'. This won't ruin the picture.

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Cult and sect.

These words exist to differentiate a particular cultural, religious and social group from ours. The words cult and sect are not used for own cultural, social and religious beliefs. They point toward something which is not mainstream. A thing which is not known, suspicious, sounds and looks alien. Mind feels insecure because of anything which is potentially harmful to existing belief system. We think that we are what our beliefs are. That's why in history different cults and sects were not accepted by native inhabitants, because insecurity gets evoked. When mind becomes conditioned by existing circumstances, it becomes vary of new and different practices, which can induce change in existing ones. Mind gets excited with change, but the same mind becomes insecure with change as well. It prefers the change in surroundings, but it doesn't like changes happening in its existing setting. Shallowness doesn't accommodate, while depth does. Mind is not ready to accommodate others; this proves that it is our outermost layer which is in direct contact with outer surrounding. Space can accommodate anything. Knowledge is at periphery, whereas wisdom is in middle and emptiness in the center. Whatever is empty is welcoming as well.

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Religion is interested in symbols, whereas spirituality is interested in message.

Religion, till the time it reaches upto the message, keeps holding the symbols tightly. Something is always better than nothing. Initially there was nothing, but now symbols are. Symbols symbolize God, so they are auspicious. In reality, symbols are not auspicious, but the message they convey definitely is. Symbols can be destroyed, so they need protection and attention. Whereas messages can't be destroyed, so one doesn't need to hold them in their hands as they can be memorized or gained from within. Mind makes us believe that disrespecting the symbols is disrespecting God. So, to avoid the disrespect of our God, we should guard his symbols religiously. Two different religious groups, during riots, try to vandalize the religious symbols of other religions while guarding own religious symbols passionately. Religion believes that God loves symbols. Lots of business related with religion is dependent upon the sale of these symbols. So it's in interest of the business community also that symbols are respected and regarded well. If one needs to sell something related to religion, it has to be auspicious. In religion, holy messages are conveyed to you through senses, such as eyes, ears, mouth. Spirituality conveys that it will come from within. You can have them without the help of your senses. You will have them without the involvement of any of your sensory organs. So it assures you that everyone is complete, even in the absence of sensory organs and body parts. You get it from within, so if your senses tell you that bodily defects or feeble brain make someone incomplete, don't believe them.

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Practice makes a person perfect; that means it's not spontaneous.

If it is not spontaneous, then it is not you, because you are spontaneous. Nature within you is spontaneous. Mind needs training. Mind needs conditioning. It needs effort and practice to refine its skills. Nature doesn't ask mind to flow. Flow is its nature. It doesn't need practice to flow perfectly. This is what it is. Then who is this one in you, who is continuously working on self to become perfect? It is not you. It is like a technology that is continuously being worked on itself to become better with time. Practice is dependent upon time to make someone perfect. So it makes you dependent upon time. Only time will make you perfect. Continuously working on something to perfect it, this is what mind does. Updating the self on regular intervals. That's what keeps mind efficient and relevant.

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Traits of a saint:

1. They don't have any interest in you.
2. One feels peace around them.
3. Even if not sought, they provide love.
4. If asked, they talk about wisdom.

One more thing: they have a purpose. They rope in their mind to fulfill the purpose of their life. Mind has some work to do and that's what makes it happy and busy. Horse loves to sprint on an open ground. Purpose is the ground on which their mind loves to run and wants to cover every inch of it. They are busy with themselves. That is why they remain non-reactive with outer environment. Their action with world is limited and they value their aloof time because that is the time when

they remain completely within. Their being busy within creates a peaceful environment around them. Peace is because of that power which flows out of them. Uninterrupted flow of power is like uninterrupted flow of ganges, which brings hope and fertility to the surrounding area.

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If a person is lethargic at work, that means it's a mismatch in his choice and profession.

He is not actually doing the thing that he wants to. This is the reason of his lack of interest in work. Sometimes, he wants to do something which may not be commercially viable enough to support a lifestyle. Many times he is pushed to doing something which is tried and tested earlier. Current market patterns are given preference over the individual natural trait. In India, money alone doesn't get you work done. You need to be pushy. Pay money and be pushy. The reason behind this is that in India in majority of cases parents decide what their kid would choose for a career. Many times they are adamant and a bit rigid. This takes the kid to such a profession in which he doesn't find himself fitting well. He works with a diverted attention. When you do what you want to, then you improvise. You bring a new aspect to work. This is workmanship. You want to get it done perfectly, because it is something you are passionate about.

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Jealousy is related to 'my'.

No dependency upon 'my' makes one get rid of jealousy. Detachment from 'my' finishes obligations of jealousy. When two 'my' are pitted

against each other, a comparison becomes inevitable. Mind loves comparing. 'I' diverts all its attention toward 'my'. All development that we witness in the contemporary world is because of 'I' diverting its life force toward outside. All assets fall in the category of 'my'. Some of the assets are given to us by nature, such as body and brain. Some of the assets are given to us by destiny, such as our family and its resources, and some assets we gather in life utilizing our attention (which comes from our life force), time and energy. All the things that fall into the periphery of 'my' are created and amassed by 'I'. For all its efforts, 'I' wants to be praised, decorated, applauded and to receive attention from the masses. Despite the efforts that it does, if 'I' fails to gather the attention from society, this question starts bothering him, 'Is that not enough'? Do I need to do something more? Am I lacking somewhere? Am I missing a vital point? Whatever 'action' 'I' does, its product gets gathered in the category of 'my'. Now it awaits the 'reaction' from the society. If society is reacting positively to someone else's 'my', then it becomes a matter of concern. This concern gives birth to inferiority complex. Which eventually gets converted into jealousy.

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When inherent power flows toward outside, it makes you reach up to 'kaam'. When power flows inwards, then it takes one to 'som'.

Kaam and som both are the effects of the flow of power. In the absence of power, neither can be reached up to. When power flows through senses, it gives birth to desire, i.e. kaam. When the innate power flows through the 'nadis' within, it makes one reach up to the 'som' or truth of life. Nadis are the neuro-muscular channels within the body. Mind works overtime to drag the power out of the body. It's like, when my

pockets are full, I can go shopping. When pockets are always full, then why stop shopping. Power is the money which is continuous. Outer world is the mall, which remains open 24/7. So the only time when mind is not shopping is when it gets tired and goes to sleep. Body thrives on energy; mind thrives on power. It keeps converting power into energy.

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Mother tongue.

While speaking any language, if one is in a flow and easily finds the right words, it means that one is well-versed with it. We are most comfortable with the first language we learn. Baby wants to make complete contact with the mother. Baby can touch, see and hear mother, but can't converse as he doesn't know the language she speaks. So baby goes on to learn the language, so that a proper two-way traffic can be established. Initially babies can react with the signs, but they want a more complete way to act and react. Initially it's between the baby and mother only. Baby is familiar with the mother. It's mother who introduces the baby to the father. Mother is very peculiar and special as she is present there in both visible and invisible forms. Which means before life, during life and after life. Mother nature is present on both sides. She is there to take care in both worlds, visible and invisible. In invisible form, no conversation is needed between mother and baby, but in the visible world a conversation is needed as mind gets mixed with our being here. Mind wants to act, so it needs tools. senses are those tools. Mother is the reason for the baby to learn the language. That is why the very first language that we learn is called the mother tongue. It is the easiest one for us. That is like

writing first few letters on a clear page that can be read clearly. Well-versed means well-memorized and practiced. For baby, food is a need, but the first desire he has is to converse with mother. Then his life force starts getting directed toward learning the language which she speaks. This is a classic example of, from 'determination' to 'accomplishment'. 'Sankalp se siddhi'.

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Mind drives us to karma; nature drives us to conscience.

Mind works on the principle of action and reaction. So karma and its fruits become imperative. Mind is our experimental part. This is the part that interacts with matter. Mind is the courageous part of us that takes chances with matter and is always raring to go. Mind is behind all explorations. Mind acts while nature reacts by giving us the results. These results are known as karma fruits. This is the compassion of nature which lets us make ourselves dirty and then works on us to bring us to the original form. It's like a mother who knows that the child will come back from playground with stains and dirt on clothes, but she allows us to do so and then works tirelessly to help us improve and get back to normal.

There are two types of people. One are driven by mind and another are driven by nature. People driven by nature are rewarded with conscience and awareness by nature. This empowers them to witness life rather than just be driven by it. For example, the police arrested few people and makes them sit in the car. A few other people are watching this incident and can draw their conclusions that if something unlawful is done, then this might happen to anyone, whereas people who have been caught, go through the ordeal. They will be free

someday, but only after facing the consequences. They can also draw their conclusions, but only after suffering. If they don't have enough conscience within, then their mind can drive them toward something wrong again, whereas people who are more evolved learn their lesson from this and become more aware from then onwards.

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Society is the gallery to showcase 'mine'.

Society which got constituted somewhere in the history to aid in survivability and later on to fulfill needs gradually kept redefining its objective. In contemporary society, its main objective remains the same, but it has become a gallery to showcase 'my possessions'. There is a continuous game of influencing each other by exhibiting 'mine'. Society got divided into various grounds. Right from culture, religion, regional, cast, educational and professional grounds. However, in every step of this classification, one's continuous game is on. That is showcasing assets and possessions to enhance the image of the family. In whatever society family lives in, family wants to take the lead. It wants to be sought after. Efforts are made to strengthen the family in every aspect and then to make people aware of the developments. Many celebrations and rituals are done just for the sake of being recognized in the society. Understanding behind this is, 'let's do it as everyone takes note of it'. 'mine' directly affects the social recognition and respect. Efforts are made to be on the right side of 'mine'. no one wants to have a bad 'mine' or bad recognition.

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Mind always finds some business opportunity between the problem and its solution.

There is always an opportunity lying between problem and solution. Conscience says it's an opportunity to serve, mind says it's an opportunity for business. Some problems are artificially created, as every associated solution brings quick bucks for mind. Every business tries to bridge the gap between the problem and solution. Business thrives between the demand-supply gap. In Research & Development departments of companies, they find new solutions in the form of a product. Then sales and marketing departments are activated to deal with the associated business.

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Life is a mixture of:

1. Plans mind has to work on.
2. Plans destiny has in store for you.

Enlightened people suggest to be in awareness. Awareness has a vast explanation. They just want to say to remain vigilant about the destiny's plans for you. Destiny is the sculpture that keeps working on everyone with its fine strokes of chisel and mallet. It wants to carve out a Buddha out of everyone. Destiny is the power that drives one to a particular destination. Existence does provide signals to everyone and the ones with full awareness receive these signals as God-sent opportunities. They are not about profits. They are about the directions. They are about the indications.

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Mind does have plans about life. It is there to experiment. So it would go on with its plans. However, a person full of awareness looks at these plans with critical eyes and goes ahead with the suggestions of mind, which he believes should be experienced with caution. Destiny and efforts don't crisscross each other. They remain parallel to each other. For example, destiny doesn't have fixed jobs for you. It is not interested in making you a doctor or engineer. It only says that the person will taste success or satisfaction in life, or it will be little difficult for one to taste success or satisfaction. Now it's up to the mind to decide in which field it wants to march ahead. Mind selects the field. Destiny keeps giving gifts from time to time. In everyone's life, there are times when it is tougher and more difficult. It is one more way of destiny to work in its own peculiar way. Sometimes, mind creates difficulties for oneself. They are not destined. They are artificially created by mind.

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Mind stands between us and our happiness. Until and unless mind is done away with, happiness can't be achieved.

Mind doesn't get us happiness. Mind doesn't know about happiness. Happiness is not a trait of mind. Mind can't enter the garden of happiness. Mind looks for success. There are no successes and failures in the confines of happiness. One has to come out of the periphery of happiness to taste the excitement related to success and the sorrow related to failure. When we become too dependent upon mind, happiness leaves us. In this case we wonder, where has the happiness gone? So, one day everyone will have to face this question, how much success do I want? How much is too much? Will my mind keep running

for success or will I pull its reins back? What am I here for? To get only success or satisfaction as well? Or something beyond that?

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Rights are optional, not mandatory.

It depends upon a person's nature whether he exercises them or not. State guarantees the rights to its citizens. People can use their rights as their 'right to react'. If someone's rights are violated, they can go to the institutions of the state to file a complaint and seek justice. Justice is related to individual rights. State guarantees the equality of rights to its citizens and institutions are established to implement this promise. Rights are directly related to person's 'my'. 'My' is the thing which he works for, so he wants to retain the rights of his work. There are talks about 'karma', but karma works invisibly. No visible system of justice was present, so civilization erected the institutions of justice. A person who is not attached to his 'my' may not be interested in rights related to it.

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Mind knows only excitement. Ecstasy is beyond mind.

Excitement is generated when mind gets to convert a lot of power into energy. Until the time the body is able to withstand and hold the power, it works as excitement. When body is not able to withstand this energy, then instead of excitement, anxiety is generated. Through anxiety, body signals that there is a lot of unused energy present in the system, which becomes a liability for the body. So to experience the excitement, mind and body should cooperate with each other. Younger age is the phase of excitement. When excitement is exhibited through

sports, aggression, ambition, interpersonal linkups, etc. With the advancement of age, same things which used to be assets at tender age starts behaving like a liability. Aggression, ambitions, etc. start showing its ill effects on body.

Ecstasy is a phenomenon beyond mind. That's why it is called a 'trans state'. Science has developed chemical compositions that can mimic it, but their effect is time-bound and the use of these compositions creates dependency and addiction, which has a negative impact on health. Ecstasy is a state of soul. Power available to soul creates this phenomenon.

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Experiments + results together give birth to experience. These experiences enrich our understanding about life.

This is how we create and update our understanding about life. Experimentation, collection of data in memory and then brain processing all that, create intelligence for us. Without experimentation, we can't develop our understanding. Sometimes, we experiment more, but still understanding doesn't develop proportionately. This is because of the individual ability of brain. Brain is the one that processes the data to create an understanding for us. Some people experiment less but understand more. These are bright brains. Understanding is one of the factors of our individuality. Others are conscience, nature and body. If an individual's life is driven by his understanding, then he lives like an identity which emerges, becomes stronger and then perishes. People document their understanding about life in the form of a book or blog. This is how others can enrich their own understanding with the help of someone else's experiences and understanding. This is why reading is a

very enriching habit. Through reading, others' lives are available to us to collect our input from it.

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Mind says, 'Whatever is not exciting, is boring.'

Mind wants excitement; that's why it keeps doing experimentation. In search of excitement, it keeps wandering. As it keeps wandering, it keeps experimenting. Mind doesn't like boring stuff, so it goes back to experimentation. Motto is, "Escape the boredom, try something exciting". Mind believes that there are no takeaways from boredom. So getting bored is like killing time. This is how boredom and wastage of time are interlinked. For mind, excitement is utilization of time. Mind exists in the dimension of time, so it wants to utilize the time, the way it prefers to. Mind knows only time. No time means no mind. This is how life is an interplay between mind and time. Life is an offshoot of our being. It's not our eternal being.

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Your smile melts away many confusions and perceptions of people you come across.

It washes away the hierarchy and melts the differences. That's why smile is inviting. It makes people comfortable and ready to mingle. People attracted towards each other pass smile as an indicator or invitation. That says, keeping aside the mental barriers, you will be received affirmatively. It melts the walls created by mind. In different parts of the world, people feel that wearing a flat face or showing anger is normal, while wearing smile may be abnormal. It may undermine their position. People can take them lightly if they smile often. To look

strong, a flat face is needed. An expressionless face says, don't interact with me. An angry face says, stay away from me. Only smiling face says, I am open and without any mental and conditional baggage on my head.

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Understanding makes perception.

That is why first impression is the last impression, because people make perception by the impression created on them. Mind subconsciously knows this. That is why when we meet someone for the first time, we are equipped with our best smile, behavior, attire and generosity. Ladies particularly know it very well. That's why they want to look best while attending parties and events. They can't compromise their perception created in other's minds. Children don't make perception often. They may give some conditional or unconditional reactions in some distasteful conditions, but they go back to the same person without any perception or prejudice thereafter. Perception directly affects the quality and intensity of interpersonal relationships. It makes us selective while dealing with others.

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Every education has two parts:

1. Its concepts
2. Business associated with it

Similarly, life also has two parts:

1. Its concepts
2. Business associated with it

Concepts of life are not taught at school. We grow up dealing with life and understanding the business part of it. Most people we meet daily are interested in its business part. For daily life, this particular phrase is used, “Wahi ghoda, wahi maidan”. That means life behaves like a ground, where all of us horses run to win an imaginary competition. Where there is business, there is competition. Targets and chasing are associated with competition. This is how life gets converted into continuous running, without understanding this very thing: why is this running necessary? When we realize the real concept of life, then much of our running is curtailed. If at all running is there, it would be for real and purposeful objectives.

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Our outer source of light is fixed and unidirectional.

Earth revolves; that’s why we go through the cycle of day and night. Our environment is dependent upon the sun, the source of visible light. Our physical activity is dependent upon the concentration of light, which we get from the sun. Our environment’s temperature is dependent upon the sun. We are dependent upon the sun to go through phases of light and darkness. Our hormones are dependent upon light for their activity. So a variation of light has effect on our emotions. We work during the day and sleep during the night. If we work at night, then it is considered day for us and the day becomes night, as one has to sleep. When you get a light source within, the bondage of day and night ends for you. You are on the job round the clock. This doesn’t mean that you don’t sleep. Anyways, while sleeping everyone becomes equal, zero. During a period of activity, outer

world's activities don't have much effect on you. That source keeps working through you round the clock.

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What memory is to individuality, conscience is to consciousness.

Memory is the chest of individuality. All data related to individuality is stored in memory. Sometimes, memory gets written down and becomes available as a memoir. Now, we have the assistance of virtual world also, which stores our memories in the form of data in servers. The crux of our whole life's journey remains stored in memory. If a person gets devoid of memory, then he won't be able to share anything about his past. Past is the reservoir of individualities. Everyone has a past and that is memory. No memory, no past.

Consciousness has nothing to do with the past, nor it has anything to do with individualities. Conscience is neither interested in past nor experimentation of individualities, because it knows what would be the end result of those experiments. It knows why the experiments are done and it does know their outcomes. The dimension of time where it resides is present. It's the cosmic wisdom and the present is full of this wisdom. Consciousness is not dependent upon the past or memories to answer the queries. Rather, it gets its information from the present.

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Mind wants to see the change outside; however, it is afraid of changes within.

An emperor wants to retain the status quo, until and unless things are in his favor. He wants to make sure that if changes are imperative, they



should not be problematic for his regime. Changes should not affect his control over the state. Similarly, mind is the ruler of us. Outside it controls our body and inwards it controls us. It's like a cage for a bird. We are that bird that lives within the confines of mind. It is the outsider for us who has the control over the king and his castle as well. Until and unless the king is in control, he can continue ruling in the name of the king. The king is soul, while the castle is body. Mind likes the changes outside, because they are in his favor. Any change that occurs within is considered a potential threat.

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Mind converts power into heat, which raises the temperature of the body. The same power, when drawn within, burns the impurities.

impurities mean mind and its associated effects. Power is magical; it can flow outside and within as well. It remains as it is when it remains within, but while flowing outwards, it gets converted into energy. Religions talk about penance and austerity. Both of these processes rope in power within, to attain a certain purity of mind, which directly impacts the thoughts erupting in mind. One feels calmer and lighter, because of the power that generates within through this. If conscience is in the driving seat, then this very power will lighten up the surroundings. If mind is in the driving seat, then this very power can burn the surroundings. A chef makes meals with flame, whereas a rioter uses the flame for destruction.



# SENSE TO INCENSE

Life provides us a body. Body has sensory organs. Their interaction with environment produces results which fuels d understanding, that is termed as 'sense'. The trio of 'environment, sensory organs and the sense' engages the person throughout the life.

Environment around us is divided into two parts. Man made and nature. Wisdom declares man made structures as Maya or 'illusion'.

Interaction of individual's consciousness with the nature outside unlocks the nature within us. This internal nature is like that flower which upon blossoming brings incense to individual's life. Life is that opportunity which brings sense and can draw incense as well to us. Sense is like the plant, incense is like the flower on it.