

पूज्य पंथासु मडाराणी

हस्ताक्षरनुं अक्षयपात्र

॥ ५५ ॥

Namo Arikentanam

Namo Siddhanam

Namo ayariyanam

Namo Uvajjayanam

Namo Loe Savvasahunam

Ero Paucha-Namukkaro

Savvapavappanasano

Mangalanam cha Savvesim

Paathamam Havaei Mangalam



पूज्य पंथासु मडाराणी रोजनीशी

संकलन : पंथास वज्जसेनविजय

Will and Willing.

Will is power and willing to the will of God is greater power than the personal will of man. Divine will is impersonal, therefore it is more powerful than the personal will. To be willing to the will of God is of greater value than to stick to one's own personal will. One is for universal welfare and the other is

परम पूज्य सकलागमरहस्यवेदी

आचार्यदेव श्रीमद्द्विजय दानसूरीश्वरः महाराजना शिष्यरत्न

परम पूज्य कर्मसाहित्य निष्ठांत

आचार्यदेव श्रीमद्द्विजय प्रेमसूरीश्वरः महाराजना शिष्यरत्न

परम पूज्य कलिकालकल्पतः

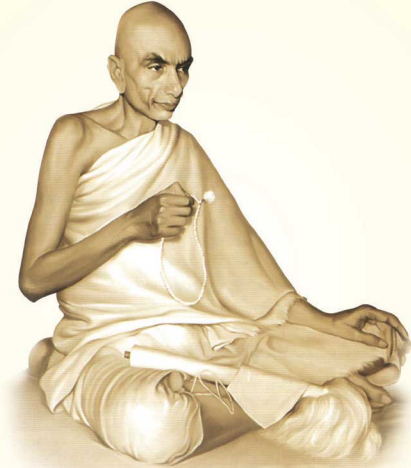
आचार्यदेव श्रीमद्द्विजय रामचंद्रसूरीश्वरः महाराजना शिष्यरत्न

परम पूज्य अध्यात्मयोगी

पंन्यासप्रवरश्री लक्ष्मणद्विजयः गणिवर्य

॥ श्री शिवंकराय भद्रंकराय नमोनमः ॥

परम पूज्य पंन्यासश्री लद्दंकरविजयल गणिवर्य महाराज



मयि लक्षुपं सोऽहं ।

परमात्मानुं इप भाराभां छे अने ते न लुं छुं.

आगमन : संवत १९५९ ने भागशर सुद्ध त्रीन (छ.स.१९०२)

छिद्वगमन : संवत २०३६ ने वैशाख सुद्ध चौदस (छ.स.१९८०)

Nine Tattva (The Nine Fundamentals)



ધવનિ : શ્રી આલાપ ટેસાઈ
રજૂઆત : ૧૪.૦૨.૨૦૨૧ દિને
'ગુરુ ગ્રંથ બહુમાન પર્વ' દરમ્યાન
ગ્રંથ પઠના અર્પણ અવસરે, આરાધના ધામ.

સ્થનાકાર : પં.ઉદયચરનપિજયજી ગણિ
પોષ સુદ ૧૦, સં.૨૦૭૭
રાત્રે : ૧ કલાકે, રામ પાવનભૂમિ

આ QR Code ઉપર મોબાઈલથી સ્કેન કરતાં જ
આપને 'હસ્તાક્ષર થીમ સોંગ' સાંભળવા મળશે.



પૂજ્ય પંચાસજી મહારાજના
હસ્તાક્ષરનું અક્ષયપાત્ર

॥ ૬૬ ॥



પૂજ્ય પંચાસજી મહારાજની રોજનીશી
સંકલન : પંચાસ વ્રજસેનવિજય



□ HASTAKSHAR NU AKSHAY PATRA

Personal Diaries comprising of Divine everyday thoughts, musings & experiences of Panyashshri Bhadrakar Vijayji Maharaj.

□ VOLUME - 66

Year 2022 / સંવત્ ૨૦૭૮
350 Copies / 224 Pages
For Private Circulation only.

□ PUBLISHER

© Shri Bhadrakar Gyandeepek Public Charitable Trust
Mumbai / Rajkot

team@mindfiesta.com

□ SPONSOR


Shri C. K. Mehta
Vadodara | Mumbai

□ ENHANCED & DESIGNED BY


Bharti Deepak Mehta
Fiesta Studios
Pattani Bldg., M.G.Road, Rajkot - 360001.
bharti@mindfiesta.com
+91 98252 15500

□ eBOOKS AVAILABLE AT

 www.bhadrakar.com

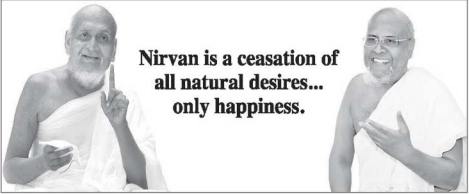
 www.navkarday.com

 Amazon Kindle

 Telegram : HastaksharNuAkshayPatra

□ ખાસ યિજ્ઞાપ્તિ

આ ગ્રંથશ્રેણીનાં જે જે ગ્રંથોના વાંચન પશ્ચાત્
જે ગ્રંથોની આપને આવશ્યકતા ન હોય, તે દરેક ગ્રંથો
ઉપર લખેલાં સરનામે અમોને જરૂરથી પરત મોકલશોજ,
જેથી અન્ય ભવિષ્યનો પણ આ ચિંતનોથી ભાવિત થઈ શકે.



**Nirvan is a cessation of
all natural desires...
only happiness.**

હાં... પૂજ્યપાદશ્રીની અપિરત વ્હેતી શબ્દગંગાના જળજળ વહેતાં વહેણમાં પૂર્વેના ડપ-ભાગોમાં આત્માનુભૂતિના ભાવો અનુભવાતા રહ્યા છે. સાહેબજી પોતાના ચિંતનો, અનુપ્રેક્ષાઓ કે કોઈના ઉપદેશાત્મક-પ્રેરણાત્મક લેજોને પોતાની રોજનીશીમાં નિત્ય નોંધી લેતા. તેમાં ગુજરાતી, સંસ્કૃત, અંગ્રેજી - એમ ત્રણે ભાષાઓ સમાવિષ્ટ હોય. હસ્તાક્ષરના દસમા ભાગ સાથે અંગ્રેજીનો એક ભાગ પ્રકટ થયેલો, ત્યારથી જ નૂતન પેઢીના અનેક યુવાન-યુવતીઓની સતત માંગ હતી જ... તેથી અંગ્રેજીમાં લિખિત જે જે છૂટ્ટા-છૂટ્ટા ભાવો ડાયરીઓમાં હતાં, તે સર્વ ખાસ તો એ યુવાનોના ઉગતા અધ્યાત્મરસને પોષવાઈ આ વૌલ્યુમમાં પ્રકટ થઈ રહ્યા છે, તેનો હર્ષ છે.

અહીં રહેલ અંગ્રેજી લખાણનો એક નમૂનો જોઈએ: **Hunger is the first of diseases, Body is the greatest of pains, Health is the greatest of gifts, Contentedness is the best of riches, Trust is the best of relationships and Nirvan is the highest happiness. Who injure nobody and always control their body, will surely attain Nirvan. Out of the love for all jivas, cherish the road of peace. Nirvan is a cessation of natural desires – only happiness.**

પૂજ્યશ્રીનો વધુ ઝોક તો ખે કે શ્રી નવકાર મહામંત્ર ઉપર જ રહ્યો છે અને તેમાં ય અરિહંતનો વિશેષ, કારણકે અરિહંતમાં જ આત્મા, મૈત્ર્યાદિ ભાવો કે સર્વ ગુણોનો સમાવેશ સહજ થઈ જાય છે.



હમણાં જ ભયરહિત થવાના ઉપાય વિષયક એક ચિંતન વાચ્યું: ‘નવકારથી સઘળા ભય નાસે છે, તેનું કારણ પંચપરમેષ્ઠિ નમસ્કારથી સર્વ જીવો પ્રત્યે પ્રેમ પ્રગટે છે. ભયનો પ્રતિકાર સર્વ જીવો પ્રત્યેનો પ્રેમ છે. અરિહંતોને નમસ્કાર જીવને નિર્ભય બનાવે છે, કેમકે સર્વ જીવો પ્રત્યેના પ્રેમ વડે અરિહંતોએ ભાવશત્રુને જીત્યા છે. ‘ભાવશત્રુ’ એટલે શત્રુભાવ. સર્વ જીવો પ્રત્યેનો શત્રુભાવ તો પ્રેમભાવથી જ જીતાય. અરિહંતોએ સર્વ જીવો પ્રત્યે એવો તે પ્રેમ વરસાવ્યો છે કે તેમના અંતરમાં કોઈ પ્રત્યે શત્રુભાવ રહ્યો નથી. પ્રેમભાવ વિના શત્રુભાવ તથા શત્રુભાવ ગયા વિના રાગાદિ જીતાય નહીં. રાગાદિ જીતાયા વિના ધાર્મિકર્મનો ક્ષય અને કેવળજ્ઞાનની ઉત્પત્તિ થાય નહીં. કેવલ્ય માટે મોહક્ષય, તે અર્થે રાગાદિનો જય અને તે વિણ ભયનો વિરહ ન થાય, તેથી પ્રેમનો આધાર એ જ પરમ કર્તવ્ય, પરમ ધર્મ અને સઘળા કર્મના ક્ષયનું કારણ છે. જે અંતઃકરણમાં સર્વ જીવને રહેવાનો અવકાશ છે, તે અંતઃકરણમાં સર્વનો ત્યાગ કરી એકલાને જ રહેવાનો આગ્રહ બધી આપત્તિ, ઝઘડા, કલેશ તથા કષાયોને આમંત્રે છે. જીવોને અવકાશ આપ્યા વિના સંકુચિતતા, તજ્જન્ય તુરછતા વગેરે ટળે જ નહીં.’

સાહેબજીના હૃદયમાં જીવ માત્ર પ્રત્યેનો કેવો તે ઉચ્ચ આત્મિક ભાવ હશે કે જેના કારણે તેઓ બધા જ જીવો પ્રત્યે સતત પ્રેમ, પ્રેમ અને પ્રેમની લાગણી દર્શાવતાં વારીકલ્પભાવથી ભાવિત મનવાળા બની શક્યા! ઘણી વખત મનમાં એક ઝબકારો થાય કે સારયે જ સાહેબજી - દાદાગુરુદેવ, તીર્થંકરના ભાવોને જ પ્રકટ કરે છે, તો ખરેખર એ આત્મા તીર્થંકર સમો જ હશે!

અલભ્ય ચિંતનોનો ખજાનો આપણને નિચતપણે પહોંચાડવા નિષ્કામ ભક્તિપૂર્વક આ અઘ્યાત્મની અપૂર્વ-અમૂલ્ય વિરાસતને પ્રસ્તુત કરનાર અર્થસારથિ એવા વડોદરા-મુંબઈના અમારા સુશ્રાવકરત્ન સી.કે.મહેતાનું વિરલ યોગદાન અતીવ સરાહનીય છે, તેમ જ તેમનાં ભાણેજી અને રાજકોટના અમારા સુશ્રાવકરત્ન શશીકાંતભાઈના પુત્રવધૂ સુશ્રાવિકા ભારતીબેન દિપકભાઈ મહેતા તથા તેઓના જૂથનો અંતિમ સાત વર્ષનો દિન-રાતનો અનહદ પરિશ્રમ પણ પ્રશસ્ત છે. તે સૌને અભિનંદન!

આ. મનમોહનસૂરિ
હૃમપ્રભુદિ.



આ ૬૬ દીપકને અજવાળે ઝીલમીલ ઝળહળે છે મારા આયુના ૯૦ વર્ષ



સંસારની પિટંબણાઓનાં ભરતડકામાં ખાલી પેટે અને ખૂલ્લાં પગે ઘણું ભટકયો છું! દિલ્હીની સરકારી ઓફિસોમાંથી અરજીઓને કેટલીવાર જાકારો ય મળ્યો હશે, તેની ગણતરી નથી! ...પણ આજે ‘સોલિડ્યૂડ’નો માત્ર શબ્દાર્થ નહીં પણ અનુભવચુકત અર્થ સમજાયા પછી હવે આ અક્ષયપાત્રોના ૬૬ દીપકને અજવાળે મારા આયુના ૯૦ વર્ષ એકસાથે ઝીલમીલ ઝળહળવા લાગ્યાં છે, ત્યારે એક વધુ અને છેલ્લી અરજી હાથમાં સાહીને દિલમાં વસેલા ગુરૂમહારાજ તરફ વધુ છું આગળ... જેમાં લખ્યું છે: ‘ગુરૂમહારાજ! અમરેલીના ધૂળિયા રસ્તેથી પૂર્વના પૂણ્યે મને વિશ્વભરમાં વ્યવસાય કરતો કરેલ, હવે અમરવેલ્લી પામવાના સમયે ખબર નથી... પૂણ્યનો ટોપલો ભરેલો છે કે નહીં, પણ અરજી એ જ છે કે મોક્ષ સુધી હવે મને રેઢો તો નહીં મૂકો ને? આ સૂરજ નમવા આવ્યો છે, ત્યારે મારા જીવનનું આકાશ તમારા એક જ અક્ષર ‘હા’ થી સાતે રંગે રંગાઈ જવા તૈયાર છે. ગુરૂમહારાજ! બસ, પછી તો નવકારની આંગળી પકડી આવી જ જઈશ તમારી પાસા! ...પણ આ ક્ષણે ય હું તમારી પાસે છું, એ અહેસાસ જ મને એટલો પવિત્ર લાગે છે, જાણે ડુંકાર!’

પૂજ્ય ગુરૂમહારાજના અંગ્રેજીમાં અવતરિત હસ્તાક્ષરોથી ભરેલી અનુપ્રેક્ષાની આ કૂલછાબ નૂતન પેઢીને જ અર્પણ, કિન્તુ તમે સૌ ગુજરાતી વાંચતા-સમજતાં ય શીખી જ જાવો, તો જ આગલા ૬૫ ભાગના અધ્યાત્મનો તમે લઈ શકશો લાભ! અસ્તુ!

Anand

વડોદરા/મુંબઈ/પુના

સી. કે. મહેતા



*Oh Devi Saraswati, you have been
imparting knowledge to us
from your vast ocean.
Please adorn this universe
with your immense intellect.*



गण्डिका, सं. २०२३, चैत्र ८६ १०, २४३, २० April, १९६६

श्री Navkar Mahamantra

श्री Navkar mantra is a continuous song of gratitude that : God is love, that God is here & that God is now. It is resting in God's bosom, holding God's hand & feeling the divine presence.

The best places for its निर्याण are:

- (1) Some place of pious memory.
- (2) The bank / Confluence of a River.
- (3) The top of a hill / under a cave.
- (4) Places of pilgrimage.
- (5) Some sacred forests.
- (6) A lonely garden.
- (7) The foot of a great tree or a hill.
- (8) A shrine or a temple of नरेश्वर.
- (9) The lonely beach of the ocean.
- (10) one's own house or
- (11) Any sacred place of devotion.



Spiritual Maturity

No one ever attained spiritual consciousness without striving for it.

The first step is to ASK.

Ask and it shall be given to you;

Seek and you shall find;

Knock & it shall be opened unto you.

Prayer is one form of asking, seeking and knocking.

Why do we burn incense?

It represents the intense desire of man for the higher expressions of life.

man is a free agent in the possession & use of the faculty of will. Theory of predestination affirms the salvation of chosen souls (मर्यादा). It relieves them of all responsibilities.

Freedom of will is the rock, on which religionists have split.



Theory of predestination gives the right of mental and moral freedom.

consciousness of humans contains the combination of three:

intelligence, life and substance.

Female = love and male = wisdom.

Ideas are spirit, Thoughts are mind.

Idea is not abstract but concrete.

We can feel an Idea. Idea can hit us.

microcosm = men.

macrocosm = God.

Faith = an assurance of things hoped for.

If we fail to exercise faith in spiritual things, we are condemned to the prison of materiality.

When we open our thoughts to the God with honesty, the divine presence will dispel all erroneous traits and characteristics and will



reveal us as the perfect spiritual temple. Our present sins, faults & limitations are not to be feared.

They will disappear as we surrender the personal or material sense of existence for the spiritual consciousness of life.

Remember that our supply is at hand regardless of any material possession, because our supply is the consciousness of the presence and it provides the fullness of good...

every moment right where we are.

A person with faith believes in the universal power that continually works for his benefit & not against.

He trusts this power to govern his life & affairs. Instead of giving into fear, selfishity and disillusionment,



he meets the situation courageously & victoriously by rising above it into a consciousness of love, hope and faith.

A man, whose faith is firmly centred in God, faces things honestly with optimistic, healthy approach to life. When he is under stress/strain, he endeavours to keep his emotions under control by exercising mastery over his doubts, fears and beliefs. Thus, he maintains perfect control over his emotional nature. Prayerful person strives to quiet his thoughts & calm his emotions when he is troubled. Prayerful person seeks inner peace by releasing and letting go all sense of strain and struggle. He believes in something he cannot see or touch.



He has faith in a power greater than himself, the power of God that is within his own being.

As he draws close to God in consciousness by unifying himself with God's love, wisdom and unlimited good, he is assured of success and victory.

Wisdom $\frac{1}{2}$ Love

jewels of silver are equal to wisdom and jewels of gold are equal to love.

The only bondage

The conscious awareness of God is the all important factor what makes for spiritual living. The world is within us but... We are not in the world!

We ourselves created the heavens & the earth, the consciousness which we are and therefore they are subject to us.



Let us then be done with bondage to anything that exists in realm of effect. Our only bondage is to the divine. you shall know the truth and the truth shall make you free.

A state of Grace

The Thirthankars are here.

It is our very own consciousness.

When human thought is stilled, human planning and efforts end, the activity of the God begins.

Where human fear ceases, divine courage begins. Where physical might and mental power end, the divine energy of the Spirit begins. When our thought is still, His thought is revealing & God's thoughts are quick and powerful, awaiting only for our own invitation, expressed as silence.



Awareness of the present moment is a state of Grace. The master is the consciousness of the Spirit of truth.

With God, all things are possible.

Within every man is god-love, god-life, god-wisdom, waiting to burst forth into tremendous expression.

Secret is to know that God has created us in His own image and likeness.

All things are possible to him, who believes.

man's false opinions and beliefs about himself seem very real & so he says:

'I am human, I am limited.'

But... The truth is that: 'you are God'. Lose yourself in this higher consciousness that is eager for expression in you. You stand in oneness with the changeless



presence of God, fulfilled & freed
by an inward love - a love that
radiates to answer every question,
to face every situation.

Regarding us as of sufficient
importance, God waits patiently
until we turn to Him.

Once we do, we are going to begin
the most thrilling experience and be
in quietude for our whole life.

If we doubt His presence,
just be honest in that and say:

'Help Thou our unbelief.'

We are important not only to
our friends and family,
but to the Jineshwar,

who wants us to get finally liberated.
God is ready to give us in the form
of ideas, the riches of His Kingdom.



you cannot reach out and touch an idea, but it reaches & touches you.

It reaches inside you and grasps you with mighty power & force. Ideas are gold coins of God's Kingdom.

you would never reject or forget an idea, if you could see the infinite possibilities in it.

The most helpful condition to receive divine ideas is an inner quietness that emphasizes the voice of God.

Inner quietness provides the condition of highest receptivity to God's ideas.

There's nothing more tangible than an idea. 'Tangible' means capable of being realized by the mind, substantial, objective.

We must deny the limiting thoughts of lack, failure and disharmony.



you must affirm that all ideas are tangible, useful power to change your life that all the ideas you need are instantly available in divine mind, that you can get and use the ideas you need without straining and/or striving. you can take an idea and use it for all it is worth, there is no limit to the material good you will derive from it.

A path to success

All you have to do now, all you ever have to do, is to start thinking with faith that you are attuned to the infinite mind of God, with nothing to your credit, but faith in God. When you do this, you cannot fail, you can only succeed.



The power within you is greater than anything that is in the world.

The almighty power of God can wisely meet emergencies, solve the problems, open eyes to new opportunity.

Greater is He that is in you, than he that is in the world.

Peace/serenity come through a feeling of oneness with that is eternal & secure.

This feeling is established and becomes permanent through persistent prayers.

There is no power in negation.

Power is of God & God is good and God is love. Develop stability in your emotions through the practice of prayer. Keep your mind stayed on God until you build up the consciousness of God, the good in yr nature. I am kept in perfect peace, because my mind is on God.



The power of this idea will radiate in and through every part of your life.

The power of this idea will enable you to be fearless.

The nearness of those you love does not depend on physical conditions; it is a matter of consciousness.

God has more pleasure in 1 sinner, who comes to the realization of God, than in 99 people, who just walk the earth as good or saint-like people.

God is same to saint and sinner. God is eternal, immortal, spiritual, creative principle of the universe, its maintaining and sustaining power.

What is the will of God?

It is to heal the sick, raise all the dead and forgive the sinner.



How to enter the Kingdom of Heaven?
unless you turn about in your
order of thinking, unless you give
up the idea that you are subject
to body etc., unless you become
converted in the way of thinking
and realize that you are subject
only to the higher, unless your whole
mental process becomes turned about
and you begin to think yourself
as spiritual entity, you will never
enter the Kingdom of Heaven.

our daily prayer should be:
use me, let me be that place in
consciousness through which God flows
to those seeking God. Let me be the
vehicle as which God pours itself into
expression to receive, until they all
learn that all that I am, they are too.



In this way, we break through the personal sense that is so willing to do for one and not for another. God is the reality of our being and all there is to us is God.

When we realize this, we are sowing to the Spirit, beholding one another as we are & we must reap spiritually.

When we shall get awaken,
we shall see Him as He is.

The conscious awareness is the secret of spiritual healing.

Worship of God

Through out the ages, the worship of God as something or someone far off & the worship of a God, who must be appealed to, petitioned or told our needs has prevented us from experiencing the presence & power of Thirthankars.



Today spiritually, we have made a real
advance, because we are beginning
to understand that God is the divine
consciousness, life eternal & even more
than this that God is the life & the
consciousness of individual you and me.
God is not only principle, soul or
consciousness, but the consciousness &
soul of each and everyone of us,
the very Spirit animating
principle and law of our being.

Worship of God

The longer we perpetuate God as
something separate and apart from
us, the longer will we be seeking to
get our allness from a God some-
where outside of us. In proportion,
however, as we realize that God is
closer to us than breathing and that



...all Thirthankars knew what they were talking about when said: 'The Kingdom of God is within you.

We all are one and All that we have is with all of you. That realization makes us fearfree. To know God as the very reality of our being is the only way to lose fear consciousness.

Infinite Way

The master is not a man. The master is a state of unfolded & developed consciousness.

How is this obtained? one way is through contact with someone who has attained some measure of it, or turning to such spiritual literature as will reveal the way of liberation or make us independent of outside aids.



It lies in a development of a listening attitude. It will not flow into us from outside somewhere. Rather, it will flow from within to the without. From the depths and the reality of our being comes this flow and we touch that reality when we learn to close our eyes and open our ears, when we listen to the thoughts that will make us receptive to the great infinite power within our own being.

How to lose fear?

In no way, we can overcome fear as long as we believe that we are separated from God, but not even fear in the form of an atomic bomb, a war, a germ or some such thing as an economic depression will enter our consciousness after we have



learned first that God is life eternal, second, that the mind that was in all Thirthankars is our mind and third, that the very place where on we stand is the holy grounds.

Joel Goldsmith says that:

In my whole life, only one state of thought has registered with me.

I and my Father are one, son, thou art ever with me and all that I have is thine.

Take no thought for your life, not by might or power but by my Spirit. That meets with a response in my consciousness. That is my teacher, not a man, woman or any book. My teacher is my own state of consciousness of oneness. That is my teacher regardless of who voices



it and anyone with that state of consciousness will always find in me a real state of receptivity. The belief that God is something other than their own being is one of the great factors in the failure of men because they are looking to something outside themselves to do or achieve for them.

The sense of duality is the only devil to be destroyed. All other sins are the children of that very devil. My oneness with God constitutes my oneness with all spiritual beings and idea and this cannot be limited to time, space or place. God's grace cannot be limited to an individual. You can increase the flow by realizing it as an infinite grace flowing universally.



I have in my consciousness eternal life,
infinite supply, divine peace, the peace
that passeth all understanding I have.

Of myself, I am nothing,
but by the grace of God,
all things that the God hath are mine.

Oneness with eternity

As the branch is one with the tree,
as the wave is one with the ocean,
so am I one with God.

The allness of infinity is pouring
itself forth into expression
as my individual being,
as my individual consciousness and
as my individual life.

Having received the allness of God,
I want only to share it.

Love is the pure essence of being that
binds together whole human family.



mother love is as strong as life, makes every sacrifice to protect her offspring. Intelligence and imagination are also like a son and daughter of humans.

Every atom has substance,
life and intelligence.

Love is inexhaustible,
for love is God. God is love and
God is everywhere present.

It means love is everywhere present.
you are the beloved of God,
whether you believe it or not.

yet God does not insist that you accept love or express it or even that you become aware of it: for, He allows you the freedom of making your own choice in the matter.

Love finds its greatest expression
through humanity.



Love casts out fear,
for we know that we belong to life,
that life loves us & that we are safe.

Love is will to do good.

Love is goodwill raised to the highest
expression. Love is also the will to
(do) good for its own sake rather
than because one should. Loving our
enemies & doing good to those who hate
us is the will to good in operation:
it is doing good for its own sake.
Not mine but Thine will be done.
That will is good, good for every
man, who learnt and followed it.
The promise to those, who follow this
will is that they will enter into
the Kingdom of Heaven.

His will is good for you & good for
me, but expresses differently for us.



Naravagam, 25-7-65

We must let our personal will
give way to the Divine Will.

Thou shalt love the lord, love God
with all thy heart and with all thy
soul and with all thy mind. This
would be to bring ourselves into
obedience to God and God's laws.

Q. Can the Karmic law be
broken or ended? A. yes.

Love and forgiveness is the Key.

The way to break the Karmic law
is through repentance and by living
constantly in an atmosphere of love
& forgiveness. Then we are no longer
human or mortal, for we no longer
harbour thoughts and deeds of mortality.

The life is more than the food and
the body & more than the raiment.



Living, loving, giving, thinking
and growing are of far greater
importance than food or clothing.
one thing is needful - an abiding
trust in the ॐ of Thirthankars
and realization of oneness with Him
that makes all tasks easy, also
all accomplishments possible.

Why to draw a cheque on universe?

Whenever we say: 'I am', we are
drawing a cheque on the universe.
It will be honored and cashed sooner
or later & the proceeds will go to us.
When we say: 'I am eternal substance'
or 'I am divine life'
or 'I am divine truth'
or 'I am divine freedom'
or 'I am substance',
we are again drawing a cheque.



The meaning of 'I have' is 'I am',
because you always have what you
are and always do what you are.
Love is the idea of universal unity.

Love is a combining influence,
thus we are all one in Spirit.

I live in the consciousness of eternal
presence, God in each & every fire is
the pure Spirit of eternal existence.
Soul is peace and the goal of soul
is also peace, therefore there remains
only the peace and nothing but peace.
Soul is eternal, the peace is eternal.

Within all persons,

this peace is omnipresent.

Wherever we are, God is & so peace.

Joseph The quality of meekness or quietness
enables us to be open and receptive
to God's guidance at all times.



The Greek Word 'Logos' means the great creative Word.

The great creative Word is 'I am'.

It is the secret of life.

'I am' is the great secret.

'I am' is the famous last Word.

In the beginning was the Word and the Word was with God and the Word was God.

All things are made by it & without it, not anything made is made.

Prayer is an effort of conscious communion with God: 'Prabhu, I thank you that you always listen to me & I know that you always hear me.'

Something in us tells us that:

If even one person in the world gains understanding and peace of mind and happiness, we too can gain our goal.



The inseparable Trinity is...

The creator, the created & the creation.

What is oneness?

The oneness that endures forever,
'god is', 'I am' and 'you are in me'.

Am

This is oneness.

The most creative and the strongest
word is 'I am'. whenever you say that:

'I am', you are calling upon
the universe to do something
for you and the universe will do it.

Love, faith, devotion and compassion

The medicine for whole mankind:

10%	Tamas	Drugs etc.
20%	Rajas	Psychiatry etc.
70%	Satva	Love, empathy etc.

There's none other virtues greater than
those. They are basic in healing. Love,
faith, compassion, devotion are physicians.



In the inorganic, organic and psychological worlds, there's integrating and uniting role of love. Love raises man as a biological level of divinity.

Love God with all your heart, soul, mind and strength.

The first step for health is to get still.

For that the body must be relaxed and the mind needs to be quietened.

Centre the attention within.

There is a quiet place within and by silently saying over and over again: 'peace' and 'be still',

we shall enter that place & a great stillness will pervade the whole body.

Be still and know that I am God.

The throne upon which the divine sits is within man's consciousness and it is to this inner centre that



man should direct his attention when praying or meditating.

(1) What is meditation?

Meditation is a process of association with the divine presence, a method of forming an acquaintance with it.

(2) What is Attention?

Attention is the eye or vision of the mind. It is impossible to hold the attention of the mind on nothing.

(3) What is concentration?

The concentration is singleness of mind or purpose.

True concentration is that sort of interest in which all forces of your being are intent to a given objective or unified in a given purpose.



To conclude, concentration is...
one pointed attention.

When we concentrate correctly, we centre on God, who is the centre.

We become part of that centre.

We go with God.

We abide in His dwelling place.

We merge ourselves in it.

We become a part of God's time,
a part of His timelessness,
to be exact (means acquiring yukti)

and we know in trust that our
perfection & our good rest with Him.

Thirthankars teach the way to love.

Thirthankars make us teachable
and obedient to this guidance.

Love helps us to understand the
fatherhood of God and
the brotherhood of man.



ધિત્તાશક્તિ હાડે બિચ્ચિન તમ્મ અને
અહિત્તાગી હાડે બિચ્ચિન ઉચ્ચિચ્ચા -

એ રીતે શક્તિ અને અહિત્તાગી હાડે નિત્તરબલ શુદ્ધ છે.
Faith comes to those, who uses it
like muscle, like skill, like capacity.

use what you have & you will get more.

Imp. Faith enough to move mountains.

Faith શબ્દ એ : Be patient, loving &
kind, under all circumstances.

There is but one presence and
one power of the Universal energy,
the good omnipotent. The highest form
of prayer is to open our mind and
quietly realize that the one omnipresent
intelligence knows our thoughts and
instantly answers even before we
audibly express our desire. When we
make our minds trustful & confident,
we harmonize with the creative mind:



then its force flows in accordance with the law of like attracting like. Like a musician, only by practice that one develops the new consciousness of spiritual things.

ਭਵਿੱਤਰਿ lifts our thoughts on high & sets us free from the narrow limits of matter. We should be persistent in ਭਵਿੱਤਰਿ. ਸਿਰਫ਼ ਇਕਦਿਸ਼ੇ ਠੇਕੇ ਨੂੰ ਵਧੀ ਸੁਖੇ ਠੇਕੇ ਨੂੰ ਵਧੀ ਸੁਖੇ ਸਿਰਫ਼ ਇਕਦਿਸ਼ੇ ਠੇਕੇ ਨੂੰ ਵਧੀ ਸੁਖੇ.

Complete devotion to a single purpose is the secret of true & quick success. When a person's interest in ਸਿਰਫ਼ ਇਕਦਿਸ਼ੇ lifts him above the activities of his own personal thoughts, to the borderland of the Infinite, he has truly found the silence.

The silence is to soul and mind, what food is to the body.



Silence ceases to be mere stillness & becomes the unfolding presence of divinity itself.

The guides into the realm beyond the silence are faith, interest and a steadfast vision toward the highest.

Knowledge is to man,
what light is to the plant.

Nothing ever becomes ours until we accept it, because acceptance is the first requisite to ownership.

It is the mind of universal energy that is working through us and that accomplishes all things that we do & as the realisation of this fact begins to be felt, we instinctively begins to relax and to let go of the mental & physical tension in which one is accustomed to live and work.



This is part of the receiving process by which we appreciate the gifts of Spirit and incorporate them into our being.

211chi - 4241chi 2d3 or.

'Because God Knows, I also know, for I am in God & God is in me.'

Acknowledging God in all our ways is the surest way of preparing the mind to receive blessings beyond our present ability to contain them. If this truth is firmly established in consciousness, our mind isn't open to receive impressions from other sources.

In nothing be anxious.

What is Silence?

Silence is a search into the superconscious mind to discover the ideas and ideas functioning in the perfect mind of God.



Why is nft necessary?

nft is communion with Thirthankars.

nft talks with the y₃ within and awakens spiritual consciousness.

It is the only way to cleanse and perfect the mind and

thus permanently heal the body. Do

nft with persistence & understanding.

It is good to get still & think about

the inexhaustible resources of

infinite mind, its presence in all its

fullness and readiness to manifest

itself when the law is complied with.

Be instant in nft. Never keep us

from having our daily quiet hour

of communion with God. We all are

God formulated. We have God's ears,

mouth & eyes. He is the source of all

creation. We dominate nature when



we affirm our mental supremacy.

There is only unity in Spirit.

God is Spirit. We are a temple of a living God. When the mind is lifted up in meditation and prayer, the whole body glows with spiritual light. God is the spiritual mind in every individual and the spiritual mind is the offspring of the universal mind.

Impurity of mind

The physicians take it for granted that germs of diseases exist as an integral part of the natural world, while the metaphysicians see all germs as the manifested results of anger, revenge, jealousy, fear, impurity & many other mind activities.

A change of mind will change the character of a germ.



The real medicines

Love, courage, peace, strength and good will form good character and build bodily structures of a nature like these qualities of mind as above. We have a dying body with a living God. man is not body, but body is the substantial expression of his mind. We see merely the various ideas of man expressed in terms of body, but not man himself. The body of man is the visible records of his thoughts. As a man thinks in his mind, so is his body.

Each individual is just
what he believes he is.

Why some prayers are not answered?
Because of lack of proper adjustment of the mind of the one who prays to the omnipresent creative spiritual life.



Faith in the omnipresent pure substance precipitates the substance in the body & we are transformed.

Paralysis of non-recognition of the generative seed, the word of God & man's real self, no growth takes place except through this seed and this high idea of what man is. Any other idea is a reflection.

The purpose of prayer
man has no life in him without Him

Seed is the word, mind, life or spirit. The purpose of prayer is to make changes, not in outer conditions, but within ourselves. The purpose of prayer is not to bring God down to man, but to lift up his consciousness to God in love and reverence.



We need the prayer of fulfilment,
which is the prayer of emptiness.

Look I certainly have messed up
this life of mine so far.

Let me give up and God take over.
Then we may be amazed at how
the miracle begins to work in us &
how quickly what we had thought of
as our destiny changes.

As long as we are advising,
suggesting or outlining to God or even
hoping that God will act according to
our personal wishes, we are not going or
praying to God, but to our own mind.

That is no way to pray.

Rather should we surrender ourselves
to God, so that God's will for us may
fulfill itself, that whatever it was for
which we were born may be fulfilled.



We are all born for a purpose or we would not be here. Emptiness of self is worth achieving even if it takes time.

The universe fulfills the days and nights as long as we are empty enough of words and are not injecting some human thought conceived in our mind.

I turn to God, that He may fill me full of Himself, fill me full of His wisdom, His peace and glory and make me a fitting instrument on earth for His love.

In such a state of receptivity, we open the way for the universal energy to work in and through us in accordance with his plan & design.

To contact the divine self-hood, which is within our own being and



when we establish contact with it, it will be in communion with the God within just as the master was. It is only in inner communion that we find ourselves. We are one infinite soul, but that can never be known through the mind: it can only be known when through communion with innerself, it is revealed to us that we are all one with YENICHI. It requires us to open spiritual vision.

Why am I here?

I am here right now because of the thoughts that I have thought about; the words that I have said and the deeds that I have done.

Prayers are the spiritual food.

Prayers are more important to us than the food we eat. Prayer is more



powerful than the bullet or a bomb.

The law of mind is exacting:
thoughts of fear attract fearful
retribution, but loving thoughts
attract safe and peaceful thoughts.

Basic faith in God gives us
certainty that good is forthcoming.

The prayer is both ways:
a vertical and a horizontal one.

The individual benefits only when
his individuality is deepened and
his universality is broadened
in consciousness.

Blessed are the meek or gentle souls,
for they shall inherit the earth.

Wherever you are, God is.
You are one in Spirit, a Spirit of love
more powerful and real than all
the conditions ever created by man.



Prayer teaches us that:

We should not dictate, but dedicate.
The Prayer means quietly entering the
inner chamber within the soul.

Shutting the door to the
external thoughts of daily life and
seeking conscious union with
God is the highest prayer we know.
Prayer comes to our heart, when we
are silent and still enough & also
expectant enough to receive Grace.
Prayer is not our word or message
sent to God or some external force.
It is a spiritual consciousness of truth
through silence. This comes easily when
we are together in oneness of mind.

When we fill our heart with love
for all the Ihs, we shall not let any
disturbing thought enter in our being.



True Prayer

What the world needs is the prayer:

'Not that God be on our side,

but that we be on God's side.'

Freedom is the conscious awareness of the relationship with *अहंता चिंतन*.

The divine, universal consciousness is the only thing to which we are subject.

Through that, we are given

dominion over all that is in

the sea, the earth, air and sky.

Freedom begins when we recognize that God is divine consciousness that His consciousness is yours and mine.

Our freedom comes not because of our relationship with Him, but conscious awareness of that relationship. All those who're able to accept their freedom within their own consciousness are free.



God's infinite intelligence
is same as all of our intelligence.

We are all equal before God.

But ... unless you and I consciously
accept it, we will not express it.

We can then turn within and there
we find the ultimate gift - 311chl.

Soul is the one

great witness of everything.

So do you likewise try to be identified
with your soul's consciousness by
remaining as an unidentified and
also a silent observer while
you pass through the ever changing
experience of life and devotion?

Thankfulness is life's joyous response
to every situation, good or bad. Only
then we can say that we are well
adjusted to life's every experience.



Hold back your mind from pride,
for pride comes only from ignorance.
The wise man knows that one must
trust one's inner voice of soul.
If you would become one with Him,
you must be filled with perfect
unselfishness and love also.

What is Spiritual healing?

It is the realisation of oneness of
MIKHI with YENIKHI. This itself heals.
Do not go to bed any night feeling
that you have an enemy in the world.
God is love and love is manifested
as life. God is the source of all good.

No settled condition can be changed
permanently without a change of our
consciousness. Every soul is destined for
perfection, because God's patience with us
will never be exhausted.



man is spirit, housed in a body.
He lives in both: time & eternity.
Eternal life begins here and now.
The world of time is a school for
eternity. We are meant to find God
in his creation to pass through the
visible to the invisible. In order
to be attached to our creator, we
must be detached from creatures.
A small hair disturbs the eye and
a small care prevents detachment.

अहोरात्रं २६ or २८.

Heaven is not a place far distant,
but a harmonious state of mind.

It is a man's true estate.

अहोरात्रं २८. We can practice bringing heaven
into the earth every minute of life.
The events of life are passing by us



endlessly and we are naming some of them as bad and some as good. The good and bad qualities exist in the mind of individuals and not in the things themselves.

you be transformed by the renewing of your mind.

you are so important that God himself makes His residence inside you and dwelling there in order to be with you, to help you.

Even though you may have forgotten Him, be assured that God has not forgotten you.

He but needs your attention to bless you.

God's love is around you,
with you, in you,

ever awaiting your recognition.



'Namaskar' is the other word for gentleness, prudence and humility.

To be gentle, frugal and humble is worth to be

great, powerful and leader.

The transition from humanhood to spiritual sonship is made only by grace.

One individual having the spiritual understanding of the nature of God becomes a law of harmony, health &

supply unto thousands of people all over the world. There is where the strength is - in union with God.

Do not disagree with your troubles and problems. Instead bless and surrender them to God. Know that problems are your teachers, showing your err and turning you in the right direction.

Bless them and let them go.



Is any among you suffering?

Let him pray.

Is any cheerful? Let him sing praise.

He who cannot deeply appreciate and honour the noble truths granted on him, has no right to achieve more.

Greek philosophy

Our character and conduct

totally depend on what we believe.

Character is what we are.

Conduct is what we do.

What we are and what we do make up the whole of our life. So our whole life depends on what we believe.

Blessed are the peacemakers.

Do not resist an evil person.

Love your enemies. Let tomorrow take care of itself. Do to others what you would like them to do to you. Be perfect.



ମାଧ୍ୟମିକ ନିର୍ଦ୍ଦେଶ ଫଳ ହେଉଛି:

ଖୁସି ହିଁ ହେଉଁ ଯାଏ ଖୁସି ହିଁ ହେଉଁ। *Forgive and forget.*

Socrates States:

All men's souls are immortal, but the souls of the righteous are both - immortal and divine - ମନୁଷ୍ୟମାନଙ୍କ ଧର୍ମ.

Aristotle States:

Whatever within us that feels, thinks, desires & animates is celestial, divine and consequently also imperishable.

Emerson States:

Our dissatisfaction with any other solution is the blazing evidence of immortality.

'Unity' writes:

Love or perish. The final test of any religion is not righteousness, but love. None of us can survive without it. Love is the supreme gift, supreme good.



know that you are great,
great with the divinity. Love melts
situation that seems impossible.
Need for love is the root - cause
of most of the ill-ness. Cancer is
described as an anxiety disease.

Various aspects of love are ...

patience, kindness, generosity,
humility, courtesy, unselfishness,
good temper and sincerity.

Personal love could be expressed as:

kindness, tenderness, courtesy,
affection, approval, consideration,
appreciation, devotion to those,
who are in family groups.

What is Impersonal love ?

It is the ability to get along with
people without attachment and
emotional involvement - २०१०२५१ २४०१.



Without love
no man can become whole.

We must consciously seek
to live within the great law of love.
God is love. Love is the power,
which sustains the universe.

God gave man freedom of choice.

Having free will, we may
misuse our God-given powers.
Sit on a throne of spiritual love and
understanding and do not count
oneself greater than others.

There is spirit in you, which is
greater than any negative condition.

When we love, we increase love
within others and in ourselves too,
as a teacher increases knowledge
within his students & in himself,
by the simple act of teaching.



Love is light and hate darkness.

Let us seek light within us
in our daily silent prayers.

Love for God and fellowmen,
for harmony and peace,
for righteousness and justice

are our treasures of Heaven, which
dwelleth deep in the cave of heart.

Unselfish love is the key to
door of the Kingdom - किंकिंकिं - किंकिंकिं.

We identify ourselves with Him
by doing His will

to love every मनुष्य unselfishly.

किंकिंकिं is His idea

We ourselves limit the answer to
our prayers when we are selfish and
unloving. Practicing unforgiveness is
one of the selfish ways. One of the
God's greatest gifts is idea of किंकिंकिं.



God loves us,
but in order to feel his love and to
receive its full benefits, we must
stir up the potential love that is
within us and express it
in our thoughts, words and deeds.

Love is like a spiritual muscle, for
it increases in power as it is used.
Life, love, wisdom, strength, peace,
power and goodness are the
attributes of spiritual person.

They grow and expand by proper use,
which is the pouring out process.
Knowledge and goodwill increase
when shared.

Freely you received, freely give.

As the spiritual persons, we all
should serve one another in peace,
harmony, freedom and faithfulness.



Egotism closes the channel through which God's greater power flows to us.
Let us do all things to the glory of God and rejoice in His power, wisdom and glory working in and through us.

His glory in us is a greater reward than anything in the world.

Divine love is not a static force, but dynamic one.

God does not need our substance, but we need His co-operation.

Divine supply is greater than the human demand.

Nature has already given us more than we are using.

We'd learn to use what we have.

Today is the best day that we have ever lived, if we have given and also found love in it.



Eat the soul-nourishing bread of
God's living Word freely everyday
and you will live more abundantly.

One of nature's most important
principles is love.

We cannot be free when we are bond
servants to hate and unforgiveness.

Nature's perfect love includes
freedom to think and act, without
which we would not be able to live.

It is a good idea to ask God
to give us wisdom before we ask
for other things. Then we shall
be directed how to ask aright.

Since there is no tomorrow, we
must do it today. The Kingdom of
GOD or PEACE is within all of us.

As we search diligently for it,
within our heart, we will find it.



What is Sin? What is Evil?

Sin means missing the mark of
divine perfection.

Evil lives only in the thoughts of men.
We are the perfect soul and truth is
the spiritual foundation of our being.
Truth is standing at the door of
our consciousness - knocking. Why not
open the door today and let it in?
Troubles are not material things. They
are mistaken ideas about things.
Troubles come to us when we are
too close to things and too far from
Thirthankars - ਅੜ੍ਹਾ ਤਿੰਨ = ਏਠ੍ਹਾ ਤਿੰਨ।

When we draw close to blessings
by counting them, they grow larger,
but when we turn
our attention towards our troubles,
our blessings seem to grow less.



God is love.

Love is constantly giving.

Nothing can make us happier than giving and nothing can increase our ability to receive or quicken our spiritual growth.

Let us put joy, love, faith and substance into our gifts.

Financial tithing is not the only door that is open to us all.

There are tithes of love and faith, prayer and praise: time and service, good will and peace,

those are in themselves priceless treasures that may be given by all.

Health to give to the sick,
joy to give to the mourning,
freedom to give to those in bondage,
money to give to those needing it;



To give is to receive.

Keep the hand open. Go right in giving aid to all who need anything. Only needed is that we keep the hand open for all good gifts to flow out. We cannot afford to withhold from giving our time, our intellect, our love and our money to them, who needs, because the universal law is: withholding makes poorer. Nature is forever giving with no thought of return. Love always thinks of giving, never thinks of receiving. Nature says: All I have, is thine. All is good, because all is God. God is only intelligence, the only life at the centre of every form of existing life. Pure intelligence and perfect love.



One of the surest signs that a person is no longer in bondage is his willingness to give other their freedom, to allow others the privilege of seeking & finding God as they wish. The dying, the failure, the going down of the old is a necessary step in all true salvation. Be still and know the Truth. Truth shall make him free. No one has any right to coerce another into accepting an ideal. Every person has a right to keep his own ideal until he desires to change. Bible says: If you really want your friends to be free, there is but one way for you to accomplish your desire: 'Loose them and let them go; for whatever you loose on earth shall be loosed in Heaven'.



By love may He be gotten and
holden, but by thought never!
God is already infinitely wonderful
whether we praise Him or not...
but when we do, we do something
to ourselves. We lift our consciousness
to a better understanding & appreciation
of His goodness and able to sing a
new song and as a result of which
we can fill our life with radiance.
Praise is the lifting power in our life
that can carry us above the seamy
problems of our earthly experiences.
Praise your work and you will find
that it will become easier. Praise the
organs of your body; faithful heart,
our marvellous digestive system, the
wonderful healing system that keeps
it always at the same temperature.



God does not need our praise, but
we need the spiritual lift that
praising Him brings us.

We do not always need to express
our praise audibly, for silent
thoughts and loving feelings are also
quite effective. Let us in consciousness
rise on wings of praise to a state,
where we can recognize and also
appreciate the spiritual beauty of the
very Kingdom of God - within us.

Do not strive. Do not struggle.

God is my help in every need.

you shall know the Truth and the
Truth shall make you free.

o 'Remember to smile.

Remember to say a good word.

Remember to remember only the good.'

- L. Fillmore



Thirthankars throw light on truth for in them, is no darkness at all. Where faith in the protection of divine mind is complete and absolute, there is no fear and no infection. man can demonstrate sinlessness through the guidance of his inner voice of *शिव*, which is never wrong. This is a demonstration of complete unification with universal mind.

many christian scriptures say:

Thank Thee for Thy grace,

Thy peace, Thy abundance.

Turn within and seek me. Acknowledge me in the midst of you and I will change death into life, age into youth, lack into abundance.

Only abide in this word and consciously let me abide in you.



meekness is not weakness.

It is spiritual strength rightly directed making us receptive to our $\mu\alpha\ \rho\epsilon\alpha\mu\iota\alpha$. To be meek or humble is to be free from all negative reactions. meekness is a non-resistant attitude of mind, in which we feel free from fear of losing our so-called rights. It is knowing that God's will for us is good and then confirming to it.

Without meekness, the God life cannot be attained.

Perfect love is two way love, involving God and man.

one kind of industry, we can all find time for is that of just being still and knowing that God's Spirit is within us, guiding & directing all.

Inspiration is inner guidance.



Three conditions are necessary to keep the channel of inspiration open:

- (1) A mind cleared of pettiness.
- (2) Periods of silence each day.
- (3) A willingness to listen to and also believe the inner voice.

Inspiration requires a quiet, poised mind that is open and receptive to the unseen, but real forces of the universe. Just let go outer problems and tensions and look within, 'the beyond' that is within, with which man comes in touch on the inner side of his nature.

Emerson once said: man has an inborn capacity to be inspired. man has potentially all that God is.

ॐ नमो भगवते वासुदेवाय ।



Wisdom and ego

I know that I know nothing,
is the wisest of all wisdom.

Personal wisdom is egotism and
ignorance. Of ourselves we know
nothing. There is a universal mind
in which all knowledge is and we
have to do is to unify ourselves with
that mind and it will pour into our
minds everything we want to know.

It is this letting go process, that is
really very hard due to our ego.

This knowledge of the power of man
to change his environment by
changing his thought,
is one of man's greatest discoveries.

your feeling of security grows as
you become aware of the
Universal - power within yourself.



Not any kind of authority, but applied knowledge will survive. It is true, because it works and it works, because it is true.

Before we can know each other in Spirit, we must let go of the outer, in omnipresence.

What is two way communication?
man knows many things, but not everything. A direct line means a two-way communication.

A period of silent communication with God before our day begins will assure us our line of communication is open. If we are to enjoy the blessings and feel the security of this direct line, we must take action to establish this contact and use it regularly to keep it alive and in working order.



Let your light shine.

We have thought of only a few men as holy, when even the meanest man of the street has within him the Spirit of universal energy. Emergency is an opportunity to the wise, by letting God and being still and reward is instantaneous peace.

The prayer is the stirring up within you the sense of His power and then turning the full force of this power like a powerful search light on that which may concern you. You must put God first in your thought.

When our mind and our heart are at peace, all our creative and inventive powers are at their best.

The self that we know as 'I', is in the perfect unity with universe



Why to think Positive?

The most helpful thing that one can do for another is to think positive thoughts about him. Positive thinking might actually be a synonym for prayer. Prayer is the act of changing our thought from the limited to the limitless.

Imp. The place where you can help is in your mind, never anywhere else. Let us trust in Him continually, so that we can devote our thinking power to constructive and helpful plans and duties instead of wasting it by thinking destructive thoughts of worry, unhappiness and weakness.

Before we let anxious thoughts
destroy our peace of mind,
let us seek the Kingdom of God,
that lies within all of us.



Faith in God silences anxiety, for where there is complete trust in God, there is no uneasiness of mind, no worry or fear.

Self is a part of God's own Spirit and need never carry the load of fear, doubt, anxiety and worry.

When we prayerfully take a problem to God, He guarantees our progress towards its perfect solution.

So let us all have faith in God. 'There is nothing either good or bad, but thinking makes it so.' - Shakespeare
"What we think about a thing is more important than the thing or experience itself. No two persons ever have exactly the same experience. Behold the faith in Him. Visualize and feel conscious oneness with Him.



God's wisdom is greater than man's knowledge. When you remember Him, He is showing you just what to do. There is no use to worry about anything that you have placed in His hands. Retain this attitude until you feel happy in the faith that all is well.

We all are but parts of
one stupendous whole, the universe.
By using our free will knowingly or
unknowingly in opposition to the
good will of universe, we suffer.
The universe does not punish us.
We miss the mark when we break
the spiritual law of love & goodness.
The good we receive is dependent
upon how we act toward others
rather than upon how they
act toward us.



The provider is within every one of us, waiting to fulfill every need.
A good servant is greater than his master. meekness and love can make a person greater than force & power of dominion. Superior is the one, who enters into the Kingdom of universe, than is one of the rulers of the world, who sits on an earthly throne. There is only God, the good and man - His interpreter. I am a pure soul, within me is my freedom.

It is our use of Truth

that makes or sets us free.

Freedom in our life must begin with freedom in our consciousness.

Think of that power as an invisible sea of substance and mentally melt yourself into it.



There is within us a creative
God - power, that can answer any
prayer through us, if we will let
the answer come forth.

If we look for only our good
in the world, we are looking in
the wrong direction, because we are
looking away from God and
concentrating our
attention on material things.

When we realize the Truth that
God is the source of all good,
we shall begin to look to God for
our good first, instead of searching
for it in the world. When we direct
our attention to God first and
look to Him in Spirit for our good,
we shall be seeking our
good at its original source.



There is more to us all than just body & mind. We all are also the Spirit and it is the Spirit in us all that gives us authority over all the things, including our mind & body. Realize that nothing is lost in Spirit.

When God is for us,
no one can be against us.

'man, know Thyself.'

We must try always to do the good. Whenever we do any good act,
our light shines.

All things are good, but when these good things are pushed out of order by human ignorance, they may seem to be evil. The Spirit in man is the saving power that can bring them back into divine order. Believe: all things are possible with God.



Let us communicate
with our own body organs:

(1) First direct the whole attention to feet. Think how wonderful they are to support your body.

(2) Think of the small of your back and up & down the spine.

First Say: 'relax and let go'.

Then say: 'I feel relaxed'.

give affirmations to Back of the neck

I am not bound in any kind of my personal consciousness,

I am free with the freedom of Spirit.

give affirmations to Spine

I am strong in the Lord and in the power of His might.

(3) give affirmations to Shoulders

my yoke is easy & burden is light.

Think of letting go through shoulders.



Release the shoulders and
settle back into your body,
the wonderful temple of God.

(4) Relax through your neck and
the back of your head. Feel relaxed.

(5) give affirmations to Fore-head.

I am the light of the world.

give affirmations to Eyes

Blessed are my eyes, for
they see clearly, distinctly, perfectly.

give affirmations to Eye-brows

Not mine, but Thine will be done.

Through the forehead and between
your eyes, relax and let go.

(6) Remind yourself that you are
relaxing into the harmony and
peace of the presence of God. In God,
you live, move and have your being.

(7) Think of the Throat.



give affirmations to Throat

All power is given in mind & body.

give affirmations to Ears

Blessed are my ears, for they hear easily, clearly, distinctly.

(8) Think of the chest.

give affirmations to Lungs

There is nothing to fear. I breathe the breath of life freely and easily.

give affirmations to Heart

The forgiving love of Lord sets me free from mistakes of the past and the results of mistakes of the past.

His love flows freely.

(9) Think of the Solar Plexus.

(10) Think of all the organs and their functions in the body.

(11) Think down to the tips of toes.

Feel peace and presence of Him.



God's cleansing, healing & purifying love flows freely through every part of my body renewing & restoring me.

Say for the whole body:

I am the everrenewing, the ever-unfolding expression of infinite life.

Say for Functions of the body:

Divine order is established in my mind, body and in all my affairs.

Say for the Lower part of the body:

The life of God is from everlasting to everlasting and I live, move and have my being in it.

Disagreeable circumstances might be an obstacle to मिाि, they cannot be an obstacle to ॐिाि. There is nothing evil in objects or things in themselves. Evil creep in by our identifying ourselves with them.



Communication with organs

Life is simply a form of energy and has to be guided and directed in our body by thinking & talking. We can talk to the life in every part of our body and have it do just what we want. If we can start teaching our body organs, we can start getting marvellous results.

How did I do inner talk?

I told the life in my liver that it was not torpid or inert, but full of vigour and energy.

I told the life in my stomach that it was not weak or inefficient, but by all means energetic, strong and intelligent.

I told my limbs that they were really active and very much strong.



I told the life in my abdomen that it was no longer infested with ignorant ideas of disease put there by myself & doctors, but that it was all a thrill with the sweet, pure, wholesome energy of universe. I told my eyes that they did not see of themselves, but they expressed the sight of spirit and that they were drawing on an unlimited source. I told: they were young, clear & bright, because the light of God shown right around them.

I told my heart that the pure love flowed in and that the world felt its joyous pulsation. I went to all the life centres in my body and spoke words of truth to them - words of strength and power.



I asked their forgiveness for the
foolish - ignorant course that
I had pursued in the past,
when I had condemned them & called
them weak, inefficient and diseased.
I did not feel discouraged at their
being slow to wake up, but kept
right on, both silently and aloud,
declaring the words of truth until
the organs responded. And neither
did I forget to tell them that
they were free, unlimited spirit.
I told them that they were no longer
in bondage to the carnal mind: that
they were not corruptible flesh, but
centres of life & energy omnipresent.
Then I asked God to forgive me for
taking His life in my organism
and there using it so meanly.



I promised Him that...

I would never, never again
retard the free flow of that life
through my mind and body,
by my false word or thought:

...that I would always bless it and
encourage it with true thoughts and
words in its wise work of
building up my body temple:

...that I would use all diligence
& wisdom in telling it just what I
wanted it to do. I also saw that I
was using my life in thinking the
unnecessary thoughts & speaking the
words which were really not sweet
and became very watchful as to
what I thought and said.

Then I did not let any worries or
anxious thoughts into my mind.



After talking with my own
inner organs and inner self,
I stopped speaking gossiply,
frivolous, petulant & angry words.
I let a little prayer go up every hour
that God would be with me &
help me to think and speak only
kind, loving, true words:

and I am sure that
He is with me, because I am
so peaceful and happy now.

I want everybody to know about
this beautiful true law & to use it.

It is not a new discovery,
but when we use it and get the
sweet fruits of health and harmony,
it will seem new to us and
we will feel that
it is our own discovery.



What is God's will for us?

I have also realised then that Health is more contagious than disease & abides in the homes & communities, where it is invited.

Just as dis-ease thrives best in confused and disorderly places, in the same way, health is also found in wholesome, clean and orderly minds and environments.

'God's will be done in me', knowing & fully realising that

His will for me is that

I should be a perfect man, physically, mentally and spiritually.

Affirm for another whatever we desire for ourselves and the affirmation will help us both.

We reap what we sow.



Some facts to be calm and silent.

Be pure, simple, clean and clear.

Try to become humble, meek.

Be sincere, noble, faithful, graceful,
sensitive, innocent and harmonious.

Cultivate firm faith and strong will.

Claim all from infinite substance.

Cultivate self control of the objective
(अविद्य) mind by the subjective (विद्य) mind
and of emotions by the higher mind.

I am a part of the divine-self.

Approval and disapproval of other
persons are alike to me.

I am one with all jivis and
all jivis are one with me.

I am all-joy.

I am radiating happiness,
happiness itself.

man is what he thinks, he is.



I see only the curative side.

Health comes from an understanding of the divine law and obedience to it. Be careful what kind of thoughts you cultivate. Think about universal health & give no place in your mind to thoughts of disease. We must stand by principle.

God is Spirit. God is all and in Him - we have divine freedom.

If we are one with omnipotence, we know that we have all the power of the universe on our side and nothing can be against us.

What is divine fearlessness?
when we know that there is but one mind and that mind is all powerful, we have nothing to fear. we must establish ourselves in the fearlessness of Spirit.



Early in spiritual progress,
one should establish himself firmly
in the understanding of
the total unreality of evil.

We shall know the Truth and
the Truth shall make us free.

Number three is a mystical number.

It has back of it the trinity of
mind, idea and expression.

ॐ - ॐ३ त्रै एहं. एतौ - एतौ त्रै त्रिरैतौ.

We pray to ॐ - the indwelling I am
and to ॐ३ - our true self manifest.

We pray to एहं for mental cleansing,
purifying, then the descent of divine
truth & life into one's consciousness.

The one and only permanent remedy
is a change of mind.

Repentance and ॐ are the real
medicines that change our mind.



He shall keep us in perfect peace,
if our mind is stayed on Him.

If we turn towards the Divine,
all difficulties will disappear.

I have unbounded faith in the
all - present spiritual substance
increasing/multiplying at my word.

Faith, hope and charity (love)

means ईश्वर - श्रद्धा - प्रेम.

Faith is our attitude towards Him,
hope is confidence in Him to
succeed and Charity is helping
attitude towards our fellowman.

Let us pray everyday: Let your
Grace be my sufficiency in all things.
Praising the God in ourselves
awakens us to see the God in others.

Honest praise is far better than
the most kindly meant criticism.



Praise costs nothing, but it gives much. It enriches both - the one who gives and the one who receives. Praise is like inner sun-shine.

It warms the heart of both.

Praise, like love, is a mighty power within us. Love and praise make others happy as well as ourselves.

Prayer = a date with God.

The Kingdom of the God is within us. When we pray, we must first quietly close the door in all events and personalities: next, shut out all opinions & emotions & simply be still.

Prayer is speaking with God, which is in secret. It is simple turning to Him and resting in His presence.

It is thrilling just to acknowledge that there is a real, warm, vital



presence to whom we now turn is one who knows - responds to us. We need to trust this inner spirit, this intuitive leading within ourselves.

What is Forgiveness?

Forgiveness means giving the blessing of love for feelings of wounded pride, egotism, or injury. It also includes forgiving oneself as well as others. Gratitude & Forgiveness are the two essentials for the total purification & sublimation of our entire system.

We cannot pour out a blessing of forgiveness without feeling an inrush of power and peace. 'Forgive our debtors, as we also have forgiven our debtors.' There's one very near to you who needs your mercy & forgiveness. That one is yourself.



Order is Heaven's first law

The heaviest burdens that men carry are in their souls.

Forgiveness is ...

no longer a duty, but a privilege. Condemning a fault cannot cure it.

Something better must be put in place of a thing that is wrong to cure the fault.

Never hate anyone as a sinner. Who knows he may sincerely repent at the last moment and God may accept his repentance and exalt him.

What is the secret of happiness?

The secret is in letting go, releasing, giving up all resistences, because we know that God's Spirit within us is being expressed in and through each and everyone of us.



Resistance only strengthens opposition.

I forgive myself. I forgive others for their temporary short comings.

I search for points of agreement.

I look for something for which to be thankful something or someone to praise and as I do,

so greater blessings flow in my life.

I raise my vision above any disturbing situation or condition and see only what God wants for me.

I take a higher point of view.

I give thanks for this knowledge of my unity with God, fellowmen and the universe. As the awareness of oneness with all becomes a living thing within my mind & heart, I will be blessed with peace, happiness, success. For this assurance, I am very grateful.



What is God's purpose?

The good you seek is seeking you. God's purpose is that all His children shall grow in understanding and find their true relationship to Him.

How to find unity with Him?

The greatest need is to love God with all that is within us and to love our neighbours as ourselves.

Why are we here?

We all are here on earth for a special purpose of the universe.

The love of God, which is always active in me, frees my mind from all untrue thoughts.

To forgive our enemies is a way to wipe out all wrong feelings and to lift up our consciousness into the power of God's love, forever in us all.



love in complete self - forgetfulness.
It has worked its magic on us and
we have received in full measure the
peace that passeth all understanding.

We all may then think that:

I am a new creature as I let God's
love lead me to find energy within me.

Love casts out all fear.

There is nothing to fear.

The love of God is greater than hate.
God's loving power, which is always
active in me, blesses me with
health, happiness and abundance.

I know that God is with me.

I rejoice in my unity
with God in Spirit and Truth.

Energy in us calls us to courage:
the courage to believe in God
as the only presence and power.



How should we respond when others do not agree with our belief in Truth?

We should cling faithfully to Truth ideas and actively make them a part of our life without forcing our beliefs on others and without arguing about differences. Love and the good results of our faith are the most convincing proofs that our beliefs are sound & valid.

How to react the errors of race thoughts?

React with firm, uncompromising faith in God as the only real and lasting presence and power.

Preconceived, established religious ideas and concepts of the intellect bind all of us to external forms of religion.

Agree with Thine adversary.

It takes two to make a quarrel.



The personal man wants
to convince others that he is right.

So far as you are concerned,
be at peace with all men.

Do not try to influence them against
their will and consent.

Their indwelling Lord will lead them
properly at a proper time.

For common good of all...

Be still and know that you are
one with the substance and
with the law of manifestation.

Say with conviction: I am strong,
immovable spirit substance.

Blessing the substance increases its
flow. Realise the universal nature of
the substance. The more conscious
you become of the living substance,
the more it will manifest itself for you.



you must become conscious of it for yourself. Identify yourself with substance until you make it yours: Be still, turn within to great source.

Why to be still?

I am the only me there is.

The most any teacher or book can do for us is to ignite that hidden spark within us. This spark is formed into a steady glow, not by more studying, more searching, more thinking, but by being still, by the simple, steady deliberate practice of listening within.

It may seem difficult to still our thoughts, to let go even our prayer formulas and statements, our plans & petitions. But even as we have learned to keep our body relaxed, we can teach our thinking and also



planning mentalities to
let go and become quiet too.

I believe: help my unbelief.

The divine antidote i. e. १५५२ २१५६ of
all our anxiety & confusion is faith.

Have Faith in God, who is just,
wise, loving and infinitely good.

When we know: God is source and
supplier of all that we can ever need or
desire, this assurance eases our
tensions & puts to rest our worries.

Then we are enabled to go forward
in confidence & express fully our capacity
for worthy achievement and joyful
living. There is a Spirit in us and the
inspiration of the All - mighty giveth
them understanding. We see the face,
God look into heart. We consider the
deeds, but God weigh the intention.



What leads to our zikirichi?

Sustained prayer, affirmative words, regular meditation, strong faith in God's invisible presence and power, a here and now expectancy that true ideas can manifest through us, all these lead the glorious harvest known as Receiving the Holy Spirit. Once we have gained conscious oneness with the invisible power of infinite, these powers may be channelled to serve any good purpose desired.

How to pray?

When we pray, we must first quietly close the door on all events and personalities: next, shut out all the opinions and emotions and simply 'Be still'. This simple turning to Him & resting in His presence is thrilling



experience just to acknowledge that there is a real, warm and also vital presence to whom we can turn, to whom we are now turning & one who knows us and responds to us.

What will bring me into close harmony with my God?

Answer: Love and loyalty.

Spiritual success should be one's 1st consideration, material accumulation should follow, but not precede.

In universe: There is no condition of mind, body and affairs that cannot be healed when divine love is invoked through prayer and the mind is kept in an attitude of praise, i. e., free from fear and worry.

Fear is negative and faith is positive.

Faith gives chance to make health.



Turn towards your spiritual nature.
It will help to behold your perfection.
God lives in all of us, so let us
live in that knowledge: that God
illuminates us in all desired ways.
Right at this moment, let us all
turn to Him to feel His presence.

As God's temple, our body
expresses His presence as perfection.
We are perfect in the sight of God.

We prove our loyalty when
we believe only in His law of good.
In His sight, we are whole & well.
The Spirit within us is mighty to
lift us up. No power outside our
ourselves can increase our awareness.
If we desire to know God better,
we will have to feel the quickening
of our heart that signifies His presence.



When we bless every cell, organ & function in our body, it responds so swiftly and surely! Rejoice that the conscious perfection is unfolding.
Show gratitude everyday for your unfailing strength and good health. Relax today in the knowledge that you can trust God fully. Place yourself and all your affairs in His keeping, confident that He will keep you in perfect health, physically as well as mentally. What is Divine love? It is the law under which the universe operates.

It is but another name for God.

miracles can be brought in the lives of people when they forget themselves and let the activity of God flow through spontaneously.

We all are an act of God.



The activity of God in all of us is a continuing force for good, for strength and for success too. We cannot succeed by will - power alone: Our need is great willingness to let God's will of wholeness be done in and through all of us. The Spirit is willing, but the flesh is weak.

Eightfold path for liberation

- (1) Right view
- (2) Right intention
- (3) Right speech
- (4) Right action
- (5) Right livelihood
- (6) Right effort
- (7) Right meditation and
- (8) Right concentration.

This path leads to wisdom & peace. Through these eight steps, one can seek diligently for emancipation.

To search for good from any but the divine source is foolish, not workable.



Not only faith or learning,
but our conduct is the real test.
All goodness leads one to divinity.
our inner being avoids conversation
in the morning until we attain
some sort of inner serenity.

We gain improvement in 3 ways:

- (1) By conversing with God.
- (2) By living a life of good deeds.
- (3) God-identification at death time.

A man should die in peace.

To have pure knowledge of everything,
we must be rid of body.

On the last day, all Thirthankars
talked about how to live this life
and the immortality of soul.

I am named the wisest, because
I am sufficiently wise enough to know
that 'I know nothing'.



Life with God is not immunity from difficulties, but the peace in difficulties.

Plato - A Greek Philosopher says:

The eye of the soul is more worthy of preservation than 10,000 corporeal eyes, for by it alone is Truth itself perceived. His mysticism is love of the absolute.

The fundamental for good life is the pursuit of wisdom.

Is there not one true coin for which all things should be exchanged and that coin - wisdom?

And is not all true virtues the companion of wisdom?

Wisdom will calm passion. She will follow the reason. She will dwell in contemplation of the eternal, the divine, the unchanging and take ravishment there from.



Be calm No strain No force
No matter what may befall you,
Rest in me. Be patient.

Let patience have her perfect work.
Never think things overwhelmingly.
How can you be overwhelmed when
I am with you? Don't feel strained.

The strain happens only when
we are serving the world, fame,
the good opinion of men, or carrying
two days' burden on the one day.
Remember that it must not be so.
your mind is delicate instrument,
stress or strain can destroy it.

Aspiration, rejection & surrenderness
Error thoughts & misconceptions of Truth
are only age-lasting, not ever-lasting.
soul is our own indwelling God.
our body = visible records of thoughts.



Lunava, 20-5-66

Where does beauty start?

Answer: It starts in the loving heart.
material is a shadow of the spiritual.

Prayer and meditation

They are the processes of the gradual refinement of flesh into man of Spirit and mortal into immortal.

Listening is as great an art as speaking.

Language is indigent / poor and bare, when one seeks to describe the glories of this spiritual state.

Faith is power.

In the presence & power of God, faith gives us Peace of mind, strength of body and abundance for every need.

When you trust God with all your heart, He will show you the way to fulfill your needs and desires.



Why should we pray?

Answer: To become conscious of our oneness with God - universal power. When we pray, we invite that power to come into our being / within life.

Prayer is not answered to us, but it is answered through us.

We are the instrument and channel through which changes take place within our consciousness, within our thoughts, beliefs, feelings and our reactions to everything surrounding us.

Every day in the morning, say:

'I am one with all life.'

In prayer, never tell God what is not good in our world. The world is not a playground, but school room. Life isn't a holiday, but an eternal lesson that how better we can love.



What is meant by Namō?

Namō means to close the outer doors and to disclose the inner chambers, to shut up the external side and to wide open the internal aspect. Namō is turning to divine and returning from humane.

'Namō' is a four letter master key, by which we all open our desired wealth treasure which is abundant.

Namaskar is: (1) Surrender
(2) Rejection and (3) Aspiration.

It consists denial of evil and affirmation of good or rejection of evil and aspiration of good.

Evil is the name and nature of non-self and good is the name and nature of pure soul. The way to oneness and communion with



God is first of all denial - rejection of evil (εξέγκλισις) and then affirmation - aspiration of good (εξέγκλισις). With these two means, one can acquire the desired result, i.e.

surrender to communion with self.

What is Self-surrender?

It's a resignation to the will of God. Surrender comes only through perfect self-control by prayer and fasting.

Humility, love and sympathy for all alike.

Highest virtue is humility, which denies evil, affirms good & is always resigned to the will of the highest.

Love is the mingled perfume of meekness, purity and mercy.

It is this supreme love that converts us all in the image of God.



The Kingdom of Heaven is nothing
but a blissful consciousness,
which is born of everlasting life.
Humility, the highest virtue, love and
sympathy for all alike is ^a criterion
of conduct & surrender - resignation
to the will of God as the
means for the attainment of
the everlasting life and peace.

The self-surrender is the
supreme way to liberation.

God is eternal, unchanging good.
We always have access to all that
God is and has.

God is not a person. God is Spirit.
Understanding 'We are one with God',
it helps us to unfold. We need to
think of God as the all powerful
healer, as being already within us,



in every part of our mind, heart and body. It is the God in the midst of us that frees and heals. He in us all is the hope of glory. Why not follow in the footsteps of one, who has demonstrated & proved every step of the way?

mpk 'Lo, I am with you always' is His living promise.

The problem of age
I am neither old nor young.

I am Spirit.

Lets think ourselves as spiritual beings, ageless, deathless and also eternal - without beginning or end.

We are the ever renewing, ever-unfolding expression of infinite love.

youth is a matter of consciousness and not of years.



Health is a state of complete physical, mental & social wellbeing, not merely the absence of disease and infirmity. Quit doctoring and see what prayer, quietness and positive thinking could do for you.

Be still, calm and quiet.

Realise that you are one with God.

This body is the result of our use of God-given faculties and powers.

We needed such a temple and the soul has built it. Sometimes we fail to remember that the temple is to recognise the Holy Spirit within.

Just as plants, we also need the night time for our proper growth.

When night time comes to us, we use it as a quiet time of great help for meditation & the careful study of



ourselves and our present methods and plan of service. It will cause us to turn more to the universal law and its operation and less to our own personal efforts and the ways of others. In this night time, we are to rest in the spiritual knowledge and assurance that our growth is precious in the sight of the Lord.

We are to rejoice that the divine law is ever operative, ever working to prosper all of God's children.

We are to give thanks that our affairs are in the safe hands and under the management of divine wisdom.

When we look to the outer, we look away from the one resource that is within us.



The Lord is more willing
to give than we are to receive.

Only by giving, we receive.

only by sowing, we reap.

give of what we have and flow of
infinite starts into our lives.

Instead of 'give me, I lack', tell:
'use me, I have.' Refuse to think in
terms of 'have not' or 'can't afford.'

Throughout the scriptures,
we are not instructed to get, but
to use what we have.

get into the rhythm of the universe.
We receive in abundance as we give.

Prime your thinking with Truth.

We are a child & heir to His riches.

We are meant to be prosperous.

He that dwelleth in love,

dwelleth already in God.



There is no personal charm so great as the charm of a cheerful and happy temperament.

What is the final test of religion?
The test isn't righteousness, but love.

Not what I have done,
not what I have believed,
not what I have achieved,
but how I have discharged
the common charities of life!

Patience is love passive,
kindness is love active.

There is a difference between trying
to please and giving pleasure.

Lose no chance of giving pleasure.
That is the ceaseless & anonymous
triumph of a truly loving Spirit.

Humility is love hiding.
Courtesy is love in society.



Because He first loved us,
the effect follows and we love all.
We cannot help it, but love.

‘ॐ नमो भगवते वासुदेवाय, ॐ नमो भगवते वासुदेवाय।’
Contemplate the love of God and
our heart is slowly changed.

There is no other way.

Look at perfect life, perfect character.

Look at the great sacrifices.

Love begets love.

Religion comes to us not by chance,
but by natural divine law.

Love lasts. Love never faileth.

To love abundantly is to live
abundantly and to love forever
is to live forever. External life is
inextricably bound up with love.

It is when a man has no one to
love him that he commits suicide.



So long as he has friends, those who love him and whom he loves, he will live, because to live is to love.

God is love. love is life.

No worse fate can befall a man in this world than to live and grow old alone, unloving and unloved.

The withholding of love is the negation of the Spirit, the proof that we never knew him, that for us, he lived in vain. It means that he suggested nothing in all our thoughts, that he inspired nothing in all our lives, that we were not even once near enough to him to be seized with the spell of his compassion for the world.

It means that -

I lived for myself, I thought for myself.

For myself and none beside.



Love suffereth long and is kind;
Love envieth not, love vaunted
not itself. Yet these ingredients
into your life. Then everything
that you do is eternal. It is worth
doing. It is worth giving time to.
Address yourself to that one thing.
The practice of becoming still and
waiting upon God's revelation to our
soul is the highest aspect of prayer.
While the teaching of denial and
affirmation, there is a purpose in
prayer beyond this.

Denial and affirmation may help to
prepare us for silence. In profound
stillness at the heart of our being—
we attain our objective of
complete oneness with God that
great Rishis mastered so well.



As we move from the use of audible to silent words into the very presence of the Holy one within, we become aware that words are unnecessary.

our Spirit delights in
the majesty, power, wisdom, love &
healing light of God, the infinite.
So joyous and exalted are we that we are thoroughly awake and alert, just as we would be, if we were suddenly ushered into the magnetic presence of Divine Himself. When our soul is truly merged with God in the pure silence, there is no possibility of inertness or feeling asleep. We are thrillingly alive and vigilant, filled with divine noise ready to receive the highest revelation of good that God can impart us.



The most important thing to consider
in connection with the silence is
the conscious revelation

that comes from our inner Spirit.

God is love and God is good.

When we love God with all our
being, we are opening the way to
receive His abundant blessings.

Bless what you have, what you
give and what you receive. We
should bless everything that we have,
for we can increase & multiply what
we have by speaking good words.

What is everywhere present?

Remember that God's abundant
substance is everywhere present.
Those who open their consciousness to
receive and appreciate the gifts
of God are abundantly cared for.



'Doing' is important, but
so, and more so is 'being.'

Sometimes what we do or don't do is less important than accepting responsibility of making a decision.

Forgiveness and overcoming

By forgiving our enemies,
the hatred is unloaded that has
accumulated in our heart.

We relieve our mind of a weighty
burden, which sometimes becomes
manifest in our body
in the form of disease.

Hatred is like acid:

It destroys the person, who contains
it rather than the one it is directed to.
So in forgiving, we relieve ourself
of dangerous diseases and we
prevent hatred from harming us.



The secret for religious life: love

Thoughts of love invite harmony.

The greatest thing in religious world is faith, but the greatest of these is love.

God is love and so is the soul.

Love is the rule for fulfilling of law.

Love is the new commandment -
the one secret for religious life.

Why is love greater than charity?

Because the whole is always
greater than the part.

Why is love greater than faith?

Because the end is always
greater than the means.

Why is having faith necessary?

It is to connect the soul with God.

What is the need of connection?

Because he may become like God.

And God is love.



Hence faith, the means,
is in order to love, the end.

Love, therefore, is obviously greater than faith. If I have faith, so as to remove the mountains, but have no love, I am nothing. If I bestow all my goods to feed the poor, but have not love, it profiteth me nothing. If I speak with the tongues of men and angels, but have not love, then I am sounding like a tinkling cymbal—People may say: he's a brazen liar. We all feel the brazenness of words without emotion, the hollowness, the unaccountable unpersuasiveness of eloquence, behind which lies no love. If I give my body to be burned, but have not love, it profiteth me nothing. This is the contrast of love.



: An analysis of love:

Remarkable 9 features of love

- (1) Kindness - considerate, friendly.
- (2) Generosity - Love envieth not.
- (3) Patience - Love suffereth long.
- (4) Humility - Love is not puffed up.
- (5) Courtesy - Showing politeness / love.
- (6) Guileless - A state of being simple.
The quality of being sincere / loving.
- (7) Sincerity - Rejoiceth with the Truth.
- (8) Good temper - Isn't provoked / angry.
- (9) Unselfishness - Seeketh not its own.

Love hates unrighteousness.

These make the supreme gift,
the stature of the perfect man.

There come times when a man
may exercise even the higher right of
giving up his rights. It is not hard.
The difficult is to give up ourselves.



The only greatness is unselfish love.

The more difficult thing still is not to seek things for ourselves at all, for there is no greatness in things.

Ingredients of dark & loveless soul:

Ill temper is made of anger, pride, jealousy, uncharity, cruelty, self-righteousness, touchiness,

doggedness, sullenness. A man with such a mood could only make home miserable for all the people in it.

The knowledge of the gift of life that we are divine by human,

happy to be alive here on this earth, is the most important surprise

package of all, knowing what and who we are. We learn to draw ourself

out of race mind & to tune into divine mind to begin things happen.



What makes a man a good man?

Answer: Practice love. Nothing else.

Love is not a thing of enthusiastic emotion. It is a rich, strong, manly, vigorous expression of the whole round character in its full development. And the constituents of this great character are only to be built up by ceaseless practice - which God appoints us all to do in our life.

mp Do not quarrel with
your lot in life.

It is having its work in making us patient and humble, generous and unselfish, kind and virtuous.

The talent of prayer, of faith,
of meditation, of seeing the unseen
develops character in the stream of
life in solitude and silence.



Character grows in the stream of the world's life. That chiefly is where men are to love.

By synthesis of all the virtues, men can make virtue, they cannot make love.

Love is an effect.

Shall I tell what the cause is?
Nature is but a name for an effect,
whose cause is love.

We love, because He first loved us.

Hatred begets hatred.

By praying for our enemies
and forgiving them,
we get enabled to overcome them.

To develop the art and science of prayer and also to use more of prayer in our life, we can commune with God.



amp

We can say 'no' to the negative and we can say 'yes' to the positive. We can relate ourselves to God & say 'no' to the problem or condition and say 'yes' to that which we desire to experience in our life.

The first step is denial.

The second is that of affirmation.

When we exercise prayer, we should feel at one-ment with God, with all His goodness, peace, faith & security.

What is Silence?

It is open mindedness toward God. There is inspiration and newness in silence and we thank God for it.

Write injuries of life in sand,
but benefits of life in marble.

When one do not, two cannot quarrel. Patience is the companion of wisdom.



I know that my redeemer lives.
We live in God and He lives in us.

Few easiest ways to
Practice prayer and meditation

Practice loving God & our neighbour.
Practice giving & receiving graciously.
Practice switching all of our thoughts
from negative to positive wavelengths.
An easy method for the concentration
is constant repetition of the divine
name (in omni) & performance of all
actions as a sacrifice to the Lord.

We all must develop the
divine qualities of compassion,
peace and forgiveness. God reveals
Himself in that heart in which
these enabling virtues reside. All the
religions show different paths that
lead mankind to one universal God.



Why to chant? ויגורו עלי חיד?

Name represents the character.

The name of a great character carries his name potency and that wherever his name is repeated silently or audibly, his attributes become manifest.

The person, who chants, changes.

The person chanting the name is soon able to understand more of divine law, bringing good into life. Chanting gives the power of name.

It gives us the assurance that all we desire will be accomplished. The power, understanding and also perfection within will set in motion the vibrations needed to reveal the steps to take in order for us to work with the divine law in our life.



Let us watch out our thoughts
Spoken or sung word as prayer
sets up greater vibrations than
the words simply held in thought.

Every word we speak sets up a
vibration and the whole universe
must act in accordance with the
vibration of our words is the
law of forming the substance of
the universe, of all there is.

What are the valuable parts of life?
A firm foundation of faith in God
and the power of the soul within
are the valuable parts of our life.
Our words express the dominion that
God gave us in the beginning.

The principle of denial is
constructive in the same way
that soap & water is constructive.



Who am I ?

I am an individual soul, dependant only on the law of karma.

The universe supply my every need.

I am a Child of one Universal energy and therefore I am in His constant care.

I am practicing His presence and feel His warmth in order to learn or become proficient, to get trained & to put knowledge into practice.

Life itself can't give us joy, unless we really deserve it.

Life just gives us time & space.

It is up to us to fill it.

It is so easy to have a great idea and then to write about it, but always the proof is in the meeting of the actual experience.



What determines our destiny?

Answer: our own choice, not chance.

We do not reap the blessings of peace and freedom until we make the right choices.

Only as every man grants to all other men, the same rights he claims for himself can the noble concept of freedom remain a reality and civilization flourish.

This is the law of Karma.

Its follower profits by the past, glories in the now and is fearlessly looking towards the future.

God is love. But God is also life and power and strength & substance. Aspiration, inspiration, illumination and intuition. These are the 4 steps to get answer to every problems.



What to never underestimate?

Answer: The power of love.

Criticism & condemnation or praise and blessings are the alternatives.

Not love in thought only,
but love in action is needful.

It is habit alone that confines
man to his two-dimensional
world of sickness and fear.

Practice the visualisation of perfection.

It is a most effective prayer & a pill
also for any disease in our body.

We are never so helpless,

that we cannot be helpful.

When will we cease running
after Truth and learn to be still
and know that 'I am The Truth?'

The human intellect must become
absolutely still, not to argue/discuss.



There is a wideness in God's mercy,
like the wideness of the ocean.

There's a kindness in His justice,
which is more than liberty,
for the love of God is broader
than the measure of man's mind
and the heart of the eternal.

It is most wonderfully kind.

Stay home within your own soul.
Seek there earnestly, calmly and
trustfully, the source of all good.

Spend some time daily alone
with the creator of the universe.

In no other way will we ever come
into the realisation that we desire.
Learn to sever yourself from
those around. Practice the presence
of Him, so that all other things will
melt like snow before a spring sun.



This is the only way of growth & of overcoming fears and doubts. Wait only for the light you desire. We should be quietly indifferent to the criticism of lesser minds and mortal thoughts,

for we know whom we believed. We have no longer use of external forms, which are but limitations of truth and not Truth itself.

Truth shall come to us & through us to others, not only wisdom and understanding, but love, life and all the abundance will come to us.

What to do at once?

Begin at once to put aside all things that you have hit to interposed between you - the soul and the great cause of all things.



April 19, 1967

Cease now and forever to lean on
anything less than the eternal.

Nothing less can give us peace.

our mind is the womb
of the outer world.

Be transformed by the re-newing
of your mind. God always says 'yes'
to the power of choice in our minds.

As we think, speak and act,
there is always its response.

To repent is to change our mind.

The beliefs of man's mind,
true or untrue, sustain him.

man is awaking to the supreme
idea of the fatherhood of God and
the brotherhood of man.

There is an eternal presence of
unseen power - power of God.



From where does Words come?

The words we think or speak, we draw them from the invisible substance by thinking, feeling and speaking. Let us not underestimate our spoken words and its power.

To repent means to rethink.

To know oneself is the final lesson for all mankind.

The great boundlessness, the great determiner, the great unity. The truth of oneness with all is in our own heart, go & find it.

Awakening means awareness.

Change means exchange.

The ability to see beyond what appears to be can be our greatest asset. We must get awoken to our true potential.



good will is God's will.

The invisible is the greatest
of all the existing powers.

All of life's problems can be
overcome with an awareness
of the God-power within.

one universe - one power
unity is not uniformity.

To commune is to put in common.

It must be Spirit to Spirit that
communes for the Spirit within is
the only thing that is
common to every human being.

We have different languages,
concepts, interpretations and capacities,
yet we all are expressing the one Spirit.

God is the unconquerable one.

The All-seeing one,

The All-knowing one.



discipline is the obedience to
nature's law and principle.

Our good cannot come forth
on any level except through
our own mind and feeling.

All poverty and lack are in
consciousness & so is all abundance,
with every man free to
express & produce his own good.

We all must know the
great invisible power in the
innermost part of our being,
the great providence of God.
History = His-story, story of man.

Everything in our life is in
the process of unfolding and change.

The way is God's part,
the faith-believing is our part.
We must learn to relax & enjoy.



We all are limitless.

There is no limit to God and therefore, no limit to us all.

The essence within us is omnipresent and universal.

We must learn to live each day.

We all have longing to go home - to enter a place within ourselves, where we are completely balanced between the physical self and the invisible spiritual being.

To turn within our own heart/mind, there is no cost and no distance.

The sole purpose of that great power within is to take care of us all.

This ever renewing - ever unfolding, and revitalizing power within us is the law of life.

This power is God.



What is the law of praise?

man's rate of vibration is raised or lowered by his state of mind. The changes in it or consciousness mean changes in body & affairs.

Let us all begin now to use the law of praise - prayer.

Prayer is praise, thus lifting the mind from fear, seperation, censure or disapproval and condemnation to oneness, sameness and completion.

We have the power and only we can move our mind.

Scientists have found the law of relativity, of vibration, of polarity & of rhythm. Nothing is taken except something be given in return.

The law is constant, man believes in endings, but



there is never an end of anything,
only the beginning of
something greater and higher.

man, being a creator, carries it
forth in his body, world & affairs.
Creation is never done & over with;
it goes on & on. There are two distinct
parts in man that carry on this
creation, the thinking part and the
feeling part. For every conception,
these two parts must make union.
They both must have equal exercise
and be accorded equal honour.

We live in two distinct states: the
old consciousness & new realisation.

The world of old consciousness means
fear, sins, hate and unhappiness.
The world of new realisation means
faith / oneness with God and self,



right relationships with one another and happy life of adventure and fulfilment. There is no extinction, only transformation. We must fill our soul with so much strength, love, peace and good will, that we keep the balance of power within ourselves. Keep the God - pressure with faith, love and high strength & be free from any outer pressure.

The past lets go of you,

so you must let go of it.

At the center of every human being is the untouchable - inviolate presence of God. There is only one primal substance, whether we call it first cause, energy or God. In innermost part of us, nothing can be lost and nothing be stolen.



In not thinking, we make of our
mind an open door to all good.
Not thinking brings the invisible
good - the peace, joy, love and good
feeling that are man's divine right.

Our God is able.

Faith is to believe in the invisible,
Believing that every man is God in
his living physical expression.

The new man must be aware
of his true self - God within. And
he must create harmony, peace,
joy, love, health & freedom in his
immediate surroundings.

To set free the new man within,
two things every soul can do now:
First, each must establish in his
own conscious mind that God is
within him. He must know that



one power lives and moves
and has its being in him.

This power is the movement of life
in man's body and mind.

The second thing man must do is
to set free & establish peace, power,
love, good feeling right where he is.

When he does these two things, then
he is ready to receive greater power.

We then are ready to accept that:

God is my unchanging and
unfailing supply in every need.

To your inner self, be true and
allow everyone else to be true to
his own inner guidance. Power
of good is greater than the negation.

Action of prayer is the most positive
action, that affirms the presence of
God in people and in all situations.



We all are in this world to express
and fulfil our own faith,
love and also understanding.

He gave the same power to all of us.

It is not yours exclusively.

Stand still, be not afraid of results
in the outer, be untouched by the
opinions or judgements of others,
whether they be friends,
loved ones or even foes.

Wisdom of man = foolishness to God.

To be transformed is...

to be aware of our true self.

Love all so much that
you place them in the care and
keeping of the Almighty God.

Our only safety is in union.

Each one is important
for the balance of all.



The most important point

So long as we are unaware that we are cared for and unaware that the creator of the universe is our mind, breath and life and unaware that a mighty pattern is unfolding in and through us, we will be troubled and insecure. Until we know this truth about ourselves and others, we will not have freedom & every move will be hampered. We must step out in our life on our knowing.

Nothing can touch us when we know that we are established in the truth of life. This is a law that is as orderly as the seasons! the stars. Its not that our mistakes only teach us, they also direct us.



The progress in mistakes
mistake is the only way that
God can get our attention
towards the right direction.

Mistake is a misunderstanding of the meaning or implication of something, a wrong action or statement proceeding from faulty judgement, inadequate knowledge / inattention. Life is full of opportunities for improvement, challenges to exciting, invigorating growth and fun.

I am assured that:

I am made in the image of God & the Kingdom of God is within me. It is the infinite love, life, joy, intelligence and also creativity available for self-expression through me as myself.



I am a life-giving spirit and
all the creative energies as
a response to my faith in them.
I have the mind of God and Cosmic
intelligence is larger to act through it.
I have the heart of God, the infinite
love is seeking expression through it.
My body is the temple of living God
and the eternal life force pours its
wholeness and vitality through it.
Humanity is made up of beings like me,
each one with an infinite potential
of good and beginning right now,
I recognize that potential. God, the
creative power, that indwells and
sustains the universe, can give us
as much as we have made room for,
as much as we're prepared to receive.
God is a real presence and power.



I am eternally one with God.

All is working out in an amazingly perfect & wonderful way. God can do for us only what He can do through us, through the scope or quality of our belief.

What can God do?

God can do only what we believe.

God is only as big and as powerful as our concept of Him. Your increased good will amaze you and make you feel very humble in gratitude to the loving, miracle working, personal power we call God.

Reputation is what men and women think of us: character is what God and the angels know of us.
- Thomas Paine, philosopher of 1767



God is help in my every need.
God does my every hunger feed.
God walks besides me and
guides my way,
Through every moment of the day.
Let go and let God.

- (1) 'God is' the Truth of our being.
- (2) God does, not I do, or
you do or we do, but God does.
- (3) God walks. Where? Beside me.
God guides. What? my way.
When? Every moment of the day.
Here we have God's presence.
- (4) God is here, within us.

21171 - 2021719

With this truth in our consciousness,
all we need to do is
to release the feeling that
we have to do or be anything.



All we need to know is that
we reflect the love and the power
and the presence of creative spirit,
which is the all-wise,
all-powerful and always-working
god within us, if we will but
'let go and let god.'

V.V. Imp.

I now am wise.

I now am true.

Patient, kind and loving too.

All things I am, can do and be,
through the Truth that is in me.
God is my health, I can't be sick.
God is my strength, unfailing quick.
God is my all, I know no fear,
since God & love & Truth are here.

This is known as:

nowness of time and
nearness of god.



The tree is known by its fruit.

The action of our mind precedes every thought, every act.

The recording and rewarding - both are taking place now.

Our body acts as a computer.

The body is the record of God.

We are given a mind and we are given a body and we are given freedom to use our mind and our body in whatever way we choose.

Peace and health, not disease, will result when the mind is peacefully stayed on God.

'God is with me. I put my trust in Him. His Spirit works in and through me to bring forth my good.'

We are never alone or helpless, for God is always with us.



His Spirit in us arises to give us
courage & confidence, comfort & hope,
for we are steadfast and trusting,
we are totally blessed with
the fulfilment of His promise.

Remember, God is love and is ready
to help us, as soon as we turn to
Him in faith. If we have enough faith
in Him, we shall find His Spirit in
us and understand that in truth, we
are children of a loving father - God.
When we will find the true self in
ourselves, we will no longer suffer
illness, poverty or fear. We shall
see the world through the eyes of Spirit,
as the world is in God's mind.

We will not let negativity to destroy our
faith & be strong, faithfilled and able to
handle all situations we encounter.



All is right with the world, when we too are sufficiently aware of God's light in and around us.

All will be right with our world and we shall radiate the light of love and faith and joy and wisdom.

Why Silent prayer?

To be still, utterly still, both in mind and body, enables us to draw nearer to God and to listen to what He has to say. Silent prayer involves effort on our part. It is necessary to be able to control one's thoughts to concentrate on one subject to the exclusion of all else. Concentrate upon an ordinary subject, say: apple, rose or tree for 2 minutes at a time. Then, a more abstract subject may be chosen by us, like:



patience (ॐति), peace (शान्ति) or love (ॐति).
The third step: Affirm that God is everywhere, i. e. present above, below, beside, around and also within.

On every indrawn breath, use your imagination to visualize that you are drawing to yourself the love of God or the peace, the joy, or the strength; hold the breath for a moment or two before letting it out, gently or slowly. As you exhale, affirm that God's love suffuses/spreads every cell in your body & is filling you with His creative, healing power.

Another exercise

Think of one word or His attribute such as: love, peace, joy or harmony. Repeat the word softly and



V.V. Imp.

at the same time,
with another part of the mind, ask for
help in raising your consciousness.

Fourth mental step: All other mental
activities should now cease, so that
you are poised in the silence.

This may last only for a second or
two, but you can sure reach beyond
time and space, so that a revelation
may be given to your inner self
in a flash of illumination.

Intellect is not so necessary here,
what is needed is the developement of
spiritual awareness, a strong will to
persevere on the path and patience.

The last... but not the least:

We ask for the last help
in reaching still higher levels.
Then give thanks for help received.



After all these steps, feel relaxed.

To sum up: we provide the best possible conditions and we make a conscious effort to raise our consciousness as high as we can!

There should be no strain.

Learn to be content all the times.

When during our meditation, we are completely still, we wait upon the Lord.

They who wait for the Lord,
shall renew their strength, they shall
mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

o The God you seek shall be found
in the upper confines of your own
exalted consciousness. The secret at
place of the most high is the heart of
your being. - Ernest Shurtleff Holmes



Joel Goldsmith says:

meditation leads to that illumination,
which becomes first communion
with God & finally union with Him.

Charles Fillmore says:

Persistent meditation opens the
mind to a greater inflow of Spirit.
When we let our meditations fall
on the knowing part of ourself,
we go into a higher mental state,
wherein we receive a higher and
clearer conception of things spiritual.

Then all Words of Truth become
quickenings life and nourishing
substance in both - mind and body.

A candle does not talk, it shines.

We cannot realize our oneness with God
by the exercise of strictly human thought:
but if we become still enough,



eventually in that stillness,
God reveals Himself as our very
own being. With this revelation comes
our release from discord and disease.
Our freedom does not come simply
because we are one with God in
Truth. It comes because of our conscious
awareness in Spirit of this fact.
And the best way, perhaps the only
way to make this relationship real
to oneself is through many hours
spent in close communion with Him,
by way of contemplation and meditation.
In contemplation, we reflect on the
goodness, mercy & power of the soul.
No man is an island. Every one of
us has an influence upon others &
the nature of our thoughts determines
the nature of that influence.



Stop - look - listen

Having stopped to remember
the sustaining power presence,
we can look up, not down.

Having stopped and looked,
it is the time to listen.

Not to the tumult around us,
but to the still - small voice of
the spiritual power that is in us.

The evil one is a human ego, the
personality - man of limited ideas.

Thought has a definite bearing on our
physical well being. Nervous system
reacts through imagining just as it
reacts during the actual happening.

The more we vividly imagine as we
usually do in regard to envy,
hate, jealousy, the more likely we are
to be malnourishing ourself.



Each of us is unique.

The true uniqueness comes in the thought process and no man can live another man's thoughts.

God is over all, in all, through all.

Thought is a form of energy.

Our thoughts are major factor in our total nourishment. In mind & body, negative thoughts create negative effect & thoughts of love, truth, understanding create healthy conditions.

If we are to have an abundant health, we must feed our self with abundant, loving, healthful thoughts. Only truth which is the nature of soul will survive forever.

Become aware of the soul's nature.

'my yoke is easy and
my burden is light.'



Faith & Spiritual awareness gives
fellowship with the eternal,
reverence, the forgiving Spirit,
peace, security and wholeness.

Forgiveness is the opener of the inner
door of conscious - awareness of God.

our magic key is forgiveness,
which is a life-changing,
heart-changing, mind-changing process.
It is a treatment guaranteed to cure
every ill that flesh is heir to.

It is absolutely essential, if we
wish to enter into awareness of
the Kingdom of our own inner world.

What is Blindness?

It is a state of lacking
spiritual insight or illumination,
an inability to see
meaning - reality - Truth.



Psychologically blind is he, who has been blessed and benefited by Truth, but remains ungrateful and indifferent about it.

And the blindest of all are those, who are openly hostile to Truth. who can honestly say in his heart that there is no unbelief in him (अश्रद्धा), no ingratitude (अभक्त्य), no indifference, no hostility (विरुद्धता).

We shape our life by what we think and say and do.

We are our own teacher.

Love one another. Be unselfish.

Love the power within you.

Forgive all. Be kind. Be patient.

Do think about and also count the blessings that are yours. Find something in other persons to praise.



Think about the lovely things of life.
Develop the habit of being grateful.

The gentleness is powerful in its
persuasiveness. It covers the values
like joy, compassion, Courtesy,

forgiveness, appreciation and service.
Compassion is the spiritual response
in us toward another's need or
sorrow. The forgiving heart acts
with love and understanding.

Give prayerful attention to the
needy and sorrowful people.

Be kind to yourself and others,
if you want to relax - be healed.

I am one with Infinity.

Prayer is a power at my disposal to
bring about peace and prosperity and
strength to all, who need it.

How have you helped someone?



Emotions - feelings - sensations

Thoughts are voluntary, while emotions are involuntary.

All emotions have a direct effect on our respiratory, circulatory, digestive and nervous systems.

Emotion of fear produces

poisonous toxins in the body fluids,
which affect certain organs and
actually produces diseases.

Emotions can even affect our senses.

In anger, we grow red in the face from an over stimulation of our circulatory system. With affirmation, the energy of any emotion or feeling is changed to health energy to be distributed throughout the body.

Emotions are our servants,
not masters.



Learn to make of emotions,
not your tyrannical masters,
but willing & efficient servants,
ever ready to help you.

Keep your house of life swept &
garnished as a fitting abode for
those most desirable guests:
joyful - wise - loving thoughts.

Enthusiasm + gratitude + a desire
to be of real service cannot fail.
Good multiplies with appreciation
and use, is a law irrevocable.

As the first step of relaxation, we
acknowledge in the universe one
presence and one power of God,
The good Omnipotent.

Then as the second step, we quiet
our thoughts and emotions by saying:
'Be still and know that I am God.'



We think about God's love as surrounding, enfolding, protecting.

We abide in an idea that underneath are the everlasting arms & no evil shall befall us.
meditate on these ideas for a few moments and you will feel a great sense of inner peace.

Say to yourself:

'I relax in mind and body.

I feel the peace of God.

I rest in His loving presence.'

Whom to surrender?

Think of surrendering your entire being to God,
your entire being to Spirit,
your entire being to Soul & body.

Take a deep breath,
relax and let go.



When we trust in God instead of things, we shall be poised and happy. We must train ourselves to look within directly for our prosperity and not trust too much in money. Joy & praise are worth money, because they are what all the world is seeking. man cannot see the wind from where it comes nor where it goes, same is with the spiritual power. True education means to draw out the abilities that are within us. They are gifts that God has placed within us to find & develop. We must be conscious of the truth of our oneness with all jivss - 119. In spirit, all things are ours to use as we need them unselfishly, lovingly and generously.



In our spiritual nature, we all are
one with each & every living beings.
You are perfect in Spirit, you are good
and you are wonderful in essence.

Instead of trying to be like
certain notable men in the world,
you try to be like inner existence.

There is a Spirit in us that is
greater than all this world. We can
find Him in prayer and meditation.

Importance of thought power

Things are valuable or
things have value, because
they are thought to be useful.
God given thought power is more
than wishyielding tree or stone, i.e.

चिन्तनशक्तिः or चिन्तनशक्तिः ।

We need understanding
to use this power rightly.



material things alone cannot fill the emptiness of the inner man. man is free to choose to do as per his own mind or his inner voice. Perhaps the greatest of possibilities for every humans is their opportunity for getting acquainted with the God within them all.

Therefore, let us all not delay getting acquainted with the possibilities of our own ever-present friend today.

Let us all always remember that supreme God is with us now, if we believe that He is.

The Kingdom of God is at hand. It is within. Enter into it with joy, thanks giving and praise today... no matter, if the world about us may seem to be all wrong.



Appreciate the good that is all around us now. Then visualize the new good that is to come in our life. Seeing our good helps to bring it into being.

We are one with beauty,
because beauty is within us always &
surrounds us wherever we are.

We are one with music, because wherever we are, we are reacting to the rhythm of the universe.

All that surrounds us, is a vital part of God's harmonious beauty.

God is the song that
sings itself to our inner ears.

We are one with love, because love is the God-force that creates the beauty and music. Love is the law, through which God gives us all life and awareness.



Selfishness, not suffering,
is the greatest of all evils and
love, not release from suffering,
is the greatest of all goods.

Self sacrifice means lovingly
devoting to the service of others at
the cost of whatever suffering this
service may bring with it.

All the higher religions agree that
the spiritual goal of man is to seek
communion with the presence
behind the phenomenon and to
seek it with the aim of bringing
oneself into harmony with
this Absolute Reality.

Faith leads to realization.

Faith is the magnet that attracts
Divine Grace. Refuge in Divine
Grace is the quintessence of the



devotee's sadhana. Relationship with the divine melts away all other attachments including that of body. The heart of devotee is directed to the beloved and not diverted to his own body/mind, which being surrendered to Lord are no longer his.

Faith should mean acceptance of relationship with the True.

Realisation of unity with the beloved requires faith, for that only one should make use of faith, it is the potent sadhana.

These three are the positive attitudes of obedience: aspiration, prayer and affirmation. Faith is that type of mind, which is open to spiritual influx through these three positive aspects.



obedience is the first step
in bringing forth faith.

We all must become
obedient to the Divine Law.

Spirit & mind are closely related. Mind is a spiritual principle in a sense. If we are spiritual beings, it behoves us to study ourselves in relation to the supreme one, who is our source. We are related to the universal mind by certain faculties, one of which is faith.

How to dissolve the ego?

By prayer and obedience, we can dissolve the egotism that builds up personality which shuts away from the universal life.

The point of attention should be turned from without to within.



To attain this inner guidance, say:
'Speak, Lord, for Thy servant hears.'

Relax and let go.

I am still, calm, quiet and silent.

He will surely open the door.

The prayer for another that is truly
effective & lifts our vision for him.

We see him as he truly is, a spiritual being. We see him guided and directed by God's Spirit indwelling him. Our prayer then is a prayer of faith and trust: it is an affirmation of our belief that God is directing the one for whom we pray into happy, healthy, fulfilling ways, into that which is for his highest good.

The bounty of God is within us,
undeveloped and all about us,
unused and misunderstood.



Patterns for self-unfolding:

- (1) An attitude of expectancy.
- (2) Thankfulness for everyone.
- (3) Willingness and readiness.
- (4) Study and practice plan.
- (5) Daily practice (6) Choosing a place
- (7) Physical & mental preparation.
- (8) Self discipline (9) Affirmation.

Learning to let go: Taking time.

Time is the limitation of man's consciousness of space. A day is a measure of time in the realm of effects. A real day is that period in which the earth rotates once on its axis. Man divided that period into seconds, minutes, hours and thus invented time.

Time is the measure that man gives to passing events.



The only power in time is
what man imparts to it.

When man gets into understanding of the Absolute, he takes his freedom from all bondages of time & declares: Time shall no more enter into the substance of his mind, body, affairs.

Now is the time to know the Truth. As we realise this Truth, we will understand how the world can be changed in 15 minutes or even in one minute.

For Time means nothing in relation to Truth: we shall know the Truth and the Truth shall make us free.

Truth may be defined as:
'That which is, has been and ever will be, That which eternally is.'



The Truth of God is Reality, the same yesterday and today, now and forever. The verities means a true principle or fundamentally important belief of being are eternal, & have always existed. Truth abides in fullness at the very core of man's being.

you shall know the Truth and
the Truth shall make you free.

There's no time limit to the promise. God's instant be a second or a century depends upon our individual application of Truth.

The Kingdom of God is in the midst of us. We shall find it by closing the doors of the outer consciousness and turning our attention within. Turn towards the Divine and all difficulties will disappear in ^a moment.



25-10-1969

Practice of the Truth

don't battle that disease,
don't battle that sin.

The battle is not yours, but God's.
The Spirit of God in us is the master
of all situations. This very presence
of God we recognise more in stillness
& quietness of mind. When the human
senses are quiet, can we become
aware of the still, small voice.

'Stand - still and

see the salvation of the Lord'.

This consciousness of Truth develops
and unfolds through practice,
yet the declaration of Truth does
not bring it into existence.

It requires practice and reliance on
it and a trusting in it even in



what may seem to be very adverse circumstances & situations that may take time to solve. yet standing in this Truth gradually brings the light of the presence of the soul and that comes through devotion to the practice of the presence.

How do we feel wonderful?

We never use Truth.

We never use God or

We never use Spirit.

It is the Spirit that touches us, transforms and then picks us up & does for us all that is to be done. When the Spirit touches us, the new life begins. To sit quietly, to be at peace, to feel the presence of the Spirit and then to hear with the patience:

'I feel wonderful.'



What is mysticism?

He that findeth his life shall lose it:

and he that loseth his life
for my sake, shall find it.

All the ignorance of Truth
in the entire world

cannot destroy that which is God.

mysticism is the revelation of an

Infinite presence and

Infinite power of all - presence

and presence of all - power,

which is our own consciousness.

It is not a far off God.

It is the Kingdom within us.

The only thing that makes a
practitioner a good practitioner is his
awareness of the allness of God and

the nothingness of what
appears to the world.



What is Human mind?

Human mind is an avenue of awareness. Through thinking, we all humans can be aware of a person's presence, but no amount of thinking ever known can bring anybody to us. The only thing that it can do is the realization of the omnipresence of God, which do not bring somebody to us. It is realising that He is already here. God is here where we are. Right here and now, God is the soul of us & the consciousness of us all.

Without this understanding, we have no hope of bringing forth the God consciousness into our experience since then we would be looking for it, where it does not exist - out here separate & apart from our own being.



our purpose

our purpose in being on this path is the expansion of consciousness to the point, where we recognize God as our individual consciousness and so good flows out from that divine source in infinite measure.

We are on the spiritual path

for but one purpose:

To die daily to our human sense of life, that was and to be reborn to the life which is God:

To die daily to the limited finite sense of ourselves that we have always entertained and be reborn of the Spirit, to realize Spirit as our true identity and then watch and see how it unfolds.



People with developed spiritual consciousness recognize that human thought is not power. Human thought is an avenue of awareness, but is not power.

All the thinking of all the people in the world could not change a coal button into a diamond.

Darkness, however intense it may be, can not produce light.

What is Brahman?

'Brahman' is the term that indicates the supreme Reality, which is all pervading and whose manifestations are the entire world of the living.

Brahman is an eternal substratum changeless and infinite and also it is the source of all kinds of activities and knowledge.



Who is Atman?

'Atman' is a term used to indicate the touch of life in the seeker, which is available for his direct realisation. At the moment of experiencing the Atman, the individual experiences at once the non-dual Brahman.

The outer infinite space is in no way different from and is surely one with, the cup-space.

The healthy harmony between mental waves & verbal expressions is must. A religion cannot fulfil itself, unless it can serve all people at all times.

The knower of the self becomes the self. A delusion can end only with the true knowledge.

Not victim to matter, but
master of matter.



Within = thoughts and ideas.

Without = speech and actions.

To define Truth is to defy Truth.

Truth cannot be described or defined,
but only be indicated,
because it has no spices,
qualities, action or relationship.

Truth is relative, which is explained
but absolute, which is experienced.

The deepest ocean is calm
on the surface.

Be thou a blessing

The power of blessing is mystery.

We do not know how it works,
but we know that it does work.

Roman philosopher Cato says:

He approaches nearest to the God,
who knows how to be silent
even when he is right.



Burden bearer

No action ever occurs in total isolation: we are joined together in brotherhood, whether we will or not and are responsible to God and our fellow-men for every word and thought. This would be an intolerable burden, if we were to bear it alone, but leaning on God, we find strength and security, for He is not only Father, but burden-bearer. As the source of love, He is also the source of all genuine services. Our every act and thought, our every smallest service, when based on His love, is glorified by His acceptance. Love & service give the soul stature and enlist all the powers of the



universe on our part,
for love is the fulfilling of the law.

O Come, let us worship and
bow down: let us
kneel before the Lord, our maker.
God, take over!

I of myself can do nothing.
The Father within doeth the work.
seeds are seeds.

The only way to have a
friend or foe is to be one.

Let people realize that
you know more than what you say.

If history has any lesson,
if religion has any message,
if culture has any meaning,
the three fundamental values,
which make life worth living, must be
cultivated for the upliftment of the soul;



These three fundamental values are:
faith, self-discipline, self-dedication.

This means ईश्वर, तपस, अर्पणम् ।

Self-discipline, self-mastery is acquired through tapas, which is a self-invited course of training transforming life from an ugly, sordid affair into a thing of beauty. It requires a constant effort to purify the body, the senses & the mind.

The first lesson of तपस or self-discipline are let your mother, father and teacher be as your God.

‘माता देवी नमः, पिता देवी नमः, आचार्य देवी नमः ।’

Who is Optimist? Who is Pessimist?

An Optimist is the one, who makes opportunities of his difficulties.

A Pessimist is the one, who makes difficulties of his opportunities.



September 4, 1973

By willingly turning to the God
in the time of need,
by surrendering all our
pain and bitterness to Him
in one gesture of letting go,
we open ourselves to the influx of
His love, comfort and strength.

By becoming still, by listening,
we hear His voice assuring us that
all is not lost, that nothing is ever
lost in His Kingdom.

Darkness does turn to light and
joy does come with the morning.

We find acceptance in our hearts of
a deep and unexplainable Presence
that somehow gives us the strength
to carry on. We feel His rod & staff
supporting us in all we have to do,



and eventually life becomes sweet & satisfying once more. The peace of God, which passes all understanding, will keep your hearts and your minds.

meditation is simply becoming still in the presence of God.

It is letting go of all tensions, all problems and all desires.

It is a quiet waiting upon the Lord. God is. His power floods our being when we turn from the outer world of turmoil to the stillness of His presence. Let not your hearts be troubled, believe in God.

Let us hold tight to the Truth that God is our constant companion, guiding, directing and protecting us.

In Him, we live and move and have our being.



'If God is for us,
then who can be against us?'

ঈশ্বরই আমাদের জন্য যত্ন রাখছেন।

There is a healing power upon which we may rely. Let us remember that God has put His Spirit in us and through that Spirit, we can be victorious over every challenge in life.

All things are possible to him,
who believes.

My faith increases with use until I reach place in consciousness, where my faith can perform miracles.

Let us mentally step aside from limiting beliefs about ourselves. Let us release all thoughts of what is going in the external. Let us imagine that we are looking into a mirror, a very special mirror that reflects



not what we appear to be,
but what we truly are.

Silently, let us say to ourselves:

'I behold the God in you.'

When we become truly aware of the radiant God that indwells, when we are conscious of our divine nature, we are uplifted and ready to express our own spiritual capacity. Do not neglect the gift you have.

The Lord is my helper.

What does the Lord require of you,
but to do justice & to love kindness.

We all desire to have the qualities of love and justice made manifest in our lives and affairs.

The surest method to realize this goal is to exhibit these qualities in our dealings with others.



We're created out of the life of God,
that the life of God flows in and
through us, that there is the capacity
for renewal / restoration in every cell.

We cannot be where God is not.

Praise is the encouragement addressed
to God - immanent in all creation,
impelling more of the innate
perfection to manifest itself.

I meet this day with
a mind and heart filled with praise.

For all of God's creation,

I give grateful thanks.

God is with us at all times.

He is our everpresent possibility,

our divine protection and security.

Behold, I am with you. The freedom,
peace and happiness we long for,
must find their beginning within us.



'The light of God within me.'

It is a sure and certain guide.

my communion with God in prayer
begins with my ability to still myself
mentally and also physically.

For a brief time,

I am undisturbed, calm and quiet.

In prayer, I am one with God and
I know this oneness. I feel myself
lifted to a higher state of being.

With every breath I take, I inhale
the harmony of God's world and I
exhale, the inharmony of man's world.

I am made new. I give new thought to
the beauty of my life. I see ways
to maintain this beauty of my life.

I see ways to maintain this sense of
balance, beauty and love. I promise
myself to expend my energies toward



further augmenting the realization of God in my life.

There is a song in my heart, a song that cannot be heard with my ears, but a song of impelling harmony, truly divine in nature. Making a contact with God is simple - natural.

We are the offspring of this Spirit and can make conscious contact with it by turning our attention away from material things, but Spirit.

In His presence is fullness of joy.

As we feel family relationship with every person in the world, no longer is there any empty feeling.

We are filled with senses of security and serenity.

We feel at home, loved and cared about as a member of God family.



What is God's law?

As I be in the awareness that I am not alone, that I do not depend only on personal efforts or personal power, I am strengthened; I am able to enlarge any scope of activities.

God is light and in Him,
is no darkness at all.

True guidance always comes from
the light of the Spirit within us.
He dwells at centre of our being.

He is the creative principle,
the animating force within us.

There may be much we cannot
comprehend, except by faith.

God's law is love.

It asks that we be loving.

This is not too much for a God,
who is love to ask of His children.



All things work together to
bring forth good in our lives,
but only if we allow it.

We must always hold to
His power as supreme.

He in me is my hope of glory.

I meditate in the stillness and
discover the power that's within me.

To meditate is to know the power of stillness. To meditate, I must first learn to remove my attention from all outer activity. I do this by sitting in comfortable position, closing my eyes and taking just one thought as 'God lives in me.' I place my full concentration on this thought. As other thoughts arise, I let them pass by and I continue to dwell on the affirmation.



Soon my whole attention will be on that one thought and my whole being will respond to the idea that God lives in me.

If our vision is sound, our whole body will be full of light.

27 45411 41192 126, 21192, 22-4-2698

Daily word

Divine order & justice are present in and through every situation.

As we lend concentrated attention to God's perfect justice, we begin to sense a feeling of deep inner peace. We realise that truly God is in charge of our lives and affairs.

In every situation, through every condition of our lives, our loving Father is guiding us to our highest good.



Let go and let God.

God says: I am that I am.

I am the light of the world.

I am the light of your body.

I am the light that penetrates & permeates or spreads and brings healing to every part.

I am the light that glows and shines in every cell.

I am the light that soothes away pain. I am the light of your world.

I am the light of your mind.

I am the light shining steadily within you.

our good comes from God and is of God. No person or thing can stand in the way of our rightful good. Let us lovingly & confidently place our faith & trust in God's perfect justice.



The great life is within.

Then comes the peace after the storm.

Happiness is inherent in the soul
and always comes from within.

There is a God, worthy of trust.

The Kingdom of God is within, not
up in the sky nor over there,
but within and could be entered
into Cosmic consciousness

and became as one with God. Many
could thus overcome their devil part.

It is not after death, but it is
here and now. For that, one must
begin to bring his body, mind &
soul into harmony with God's laws.

Do affirmations that:

I want peace and contentment more
than anything else in the world.

The false no longer appeals to me.



I want the Real.

Exact knowledge, complete faith and peace, which passeth all understanding.

God rules the world and He caused the situation to develop. He who gives up his life (carnal) for my sake will find it (spiritual). What would it profit a man to gain the whole world and lose his own soul?

Do good unto those who persecute you.
The ultimate. There is one life expressing itself in many forms. Love those who hate you. They are the opposite poles of human emotion.

When the disciple is ready,
the master is ready also.

The disciple is able to stand,
to hear, to see and to speak.



you are now to serve the one, so kill out all personal ambitions. Desire only which is within you or desire only which is beyond you or desire which is unattainable.

Such a soul at long last understands two aspects of life: the carnal and the spiritual.

He then renounces forever his carnal nature and

decides to live in the spiritual.

one qualification, earnestness of purpose is wisdom, which enables soul to unite with Divine within.

By uniting, the soul attains to the peace, surpassing all understanding.

With knowledge only & not wisdom, the soul indulges in violation of the laws & thereby fails to attain



to the peace, but with wisdom,
there can be no violation.

The virtues that we should develop:

The growing desire to be of
service to the fellowmen, patience,
diligence, helpfulness, advance in
spirituality of life, practice of virtues
and the obedience to the laws of
Body, mind and soul.

Within the will is the strength of the
soul that is determined to achieve
purification and thought control.

Purification means everything
impure must be eliminated.

Thought control = soul must control,
concentrate & meditate until his
mind can be absolutely controlled.
He learns to still the mind, so that
there is an absence of thought.



Building of character includes:
faith, hope, charity, duty, love etc.
Spiritual alchemy is an art of
changing lower emotions into higher.

Love and hate are only
different aspects, one to another.

Love those who hate you.

Look within for the light. Child
of dust, it is because the world is
within Thee. Within Thee which hears,
sees, acts is the Word itself, the
sacred fire, the creative utterance.
To hear the voice, the soul itself
must be silent. Thinking must
cease, the soul learns to depend upon
the voice within & to do its bidding.
He dedicates his entire existence
to the service of the one,
the one who is within.



Concept Therapy - Conceptology

This Therapy begins its instruction with the unknown power - the source of all created things and ultimately, of all ideas & concepts.

What is anxiety?

Anxiety is the emotion most damaging to the stomach and is linked with formation of ulcers. When one is calm and at ease, the stomach is pale pink, relaxed. It is bright red, tense & smooth when the person becomes angry.

What is faith cure?

Constant prayer and belief in the healing power of God is called faith cure. All the doctors fail, because they are treating effects, when the cause lies in the mind.



The method of T. E. A.

Diseases are on all three planes:
physical, mental, spiritual.

T = Transmute.

E = Eliminate.

A = Adapt.

Take T. E. A. and see.

Adapt & eliminate or transmute.
most important method is Adaptation.

To remain healthy, Adapt...

Faith instead of fear.

Hope instead of worry.

Charity instead of selfishness.

Aspiration instead of vanity.

Patience instead of anger.

Sympathy instead of criticism.

Non-resistance, kindness,
courage, forgiveness, duty and
love against jealousy and hate.



God is. Energy is.

Thoughts and emotions are
the manifestations of energy.

We cannot create or destroy energy,
but just change it.

Food transmuting into fuel for body,
water changing into steam.

Everything is energy.

our problems are just of energy.

Law of relativity in thinking:

All things vibrate, nothing rests.

The Law of Polarity

All opposites are identical in
nature and differ only in degree.

The Law of Rhythm or

The Law of cause and effect

There is no such thing as chance.

As you choose (sow),

so shall you get (reap).



The spiritual Plane concern's
a person's actions.

Coincidence is different from the
cause and effect.

The Law of gender

Behind all creations, there must be
masculine & feminine principle.
It is the action of male principle
upon the female principle
that gives rise to all creation.

On physical Plane,

it manifests as Sex.

masculine is the originative factor,

Feminine is receptive or / and

executive factor, just as:

Capital is originative and labour
is receptive and executive factor

& conscious mind is originator and
subconscious mind is executor.



विषय अि तर्क ए, प्रकृति अि receptive ऐ.

Subjective and objective innate.

Everything we can know is related
in some way to another thing.

To see a thing as it really is and
not as it appears to be from some
prejudiced view point.

Emotion is supposed to cause motion.

Emotion and physical health -
both are interrelated.

Know the truth and
the truth shall make you free.

conscious mind reasons inductively
and also deductively, but sub-
conscious reasons only deductively.

Inductive logic is the
valid process of reasoning
from the part to the whole,
from the specific to the general.



one must gather a group of facts
and reason from them
to a general idea.

The prosecutor uses inductive
reasoning and the defense always
uses deductive reasoning.

The subconscious doesn't become
impressed with words, but by feelings.
Between imagination and the will,
the imagination will always win.

Imagination, along with repetition,
concentration and suggestion, is
another key to unlock the almost
unbelievable power residing, for
the most part, untapped within us.
With concentrating the mind, feeling
makes it present perfect situation.

The movement must accompany
our thoughts and feelings.



We get what we imagine,
not necessarily what we deserve.

An image is also energy and can
be utilized in affecting cures.
mind - over - matter.

For natural cure, use imagination
when scientific means fail.
Be like a little child.

We have the image - ability to
create a Heaven right here & now.
one must think
in terms of the feel.

Imagination, if properly used, can
be a shortcut to greater control of
subconscious powerhouse potential.
By vividly picturing, imaging or
thinking in terms of sensing or
feeling images are implanting
a seed of future action.



Doubt, a faith in negative
master image, is to be one with
all of life, the way to it is to
listen still small voice in tune
with the Infinite, to be in
harmony with life - everywhere.

God, the first cause, is the supreme
originative factor and it follows
that we should be as perfect
an executive factor as possible.

Being able to do so,
would assure one, a life of perfect
fulfillment, a Heaven on earth.
Learn to respond to the inclinations
that will start to flow from the
source. Kneeling in prayer is a
symbolic act of the soul
relinquishing for a few seconds,
the originative role and obeying



admonition to Be still.

It is vital that we do learn to cease thinking (originating) for period of time and train ourselves to halt reacting to exterior stimuli.

It opens the channels for intuition to bridge the chasm (void) separating the finite from the infinite.

The word god & the word soul mean one and the same thing.

They differ only in degree.

We are all gods in the making.

We become more god-like each day.

It is to bring us into a close harmony with the one life, which men call God. All life is one.

There are hundreds & thousands of people, who need spiritual care



and this challenge gives us
the much needed spiritual courage.

They need someone to give them
a little hope. It is the action of
some strange inner power,
spiritual and faith healing.

Contacting & directing the innate,
We teach the law by which health
is restored and maintained. The
source of all healing must come
from life. Change this great conscious
power to normal and get health.
As much restlessness and sometime,
pain that this Divine discontent
brings, it is common and God-
given trait that all true seekers
share. By living in conformity with
the Universal Laws, we can
gain the worthwhile things of life.



The beyond within

one should understand how to consciously contact God, the God within and communicate with it.

We begin to know ourself and the power which was striving to express itself perfectly through us.

The big idea, the idea that they are one with the Infinite Power, which is expressing itself perfectly through them, if they only learn how to cooperate with it properly.

There's no price that can be placed on the peace, contentment, satisfaction, health-giving qualities & a feeling or being at home in the universe.

Concet Therapy = Ideas working with.

How else great religions came into being?



What is meant by Healing?

'Healing' means not only restoring good health or bringing balance to an emotionally confused mind, but also to change a life that is filled with frustration and lack, into one that enjoys the abundance of a positive and rewarding existence.

What is Fourth Dimension consciousness?

It means Cosmic consciousness battle between the inner spiritual and outer carnal consciousness.

What is Cosmic consciousness?

It means the consciousness of one life. Path of attainment to a higher 2nd or 1st. Worthy with self discipline & on 2nd. He becomes master of matter.

Life becomes filled with light, in higher order - Kingdom of God.



Divine Name

February, 1976

Every aspirant, after Divine Love,
must be humbler than

a blade of grass,

being simultaneously respectable,
more forbearing than even a tree,

eschew craving for name & fame,
respect all others as his superiors &

incessantly chant the Divine name
with a feeling of love - sickness as

a beloved separated from her lover.
Father and mother, soul and spirit,

principle and law,

substance and cause, love & life,
intelligence and wisdom,

power and energy -

all those are different terms

used for 'god' in the spiritual

literature spread all over the world.



Infinite consciousness

There is a spiritual centre in us and in that centre is stored up our entire spiritual heritage, immortality, eternality, life, love and infinite abundance.

This centre isn't within our body. It is useless to look for it there.

It is our consciousness, which is not in our body, but our body is in our consciousness, which is infinite.

We will be able to draw out of the infinity of our own consciousness necessary for our unfoldment from this day unto the end of the world & beyond it unto infinity.

So, after study and practice, we will be able to close our eyes and be at peace.



The world is not an illusion.
It is the concept we entertain of it,
that is illusion.

matter has not been destroyed by
reducing it to its essence,
it has only changed its form.

There's no way to destroy matter.
Science has revealed that matter
is an indestructible substance.
Actually, the substance of matter
is mind: mind is made visible as
matter: matter is mind operating.

matter can be reduced to
molecules and then to atoms.
... And when it is resolved into
atoms, what is left?

Answer: Energy.

matter can change form,
but it can not be destroyed.



matter is not unreal,
body and world are not unreal.
This world will never be dissolved,
but our concepts of it will change,
just as our concepts of body change.

The world is not unreal,
but our senses testify erroneously.
We must realise illusory nature

of that which we see,
hear, taste, touch and smell.

maya or illusion is nothing,
but our concept of reality.

We cannot see, hear, taste,
touch or smell reality.

Reality is spiritual, eternal,
immortal or infinite.

Only that which is of God,
is understood to be real or
is recognised as reality.



The words real or reality pertain to anything that is not permanent, whether it is harmonious or inharmonious to all of our five senses.

Reality pertains only to that which is of Spirit, soul or God and is discerned through inner awareness. It requires the faculty of the soul to behold reality.

There is that which must be seen & heard with the soul faculties.

When sin, disease and death are called unreal, its not a denial of their existence as part of reality.

In the realm of the real, the discord of senses have no existence. That, however does not change the fact that we suffer from them.



god, the essence of very being.

The true nature of god is infinity,
omnipresence, omniscience,
infinite wisdom and divine love.

I, god, in the midst of me
is the all - in - all.

The nature of our being, of our soul,
of our mind, of our body is god.
our very body is the temple of
living god. our mind is beautiful
instrument through which
god or truth can flow.

There is only one mind,
which is the instrument, i.e.,
a clear transparency for the soul.
To bring out good in anyone or
in anything is not to condemn,
but to love, bless, to realize that
god is the very essence of its being.



Inferiority complex

Inferiority is a feeling of inability to gain the goal of superiority. Truth is the answer to all feelings of inferiority. Truth reveals: He makes no one inferior.

Truth shows that God gives good to all His children. Behind every fault and failure, there is cause, but it is never personal.

The cause is a universal hypnotism or mesmerism.

What is Hypnotism?

Hypnotism is something that causes mental image, but that mental image is always without substance, law or cause and the moment the hypnotism is destroyed, the image is also destroyed.



A dream - substance can create nothing but substanceless images.

The barrier is belief in two powers, i.e. in something apart from God.

The weapon against error - our offence or defence is something neither physical, mental, action or words or thoughts, but only the awareness of God.

How to convert inferiority feelings into good feelings?

Answer: Love, love, love.

When we love another person enough, we cease to envy him,

we also cease to feel inferior to him.

One way to increase our love is to pray for him or to rejoice over all the good that comes into his life.



When we appreciate the good in all people, we appreciate the good that is in our ownself.

When we are not thinking thoughts or words, but in stillness, the human mind is stopped, the hypnotism is gone.

When we experience this, we feel something which transcends the human dimension of life.

get back, get back to realise that in reality, God constitutes our being and the only thing from which we are suffering is a

Universal belief in two powers.

get back and rest in the Word.

meditate to realise a spiritual presence right where you are. Be silent and let that realisation take place.



Know thyself better.

Feelings of inferiority become songs of triumph when we see that inferiority is actually a Divine invitation to do more, to be more. For god does not see an inferior person. He sees a beloved child moving steadily toward perfection.

Soul consciousness means

‘ॐ नमो भगवते वासुदेवाय’

The God is with all of us, but to find Him, we must seek Him through faith in the silence within us.

Where is God?

Be still and see that I am God. you have to know the very simple things, such as the revelation of one power and the nothingness of the armies of aliens.



god is much more than a word or
a long list of synonyms.

god is an experience and
no one knows Him...

until he has had the experience.

know the Truth and
it will make you free.

god's love is so wonderful that
it holds the universe together
and keeps it in order.

We are in Truth all one in Spirit
and if we follow the teachings of
the scriptures, we shall realize our
unity with god's loving presence &
His creation through His perfect plans,
which abide within us in Spirit.
His Spirit is in us all, waiting
to be recognized, waiting to lift
us above the down - pull of the



world, to heal and restore and
make our life rich & abundant.

know this Truth and
it will make you free.

God, the soul of our being.

Stop condemning, stop criticizing.

This person is a victim of a
Universal belief from which at
the moment he does not know
how to extricate himself.

Stop judging. No one is perfect.

Don't judge after appearances.

Everyone has faults.

We all are the part and
parcel of one whole.

until we can see that the person
beside is God manifest, we will
look for God to do something for
somebody, defeating our purpose.



Five Golden thoughts

- (1) Where God guides, He provides.
- (2) Increased knowledge and understanding will only put us to severance of judgement, if there is not a corresponding growth of holiness in our actions.
- (3) Selfish as we are, still we don't give stones when bread is asked, then how can God give stones, when bread is asked?
- (4) Sow a thought & reap an act.
Sow an act and reap a habit.
Sow a habit and reap a character.
Sow a character & reap a destiny.
- (5) Do not forget to take into consideration all 3 parts of being:
The Spirit (or soul), the mind
and the body.



understand God to be the soul,
the spirit and the life of all beings.

Realize that the mind of every
individual is an instrument, through
which God functions and that the
body is the temple of the living
God. Then you are beholding a
whole man, spirit, mind and body
all one, all parts of the whole and
the whole is God.

The practitioner is an instrument,
through which the voice of God
utters itself and His word is
quick and sharp and powerful.

It is not the practitioner's wisdom
that heals the patient,
but it is the power of God.

Therefore, the function of the
spiritual healer is to pray.



The practitioner must become
receptive and responsive,
become a transparency and
then He Comes,
whose sight it is, quick, sharp
& powerful, changing the body
in the twinkling of an eye.

It has to do with the
degree of developed spiritual
consciousness of the individual.

Feel the Divine peace of
God's presence in everyday life.

Each individual includes
all that God is.

That is how we bless our
neighbour as ourselves and
pray for our enemy.

our enemy is never a person:
he is always an appearance.



Spiritual healing

There is only one way to pray
and that is to ask yourself:

'Do I believe my eyes or
do I believe the
mystics of the world?

Those people, who have had an
intuitive contact with God,
and who have had the revelation
that evil does not exist as reality
and that there is
no Law of dis-ease?

When the practitioner is consciously
one with God and while he is in
communion with God,
all those who reach out and
touch his consciousness,
at that moment find healing.

In quietness, there's vibrant sound.



આત્મરૂપની અંદર પ્રગટેલ અજવાસનીર રહેશે સદા ઝમતું...!

After a meaningful journey with Hastakshar, I feel lifted to a higher stage of being. There is a song in my heart, that cannot be heard by ears, a song of Harmony with all Jivas! Because of Grace of Guru, I relax in the certainty that He is with all of us, that the blessings we desire so ardently, are already ours! આજે આયુના ૬૫મે વર્ષે જીવનનું સાંધ્યદ્વાર ખટખટાવતાં એમ થાય છે કે ગુરુમહારાજની અનુપ્રેક્ષાઓમાં વહેવા દ્વારા આપણી ઉપર પણ પળે પળ તેમના હસ્તાક્ષર થવા શક્ય બન્યાં છે! હવે જીવન પણ જાણે શાશ્વતીના તડ ઉપર તરતાં મૂકેલ પ્રગટેલા ટીવા સમાન પવિત્ર તથા આ ભવ તથા પૂર્વના ભવોભવના જીવન અને મૃત્યુ જાણે ઉદય તથા અસ્તના ભવ અને તાલ સમાન સહજ લાગે છે!

ઘણીવાર પિચાડું કે રરજ રોજનીશીઓમાં આ...ટલું અઘઘઘ લખાણ લખ્યાં પછી પણ આ શાશ્વતીના વહેણ ઉપર પૂજ્ય ગુરુમહારાજને કેટલી બધી શ્રદ્ધા હશે કે તેને સાચવવાની કે વંચાવવાની મથામણ કે પરવાહ ન કરી! પરોઢ પ્રગટે અને ચંદ્ર ભલે નિસ્તેજ જણાય, પણ જેમ ખરેખર એવું હોતું નથી... તેમ હવે આ કાર્યની પૂર્ણાહૂતને કિનારે એવું ભલે લાગે કે આ શબ્દપિહારયાત્રા તો ઝાંખી થઈ, કિન્તુ આત્મામાં જન્મોજન્મથી લીંપાયેલ રાગ-દ્વેષ ઉપર હવે એવી તો તડ પડી ગઈ છે કે આત્મતણ સાચું થઈ ગયું છે અને તેથી શ્રદ્ધા છે કે આત્મરૂપની અંદરનું અજવાસનીર તો ઝમતું જ રહેશે હવે મોક્ષપર્યંત! તથાસ્તુ... તેમ જ થાઓ.

ભારતી દિપક મહેતા

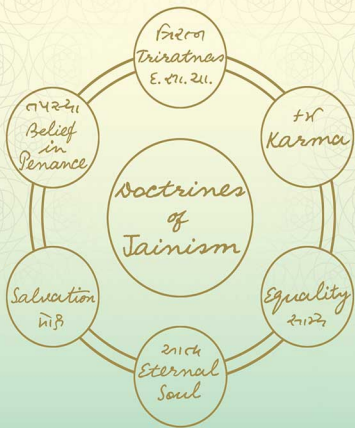


॥ શુભમ્ ભવતુ ॥



ઉપર દર્શાવેલ ૬ ડાયરીઓ

પરમ પૂજ્ય પંચાસત્રી ભદ્રંકરવિજયજી ગણિવર્ચ્ય મહારાજનાં સ્વહસ્તાક્ષરમાં
 ઈ.સ. ૧૯૬૫ - ૧૯૭૭ પરિસરમાં લખાયેલ છે, તે અહીં સંકલિત કરેલ છે.



૫. તપશ્ચર્યા