

પૂજ્ય પંચાસજી મહારાજની
હસ્તાક્ષરનું અક્ષયપાત્ર

॥ ૧૦ ॥

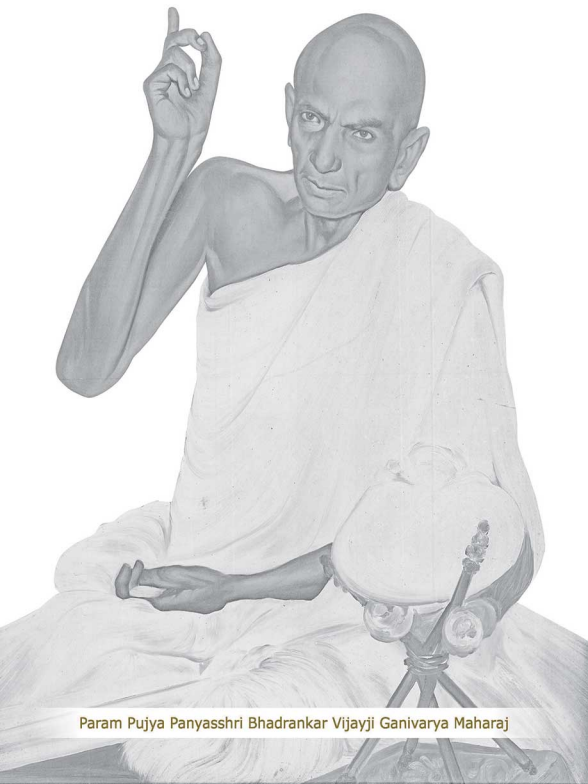
*Namo Arikantanam
Namo Siddhanam
Namo ayanayanam
Namo Uvajjhayanam
Namo Loe Savvasahunam
Eso Pancha-Namukkaro
Savvapavappanasano
Mangalanam cha Savvesim
Padhamam Havai Mangalam*



પૂજ્ય પંચાસજી મહારાજની રોજનીશી
સંકલન : પંચાસ વજ્રસેનવિજય

than any which supports our present connections.

If you cling to the desires of the mental, vital and physical beings, this transference and transformation cannot happen. One must be prepared to renounce at the higher call what are called the natural affections. Even if they are kept at all, it can only be with a change which transformed them altogether. But whether they are to be renounced or kept and changed must be decided not by the personal desires but by the truth above. All should be given to the Supreme master of the Yoga.



Param Pujya Panyasshri Bhadrakar Vijayji Ganivarya Maharaj

The fruits of true love in alphabet
: of 26 letters:

A - Assurance	B - Beauty
C - Confidence	D - Deliverance
E - Encouragement	F - Faith
G - Goodness	H - Honour
I - Improvement	J - Joy
K - Kindness	L - Liberty
M - meditation	N - Nobility
O - Opportunity	P - Patience
Q - Quietness	R - Reward
S - Satisfaction	T - Tolerance
U - unity	V - Victory
W - Wisdom	X - Excellence
Y - Yearning	Z - Zeal



Letters of alphabets have eternal
Light, Love, Power,
Peace & Prosperity.

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❑ **HASTAKSHAR NU AKSHAY PATRA**

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

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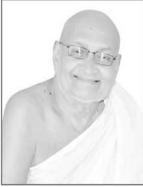
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❑ **ખાસ યિજ્ઞાપ્તિ**

ગ્રંથપાંચન પશ્ચાત્ આપને આવશ્યકતા
ન હોય તો આ સરનામે અમોને ગ્રંથ
પરત મોકલશોજી, જેથી અન્ય ભવિષ્યનો
પણ આ ચિંતનોથી ભાવિત થઈ શકે.



Gen-Now is indebted...



Param Pavan Pujya Adhyatmayogi Panyas Shri Bhadrakar Vijayji Ganivarya's lifestyle was full of gratitude and ethics. He used to read high quality quotes and thoughts, would mull over them to write in his diary. He had great knowledge of diverse languages like Sanskrit, Prakrit, Hindi and Gujarati, but he also used to read and write in English, since he had been educated till Matriculate in English medium school at Mumbai around 1920's.

Sahebji used to teach his disciples all these languages and also continued writing letters in cursive English to his disciples / other followers and asked to respond in English only. This diary initiates with such one of the letters from many letters written by him.

Shravak Ratna, Guru Bhakt Shri **C. K. Mehta** has been a massive sponsor of these amazing Granths since their inception and **Smt. Bhartiben Deepakbhai**, daughter-in-law of Shri Shashikantbhai Mehta (Rajkot), has reproduced and restored these musings from 24 of his diaries in Hastaksharnu AkshayPatra - 10. That's how we obtain this unique collection in English, especially for Gen-Now.



The goal

What is there new that we have yet to accomplish?

(1) Love, for as yet, we all have only accomplished hatred & self-pleasing.

(2) Knowledge, for as yet, we have only accomplished errors, perceptions and conceiving.

(3) Bliss, for as yet, we have only accomplished pleasure, pain and indifference.

(4) Power, for as yet, we have only accomplished weakness, effort & a defeated victory.

(5) Life, for as yet, we have only accomplished birth, growth & dying.

(6) Unity, for as yet, we have only accomplished war and association.

We pray Almighty to attain ultimate goal Moksha by reading these divine preachings & inculcate them in our day to day life and living.

August, 2018

Oswal Colony, Jamnagar.

વનસેનિ .

દેવપ્રભુનિ .



Revisiting Memory Lane...



I was oportune to observe my Guru Maharaj writing diaries in many of my visits to Rajasthan, but never knew they were in hundreds and containg such promotive content for our 'Atma Kalyan'.

During one such visit, I happened to witness a concise meeting between Pujya Panyasji Maharaj and Shri Kasturbhai Lalbhai. After Kasturbhai left for Ahmedabad, I said: 'Sahebji, I am so thrilled to see pivotal and notable persons coming for your Darshan - Vandan!'

He very modestly replied: '**People come for the Darshan of a Sadhu, not Mine.**' I was astonished to hear his courteous and unassuming reply in mild tone. I learnt a big lesson by his humility.

Today at the age of 86, while I am retired, I cherish my Punya for Him being my Guru Maharaj and the years that I could spend in his Nishra. I pray he showers his choicest blessings upon all of us until we attain salvation. Trikal Vandana to his pious soul.

August, 2018
Mumbai.

C. K. Mehta



शारदा शारदाभोगवदना वदनाम्बुजे ।
सर्वदा सर्वदाऽस्माकं सुखिणिं सुखिणिं किमेतत् ॥

Prayer to mother sharada

may Saraswati having the face like an
autumnal lotus, the bestower of everything,
the treasure incarnate, reveal herself
through the lotus-seat in our mouth.



Introduction of Gurudev – The Writer of this Diary:

King Vanraj Chavda established fortified city of Patan in North Gujarat, India, in 745 AD. As much famous as it is for its architectural marvel, the city earns its glory by the grace of KALIKAL SARVGYA SHRI HEMCHANDRACHARYA. The city belonged to PARMARHAT KUMARPAL MAHARAJA, the harbinger of the idea of non-violence, in the 12th century.

In such beautiful city of rich cultural and historical heritage, there lived in 20th century a kind and benevolent merchant Shri Halabhai Maganbhai. The city was fortunate to have him and his religious minded wife Shri Chuniben. The couple was conscientious and spiritually guided. In 1902, Chuniben gave birth to a baby boy, fifth among his siblings, named 'Bhagvandas' aka 'Bhagu'. In the years to come, Bhagu would grow up to become Panyas Shri Bhadrakar Vijayji Maharaj Saheb.

Young Bhagvandas's faith was firmly rooted in the Jain religion and he was devoted to his Gurudev since early childhood. When he turned of age, he got married to a young woman. Though Bhagvandas was a dutiful husband, he realized his heart wasn't into such worldly pleasures.

He was deeply influenced by the powerful discourses of respected Acharya Maharaja. These discourses later inspired him to renounce the world. In 1930, he was fortunate to become the disciple of the same Acharya Shrimad Vijay Ramchandrasurishwaraji Maharaja.



By the Grace of the Three Gurus, namely, Acharyadev Shrimad Vijay Dansurishwarji Maharaja, his disciple, Acharyadev Shrimad Vijay Premsurishwarji Maharaja and his disciple, Acharyadev Vijay Ramchandrasurishwaraji Maharaja, he attained the designation or Padvi of 'Panyas' in the year 1951. Under their concerned spiritual guidance, he made contributions that threw new light and gave a new direction to the course of Jainism.

'Navkar MahaMantra' was his life. Its importance; its vastness was awe-inspiring to him. He breathed 'Navkar' in and out. He demonstrated and made it popular by his lifestyle and through his literature. It is not very easy to come across such a benevolent saint, who established a deep sense of 'Maitri Bhav' among Jains. His disposition was ever calm and quiet and so he was well known as "AjaatShatru Anagar". He was full of virtues and positive energy with a simple, straightforward, humble and open-hearted life style. He would always place others ahead of himself and continuously think about doing good for others. His smiling face would forever shower blessings on all.

The Voice from his heart was:

Jassa Mane Navkaro, Sansaro Tassa Kim Kunaii...?

Shivamastu Sarva Jagatah...!

Mitti Me Savvabhuesu...!

Khamemi Savva Jeeve...!

His mind was deeply rooted in Maitri and Mahamantra.

His conscience was clear by his Character.

His body was ever new with his acts of Penance.



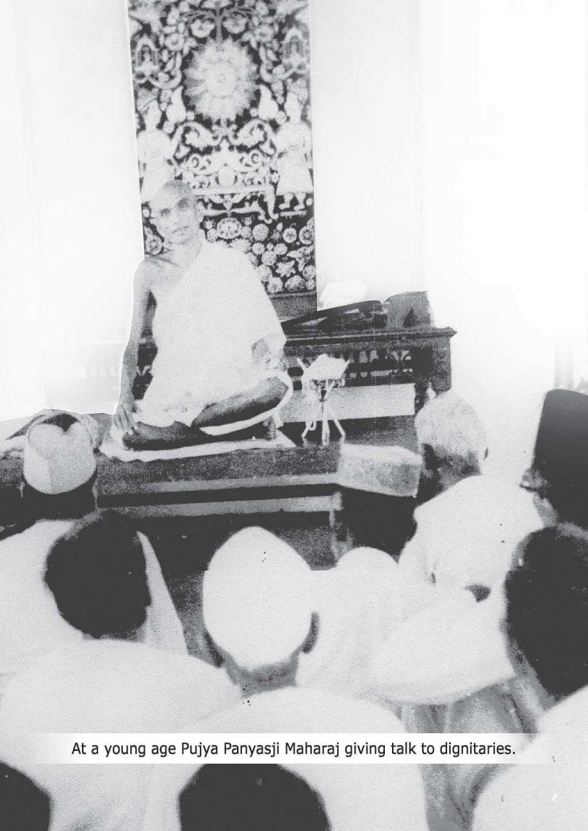
His life was lit by the light of Chintan.
His face was charming with Sweetness.
His smile was full of Secrets.
His philosophical lectures attracted one and All.

Such an extraordinary personality was Panyasji Maharaj. Panyasji Shri Bhadrakar Vijayji Ganivarya was the Guru of the Respected Acharyadev Srimad Vijay KundKund Surishwarji Maharaja, Muniraj Shri MahasenVijayji Maharaj and Panyas Pravar Shri VajrasenVijayji Maharaj, all belonged to Halar, Saurashtra.

Before his departure from this Planet, his last stay was with his Gurudev. Panyasji Maharaj left this world forever at the age of 79 in the year 1980 at Patan, but is still alive through his writings found in various printed books. He also used to write personal diaries and that's how we have hundreds of them today, in which he has jotted his divine thoughts (anupreksha), musings and inspiring quotes from the world's religions. He also wrote countless letters to his disciples and devotees, and articulated his opinions, most of which we find in the 10 volumes of 'Patra Ganga'.

He trained many young Shramans, one of which was Muni Vajrasenvijay (Panyasshri Vajrasenvijayji – the one walking in the same incredible footsteps of his Gurus today), Panyasji Maharaj used to teach him English and used to write letters to him in English as well. This 10th part of 'Hastakshar nu Akshaypatra' starts with one such amazing letter.

Thousands of Namaskar to Holy Divine Sage of this Age.



At a young age Pujya Panyasji Maharaj giving talk to dignitaries.

is also a friend of ours.
This is very simple to understand.

In Europe, there is a proverb:

‘Love me and my dog’.

If a servant beats his master's dog with a stick, he is dismissed from the service and his master says to him that, if you want to remain in my service, love me & my dog. Similarly, if you want to be in service of our master, શ્રી ગિરોત્તરદેવ, we must love & show compassion towards all the living beings.

કેવળ પશુ પાત્ર, પુદિત નીદરૂપિને ।

જીવોપેક્ષે, પ્રાણીકે, ત્વમ્ મોક્ષાત્મને નમઃ ॥

Have you learnt the 20 પ્રશસિ of ‘Vitaraga Stotra’ by heart? If not, learn them by heart, and recite them every time you go to the

temple and recite them
as many times as possible.
As soul is immortal and eternal,

परमेश्वर is alone निरन्तर।

परमेश्वर is Paradenta.

Do you want any easy
english books to read?

If so, write to us.

Panditji has shown
some Corrections in
your sanskrit letter.

Please have a look.

convey vandna, anuvandna
to shree mahabhadra vijayjee
from all the munis here.

more hereafter.

Reply to attached six questions &
please go through all definitions &
meanings of important words: २१ or...

Muni Vajrasen,

Please answer these 6 questions:

- (1) What made you to renounce the world?
- (2) What are the best principles that attract you the most in Jainism?
- (3) Name sadhu or sadhvi - that attract the most in life as 21EEF.
- (4) Name shravak or shravika - that attract you the most in your life as 21EEF.
- (5) Name a book that you love the most.
- (6) Name your favourite author.

Some Definitions

- (1) Sat: Immortality, Pure Essence.
- (2) Chit-Tapas: Free rest or action, Sovereignty of Will.
- (3) Ananda: Pure Bliss.
- (4) Vijnana: Revelation, Intuition, Inspiration, Discrimination, Buddhi.
- (5) Buddhi: Perception, Reasoning, Imagination, judgement.
- (6) manas: Science, philosophy, intellectual thoughts.
- (7) chitta: (a) Aesthetic sense of beauty, art, poetry, sculpture.
(b) Religious, moral virtuous, holy.
- (8) Prana: Rajasic, desire, emotion, Passion.
- (9) Reason: Intuition, Smriti.
- (10) Annam: Tamasic, food, play, money, physical health.

- (11) Pravritti: Nature's tendency or impulse to action.
- (12) Nivritti: Withdrawing from the tendency or impulse to action.
- (13) Divine: Sat, chit, ananda, tapas, Vijnana, Ishwara.
- (14) Human: Annam, Prana, Aham, manas, Buddhi, chitta.
- (15) Perception: Revelation, Drishti or Pratyaksha.
- (16) Imagination: Inspiration, Shruti.
- (17) Tapas: (I) Purusha (II) Prakriti:
 - (a) Prajna (b) Hiranyagarbha
 - (c) Virat: (i) Parmeshwar
 - (ii) Shakti.
- (18) Judgement: Discrimination Vivek.
- (19) Sthula: Bhu
- (20) Annam: Virat
- (21) Vaikarik: Cosmic evolution

(22) Parabrahman:

Anadi Atman - Sad Atman

- | | |
|----------------|------------------|
| (I) Sat | : Satyaloka |
| (II) Chit | : Tapaloka |
| (III) Ananda | : gnanloka |
| (IV) Karan | : maharloka |
| (V) mahakaran | : Prajana |
| (VI) mahatapas | : Virat |
| (VII) mahajan | : Hisanyagarbha |
| (VIII) Vijnana | : Prajna |
| (IX) Sukhsama | : Swarloka |
| (X) Chandra | : Buddhi |
| (XI) Swarga | : manas |
| (XII) Bhuvar | : Chitta & Prana |
- [(X), (XI) & (XII) = Hisanyagarbha]

(23) Satyam: manifest atma

- (I) (a) mahavir (b) Balram
(c) Pradyumna
(d) Anirdhya & their shaktis

(II) (a) Anirdeshyam

(b) Vasudeva & Shaktis

(23) Braman:

(I) mahavir

(II) Iygnanam

(III) mahima

(IV) maheshwari

(24) Kshatriya:

(I) Balaram

(II) Force

(III) Roudryam

(IV) mahakali

(25) Vaishya:

(I) Anirdhha

(II) Worldly reason

(III) Desire

(IV) mahasaraswati

(26) Sudra:

(I) Pradyumna

(II) Love

(III) mahalaxmi

(IV) Dana

(27) Siddha: Pure Siddha

Karana - Asura Deva - Vijnanam

Rakshasha - Suksham

Prana & Sthula:

Pramatha, Pishacha, Pashu.

Sum

ગતિરોધક ચક્ર	- Brake
અભ્યાસ	- Study
સાબી	- Positive
ફેસલો	- Ruling
નિર્ણય	- Negative
રહસ્યભૂત	- Esoteric
ઘસઘસ	- Rigidity
જ્ઞાન	- Cognition
સ્ફુરણ	- Expansion
સત્ય પ્રધાન	- Pure mind
ગતિનિયંત્રક	- Regulator
પ્રત્યગ્રહ	- Recognition
પ્રત્યગ્રહિ	- Introverted
હેઠ	- Neglectable
ઉદારદય	- Appreciable
અર્ધગતિ શક્તિ	- Occult power
સંગતિશક્તિ	- Holy combination
દીક્ષા ભાવ	- Truth of Initiation
નિરિધ્યાન	- Constant meditation

કુતુહલવશતા	- Curiosity
સંલગ્નતા	- Synthesis
સમ્યક્ ક્રિયા	- Right Action
સમ્યક્ વ્યયિય	- Right Effort
સત્યાનુભૂતિ	- ontological
વ્યક્તિત્વ	- personality
પ્રયત્નશીલતા	- Teleological
વિચારણા	- consciousness
કાલ્પ-કોસ્મોલોજીકલ	- Cosmological
સમ્યક્ ચિંતન	- Right thought
સમ્યક્ વાચા	- Right speech
અદૃશ્ય શક્તિ	- Occult power
અજ્ઞાત	- Hiding reality
વેદના	- Feeling of pain
સમ્યક્ આજીવિકા	- Right Livelihood
સમ્યક્ સ્મૃતિ	- Right mindfulness
સમ્યક્ દર્શન	- Right understanding
સમ્યક્ સમાધિ	- Right Concentration
શરીરરૂપ	- material existence

રવર	- Activity
ઠહર	- Dulness
ઠિવરૂ	- Real form
અવિવરૂ	- unevolved
રવ	- Luminosity
ઠવર	- Illuminating
વરૂ	- complete in itself
ઠવ	- Nadanusandhana
અવરૂ	- Erroneous knowledge
રવરૂ	- Conceptual knowledge
ઠવરૂ	- Originator of 5 elements
ઠવરૂવરૂ	- Attainment of element
રવરૂવરૂ	- Synthetic mental states
ઠવરૂવરૂ	- God of Love, Love for God
રવરૂવરૂ	- God of Law, Law of God
ઠવરૂવરૂ	- Etheric substances of the 5 elements
ઠવરૂવરૂ	- Remaining without any outward activity.



si Navkar Mahamantra

NAMO ARIHANTANAM

NAMO SIDDHANAM

NAMO AYARIYANAM

NAMO UVAJJAHAYANAM

NAMO LOE SAVVASAUNAM

ESO PANCHANAMUKKARO

SAVVAPAVAPPANASANO

MANGALANAM CHA SAVVESIM

PANAMAM HAVAI MANGALAM.

maha Naukar mantra
consists of 68 letters.

They're like tirthas or sacred spots according to general belief prevalent among the jains.

Here presented are the 68 similies:



- (1) Prostrations to perfect personnages.
- (2) Salutations to sacred and superior souls.
- (3) Adorations to all the admirable ideal ascetics.
- (4) Venerations to victorious and virtuous souls.
- (5) Sanctum sanctorum of sanctity and serenity.
- (6) Treasure house of true knowledge.

- (7) Power house for pacification of passions.
- (8) Tower house of transcendental truth.
- (9) Dormitory of Divine dervishes.
- (10) Palace of patience & peace.
- (11) mansion of mental purification.
- (12) Harmonium of human and sub-human harmony.
- (13) Sanatorium of soul's self cure.
- (14) Hill station of high training of human ideals.
- (15) Scale of self evolution and elevation.
- (16) meter of mercy & compassion.
- (17) Kingdom of common welfare.
- (18) Galaxy of gracious and glorious guides.
- (19) Root of religious rectitude.

- (20) metropolis of the world of merits and virtues.
- (21) Home of humane, human and humanitarian qualities.
- (22) Fulcrum of philosophical science.
- (23) Kernel of cosmic constitutional code of law.
- (24) Bridge of universal brotherhood.
- (25) Electric current of inexpressible ecstasy.
- (26) Fountain head of fraternity and fellowship.
- (27) Spring of spontaneous inner peace.
- (28) Lighthouse of loyalty and learning.
- (29) Abode of apostles & prophets.
- (30) Index of introspection and inward intuition.

- (31) Projected progressive plan of natural phenomena.
- (32) Ultimate object of universal beings.
- (33) National flag of nature's government.
- (34) Cream of culture & civilisation.
- (35) Sun rays of self illumination.
- (36) Panacea of all pains of mundane life.
- (37) Staple food of self Satisfaction.
- (38) Recreation park of rejuvenation.
- (39) Encyclopedia of infinite knowledge.
- (40) Instrument of introspective improvement.
- (41) Royal road of self realisation.
- (42) Union of universal welfare.
- (43) Ocean of adventurous aptitudes.

- (44) The microscope of
microcosm and macrocosm.
- (45) memorial of meritorious souls.
- (46) Entrance to empire of
emancipation.
- (47) Refinery of right faith, right-
knowledge & right conduct.
- (48) Emblem of reign of redemption.
- (49) Symbol of sobriety & serenity.
- (50) Banner of bliss & beauty.
- (51) Telescope of true observation.
- (52) Fortress of freedom & friendship.
- (53) Capital of continent of contentment.
- (54) Garden of flowers of forgiveness.
- (55) gateway of gracious godhood.
- (56) Noble mission of nature's
government.
- (57) magnetic pole of moral force.
- (58) Ingredient of eternal ease.

- (59) Motive of meritorious science
of human culture.
- (60) Paradise of permanent
peace & pleasure.
- (61) Home of hermits and heroes of
self conquest.
- (62) Continent of crystalised
blessed souls.
- (63) Terminus of training-learning.
- (64) Clarian call of
conquest and conscience.
- (65) Synopsis of all the
sacred scriptures.
- (66) Ambrosia of all our
noble achievements.
- (67) Prayer for
purification and perfection.
- (68) Garrison of great guidance.

Nov. 24, 1929



३१ Naukar mahamantra



Naukar is the Divine descent in & through the ५२ ५२५०० for expediting the work of Cosmic evolution.

It is the superb combination
of Divinized consciousness
and Nature Divine.

o Naukar is supramental
manifestation of
mother nature upon earth.

o Naukar mahamantra
is the Divine light
to enlighten our lives;

it is harbinger of Divine mother;
it is message of our freedom
and eternal bliss;

it has in itself both the beginning
and the end of our spiritual life.

- o In Jainism,
understanding, absorbing and
application of aspectism (અવગતિ) is
itself the process of Sadhana.
- o શિવ ડાહ્યાન હૈનિય is the
Divine descent in and through the
higher human souls.
- o યિયરિયસ are the
supramental manifestation of
Divine mother for enriching
her role of cosmic evolution.
- o Had there been not
the worship of mother Nature
અવગતિ and only of અવગતિ,
we find no reason for
worshipping અવગતિ,
who passed before
we were lifted from the
subtle form and to અવગતિ,

who are in no way connected with our evolution achieved upto now and specially also to those who will be after our attainment of eternal freedom?

Hence, it is the worship of mother Nature chiefly which manifested and manifests itself in different human souls, for there is continuity and oneness in it; for that is the very thing which was in past, is in present and will be in future uninterruptingly.

O yam we worship in the temple should be taken of rather human & not a mere animal, because we are in the state where the worship

of ॥१३०॥२ - indirectly of both the mother Nature & ॥१॥२॥३॥१॥०॥१ combined, is necessary.

- o Process of our evolution
consists of 'Punya to Sunya'.
What is that?

Well, how are we uplifted from unspiritual & even from animal, from cast, creed, land, etc. to the spiritual ones?

There was no direct contact of any spiritual genius.

What we only did was Punya Pooja.

We gave charity in cheif.

We practised Daya, which is the form of ॥३०॥१॥१॥.

We observed & performed philanthropy, service, etc. which also is the form of ॥३०॥१॥१॥.

Then we recieved gradation from the Divine mother. She uplifted us here & brought in contact of ५२५१४. This is important stage of combined ५११ of ५०२ and १११२१०१५. This will last upto 7th ३३०१२१०१०१.

After it, the ५११ & १२१०१ of most pure १११२१०१५ is to be done, but afterwards, it too has to be left & enter into ३३०२.

We have to discard all the external aids and enter within wholly.

o Difference in ५२५१४ tallies with difference in electric bulbs. Though electricity in every bulb is one & the same, yet each bulb's capacity varies in manifesting it in itself, so does its proportion of light vary. In the same way, mother Nature

is one & the same, but each ५२१९९ varies in its capacity to let manifest her in itself, so does its intensity of work vary.

Pratikraman & Samayik

Pratikraman is a sort of kriya or declaration of our loyalty and obedience to the Divine mother.

Pratikraman checks our instincts from going in disadvantageous ends and redirects them in the advantageous end of Samayik.

The Samatva stimulates them to be in tune with the mother Nature.

Reality is gradually disclosed to the man who in-line with the natural constitution lives in the accordence with Shastras.

Samayik is the application of

natural constitution, while the Pratikramana is the return from forbidden flight. Samayik is the positive approach to the Nature & Pratikraman is negative part, both being highly complementary to each other & of equal importance.

Pratikramana is the discipline of developing perfection in Samayik.

Samayik is the discipline of training man to follow the codes of natural constitution.

o Nature never work in a single way. She has a multitude way of working. These are the different systems of Yoga suited for the different types of each individual's or sadhaks temperament.

Each system of Yoga has been

formulated only to descend the
Divine Nature in us to work out
our evolution. No yoga has an end
in itself. By following any yoga,
we have to become a yogi. So we
should never force a person to
switch over a system of yoga
unsuited to his temperament.

Need for Shastras

Shastras are formed to dissolute
our querulous nature
and develop peace among us.
How our quarrels on Shastras
themselves can be justified?
To abide by a mere code of conduct,
we believe to be true of Shastras.
If we violate a score of other
codes of natural constitution, it
becomes our folly causing disaster.

Significance of Naukar

Naukar is the process of
imperfection going to perfection.
Being the grand symbol of perfection,
it is the whole Divinity condensed.
mind engaged in perfection works as
Napolean, while mind in १२१३२१५१२०११
works as a common soldier.

For that reason,
mind engaged in ०१०११२
in oneway or other is
intensely ennobled,
enlightened and strengthened.

Tirthankaras are the
sole agents of mother Nature
& the rest ४२११३३
except १२१३
i.e. Acharya, upadhyay & sadhu
are the subagents of her.

ॐ नमो भगवते वासुदेवाय। With these two means, one can acquire the desired result.

Be still, calm and quiet.

See that you are one with God.

Name of god in mouth, His idol in mind, love for Him in heart & work in hand for service to mankind is the main theme of mantra-Shastra.

The recitation of mantras together has a great curing effect on many troubles. The Snake-bite-cure by mantras is the universal truth.

Absorption of mind through Nada-hearing with japa of ॐ or Soham which is regarded as a great aid to concentration. It is called 'ॐ नमो भगवते वासुदेवाय' as it belongs to ॐ नमो भगवते वासुदेवाय or centre of the heart. This nada or the sound must be heard with the right ear.

o mantra must be complete, correct & adequate with the sufficient time.

Word om: stands for
the ॐ ५५ or ॥५.

The name of the deity stands for
the ॐ ५५ or ॥५.

And the termination for
the identity of the two or ॥५५.

They are virtually ॥५५५५.

By mantra japa,
we obtain Grace.

It isn't by the endeavour but by grace.
This grace can be secured only by the
worship, which is ५५५५५५ of the
attainment of life's highest goal.
Letters or the sounds they stand
for are eternal-imperishable ५५५५.
The wonderful ५५५५ or potentiality
of ५५५ is beyond conception.

- o To become one is knowledge,
another is feeling.

Not only the knowledge but effort to become according to knowledge in feeling & action. Therefore, the latter is *नेति* and the former is *नेतिनेति*.

- o The higher significance of *५॥* is really a constant practice in realising the oneness of *शिव* & *शक्ति* i.e. *शिवशक्तिप्रतिष्ठापनम्*।

- o The mantra takes place of *नेतिनेति* - *मगु* - *नमो* & the Sri chakra stands for the pure introspective mind, the *शिवशक्ति* representing the modification in *शक्ति* of such a mind and *५॥* stands for *विदित्वा* or constant meditation and *शक्तिप्रतिष्ठापनम्* or cognitive absorption.

Navkar mahamantra is
the noblest approach to Nature.

It is the supreme symbol to surrender
her- as it is her own gift to
mankind for assisting her.

Nature is the Divine Shashtra.

our approach to shastras must go
together with observations of Nature.
Shastric knowledge becomes lifeless
& intangling rather than freeing
when it does differ with Nature- the
source of all shastras. It must lead
us to retire in her- as she is the
best teacher and guardian ever
working for our evolution.

o People seldom improve
when they have no model-
lent themselves,
to copy them.

What is 'vishakti'?

Can it were be in the power of 'Jivakshakti' to enter by his own unaided jivasakti into 'vishakti'! That alone which has such power is 'vishakti'!

શીતલ બહેનની શિષ્ય તો 'શીતલ'.

શીતલ બહેનની શિષ્ય તો 'પરલ'.

શીતલ બહેન પરલના યાત્રી રૂપે રહે છે.

ધંતના અંતરે ૨૬ શીતલ છે.

ધંતના અધિષ્ઠાતા દેવતાના જે સ્વરૂપ છે:

૨૬ વાચિય શિષ્ય (શીતલ) રૂપે,

૧૦૦ વાચ્યશિષ્ય (પરલ) રૂપે.

O Vachya shakti reveals itself only when vachakshakti has been aroused through the discipline of the Sadhaka.

Mantra says:

'Be not afraid. I stand surely for you'.
Mantra alone is the pathway to
Siddhi & redeemer of all liabilities.

The Liberated man

The liberated man has
no personal hopes,
he does not seize on things
as his personal possessions,
he receives only that which
the Divine brings him,
covets nothing, is jealous of none.

What Comes to him, he takes
without repulsion & attachment,
what goes from him, he allows to
depart into the whirl of things
without grief or sense of loss.

His heart & self are
under perfect control,
free from reaction and passion,
they make no turbulent
response to the
touches of outward things.

Self Abandonment

To the soul that wholly gives
itself to Him,

God also gives Himself altogether.
Only the one who offers his whole
nature, finds the Self.

Only the one who can give
everything,
enjoys the divine all everywhere.
Only a supreme self abandonment
attains to the supreme.

Only the sublimation of all
that we are,
can enable us to
embody the highest &
live here in the
immanent
consciousness

of the transcendent Spirit.

- o अहिंसा means the prevention from violating any code of natural constitution.

It is more subjective than objective. It is creative, relative, conditioned state of consciousness.

- o External Tapa is prevention of volition drifting into destructive channels.

Internal Tapa is the redirection of it into constructive channels.

५३५२५३ ओ५२५३

When we pay Namaskar to अहिंसा, the Divinity in rest is also bowed. when we bow to other ५२५३s, ५३५२५३ is also paid namaskar. गी५५५५, गी५५५५५५ and गी५५५५ are all inter related & all are respected at one and the same time by us.

Forgiveness

until faith subjugates fear,
there is no assurance that our
tomorrows will be better than today.
One of the worst dragons that devil
us, which must be destroyed or it
will destroy us, which will forever
devour our health and happiness
until we rid ourselves of it,
is unforgiveness or
imforgiveness
of our self and others.

Forgive & you can be happy again.
Forgiveness is giving love for hatred.

Forgive and free your
body of illness.

Forgive & restore harmony.

To err is human;
to forgive, divine.

Forgive and forget the hurt.
Remember only the lesson learned.
Forgiveness frees us to live life
lovingly and joyously.

Forgive before you pray.

Then, and not before,

can our prayer be answered.

Forgiveness is a way of release.

It is a mental letting go of
every thought and feeling of
fear, anxiety, worry,
selfishness, greed, hurt,
injustice or disappointment.

'Forgiveness' means
giving the blessings of love for
feelings of wounded
pride, egotism or injury.

Forgive and forget.

ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय.

It includes forgiving oneself as well as others. We cannot pour out a blessing of forgiveness without feeling an inrush of power & peace.

Do we take the wrong road of
resentment & revenge
or do we take the right turn to
understanding & forgiveness?

Each time we choose
compassion over criticism,
tolerance over intolerance,
understanding
over misunderstanding,
love over bitterness,

we are taking the right turn.

o Do not give attention to fear:
think of all the evidence of good.

The qualities of good far
outweigh those of evil.

Righteousness

It means Right use of mind, body & speech. It includes right thinking, right acting & right speaking.

Accumulation of riches is

futile unless it is the

outgrowth of a rich consciousness.

We advocate the accumulation of rather rich ideas that keep us in constant touch with abundance.

Let's put our faith in the Real. There is no other place in the universe, where we are the absolute master.

The dominion given to us as

our divine right is

over our own thoughts only.

When we fully apprehend this & begin to find the way to God, the only door of mind and thoughts.

Shastras & Nature

- (1) The whole universe reflected in the consciousness of Arhat & Shastras are the expressible parts of it.
- (2) Shastras are formed in tune with the universe and as such they depend on the function of Nature but Nature herself never depend on them.
- (3) Only those scriptures are true and reliable that are throughly in tune with Nature. Follow them. Avoid others.
- (4) Scriptures follow Nature but Nature never follows scriptures. Hence the person following Nature the most, follows the Shastras the most.
- (5) Our task is to control the obstructive impulses & it is the task of Nature to purify us & gradually to lead us to the eternal Heaven.

(6) This ॐ ऐं ह्रीं - its various
mantra forms, the ॐ and ॐ,
must be learnt by ॐ ॐ ॐ.

Books are a little help indeed.

(7) Wait for 1 month & this Sadhana
should be started. During that time,
one should create if necessary
a passive and receptive
Shradha state in one's self.

(8) The books, especially occult, are
closed books and the meaning must
arise (just occur to one) & it won't
just come to by reading & one would
be most likely misled instead.

(9) ॐ ॐ ॐ, do it again & again & ॐ ॐ ॐ
singlemindedness, indifference to
things, lent the ॐ ॐ ॐ. The ॐ ॐ is the
secret. The rest books are not revelent.
This is my set view. Let us begin.

The shastras have
sprung from silence &
lead us to silence.

They must lift up a man
to the laps of mother nature,
where he will enjoy
everything enjoyable,
will be nursed with her
motherly instincts
& directed in attaining
the external bliss.

The law of karma is executor &
Dharma is the Cosmic legislator.
Dharma embraces what is true,
right, good and just.

It is the eternal law of life.
Dharma is an art of living
in tune with the
science of life & mother's nature.

Two types of Tap Sharma

(1) External Tapacharya :

It is the yogic stages of Pranayama, Asana & Pratyahar.

(2) Internal Tapa:

It is the yogic stages of Sharna, Shyana and Samadhi.

yama and Niyama :

They are moral discipline and also in depth they are spiritual discipline.

Asana & Pranayama:

They are physical.

Pratyahar & Sharna

They are mental, and the rest two are psychic.

A sound mind in a sound & healthy body is a thing to be prayed for.

Japa and mantra

'Japa' is a repetition of set of sounds or words or a name as a prayer or invocation.

'mantra' is a set of words or sounds, having spiritual significance and power.

Any art must be a service, not of man or of his own ego, but of the Divine.

God knower and God lover saint also has his own difficulties and disturbances, which can only be removed by the help of Japa and mantra.

The negative means are disadvantageous, for they get rid of the powers of the being instead of divinizing for transformation of life.

Japa is compared to the action of a man shaking a sleeper to wake him up. The sadhaka's own consciousness is awakened, then the real secret is the ability to 'let go' and the more you do nothing, the more rapidly is the meditation induced.

The real aim is the spiritual progress through Japa.

Love is renunciation of self or self-surrender to the vision, wisdom, will and work of the Divine, as revealed to him, in and through his revered teacher. For, love alone enables him, first, to perceive the Divine in his own teacher, who is his all-in-all and eventually to perceive the Divine in everyone else and everywhere.

Divine Consciousness

It is not by your mind
that you can hope to
understand
the Divine Consciousness
within you.

If the Divine were to
unveil and reveal
itself in all its glory,
the mind might feel a presence
but it would not understand
its action or its nature.

It is in the
measure of your own realisation
& by the birth & growth of that
greater consciousness in yourself that
you will see the Divine &
understand its action behind
the terrestrial disguises.

What is Prayer?

Prayer is a holy song of praise and thanks-giving & an awareness of relationship to God as oneness with Him. Our bodies are not other than the temple of the living God. An important function of prayer is listening to that very small inner voice silently and then following through obedience. The nature of a prayer is realisation of oneness.

Desire is prayer, if the desire is for God alone, but the moment desire goes beyond that, it is sin. God is all, therefore pray for God. God already is your being, so let your prayer be calm assurance of God's Grace, the complete confidence in God's presence, wisdom and love.

Be sure that your prayer is not an attempt to influence God or not a desire to improve God's universe.

Have no desires in the world,

Let God's Grace suffice.

There are no powers of evil external to yourself, abide in the deep well of contentment.

God is the

very centre of our being.

When you have resisted the temptation to pray for things you have prayed aright, because you have communed with God, when you have acknowledged Him in all the ways, then He will give thee rest.

In the presence of God, there is no evil. God is never absent from us except in our

convictions & fears that there are two powers, which we only have set up in our minds.

o To pray is to become aware of the harmony, which is without a mental effort on our part.

o Prayer is the absence of desire in the recognition of 'ॐ'.

It is an inner vision of harmony. This vision is attained by giving up desire to change or improve anyone or anything.

o Never seek anything or any condition in prayer.

Let harmony define & reveal itself. Let your prayer be letting the ॐ appear.

o When you pray, do not try to change God who is changeless good,

nor pray to change outer conditions.
your outer world always responds
automatically to real change in
yourself. When you pray, pray only
 to change yourself, to improve your
 believing, thinking, feeling & acting.

As you pray thus,
 god will bless you
 with the inner changes

that bring lasting & dramatic
 improvements in your world.

The nature of god, prayer and
error are 3 fundamental things
in infinite way to reach god.

When you know the god's nature,
 your relationship to god & nature
 of prayer, you can then see error
 or evil only as a mirage or an
 illusion of nothingness, which

has been frightening you
with an appearance.

Realize that God is what God is,
God's allness makes
nothing else necessary.

Since God is Omnipresent,
harmony is Omnipresent,
supply is Omnipresent,
love is Omnipresent.

Now what do you want God
to do for you?

It is that you become aware of the
fact that it is not upto God,
it is upto you!

It is upto you to bring yourself
into alignment with
that which already is!

With God's help, all things are possible.
I can always begin a new.

With Power of Prayers 'I am. It is!'

Prayer brings about the consciousness of letting go and letting God, the knowing that with His help, we are beginning all over again.

o The greater truths are the simplest & so are the greatest men.

o The highest form of prayer leads us to turn within to the Lord of our own being & take with us words of faith and truth. In our oneness with God, we find light for our way, health for our body, faith for mind & abundance for our needs.

o Prayer is in its purest form very simple. It is a matter of concentrating one's entire intellect in God. meditating on the divine

principle & finally turning within
one's own being in a wonderful
time of quiet wherein man
becomes receptive to the
still small voice of God.

The ability to bring one's entire
being into an attitude of receptivity
usually takes much practice.

It is much easier to talk to God
than it is to listen to Him.

Listening = complete receptivity to
the activity of Spirit.

o Prayer is for
illumination = אֱלֹהִים,

prosperity = אֲשֵׁר וְשָׁלוֹם & healing = שְׁלֵמָה.

It results in peace of mind, health
of body and prosperity in affairs.
A man should never earn his living,
if he earns his life, he'll be lovely.

The trust in Prayer

The light of God surrounds me;
The love of God enfolds me;
The power of God protects me;
The presence of God watches over me;
Wherever I am, God is.

I have the help I need,
so I will surely win,
I will always heed,

That still small voice within.

o The prayer is truly effective
and lifts our vision for Him.

We see Him as He truly is,
a spiritual being.

Our prayer is then of faith & trust:
an affirmation of our belief
that God is directing for happy,
healthy, fulfilling ways into that
which is for our highest good.

- o The 'no' and 'yes' of prayer
you can say 'no' to the negative.
you can say 'yes' to the positive.

To develop the art & science
of prayer, you commune with God.
you can relate yourself to God
& say 'no' to problems
and say 'yes' to that which you
desire to experience in your life.

The first step is denial.

The second is that of affirmation.

When you exercise prayer, you
should feel at-one-ment with God,
with all his goodness,
life, peace, faith and security.

- o We of ourselves are not sufficient to
live this life. Trust in the Lord with
all thine heart and lean not unto
thine own understanding.

God manifests in 3 forms:

- (1) Absolute or Nirguna;
Pure Soul in Heaven.
- (2) God in form or saguna;
Avatar with form & attributes.
- (3) God as power or shakti;
mother, the holy spirit.

Four-fold dynamics of yoga:

- (1) Utsaha or yearning.
- (2) Shastras or scriptures.
- (3) Guru or Teacher.
- (4) Kala or Time.

Six enemies of God-realization:

- (1) Kama or desire.
- (2) Krodha or anger.
- (3) Moha or lust.
- (4) Mada or madness.
- (5) Lobha or attachments.
- (6) Matsara or jealousy.

Essence of Yoga-life

- (1) Early to bed & early to rise is a way to be healthy, wealthy & wise.
- (2) Cleanliness is next to godliness.
- (3) Eat to live, but not live to eat.
- (4) As food is necessary for the body, so the prayer is necessary for mind.
- (5) The whole world is one family.
- (6) God made the earth & man made the countries. God cannot be everywhere, so he made mothers.
- (7) Reduce your wants.
Lead a contented life.
- (8) Self analysis, self criticism and self correction are the most important steps to spiritual progress.
- (9) Pray to god, when you wake up.
- (10) Surrender to His lotus feet,
when you go to bed.

An ideal process of meditation
As the first step of relaxation, we acknowledge one presence & one power in the universe of God, the good Omnipotent. Then we quiet our thoughts / emotions saying: 'Be still, and know that I am God.' We think about God's love enfolding, surrounding & protecting all of us.

We feel very close to God.

We abide in the idea that 'underneath are the everlasting arms.'

No evil shall befall us.'

meditate on these ideas for a few moments to feel great sense of peace.

Now say to yourself:

'I relax in mind and body.

I feel the peace of God.

I rest in His loving presence.'

Think of surrendering your entire being to god, spirit, soul & body. Take a deep breath, relax & let go.

12 steps to calm down

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

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

Say: 'relax and let go'. Then say: 'I am relaxed and I feel relaxed.'

(3) Think of letting go through the shoulders. Release the shoulders and settle back into your body, the wonderful temple of god.

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

(5-6) Through the forehead & between your eyes, relax and let go.

Remind yourself that you are relaxing into the harmony & peace of the presence of God. In God you live, move & have your being. (7-12) Think of the throat and chest, then the solar plexus, then through all the organs and functions of the body, down to the tips of the toes.

What to think while meditating?

- (1) Forehead: I am the Light of the world.
- (2) Eye-brows: Not mine will, oh God but thine (will) be done.
- (3) Eyes: Blessed are my eyes for they see clearly, distinctly and perfectly.
- (4) Ears: Blessed are my ears for they hear easily, clearly and distinctly.
- (5) Throat: All power is given unto me in mind and body.

(6) At the neck: I am not bound in
personal consciousness,

I am free with the freedom of Spirit.

(7) Shoulders: my yoke is easy and
my burden is light.

(8) Spine: I am strong in the Lord
and in the power of His might.

(9) Lungs: There is nothing to fear.
I breathe the breath of life
freely and easily.

(10) Heart: The forgiving love of Lord
sets me free from mistakes of the past
& the results of mistakes of the past.
God's cleansing, healing, purifying love
flows freely through every part of
my body renewing & restoring me.

(11) Functions of the body: The Divine
order is established in my mind,
body and in all my affairs.

(12) Lower part of the body: The life of God is from everlasting to everlasting & I live, move and have my being in it.

(13) Say for the whole body: I am the ever-renewing, the ever-unfolding expression of this infinite life.

o A plain guide to meditation

To be still, utterly still, both in mind and body, enables us to draw nearer to God & to listen to what He has to say.

What is a Silent prayer?

Silent prayer involves four steps.
step 1: It is necessary to be able to control one's thoughts to concentrate on one subject to the exclusion of all else. E.g. Concentrate upon an ordinary subject, say apple - & u,

trees - qṣ for 2 minutes at a time.
step 2: Then another more abstract subject may be chosen: such as patience - qṣṣ, peace - ʔiṣṣ or love - ʔṣṣ.

The Third step: Affirm that God is everywhere present - above, below, beside, around and 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 2 before letting it out gently or slowly. As you exhale, affirm that God's love suffuses every cell in your body, is filling you with its creative, healing power.

Another exercise

Think of one word an attribute

of God such as love, peace, joy & harmony. Repeat the word softly & at the same time, with another part of the mind, ask for help in raising your consciousness.

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

This may last only for
a second or two,

but you can reach beyond time & space, so that a revelation may be given in a flash of illumination.

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

To sum up: we provide the best possible conditions, we make

a conscious effort to raise our consciousness as high as we can: we ask for help in reaching still higher levels, we give thanks for help received. There should be no straining after results.

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 meditation leads to that illumination which becomes, first, communion with God and finally union with Him. - Joel Goldsmith

guru works through

34221 - Teaching - 377H

311427 - Example - 7121H

31171401 - Influence - 21201

Important Points

- o Emergency is an opportunity to the wise, by letting God & being still and the reward is instantaneous-peace.
- o The place where you can help is in your mind, never anywhere else.
- o Clean your heart with forgiveness and adorn your soul with love.
- o The God you seek shall be found in the upper confines of your own exalted consciousness. The secret place of the most high is at the heart of your being. - Ernest Holmes

Naginkhai Hall, 23-6-1946

Kesarbai Gyan mandir,

Patan (N. Gujarat).

The message of the East to the West:

- (1) Only by finding himself
can man be saved.
- (2) What shall it profit a man
though he gain the whole world
if he lose his own soul?
- (3) man also is god & it is through
his developing manhood that
he approaches the Godhead.
- (4) Life also is the Divine, its
progressive expansion is the
selfexpression and to deny Life
is to diminish the
godhead within us.
Each person is a temple of
the living god.

What is Faith?

Faith is the magnet that attracts Divine Grace. It leads to realization. Refuge in Divine Grace is the quintessence of devotee's sadhana.

Relationship with the Divine melts away all other attachments, including that for the body.

The devotee's heart is directed to the beloved and not diverted to his own body & mind, being surrendered to the Lord are no longer his. Faith is 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. Faith is that type of mind which is open to spiritual influx through aspiration, prayers &

affirmation. These 3 are the positive attitudes of obedience to spirituality.

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. Obedience is the first step in bringing forth faith. We must become obedient to the divine law. By prayer and obedience, we can dissolve the egotism that builds up personality which shuts away from the universal life. Point of attention should be turned from without to within. To attain this inner guidance, say to it: 'Speak, Lord, for thy servant hears.'

Faith doesn't depend upon experience, it's something that is even before experience but on the strength of faith. And it is so not only in yoga & the spiritual life, but very significant in ordinary life also.

All men of action, discoverers, inventors, creators of knowledge, proceed by faith & until the proof is made or the thing done, they go on in spite of disappointment, failure, disproof, denial, etc. because of that something in them, which tells that this is the truth, the thing that must be followed and done.

Faith is the soul's witness to something not yet manifested, achieved or realised, but which yet the 'Knower' within us, even in

the absence of all indications, feels to be true or supremely worth following or achieving. This thing within us can last even when there is no fixed belief in the mind, even when the vital struggles and revolts and refuses exist. Who is there that practises faith & has not his long periods of disappointment, failure, disbelief & darkness?

There is something that sustains him. It feels that what it followed after was yet true & it more than feels, it knows. The fundamental faith is inherent in the soul, that the Divine exists and is the one thing to be followed after nothing else in life is worth having in comparison with that.

Freedom from any doubt towards the guru is faith. Patience is but another name of faith. Surrender is strengthened by faith.

Where there is resolution, there is patience. In spiritual training, one gets from the guru what one needs rather than what one wishes for.

Although one may have not direct experience, the spiritual influence of the guru remains active in him. It works in very subtle way. Perfection presupposes great penance i.e. तपश्चर्या. Intensity in spiritual discipline is desirable but not impatience:

Delays are not denials.

With the surrendering act, one becomes a true renunciate

०१ तपश्चर्या ।

Faith sees face to face, beholds the Spirit of God in all emerging as wholeness in mind and body.

Faith is essential in healing, faith that God is present & able & willing to heal and also faith in God & His Forgiveness. The will to do the will of God + faith in God & His ability + acceptance & use of His Forgiving grace equals healing.

Attitude of hatred, resentments & emotional conflicts should be healed first & one must become one with the Spirit of love, harmony, order and peace.

o First, mercy through forgiveness, then Grace through gratitude and lastly, identity through surrender. Identity / oneness through absorption.

ୱିଶ୍ୱାସ ନିଚି, ୟେ ଅନୁଭବ;
 ଅଗ୍ରାଜ୍ଞ ନିଚି, ଶ୍ରଦ୍ଧା ଅନୁଭବ;
 ଶେଷେ ନିଚି, ଅଶେଷେ ଅନୁଭବ।

mercy, grace and surrender through
 love, gratitude and praise.

What is the nature of love?

Love is mingled perfume of meekness,
 purity and mercy. It is this supreme
 love that converts you 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
 & sympathy for all alike a criterion
 of conduct and surrender resignation
 to the will of God as the means for
 the attainment of the Kingdom of
 Heaven or everlasting life and peace.

Love is man's true nature.

Self surrender is the supreme way to liberation. - Ramdas

Surrender comes only through perfect self control by prayer and fasting.

o Our giving be in secret. Thus the elimination of self is the fulfilling of Love's law. We are not to judge man by appearances, but consciously to know and understand the spiritual nature of his being: to recognise Spirit as the law, source and activities of individual being. To look upon man as he appears to be is to bear false witness against him. To recognise & realize God as the true identity of everyone & to understand Love as man's true nature is to pray for him. This giving of our understanding, of

our time & devotion will be rewarded in His Grace literally appearing as our sufficiency in all things.

Increase your love ability by:

(a) Kindness: Love is kindness in action.

(b) Understanding: Love is understanding; with it you can see him as he really is and not as he appears to be.

(c) Forgiveness: Love forgives. It becomes stronger, deeper and more glorious.

(d) Appreciation: Love shows appreciation, praise & thanks. By speaking a word of appreciation, you brighten the other person's spirit and lift your own.

The world needs love.

Love is the essence of being.

If we loved god & man enough, we'd automatically treat others with honor-respect & refuse to harm in any ways.

An analysis of love

- (1) Patience - Love suffereth long.
- (2) Kindness - Love is kind.
- (3) generosity - Love envieth not.
- (4) Humility - Love vaunteth
not itself, is not
puffed up.
- (5) Courtesy - Doth not behave
itself unseemly.
- (6) Unselfishness - Seeketh not its own.
- (7) Good temper - Is not provoked.
- (8) Guidelessness - Taketh not account
of evil.
- (9) Sincerity - Rejoiceth not in
unrighteousness,
but with the truth.

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



o Patience is love passive,
Kindness is love active.

There is a difference between
trying to please & giving pleasure.
Lose no chance of giving pleasure.
That is the ceaseless and anonymous
triumph of a truly loving spirit.
אֵין מִלְּךְ אֵין מִלְּךְ אֵין מִלְּךְ, וְכֵן וְכֵן וְכֵן וְכֵן.

Humility is love hiding.
Courtesy is love in society.
Love does not seek which is her own.

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

The most difficult thing is to
give up ourselves but
not to seek things
for ourselves at all.

Spiritual Placards

- (1) Life is short, Time is fleeting.
Awake, Arise, Realise the Self.
- (2) Even this will pass away. So
balance your mind in pain & joy.
- (3) Men may come & men may go,
But I go on forever.
- (4) Service is love in expression. you
serve only when you love people.
- (5) I am serving the Lord in all
beings. I am only an instru-
ment in the hands of the Lord
is Bhakti yoga.
- (6) I am serving my own self.
I am a silent witness of my
mind & 3 states - gnana yoga.
- (7) Knowledge is diffused love and
Love is concentrated knowledge.
- (8) Not gold, but only man can make,

people great and strong; men,
who for truth and honour's sake
stand fast and suffer long.

- R. W. Emerson

Nature of Parabrahman

He himself sees all, Him no one
beholds. He illumines the intellect,
Him they cannot illumine.

That is Brahman, That is Atman,
That is Shyam, That is Ram.

That unheard hearer,

That unseen seer,

That unthought thinker,

That unknown knower is 'Brahman'.
He is unborn, undecaying, Fear-
less, immortal that from which
this world has sprung. That in which
this world subsists & gets dissolved.

That in which there is

neither East nor West,
neither light nor darkness,
neither pain nor pleasure,
neither hunger nor thirst,
neither gain nor loss
is 'Brahman' or 'Atman'.

He dwells in these eyes,
as the eye of eyes, Ear of ears,
mind of minds, Light of lights,
Sun of suns, king of Kings,
Shah of shahs, Emperor of emperors.
He is that something than which
there is no greater gain.

Something than knowing,
there is no greater knowledge.

He is that bliss than which
there is no greater bliss.

Such is 'Brahman',
such is 'Atman'.

The impure mind & senses being gross, inert & finite can't approach infinite, who is ideal purity itself, Atman being unsurpassable. He is the highest of all by whose light and intelligence, mind comprehends everything. He is beyond the finite, material beings. Being extremely subtle, partless and bodiless. He can't be taught/defined. To define Atman is to deny Atman.

No logical discussions,
 No sacrificial rites,
 No vast learning,
 No grand expositions
 can make one know the Atman,
 who is the mind of mind.
 He can only be believed,
 understood and realised.

The Karmic law

o Cosmic cause is cosmic evolution and it can be accomplished only by cosmic consciousness. Whenever we forget that, all the troubles & tribulations are the natural result.

This is called 'Karmic Law' in ancient scriptures.

The law of karma means balancing of the work of Cosmic evolution.

Whoever goes against the same by body, word or mind is punished automatically.

That is the Law,
Eternal Order, unviolable Rule.
o No one should brood on a trouble or a bereavement or a defect or a wrong. To get rid of nerves, he should train himself to look on the

bright side of life & to think more of others & less of himself.
To get one must first give. I will eliminate hatred, envy, jealousy, selfishness & cynicism by developing love for all, because I know that a negative attitude towards others can never bring me success.

o Malignant critics are best answered by silence. Malignity must be met by fearlessness.

o When you know the truth, you will know exactly what to do to serve mankind best, nor will you lack the power to do so. If a flower possesses the honey, the bee will find it out of its own accord. If a man possesses spiritual wisdom and strength, he

need not go in search of people.

They will come unasked to him,
to a sage, who never speaks.

All the defeats are but temporary.

o Instead of counselling men to
abandon existing habits of action,
I would counsel them to abandon
existing habits of thought. Universal
benevolence is the wisest & most
sensible policy. To the 4 quarters
of the world, I send Compassion.

To all living creatures upon
the earth, I send Compassion.

He profits most who serves the best.

o There is a difference between
knowledge & awareness. knowledge
is a mental acceptance of an idea.
Awareness is knowledge absorbed
into our consciousness.

Love is an awareness of our unity & identity with all life. So, we can't love ourself without loving life in its multiplicity of forms. In order to love fully, we must feel deeper within, our oneness with every living thing. There is actually no separation between ourselves & the rest of the universe. It exists only in our imagination & isn't real. A mental attitude of the patient is an all-important factor in his getting well. Effective prayer concerns itself with the truth, not with the facts or conditions. Go first to god, then to man, as god directs.

There is only one
presence & power, God,
the good omnipotent.

God's Spirit indwells me.

I am a point of expression of that universal, all-wise Spirit that man calls 'god'. God is aware of me personally & is aware of my needs.

I am receptive to His guidance.
I am more than a physical being, I am a spiritual being. God's healing, renewing Spirit is working in me now toward the restoration of health & wholeness. I am grateful.

Facts can change, truth can't.
The truth is that universal energy which enlivens & sustains you, & the nature of this life energy is always toward health, restoration and wholeness. This is true for now & will be true for tomorrow and for all forthcoming tomorrows.

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

God, the creator, always says 'yes'.

o unity is not uniformity.

o There is an eternal presence of unseen power of god. goodwill is godwill. At the center of every human being is the untouchable, inviolate presence of god. There is only one primal substance, viz. energy or god. Our god is able. In the innermost part of us, nothing can be lost or stolen.

o In not thinking, our mind becomes an open door & brings forth invisible good - the peace, joy, love & good feeling that are man's divine right.

o Faith is to believe in the invisible, that he cannot see.

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, love, joy, health and freedom in his immediate surroundings. These two things every soul can do right now to set free the new man within.

1st, each must establish in his own conscious mind that god is within. He must know a power lies & moves & has its being in him. This power is the movement of life in man's body and mind. The 2nd thing man must do is to set free & establish peace, power, love and good feeling

right where he is. When he does these two things, then he is ready to receive greater power. To your inner self be true & allow everyone else to be true to their own inner guidance. The power of good is greater than negation. The most positive action is the action of prayer that affirms the presence & the underlying goodness of god, the prayer that beholds the spirit of god at work in all persons & situations.

Do not quarrel with your lot in life. It is having its work in making you patient and humble, generous and unselfish, kind and courteous. Talent develops itself in solitude & character in the stream of life. The talent of prayer, of faith, of meditation,

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

o By sythesis of all virtues, men can make virtues, they cannot make love.

Love is an effect.

Shall I tell you what cause is?

We love because He first loved us & so the effect follows that we love, we love Him, we love all men.

We cannot help it.

Contemplate the love of God & you will love. Our heart is slowly changed. There is no other way. You can only look at the lovely object & fall in love with it and grow into likeness to it. Look at the perfect life and perfect character. Look at the great sacrifice and you must love. Love begets love.

Any man, who fulfills the cause must have the effect produced in him. Religion comes to us not by chance, but by natural Divine law.

o Love lasts. Love never faileth.

To love abundantly is to live abundantly and to love forever is to live forever. Hence, eternal life is inextricably bound up with love. It is when a person has no one to love him that he commits suicide. So long as he has friends, who love him & whom he loves, he will live because to live is to love. Eternal life is to know God and God is love. On the last analysis, love is life. No worse fate can befall than to live & grow old alone unloving and unloved. He that dwelleth in love, dwelleth in God.

The final test of religion

The final test of religion is not righteousness, but love: not what I have done, believed, achieved, but how I have discharged the common charities of life.

When you love God with all your being, you are opening the way to receive His abundant blessings. Bless what you have - give & what you receive.

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

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

-Henry Van Dyke

Humility, love and sympathy

The highest virtue humility denies evil, affirms good and is always resigned to the will of the Highest. A candle never says it shines.

ਮਨੁਕਰੀ ਸੁਖੀ ਹੋਣ ਤੇ ਨਹੀਂ ਆਖਦੀ ਕਿ ਮੈਂ ਸੁਖੀ ਹਾਂ।

In greek, there are 3 words for love:

- (1) Eros or personal love.
- (2) phileo or love of another.
- (3) Agape | benevolent love | God's love.

o Our real person is a stranger to most of us.

What I'm, speaks louder than my words.

Love is

extensity, intensity,

purity, duration & adequacy.

Love never ever fails, because god is love, the one power that has reality and that can never fail.

o Only the brave know how to forgive, it is the most refined & generous pitch of virtue that human nature can arrive at.

o The happiest people are less for getting & more for giving. Success is in giving, serving and loving.

o The great thing in the religious world is faith - the greatest is love. Love fulfills all the laws of God.

Why is love greater than faith?

Because the end is always greater than the means.

Why is love greater than charity?

Because the whole is always greater than the part.

What is the rise of having faith?

It is to connect the soul of ours with God.

Why should man connect with god?

Because he himself
may become like god.

And god is love.

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 & have not love, I become sounding brass or a tinkling cymbal.

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 burnt, but haven't love, it profiteth me nothing.

This is the contrast of love.

How to encounter with situations?
 God is with us all. His Spirit arises to give you courage & confidence, comfort & hope. Because you are steadfast & trusting, you are blessed with the fulfilment of His promise.

Remember, God is ready to help us, as we turn to Him in faith. If we have faith enough in Him, we shall find His Spirit in us & 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 any negative appearance of things destroy our faith. We shall be strong and faith filled and able to handle the day-to-day situations we encounter.

When we are sufficiently aware of God's light in & around us, all will be right with our world & we shall radiate the light of love, faith, joy and wisdom.

4 Anchors to the Infinite

(1) Hope

(3) faith

(2) Courage

(4) prayer

Hope is founded on the assurance that God rules. Hope is the singing of God's promises to man. He says: 'Turn to me and be saved.'

Courage is the second.

I fear no evil for thou art with me. Hope & Courage go hand in hand. Despair & fear magnify difficulties: hope & Courage minimize them.

The third is faith.

Without hope, courage & faith, we feel

alone in our calamity-
like the ship wrecked crew.

We must have a conviction that there is something that can help and the courage to turn to that something.

The fourth is prayer.

Prayer is first seeking, a turning to God: then an asking, a feeling of God's presence and an acceptance of His saving power.

Your thought is your life.

Our good and loving thoughts can bring any experience into divine order. What we sow in consciousness, we reap in our life & affairs. Life is as dear to all beings as it is to oneself: feel compassion for every being, taking thy ownself as the measure.

o Humble yourselves under the strong hand of God, so that when the time comes, He will raise you. Let all your anxieties fall upon Him for His great interest is in you.

o It is estimated that man is 2% physical & 98% mental & spiritual.

The mind is the connecting link between God & man.

Forgiveness

To err is human,
to forgive is Divine.

To forgive is to give up.

Forgiveness is a sure remedy to solve any problem you have, If you sit for half an hour every night & mentally speak words of forgiveness for everything and everybody and every time.

Divine love doing its work perfectly
in me and through me here & now.

If you love enough,
you can solve every problem &
overcome every difficulty.

o Fear knocked at the door,
Faith answered, no one was there.

o whatever you utter,
becomes outer in your world.

o A man is only as big as
the things that annoy him.

o God serves only those,
who stand still and wait.

o Expression deepens impression.

o In religious teachings, we learn
to draw ourselves out of the race
and to tune in to Divine mind.

Then things begin to happen.

- Emmet Fox

What is patience?

The dictionary says: it is endurance, forbearance & points that patient people are undisturbed, that they are able to bear the strain. He has enough faith in God to believe. He is taking care of things. Learning to turn away from the problems & to trust in God is the only real method of showing & feeling patience in greatly trying times & facing these times of despair undisturbed.

Actually, we all have patience.

It is within us.

We have to develop & use it.

Be Patient. Wait on God.

Keep thought off the problem.

Conscious thought is not God,
is not creator.

The activity through which we become aware of action & its effects is creation.

Peace, be still, is the solution for every care, for when human thought is stilled, pure consciousness is evident as the calm upon the waters.

Become conscious of your true identity as consciousness and you will see the world in its right relationship to yourself.

Stand still & see the salvation of the Lord.

What we need is a spiritual state of consciousness, which is developed by constant practice.

Human thought is the substance of disease and disaster.

Therefore, when thought is withdrawn from the problem, it has no substance to support or sustain it.

The Problem of Age

I am neither old nor young. I am Spirit. Think in terms of ourselves as spiritual beings - ageless, deathless, without beginning or end. We are one with eternal, endless life of God; we are ever renewing, ever unfolding expression of infinite love.

Youth is a matter of consciousness - not of years. Health is a state of complete physical, mental and social well being, not merely the absence of disease & infirmity. Quit the doctoring. See what prayer, quietness & positive thinking could do for you.

When will we cease running after Truth and learn to 'be still' & know that I am God? The human intellect must become

absolutely still forgetting to argue.
Stay at home within your own soul.
Seek there earnestly, calmly and
trustfully the source of all good.

o There's a wideness in God's mercy,
Like the wideness of the sea:
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,
Is most wonderfully kind. - E.Cadi

o We have different languages,
concepts, interpretations & capacities,
yet we all are expressing
the One Spirit.

God is The unconquerable one,
The All seeing One and
The All knowing One. - Zend Avesta

The Tirthankaras have great boundlessness, they are the great determiners & wish for great unity.

Let us be awaken.

The truth of oneness with them is in all teachings, if we want to learn and it is in our hearts, if we want to find it. Awakening means awareness. Change means exchange.

The ability to see beyond what appears to be can be our greatest asset.

We must awaken

to our true potential.

Believe that man and God are one.

We draw from the invisible substance by thinking, feeling & speaking. Do not underestimate your spoken words & its power. To repent means to rethink. To know oneself is the

final lesson for all our mankind.

Discipline is obedience to law.

Our good cannot come forth on any level except through our own mind & feeling. All poverty and lack are in consciousness and so is all in abundance, with every man free to express and produce his own good.

We must know the great invisible power in the innermost part of our being and is the great providence of God.

History = His story. The story of man.

Everything is in the process of unfolding & change.

To show the way is God's part,
the faith-believing is our part.

We must learn to relax and enjoy each day of living.

There is no limit to God &
therefore no limit to us.

We are limitless.

An essence within us is omnipresent and universal. 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 that dwells within each of us.

To turn within to our own heart & mind is no distance at all. There is no cost as well. Let's open mind & heart to that great power within, whose sole purpose is to take care of us. This power is the law of life the ever renewing, ever unfolding, vitalizing power within us.

This power is God.

o man's rate of vibration is raised or lowered by his own state of mind.

The action of the mind makes definite changes in body & affairs.

Prayer is lifting the mind from fear, separation & condemnation to oneness, sameness and completion.

you have the power and only you can move your mind.

o Aspiration, Inspiration, intuition and Illumination are the 4 steps to get answer to every problem. Never underestimate the power of love. He profits by the past glories in the now & is fearlessly looking toward the future.

o The source of true happiness is inherent in the heart he is a fool who seeks it elsewhere.

Stop - look - listen

Having stopped to remember the power presence, we can look up, not down. Having stopped & looked, it is time to listen, not to the tumult around us, but to the still small voice of the spiritual power that is always with us.

The evil one is human ego, the personality, the man of limited ideas. The way to be delivered from him is to get into the universal.

Dis-ease = lack of being at ease.

Thoughts have a definite bearing on our physical well being. Nervous system reacts through imaginings just as it reacts during the actual happening. The more we vividly imagine as we usually do in

regard to every hate, jealousy, the more likely we are to be malnourishing ourself.

Each of us is unique. The true uniqueness comes in the thought process & 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 a major factor in our total nourishment.

Negative thoughts create negative conditions & thoughts of love & truth and understanding create healthy conditions in mind & body.

If we are to have an abundant health, we must fill ourselves with abundant loving healthful thoughts.
o There is no shame in not knowing, it lies in not finding out.

Impact of Emotions, feelings
& sensations on our health:

Thoughts are voluntary, emotions are involuntary. All emotions have a direct effect on our respiratory, circulatory, digestive and nervous system. Emotion of fear produces poisonous toxins in body fluids, which affect certain organs and actually produce many diseases.

Emotions can even affect senses. In anger, we grow red in the face from an over stimulation of our circulatory system.

Do Affirmation as under:

'The energy of my emotions or feelings will be changed to health energy to be distributed throughout my body.'

Let us learn to make of our emotions not tyrannical masters but willing and efficient servants everready to help us. Let us keep our house of life swept & garnished as a fitting abode for the most desirable guests that is joyful, wise & loving thoughts.

o Enthusiasm + gratitude + a desire to be of real service cannot fail.

Good multiplied with appreciation & use, is a law irrevocable.

English Poet William Blake says:
To see a world in a grain of sand,
And a heaven in a Wild Flower;
Hold infinity in the palm of hand;
And eternity in an hour.

o When we pray, we should never spend our time in trying to tell god what isn't good in our world.

Sri Aurobindo says:

The delight of victory is sometimes less than the attraction of struggle and suffering; nevertheless, the laurel & not the cross should be the aim of the conquering human soul.

Tennyson says:

But who am I?

An infant crying in the night,
An infant crying for the light,
with no language but a cry.

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

sometimes what we do or don't do is less important than accepting the responsibility of making a decision.
o Cease now and forever to lean on anything less than the eternal.
Nothing less can give you peace.

Doubt

It is a feeling of uncertainty
or lack of conviction.

Doubt grows with knowledge.

The only way to get rid of doubt is
to take Discrimination as one's
detector of truth, falsehood & under
its guard to open the door freely &
Courageously to experience.

Ingredients of dark soul

Ill temper is made of jealousy,
anger, pride, uncharity, cruelty,
self-righteousness, deep touchiness,
doggedness, sullenness - these are the
ingredients of this dark & loveless
soul. There is really no place for
a disposition like this. A man with
such traits can only make this
earth miserable for all the people.

Eight Planes

(1) Sat is essence of being, undivided and pure infinite.

(2) Chit-tapas is the pure energy of consciousness. It is free in its rest & action sovereign in its Will.

(3) Ananda is beatitude, the bliss of pure conscious existence and energy.

(4) Vijnana-Supramental knowledge is the causal idea, which by supporting & secretly guiding the confused activities of

mind-Life-Body, executes & compels the arrangement of the Universe.

(5) Buddhi is the lower divided intelligence as opposed to Vijnana.

(6) manas or the chitta is the life of sensations and emotions, which are at the mercy of the outward touches

life & matter, their positive-negative reactions: joy, grief, pleasure & pain.

(7) Prana - The hampered dynamic energies, which feeding upon physical substances are dependent on & also limited by their substances. It is the lower or vital energy.

(8) Annam is the divisible being, which founds itself on constant changeableness of physical substances.

Desire not At 31-10-64

Desire not, not even Heaven,
nor me,

For all desire rears up the
wall of duality;

And so you and I can
never meet,

Desire, like desire,
separates us, desire not.

o From the unreal...
 lead me to the real,
 From the darkness...
 lead me to the light,
 From the death...
 lead me to immortality.

o The end of all religions is
 selfrealization. - Vivekananda

o Our heart is restless, until
 it reposes in Thee. - St. Augustine

o One of the greatest joys of life
 from keeping God's good in motion
 through this sharing with others.

He who desires to see the living
 god face to should not seek him
 the empty firmament of his mind
 but in human love. - Dostoenky

o The volume of nature is the
 book of knowledge. - Oliver Goldsmith

The poet Longfellow says:

Art is long, and
time is fleeting,
And our hearts, though
stout and brave,
Still like muffled drums,
are beating,
Funeral marches to the grave,
Act in the living present,
Heart within and
God over-head.

o Lives of great men all remind us,
we can make our lives sublime,
and departing, leave behind us,
footprints on the sands of time.

Let us then be up and doing
with a heart for any fate,
still achieving, still pursuing.
Learn to labour and to wait.

Three ways of salvation in short:

(ज्ञान - ईश - मुक्ति)

- (1) Receive mercy through
forgiveness and love.
- (2) Acquire grace through
gratitude and praise.
- (3) Realise the Self through
absorption and identity.

The first is the path of knowledge,
the second is the path of faith and
the third is the path of conduct.

Right knowledge,
right faith and
right conduct

combined makes the path of true
liberation, absolute freedom from
the cycle of
births and deaths.

o I can on my own self do nothing.

‘According to your faith,
be it done unto you.’

What fruitless struggle cannot do,
is accomplished by the tremendous
power of faith. Any problem of life
can be successfully handled,
if by faith, we merely
open our minds to the power of god.
I like to think religion as a healing
medicine for the mind.

Religion is not extraneous to real life
dealing only in form & ceremony,
but that it is a very effective
therapeutic agent. God is not a dim
theological concept, but is close to
us, that he means it when he says
‘my grace is sufficient for thee.’
Through the practice of faith in god,
the stress and tension slowly and

gradually disappears and
a deep calmness and peace
come at the centre of life.

A great psychologist says
'The trouble with our
generation lies in not
appreciating God enough.'

There are many people of course,
whose problem is not
particularly a moral or ethical one.

What is their trouble?

I suspect that what is wrong
with them is that they are thinking
a great deal about their troubles
and very little about God.

That's why
everything seems to go wrong.
If you start thinking about God
& reassure yourself that God is in

your life and that he can give you
power inside your soul,
then without a shadow of doubt,
you will have the power over all
the outside circumstances.

O All the answers are in one-mind,
the all-knowing Intelligence is
surrounding us & infilling us.

Put me to the test, says the Lord.

Before they call, I will answer. While
they are yet speaking, I will hear.

your good is on the way.

Turn your attention from your
needs and focus it on God.

In all the difficulties that face us,
there are unlimited possibilities
for good that we can establish
through faith and prayer.

'Our spirits grow grey before our hair.'

Evil & good are not equally real.

The good is positive & evil is the negation or absence of the good.
Buddha emphasised this positive-immortal power of the good & its power to conquer evil ultimately in oneself or others. Conquering power of the good is enough as the primary truth & basis of life.

The prominence of the self makes the spiritual life a merely struggle to secure something for one's own self to bring a kind of selfish atmosphere.

Buddha is neither a hopeless pessimist nor superficial optimist. He advised to think constantly good & noble thoughts of serving

others or of universal love,
compassion goodwill,
sense of equality & cheerfulness
or the optimism of a
progressing moral life.

Buddha said:

It is not right to say a man must
reap according to his deeds, but
only that what a man reaps is
in accordance with his deeds.

No one is born into religion, but
each one is born for religion.

Never in this world
does hatred cease by hatred,
hatred ceases by love.

Let a man overcome anger
by kindness and evil by good.
It is nice to be important, but
it's more important to be nice.

Thou wilt keep him in perfect peace,
whose mind is stayed on Thee,
because he trusteth in Thee.

o The sense of release, the removal
of strain, worry or doubt
is a frequently known thing.

Problems will be lifted, eased or
clarified. There are no added things
in God. God is the thing itself.

o Get rid of the wishing habit,
replace it with the habit of
decision and action.

o Nothing is good or bad.
thinking makes it so.

o Justice reigns and all that is
injustice is fleeting & illusory.
The man who believes in justice,
remains calm

through all trials and difficulties.

Dipavalika parv, Lunava: 1-11-1967

२।०। = give me, I lack.

००१ = use me, I have.

I am that I am.

That means

Light, Life, Truth and Love.

The spiritual truth shines on him,
who has as great a devotion
for his guru as for God.

The knowledge of self is not
to be learnt or heard from others.

The spiritual truth is experienced and
understood, when it is transmitted
from one soul to the other.

Just as to light an oil lamp,
another lighted lamp or
fire is necessary, so also spiritual
awakening requires a divine
spark from the enlightened guru.

Integrity = ἰντέγκρι

Integrity = Wholeness.

'Integrity' means

serenity, boldness and persistence.

It is a full proof formula for success.

In mathematics,

integer is a number

that is not divided into fractions.

Just so,

a man of integrity is
not divided against himself.

He does not think one thing

and say another,

so he is not in

conflict with his own principles.

It is the absence of inner warfare
that gives a man the extra energy
and clarity of thought that make
achievement inevitable.

God always gives us something more with every temporal gift of supply, healing, guidance and adjustment.

He offers us the eternal
gift of Himself.

Every gift of His is a part of the ultimate gift, the gift of the Moksha and the full consciousness of oneness with His Spirit.

We lose what we do not use.

Here in reality,
there is no multiplicity.

One who sees the many
is doomed to death.

The Maya with its Avarana,
Shakti conceals the Self from our view
and with its 'Vikshep Shakti',
makes it appear
as the universe:

- विवेक - Discrimination between
real and unreal,
eternal and transitory.
- वैराग्य - Dispassion from the
unreal and transitory.
- षट्संपत्ति - 6 necessary self restraints.
- शान्ति - Tranquility of mind.
- दान - control over senses.
- उपरति - Indifference to the
worldly activities.
- तिरिक्ती - Tolerance.
- निष्ठा - Faith in scriptures & preceptors.
- समिद्धि - Balanced mental equipoise
by study of HIGHER.
- उत्कृष्टता - Earnest desire for
eternal liberation.
- o Purity of mind plays the most
important role in attaining
spiritual consciousness.

Where is our own Kingdom?

Our Kingdom is the area over which
we have complete control at all times,
the area in which we are
the absolute monarch.

Where else can this realm be
except in our own mind?

This is where we rule supreme.

This is the throne of our power.
we can proclaim what we will and
all the power of the universe
will obey our wish.

This is where we realise our oneness
with all power, the almighty power
for good, our own indwelling Lord,
the god, our own law of good.

In this realisation is
the state called 'Heaven'.

Kingdom of Heaven is within us.

- o Living level and giving level
are always united.

Living level can be increased
by raising giving level &
giving level can be increased
by raising the living level.

Living level can be realised by
the purification of inner state and
giving level can be realised by
the purification of outer state.

- o It may be either conscious or
unconscious thought that causes and
continues the appearance of discord.

Conscious thought is, but the tool
with which consciousness operates.

consciousness alone is God.

It is made known to human sense
through thought, but thought
itself is not the actor.

ultimately, we have to find our good within our own consciousness independent of person, thing or place.

To pray without ceasing is to be continually conscious of the presence of God.

As long as thought is on the level of manifestation, we are not in the secret place of the most high, where infinite perfection is eternally expressed.

o Spiritual sense alone is the answer to every problem.

Our spiritual sense is the healer, supplier, reformer and brings out the harmony of life.

o An ounce of experiment is more than a pound of theory.

o The path of virtue is peaceful.

All wisdom and intelligence have their
origin in god, for god is wisdom.

God as wisdom abides within your soul.

His wisdom is mighty to reveal
your understanding the truth
that is already yours.

The wisdom of god within you will
teach you all things if you but yield
yourself to its instructions.

When you have problems to meet, turn
to the wisdom of god within you &
the right answer will be revealed
to you. Through your oneness with
god, you are one with His wisdom,
His understanding & His discernment.

When you consciously open your
heart and mind to His wisdom,
new ideas flow into your mind &
your understanding is increased.

God does not require you to have
an advanced education in order to
understand His laws.

True understanding is not based on
intellectual conceptions of god.

It comes clearest of all to those, whose
minds are open to His ideas, whose
hearts are filled with love & Compassion
for their fellowmen and whose
spirits are joyous and steadfast in
the realization that god
never fails His children.

Joyfully look to the inner wisdom
of god for instruction.

Be grateful for the facts brought to
you by books and teachers & outside
sources but know that you are
not dependent on these
alone for knowledge.

you have a teachable spirit and you look to God's wisdom in you for the infallible counsel.

- o Blessed are those whose mind immersed in illuminated
Nada attached with शैवविद्या,
which is the state of
supreme consciousness or
eternal liberation.

such experiences happen after austere penance only to devotees pure in heart.

union of the individual self is attained with the supreme self by the absorption of the mind through Nada or mystic sound.

Nada yoga uses the power of sound to activate particular kind of energy in our body for inner joy.

Reform is not external change, it is the internal change in man, which only comes by developing spiritual outlook.

Religious responsibility is only kept alive by observing forms of maintaining contact with ceremonies or places associated with God.

Surrender of an individual to God viewed as living power is an essential stage for most of us for attaining God-mindedness.

o Unless the mind is drawn within, no one shall be able to unfold the inner faculties. A regular practice of Yoga enables man to increase his intellectual capacity & proper understanding. Life without aim is no life at all and the chief aim of human life is to attain supreme

consciousness & thereby self-realization.

Everything we perform
should be devoted to god.

Eternal peace
can only be obtained,
if and only if
the mental peace is achieved.

The company of
righteous is
attained by great virtues like

ॐ नमो भगवते वासुदेवाय ।

Taking food in hand and to rest
under the tree is a devoted
vow of a Sanyasin.

The world is composed of
spirit and matter.

Religion devoid of philosophy has a
narrowing & dwarfing effect
upon mind and heart of man.

Likewise, philosophy without religious practice becomes an intellectual hobby.

Right thinking & right action are the only sources of self-improvement.

Our motto should be

'Let all be happy, healthy and wise'.

Without spiritual background, material prosperity shall remain a flower without any fragrance. To make the life of man divine, one must possess divine nature. Such state is attained by learning and practising yoga of 8 kinds.

What is yoga?

The word 'yoga' is derived from root यज् = to join or concentrate.

Thus, yoga means spiritual unification or self-concentration.

Any deliberate action that leads the man to that end is also called 'yoga'.

All 8 kinds of yoga aim at the uplift of mankind and its eternal liberation. They are successively as:

कर्म - नहि,	निज - मय,	इन्द्र - शक्ति,	शक्ति - अहम्भक्ति
१	२	३	४
५	६	७	८

Fruit of action

Passion imprisons the spirit of man.

One should develop the spirit of detachment and indifference to the fruit of action.

man is bound by action as a result of his hope for fruit and attachment. Action by itself does not either bind or release. Action should be done skillfully and with a god-dedicating mind. Such an action

will not bind the actor or performer.

Service to humanity is a
service to divinity.

Let go: Let god.

There are two important words:

Receptivity and Reflection.

Let us become receptive to the divine ideas and then let us reflect on them as they appear. Do not seek healing, seek peace: the healing is the added thing. The great healer is the sense of peace you find within your own consciousness. We do not need words or thoughts, dwell on peace, quietness, stillness, until material sense is still and the ideas of god become perfectly tangible and real. This is to experience the ultimate. God manifests His goodness to the

world & we are His offsprings, so that all credit for all good belongs solely to Him. Truth heals. Error has no power. God alone is power. There is only spiritual man, who exists as consciousness. Impersonalize your 'I'.

Intelligence, wisdom,
vision and power
are not personal, but are impersonal,
impartial and universal.

Health, harmony and wholeness are the direct results of consciousness. The revelation of a perfect man will come about in a natural way, not by might, by power, but by our Spirit. In returning and rest, shall you be saved : quietness and confidence, shall be your strength. There is no selfhood apart from god.

The capacity of man to receive is the measure of his capacity to give, to unfold, to reveal or to write.
 The creative urge is, lent the ability to listen to the still, small voice of the eternal mind and this listening brings forth likewise, the power of expression. Thought is an avenue of awareness. Through thought, we become aware of that, which is. We do not use thought to make it happen.

Reasoning and Intuition

We behold the perfect man in proportion to our ability to lay off the reasoning being and become the intuitive being, while reason is the most active human faculty. Intuition is the spiritual faculty. Pure mind does not reason, but it

reveals that, which is. And we develop this spiritual faculty as we learn to put off the old man, who judges by appearances & gain the new man, who perceives the reality behind the mask of personality.

We cannot accept a god, who rewards or punish, yet we must accept a principle, which if conformed to, reveals harmony and which if not conformed to, results in discord.

o It is not the universe doing anything to us, but our sense of universe is reflecting itself, back to us.

If we have a spiritual sense of man & universe, we perceive the spiritual in all men and things and they reflect themselves back to us as spiritual harmony.

If we entertain a
material sense of the world,
it reflects a false sense back to us,
as sin, disease, death and lack.

May you know the truth &
it shall make you free.

Receptive thoughts are God's children.
Principle of 'Stand ye still' is forever
expressing itself in harmonious,
active and complete business.

Keep your thoughts filled with
the truth that everything is
god-governed and god-supported.

Worry is distrust of this principle,
lack of faith in the omnipotent power
of Spirit. Creation is ever appearing
and must ever continue from the
nature of its inexhaustible source.

o I can on my own self, be nothing.

When you go to god, close your eyes & think of 'I' or 'I am' as one with the infinity. It cannot be instructed, healed, enriched or employed:

It is forever at the standpoint of perfection - infinite being.

your only capital is your principle, you can draw on this capital, all you wish, if realize it as infinite & eternal.

Stop personalizing.

There is no 'my supply' or 'your supply':
There is, but 'one supply'. That is universal, infinite, omnipresent, impersonal and impartial.

I am the complete manifestation of God's completeness, harmony & perfection.

I embody the qualities, activities, character and nature and abundance of god.

Dwell in the consciousness of
allness, of 'I am - ness.'

Take no thoughts of human
circumstances or conditions
and let divine harmony appear.
I give all, I forgive, I bless & I shine.
Truth shall make you free from the
illusion, which you are seeking,
is separate and apart from you.
Think less of anything and more of
receptivity and reflection.

Be receptive to divine. Reflect on Him.

It is this consciousness,
which forms your anew.
you have no life of your own.
The consciousness that you have,
needs no treating or healing,
because of the reason that
it is immortal and eternal.

Pindwada, 16-1-68

Joy

It is not dependant on something
outside ourselves:

Joy depends on something
inside ourselves.

Joy is...

part love, part peace & part poise.
It makes us feel secure & satisfied.

This day is holy to our Lord:

and do not be grieved,
for the joy of the Lord is
our biggest strength.

Patience

Patience with myself, with others &
with life makes it possible for me
to keep trying until, I too, am
strengthened, so that I can walk
in the way of my divine good.

o Error, evil, disease & discord exist merely as appearance. But behind this is reality, harmony, peace & joy.

Error is a lie about truth,
disease is the lie about
harmony and health.

Live every moment in the consciousness of oneness with Divine.

Rejoice in your oneness.

He is the life of your being.

He is joy of your heart.

His freedom is your freedom.

His immortality is your infinity.

-give up the sense of personal possession for it belongs to universal mind, life & Spirit, which is god.

Within all of us is perfection-
perfect health, body, mind,
beauty, harmony & eternal being.

This spiritual self was
never born & can neither age or die.
Only through spiritual sense, we are
able to discern our true identity and
are able to pierce the veil of illusion
& behold the spiritual universe
here & now, perfect in its being.

o As we give up our personal
responsibility, we receive divine
strength, desire and ability to help
all those, who for the moment
may seem to need us.

It is the divine that fills the
needs of the families or friends.

Never do they need the
personal you or me.

Remember that the human mind
is not the healer that mind (divine)
does reveal itself to the listening ear.

God always reveals in silence
of our being, when the senses are still.
Thoughts of others, even when directed
at us, ignorantly or maliciously,
have no power to harm us.

Nothing from without can enter
within since all true thoughts come
from God & return to Him, untruths
belong not to His creation, therefore
they are null & void. Let us learn that
we must not fear the thoughts of other
people, but must learn to watch the
thoughts that we express. Most human
thinking has no power for evil or no
power for good. Just as there are no
evil thoughts outside of you that will
harm you, so there is no divine love
outside of you that is to bless you.
Truth we entertain in consciousness

produces the real lasting effects upon
our bodies: the impersonal universal
love we give outlet,
meet our every human needs.

o There is nothing wrong with the real
man. God's man is already well & free.
It is our privilege to see and know it.
You can never demonstrate spirituality
until you declare yourself to be &
understand that you are so.

There is, but one primal cause.
Good has no opposite & no opposition.

o Spirit, life, love and truth
are the 4 scriptural names of god.

There, I am with you always.

o There is no reality in the
sense of death and birth.

The only death there can be,
is the death of the beliefs of limitations.

Fear you not, stand still
and see the salvation of Lord,
for the battle is not yours, but God's.
God is omnipotent and supreme.

- o First you seek the kingdom of god
within you and all other things
will be added to you:

First Comes Aspiration,
then Comes Rejection and
then Comes Surrender.

Imp

We have thought of a few men as
holy, when even the meanest man
of the street has within him
the spirit of god himself.

The quality of meekness enables
us to be open and receptive to
god's guidance at all times:
it makes us teachable and
obedient to this guidance.

Elimination of Self

Love is man's true nature.

Our giving be in secret that only
the god may receive.

Thus, the elimination of self is
the fulfilling of Love's law.

We are not to judge a person by
appearances, but consciously to know
& understand the spiritual nature of his
being: to recognise Spirit as the law,
source & activity of individual being.

To understand love as man's
true nature is to pray for him.

This giving
of our understanding,
of our time,
of our devotion will be rewarded
in His Grace literally appearing
as our sufficiency in all things.

Increase your love ability by:

(a) Kindness: Love is kindness in action.

(b) Understanding: Love is understanding.

With it, you can see him as he really is & not as he appears to be.

(c) Forgiveness: Love forgives and in forgiving, it becomes stronger, deeper and more glorious.

(d) Appreciation: Love shows appreciation, praise & thanks. By speaking a word of appreciation, you brighten the other persons' spirit and lift your own.

The world needs love.

Love is the essence of being.

If we love god & man enough,
we would automatically keep each
wish of god to be obeyed.

Love all jivas. Treat them with honor.

Refuse to harm them.

o We of ourselves are not sufficient to live this life. Trust in the Lord with all thine heart and lean not unto thine own understanding.

o All is well with those, who trust god. Hate filled thoughts & actions are as poison, while love is blessing & health.

An enemy loved is
no longer an enemy.

The right way to overcome our enemies is not to fight with them but to forgive and love them.

Divine love is impersonal.

It loves for the sake of loving.

As we claim our oneness with
God's life love and power,
we gain

dominion over our own self
& world as a whole.

Four causes of health

- (1) Material - Lumber & nails.
- (2) Efficient - Carpenter & tools.
- (3) Formal - Architect - blueprint.
- (4) Final - Soul - source or God.

The causes of health are physical & also of the mind and soul, mental and spiritual. Purpose and reason in building the house and for health, physical medicine is material and efficient cause. Mind is formal and soul is final. 'I am made in an image & likeness of god, therefore I am full of life, health and strength', is the final cause of health. Sickness and debility are unreal and therefore denial of them in the mind is formal cause. Food, drink and medicine, etc. are efficient & material

causes for the health. First & foremost is the final cause, without the need of house in someone's mind, carpenter & lumber can do nothing.

They are there, but of no use. seek for the final & the remaining are present by their own accord.

The cause of health is faith.

The cause of health is god.

Affirm your faith in god and health will come forth in you.

The final cause of sickness and weakness is denial of god,

unbelief in the substance & source, which is spiritual and therefore perfect, healthy, strong, stout, good & complete.

I am the radiant life, light, peace and joy, radiant health, radiant strength & radiant vigour, vitality & vim of god.

I am, I am, I am.

We are fulfillment ourselves.

The harmony & security we are seeking,
are within ourselves.

It is not separate and apart from us.

That, which we are seeking, we are.

It is in the awareness of Oneness that
peace and protection reveal.

It must become clear to us that
there is no power acting upon us
from without our own being for
either good or evil.

Safety, security & peace are
entirely dependent on our
remembrance and realisation
of the truth of God as
one-Infinite one,
the only being,
the only presence & power.

If we are to be healed, now is the time.

If we are to be prospered, here & now.

Why not take time this very moment,
to relax quietly, to still the clamour of
anxious, harried & doubtful thoughts?

Turn to the kingdom of Heaven.

It is within,

where everything is eternally perfect.

You are healed when you accept God's
healing presence in your own heart.

You are prospered at the moment
you turn wholeheartedly to God
as the source of all

you can ever need or want.

It may take some time before the
outer manifestation is complete.

The vital element is the confidence
that your prayers are
answered here and now.

o There is an Infinite Invisible, which is far better able to supply one's every need and far more dependable than any one or anything in the visible realm.

Spiritual practice is a constant, conscious realization of God as Omnipresence, life, law, substance, continuity, activity, the very soul and intelligence of all being.

Living the Infinite way

It means living in constant, conscious realization of God as Infinite, Omnipresent & Eternal being. I am with you unto end of the world & just as nothing could happen to you yesterday, so nothing could happen to you today or tomorrow because of God's Grace. Your consciousness of truth is the source, substance, activity & law of your

daily demonstration of good alone.

Two parts of The Infinite way:
The metaphysical, which is the letter of truth & the mystical, which is conscious union with God, the actual realization & attainment of the presence of God. The letter of truth & the knowing of truth are the two steps leading up to actual realisation or attainment of God.

o I relax in the certainty that God is with me, that the blessings I desire so ardently are already mine.

I give thanks & accept them now.

This affirmation will calm the turmoil of mortal thoughts.

Unless we do unto others
as we would have others do unto us,
we injure not the others,
but ourselves.

The only way and mode of
successful living is to understand
your neighbour to be yourself.

Whatever of good or evil
you do unto others,
you do unto the

God of your own being.

o What a joy to know that
the darkness of human error
cannot overcome the light within.

Turn to the light of
shining at the center of your being
and let it illumine and bless you:

In truth, you are a Child of light.

You have within you the clear,
unfailing & redeeming light of truth.

Be very still in mind and body
until you feel intensely the light of
Spirit around & moving through you,

until wholly immersed in light,
uplifted and renewed in your
whole being - Spirit, soul and body.

o There is a creative force
constantly at work in all creations.

We possess more than needful for
our own spiritual & physical welfare:
so we are better able to help others.
Let there be light you may need to
bless anyone with any words of good-
health, peace and wisdom.

o We are free to go wrong in
this world, but we are not free
to go wrong Come out right.

- Dr. Harry Emerson Fosdick

o Prayer is the Word of God,
which comes to you when you are
silent enough, still enough
and expectant to receive it.

25-11-68 (Lunava)

o This hour

This quiet hour is mine,

While others sleep.

Though I am wakeful, God,

may I keep

my thoughts so calm and peaceful,

That I find

your presence in my heart

And soul and mind.

- Winona Patterson

o Nature has no rewards or no
punishments, only consequences.

The cause of world's trouble
is the sense of separation.

The antidote for the world's trouble
is the conscious awareness of God
as omnipresent, omnipotent and
omniscient - the Reality of being.

o There is one simple way to pray:
'Thank you, God'.

Since God is Infinite Divine Love,
there is no need for our
asking God to be love or to give love.

An eternal life is
infinite intelligence & a Divine love,
operating within itself.

As we relax in that realization,
it functions harmoniously,
joyously and abundantly.

You stand in the Divine presence, pure
of heart, when you have no finite will,
no personal desires, hopes or ambitions,
but in the utter and complete
realisation that:

'I am thine Thou art mine:
I am in Thee and Thou art in me.
Thy will be done in me'.

o The moment we go to God with
a desire, a fear, a doubt,
a concern or even a hope,
we interfere with the flow of God.

o The great truth = 'God is'.
It means harmony is, perfection is,
reality is and in spite of all
appearances to the contrary,
good alone is.

o The death is the transition from
one state of consciousness to another.

o Since life is eternal,
there is no disease, old age or death.

o The immortality
It is the realisation of
one's God-being,
God-identity and
God-consciousness.

Righteousness is immortal.

o The only thing that can act upon us is what we accept in consciousness.

God is a God of forgiveness.

God is life eternal-without death.

The most acceptable gifts are those,
which the giver makes precious.

No gift is more precious than Truth.

Truth bears a tremendous price.

Truth is Spirit and Spirit is

God consciousness itself.

Self-discipline is the price of truth.

o Where there is a will,
there is a way.

Where there is a divine will,
there is a glorious way.

o With life-force, which you are
& which constitutes your only
real & true being,
whole experience may be:

whole

perfect

joyous

peaceful

complete

harmonious

eternal & immortal.

o What are spiritual eye-openers?

Love

Faith

Praise

Prayer

appreciation

receptive mind

Positive thinking

& quickened awareness.



Purposeful positive thinking
is a spiritual eye-opener.

Other eye openers that automatically follow prayer and positive thinking are increased faith & love.

When we love others,
our love and faith help them
to live up to our vision of them.

o Receptive mind is a willingness to learn and grow the spiritual truth that underlies our manifested world.

What is Salvation?

Salvation is not only 'Repent and you have been saved'. It is truly a word that conveys hope, beauty and confidence, for it means simply that we may, at anytime we choose, turn to the presence within us and receive wisdom and power to overcome our karma. The Grace of God is for the salvation of all. Our salvation is

at hand the moment we decide to turn about to seek the spiritual centre within ourselves & depend on our indwelling Spirit to guide we into Truth and righteousness.

o We forget to let go and let God
do the work through us.

give up our own struggles & give over the matter to God for His action.

It is our faith and not our works, which finally brings about the fulfillment.

o Our highest good is God's will for us.

Will of God is always a love in action a work in his behalf.

o Thought is invisible,
but invincible.

One must transform from the habit of continuously thinking to that of continuously listening.

Solitude & Society

Solitude shows us what we should be:

Society shows us what we are.

God will keep in perfect peace,
whose mind is stayed on Him
because he trusteth in thee.

Our mind is the connecting link
between us & God.

God is always present with us
& so we can enjoy the goodness
that radiates from Him.

When we think evil thoughts about
the world, we are bearing false
witness against God's good creation.
But we can lift ourselves on earth
by abiding in His love. Seek peace
in all affairs. Sleep well in the pure
knowledge that He dwells within us
throughout the solitude of night.

o I have overcome the world.
The world is within you & within me.

It exists nowhere except within
the consciousness of individual.

The world appears to us as
thoughts about the world.

So our world is constituted either of
a consciousness of truth or
a series of universal beliefs.

These beliefs may be somewhere
near the correct understanding.

o Divya Saptpadi

Be simple - સરલ બનો.

Be sincere - સિંઝિર બનો.

Be serene - સહનમિ રહો.

Be a saint - સંત બનો.

Be a seeker - સુરક્ષિત બનો.

Be a sadhak - સાધક બનો.

Be a servant - સેવક બનો.

Praise God

Our life is a part of the living song.
God, asks only what is possible of us.
He lets us ask the impossibles of Him.

To pray with praise affirms faith.

It is a way of saying:

'God! I believe'.

To praise God is to be at peace
in the midst of conflict and to
find love at the center of disorder.

To praise God is...

To praise God is to affirm the light
that is beyond light & darkness.

To praise God is to affirm love
that is beyond love & hate.

To praise God is to affirm life
that is beyond life and death.

It is to affirm
joy beyond joy and sorrow.

The shining is there.

We have only to rise enough.

To praise God is to rise high enough.

The highest name a person can
chant for God is to love.

o Creative thinking is not a process of
intellectuality, but an intuitional one.

o A negative effect is never quite as
bad as its cause: a positive effect is
always a little more than we deserve.

o Life is the product of consciousness.

It is an unalterable law of
metaphysics. To change his life,
man must change his thinking.

o Realising that every nerve
giving an impulse can be recorded,
I have no trouble in believing prayer.

Man is mind, emotion and soul:

He is the essence of his Spirit.

God loves the laughing person.
It is just as important as any
prayer - to laugh a little.

Anguish, sorrow & grief are caused by
the mistake of getting out of tune
with universal divine order.

o Fear is the most destroyer.

We must allay all fear by faith.

o Our ability to love measures our
ability to experience God: and our
ability to experience God within
has a great deal to do with healing.

There is within each one of us a
'life instinct'

that is forever working
toward health for the individual.
This life instinct works for us
through what I call the
'creative mechanism'.

The word atonement = ἁτίζω, ἁτίζωσις.
 at-one-ment with the highest in oneself,
 at-one-ment with one's fellowmen,
 at-one-ment with God, this is the
 purpose of religion, whatever its
 name, designation, category or label.
 God is an experience, a reality of
 life and spirit, of love and truth.

- o Unity suggests the harmonization
 of differences. Uniformity suggests
 the elimination of differences.

- o Words are the most powerful agents
 of the mind. Every time we speak,
 we cause the atoms of the body to
 tremble and change their places.

The body in a sense
 dances to the rhythm of speech.

- o Be you transformed by the
renewing of your mind.

Remedies for suffering

(1) Primary cause of suffering is the forgetfulness of our divine nature as children of God.

(2) Secondary causes are wrong thinking and our unwillingness.

(a) Wrong thinking has built up a belief in separation from God.

This has led to fear that we stand alone & the feeling that our ability to meet the challenges of our daily life is inadequate.

(b) Our unwillingness to make a determined effort to release the wrong mental beliefs that bind us & produce unhappy conditions, because of ignorance, fear & indifference.

The remedy for suffering is to realize that we are spiritual beings

and to do all that is necessary to base the activities of thinking and feelings on truth or 202.

Bondage and Liberty

The property or estate of God does not consist of things, but of divine ideas & qualities such as substance, life, intelligence, love and power. These ideas take forms as things through our thinking, feelings and acting. We can claim only as much of our heritage as we all become conscious of and use righteously according to our present capacity.

Life

substance

Love

Power

Wisdom, Energy, Intelligence.

o Sola gratia = man is saved by grace alone, not by works of his own.

- Martin Luther King

mystery of Grace and Freewill

It is only when God comes down to meet him, when the grace of God lifts him up, that he can attain all his goals, only by faith. Man is saved by faith alone, by grace alone.

Faith is never a bare assent to a doctrine. It is an act of the will as much as of the mind: faith is a kind of self-surrender, which has the power to transform a man's whole being. Faith also is a grace, a gift of God, not the product of man's own will and reason. Grace is the opposite of sin. To act freely is to allow God, the first cause of all

being, to act in us. It is to surrender our will to God and to allow the power of Spirit to act in us.

To surrender to God is to surrender to that which constitutes our own innermost being.

Man is by nature divine.

He may be aided with his efforts by grace but the ultimate state is the discovery of that which he eternally is, the knowledge of one real Self.

o Let us unite all religions than compare the differences in faiths that men live by. - Raman maharshi

o you need to lift concept of God,
of your own identity,
of prayer & of the impotence of evil.

Then you are living your
being in God.

o The way to live successfully is to know that of ourself, we are nothing. When we realize our oneness with God, we are everything we need to be.

Divine within is the secret place of most high. Put your whole trust in God & He will keep you safe & secure. There is the greatest supreme power at work within. We must be ready to go in His loving care. Stop thinking about your difficulties and start thinking only about God. The truth is that as a man thinketh so is he.

Let God's will be done.

Those, who make mistakes punish themselves for they reap the harvest of their own untrue thoughts.

Put your trust in the Lord.
The potential is within you.

Buddha says:

om ṣṛṣṛ | om ḍṇḍṇ | om ṣṛṣṛ |

nam - shaya - fira

(1) Prostration = ciεo

To all the Buddhas of the
Dharma and Holy Sangha.

With this profound obeisance,
I reverently pay heartfelt Homage.

(2) The offering = yovo

Just as Manjusri and other
paragons made countless offerings
to all the Buddhas, so now do I
make offerings to the Tathagatas &
throngs of Jinas.

(3) Repentance = ʎiε2ɟuɟ - εḍʎɟiεʎ

In this present life and countless
others, I have piled evil upon evil
through stupidity and folly,
Even rejoicing in my errors.

And usefully enslaved by ignorance.

To all of this wrong doing,

I most humbly confess

bowed at your feet, O holy ones,
with truly contrite heart.

(4) Rejoicing = २०३५८१ - ८५ - २१७२

In that supreme mind which shines
on all, bringing aid and benefit to
every sentient being, I profoundly
rejoice with the utmost veneration,
I rejoice in the arisings of the will
to enlightenment & the teaching.

These oceans of happiness for
every sentient being, wherein
abides the welfare of all beings.

(5) Prayer for the Dharma = ११२२

Hand folded in salutation, I
entreat the Buddhas of the ten
directions, To cause the lamp of the

sharma to shine, upon all who
wander amidst the sufferings
brought by delusion.

(6) The request for continuance
Hands folded in salutation, I
implore all the conquerors desiring
to enter Nirvana to remain
here for ages without end,
so that life in the universe
shall not be lost in darkness.

(7) Prayer = ॐ नमो भगवते वासुदेवाय
may the merits gained by my
acting thus, help to alleviate
the sufferings of all beings slowly.
ॐ नमो भगवते वासुदेवाय vanishes into
the Buddha's head, Manjilshri into
his neck, Vajrapam into his chest,
Taradevi into his naval & two chief
disciples into two sides of the body.

The mantra receives its complete form by addition of the mahatmya which is Nada-bindu.

They are formless and cause of the other three $\text{ॐ} + \text{२} + \text{ॐ}$ in which they are implicitly and potentially contained. Bindu again is $\text{ॐ} + \text{२} + \text{ॐ}$ of all the previously evolving Shaktis.

Kundalini = Jiva Sakti:

It is the vital power sustaining the body and source of all intelligence.

Trio of Shakti

५२१ = God's power,

३५२१ = The power of Jivas,

३१२१ = The power veiled illlusioned.

Sum total of worldly pleasure is not comparable to a fraction of higher happiness: one is from the self-love, another from benefit to others.

81 good thoughts

- (1) He is a man of sense, who does not
grieve for what he has not,
but rejoices in what he has.
- (2) The lowest ebb is the turn of the tide.
- (3) We know what we are,
but know not what we may be.
- (4) Be still and know that I am god.
- (5) To be concerned for one's
own happiness is the surest way
to becoming unhappy.
- (6) 'Can' is one of the most powerful words
in any language. Its twin brother is
'Will'. 'I can' & 'I will' can do anything.
- (7) Learn another language:
there is no shorter cut to new thinking.
- (8) True religion is not taught like
History or mathematics:
It is transmitted like light and heat.

(9) Prayer is the connection with
an ideal companion.

(10) I pray Thee, O God, make me
beautiful within.

(11) In the heart of our hearts, we pine for
resigning and taking shelter under
somebody. By prayer, we can unburden
ourselves fully to the Lord of our heart.

This unburdening has a
tremendous psychological effect.

(12) The act of prayer whether with words
or without, is the act of putting ourselves
more completely into the power of God's
working, so that some good may be
attained or some evil escaped.

(13) Prayer helps to keep our spirits in
an otherwise hopeless situation.

It is answered objectively in many
cases and Subjectively in all cases.

- (14) The best is yet to be.
There is always tomorrow. Never despair.
- (15) Attention is the mother of memory
& interest is the mother of attention.
- (16) Our thoughts, not our body is our
real self. Our thought is as real as
blood, muscle and sinew. It goes from
us to others, acts on them, moves and
influences them. This is our real
power & as we learn how to control
and project it, we will come to play
successfully our great part in life.
- (17) A reconciled friend is a double enemy.
- (18) A true man hates no one.
- (19) A noble mind is humble in
prosperity & proud in adversity.
- (20) Out of a great evil,
there springs a great good.
- (21) Once failure is half success.

(22) The source of true happiness is
inherent in the heart:

he is a fool, who seeks it elsewhere.

(23) Have sympathy from within towards
all, if you have nothing to pay.

(24) Remember that death forgets none,
sooner or later.

(25) I slept and dreamt that
life was a beauty:

I awoke & found that life was duty.

(26) One angry moment often does
what we repent for years and
it works the wrong that we

never make right by sorrow or tears.

(27) It is a greater thing to know
how to acknowledge a fault
than to know how not to commit one.

(28) Better mend one fault in yourself
than a hundred in your neighbour.

- (29) Obedience alone gives
the right to command.
- (30) We are not in this world to do
what we wish, but to be willing
to do that which is our duty.
- (31) A poor man wants some things,
a covetous man needs everything.
- (32) It is often the last Key
that opens the door.
- (33) The power, men possess to annoy me,
I give them.
- (34) Give me that man,
That is not passion's slave,
And I will wear him
in my heart's core
in my heart of heart. - Shakespeare
- (35) Present fears are less
than horrible imaginings.
- (36) Life is not to be alive, but to be well.

(37) He that studieth revenge,
Keepeth his own wounds green. - Bacon

(38) Commit a sin twice &
it will not seem to thee a crime.

(39) There are 3 kinds of silence:
Of words, of desires & third of thoughts.

The first is perfect,
the second more perfect...

and the third most perfect.

(40) Tell me what you read and
I will tell you what you are.

(41) Look within.

Within is the foundation of good.

(42) Tranquility is the state of
human perfection, it raises us
as high as we can go & makes
every man his own supporter.

(43) Everything has its beauty,
but not every one sees it. - Confucius

(44) Nothing happens in nature,
which is in contradiction with
its universal laws. - Spinoza

(45) Time wasted is existence,
time used is life.

(46) Don't be afraid of the enemies, who
attack you: be afraid of the friends,
who praise you.

(47) Get rid of the wishing habit and
replace it with the habit of
decision and action.

(48) Circumstances are the
rulers of the weak: they are,
but the instruments of the wise.

(49) Justice reigns & all that is injustice
is fleeting and illusory.

Man, who believes in justice remains
calm through all trials & difficulties.

(50) Self-trust is the essence of heroism.

(51) The deeds of today bring happiness or sorrow of tomorrow. He, whose deeds are good is freed from fear of future ill.

(52) Those living in glass house should be aware of throwing stones at others.

(53) The foolish & the dead alone never change their opinions.

(54) The fool thinks he is wise, but the wise man knows himself to be a fool.

(55) It is easy to criticise a man, but it is difficult to appreciate him.

(56) He knows very little of mankind, who expects by fact or reasoning to convince a determined party.

(57) The fewer our wants, the nearer we resemble the God's.

(58) One wrong step may give you a great fall.

(59) master your passions
and Heaven is no far.

This world is a mirror & your
actions good or bad are seen in it.

(60) The right performance of this hour's
duties will be the best preparation for
the hours or ages that follow it.

(61) The ultimate realities of the universe
are at present quite beyond the reach
of science and probably, forever, beyond
the comprehension of the human mind.

(62) A journey of thousand miles
begin with one step.

(63) my mind to me a kingdom is
Such present joys therein I find
That it excels all other bliss
That earth affords or grows by kind.

(64) Since god could not be everywhere,
He created mothers. - Talma

(65) money lost is nothing lost.

Health lost is something lost.

Courage lost is much lost.

Credit lost is most lost.

Character lost is all lost.

(66) Whenever you are angry, be assured that it is not only a present evil, but that you have created a habit.

(67) Beauty is the virtue of body and virtue is the beauty of soul.

(68) Beauty pleases the eyes only, Sweetness of disposition charms the soul.

(69) A sound mind in a sound body is a thing to be prayed for.

(70) Feast of the body is a fast of the soul and the fast of body is a feast to the soul.

(71) Child learns to love by being loved. If not loved, fails to learn to love.

(72) Forgive = To cease to feel resentment against on account of wrong committed; to give up claim to requital (❧❧) from our retribution (❧❧❧) upon (an offender); to absorb; or to pardon for.

(73) Forget = To lose the remembrance of: to let go from the memory: to be unable to think of or recall also formerly to lose the power or use of: to cease from doing: to neglect: or to treat with inattention.

(74) Never complain of the behaviour of anyone unless you have the power to change in his nature, which makes him to believe so & if you have the power, change him instead of complaining.

(75) Without the Divine,
life is a painful illusion.
With the Divine all is bliss.

(76) Materially, you are nothing.

Spiritually, you are everything.

(77) To know how to wait

is to put time on your side.

(78) The Spirit within us is the only all efficient doctor and submission of the body to it is the one true panacea.

(79) It is only the similar,

that knows the similar.

(80) He, who chooses the Infinite,

has been chosen by the Infinite.

(81) Aspire to Realisation,

but do not be over - eager.

To fulfill God in life

is man's manhood.

All life is

a Yoga of Nature,

seeking

to manifest God within itself.

Who is your best friend?

The only person you meet
everywhere you go is the
person you take with you
- yourself.

you can be your best friend or the
worst enemy and you are
whichever you choose to be.

Silence

Conversation enrich understanding
but silence is the school of genius.

It is a solvent that
cleanses personality and gives us
space to be great and universal.

After the period of inner
communion with God,
you will find yourself
growing more confidently
conscious of Him, His peace.

Hum

The colours that they stand for:

Violet

Religion, Identity, spirituality.

Yellow

Intellect, Perception, Flexible mind.

Orange

Psychical Power.

White

Purity, strength, etc.

Black

Darkness, Inertia, Timidity,
melancholy, Pessimism, etc.

Grey

Despondency and dullness.

Red

Activity or deep red = Anger or
scarlet = lust or rose = love.

Green

Beneficence, unselfishness.

4 steps of Healing Light

- (1) The first step in seeking to produce results by any power is to contact that power.
- (2) The second step is to turn it on.
- (3) The third step is to believe that this power is coming into use and to accept it by faith. No matter how much we ask for something it becomes ours only as we accept it and give thanks for it.
- (4) And the fourth step is to observe the operations of that light and life. In order to do so, we must decide on some tangible thing that we wish accomplished by that power, so that we can know without question whether our experience succeeded or failed.

Patterns for self unfoldment

- (1) Affirmation.
- (2) Self discipline.
- (3) Daily practice.
- (4) Thankfulness.
- (5) Choosing a place.
- (6) Learning to let go.
- (7) Physical preparation.
- (8) Study and practice plan.
- (9) Willingness and readiness.
- (10) An attitude of expectancy.
- (11) mental preparation & Choosing the time for our most productive and greatest achievement.
- (a) Taking time:

Time is the limitation of man's consciousness of space. A 'day' is a measure of time in realm of effects. A 'sidereal 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.

(b) 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 the understanding of the Absolute, he takes his freedom from all bondages of time and declares that time shall no more enter into the substance of his mind or body or affairs.

Now is the time to know the Truth.

As you realise this truth,
you will understand
how the world
can be changed in
15 minutes or in 1 minute,
for 'time' means
nothing in relation to Truth.

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

The Truth of God is Reality-
the same yesterday & today,
yea & forever.

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

There is no time limit to the promise.

God's instant be a second or
a century depends upon our
individual application of Truth.

Why full text of Namokar mantra?

The full text of the *vin* should be repeatedly used by one who is desirous of liberation.

For spiritual progress, it is possible to proceed gradually & by stages, to the core, without reducing its efficacy till the whole *vin* is reduced to a single sound, which a devotee utters & hears spontaneously within, without & everywhere in full harmony with the tune of the universe.

The full text of *vin* contains 68 full letters. my obeisance to all Arihantas, Siddhas, Acharyas, upadhyayas & my reverence to all Sadhus all over the universe.

With the full text of Namokar mantra, soul attains its real state.

mantra is the body of the deity.
When the upasaka adores mantra
in his spirit, it reveals its true
nature, yields its truth & becomes
one with upasaka - the practisant.

He attains identity with the
enclosed deity or पंचपरमहंस.

ॐ नमो भगवते वासुदेवाय, देव देवः सर्वदेव गिरः ।

सर्वदेवः सर्वदेवः शंखः, सोऽयं सार्वभौमः सर्वदेवः ॥ १ ॥

The mantra becomes stuff of
life and carries one through every
ordeal. It is repeated not for the
sake of repetition, but for the sake
of purification as an aid to efforts
for direct guidance from above.
It is no empty repetition, for each
repetition has a new meaning,
carrying us nearer and
nearer to God.

What should a Bhakt do?

The Bhakta has only to surrender himself & do nothing else, but he has to do a lot for doing nothing.

First: Sincere admission of soul's own wretched spiritual state due to the long separation from the Lord.

Second: Absolute faith in the grace of the Lord to whom we surrender. God is all merciful & powerful.

The more complete our faith, the more grace and protection He with us.

Third: We should constantly ever remind ourselves of the dedication to God in the company of those who are united with Him

& He who is the

Lord & soul of all, will do everything according to His Will.

Fourth: one should have no anxiety in the acceptance of dedication by the Lord. Even if there is a lapse, one should not be worried, because
 Hari is all powerful.

Fifth: Keep Dhairya to bear with the threefold equanimity: bodily, mental and spiritual misery in every way.

Sixth: Asraya in misery - sin - fear.
 The sole refuge is God.

This should be constantly cherished in mind. Always praise God.

Seventh: Avoidance of prayers.

 If we have full faith in
 the Lord & His grace,
 there is no necessity for praying.

 If we pray for anything,
 it only betrays
 our lack of faith in Him.

Eight : one should serve feet of the Lord with one's mind, heart & soul.

The surrender of one's very being to the supreme being implies that the emphasis is no longer and not at all on the seeker, not even on seeking but entirely on the sought. Love for this kind of surrender transcends truly even the desire for salvation.

The chief features of Diksha

- (1) Recollection in a remorseful and humble spirit by the jiva that it is the Amsha (fragment).
- (2) Acknowledging the Lord as the sole refuge, surrendering to Him self & everything unreservedly.
- (3) Dedicating & declaring himself & all his belongings as His servant.



Indebted and in gratitude...

Since the last 18 months, I have been totally - visibly, invisibly and indivisibly - immersed into Pujya Panyasji Maharaj's handwritten scripts and their deep, enlightening meanings. I consider this privilege of restoring such incredible diaries as my ultimate Punya.

The Shastras teach us that he who surrenders to one's 'Shrut Guru', never goes in 'Durgati' again, and nothing can stop him from achieving the ultimate goal, 'Moksha'. Pujya Panyasji Maharaj is such a torch bearer, what all we have to do now is simply #ToFollowTheLight.

Every morning, I ponder upon what a great thinker, preacher, reader, writer, doer, achiever and 'knower' Pujya Panyasji Maharaj is! No words are sufficient to show our 'Krutagyata bhaav', our thankfulness to him. We bow down to the mammoth teachings he has penned down so beautifully, humbly and subtly in hundreds of diaries for us, only to contribute towards the wellbeing of our souls, flying swiftly on this journey of eternal salvation.

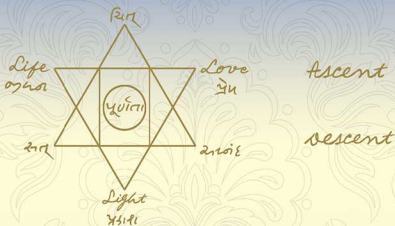
Bharti Deepak Mehta



॥ शुभम् भवतु ॥



English excerpts from the above 24 diaries have been reproduced here.
All the diaries are written by P.P. Panyas Shri Bhadrakar Vijayji Maharaj Saheb
in his own handwriting between the years 1929 - 1972.



The basis of meditation is the form of guru.

The basis of worship are the feet of guru.

The basis of mantra is the word of guru.

The basis of liberation is the grace of guru.

ॐ नमो भगवते