

Understanding Strength, Purpose, and Destiny

# POWER OF MAN

B K MADHUR



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## **Regarding B. K. Madhur**

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I was born in “Guruma” - Paivalike, District - Kasaragod. A remote village in South India, in a recently independent nation. I was educated in Kasaragod – now in Kerala State formerly it was a part of Madras Residency India.

After my graduation I joined immediately a small finance company called “Akashdeep” and worked for almost one year. My graduation finished in 1974 in Government College Vidyanagar, Kasargod. In 1975, I landed in Mumbai to eventually build a carrier in public speaking, advertising, finance and real estate. I joined Laldee Pvt. Ltd. in 1977 and worked as a sales officer. In 1981 joined Dewan Group of Companies as purchase officer. In 1984 I joined Dewan Housing Finance Corporation Limited as “Executive Assistant” to the Managing Director and Chairman. Thereafter I was promoted as General Manager, Resources, Operations and finally promoted as Chief Executive Officer (C.E.O.) of DHFL Property Services Ltd. In 2017 I resigned and started my own business on finance and real estate in Mumbai. I wrote a book called “At home in the Universe”. During my Four decades as a corporate executive, I bagged several awards such as “Best Sales Officer”, “Best Realtor”, “Best motivator” etc. I also several awards from various Clubs, Housing Finance Companies, Real Estate Firms and religious and charitable institutions.

Through all these my passion for reading and writing has remained consistent.

I have been reading several books on various religions and its scriptures specially interested in “Advitha Vedanta” and Vedas and Upanishads. I have been working in the field of philanthropy and service to the fellow beings. “At home in the Universe” book was

sold more than Thousand copies, still going on strongly. I was instrumental in co creating First Private Housing Finance Company in India “Dewan Housing Finance Co. Ltd.” with my friend Rajesh Kumar Wadhawan also as promoter director many other companies were also created. Our goal was to create for access to affordable housing for innumerable ordinary Indians across the country.

The purpose of this book is to share the knowledge and experience on spirituality and way of life which will uplift every individual. The contents of this book are on spirituality and how to live happily and peacefully with the help of one's own inner power.

# Introduction

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The human being stands as a singular paradox in the vast Tapestry of existence. We are a fragile species, vulnerable to the whims of nature and the frailty of our own bodies; yet we possess a power that seems to defy the very laws of the natural world. The power is not a single monolithic force but a complex interplay of intellect, emotion and will – a trinity that has allowed humanity to transcend its biological limitations and shape the world in its own image. The true power of human being lies not in physical strength or fleeting dominance but in the boundless capacities for creation, silence and compassion.

At the heart of human power is the faculty of the mind. The human brain, a mere three pound organ, is a universe of its own, capable of abstract thought, complex problem solving and the creations of entirely new reality.

It is the power of the intellect that has led to the construction of pyramids, the composition of symphonies and the exploration of distance galaxies. From the invention of the wheels to the development of artificial intelligence every milestone in human history is a testament to our cognitive power. We are proactive architects of our environment, able to conceptualise solutions to challenges that once seemed insurmountable.

This mental prowess allows us to learn from the past, navigate the present and envision a future far beyond our immediate circumstances.

Beyond the cerebral power of human beings we have an equally transformative ability to process emotions. Often dismissed as mere feelings, emotions are in fact a profound source of motivation and connection.

The power of love has built families and nation inspiring acts of unimaginable sacrifice. The power of human empathy allows us to bridge the gap between ourselves and others fostering a sense of community and shared purpose. It is this emotional power that fuels our art, our literature and our music, giving voice to the universal. We are at home in the universe with all its diverse set of possibilities. We will in our lives encounter conflict, but also retain the power of forgiveness, healing and connecting across all our differences. This is our most potent force for good.

The power of human being is made manifest through our indomitable will. Spirituality is the engine that transform thought into action and turns a feeling into a tangible reality. It is the force that allows us to preserve the face of adversity to endure hardship for a greater good and to overcome seemingly impossible odds. This attitude which pushes past physical limit is found also in the scientist who spends years in a lab pursuing a single breakthrough, so also in the case of Rishis (eg. Vedavyas), the power of human will is testament to our capacity for sustained effort and determination. This force is what gives us the ability to choose our path, to define our own destiny and to refuse to be victims of circumstances.

The power of the human being is one of multifaceted wonder that encompasses our spiritual, intellectual, emotional and imaginary capacities. It is the power to build and destroy, to love and hate, to preserve and to surrender. While this power carries with great responsibility, it is also a source of infinite hope. As we continue to navigate the challenges of the modern world it is the cultivation of this power - in its most constructive and compassionate form - that will ultimately determine the future of our species and the planets we call home.

We are “at home in the universe”

## **The power of Spiritualism**

Spiritualism in its broad sense is not religion but a profound engagement with non-physical attribution, of existence – pursuit of meaning, purpose and connection that transcends the material world. It is the belief in a reality beyond the senses, (5 indriyas), a power that resides within and without, guiding and shaping our lives. The power of spiritualism is not about the command over external forces or of the ability to perform miracles. Rather it is a quiet, transformative force that empowers the individual from within, reshaping their perception of themselves, others, and the universe at large. It is a journey from tangible to intangible from the fleeting to eternal.

At the heart of spiritualism's power is the capacity to provide a deeper sense of meaning and purpose. In a world often driven by consumption, competition and fleeting pleasures, many feel a profound sense of emptiness or disconnection.

## **Disconnection**

Spiritualism offers an alternate narrative, suggesting that our lives are not random accidents but part of a greater, interconnected cosmic design. By connecting with higher power, universal consciousness (Brahman) or simply their own inner self, (Atman) individuals find a reason to live that goes beyond personal gain. This sense of purpose acts, as an anchor in times of turmoil, providing a resilient foundation from which we face life's changes.

Furthermore, spiritualism holds the power to cultivate profound inner peace and resilience. Through practices such as meditation, mindfulness and prayer, a person can silence the constant chatter of the mind and find a sanctuary within.

This inner stillness is not an escape from reality but a resource that allows one to observe their thoughts and emotions without being consumed by them. This detachment from the ego driven mind is a

source of immense strength. When confronted with loss, illness or setback, the spiritual person can draw upon, the inner reserves, understanding that while external circumstances may change, their inner essence – their spirit – remains untouched and whole. Perhaps the most significant power of spiritualism is the ability to foster empathy and compassion. A core tenet of many spiritual traditions is the interconnectedness of all life. When one realises that the same divine spark or universal consciousness. (Brahman) resides in every living being; it becomes impossible to cause harm to others (Ahimsa) without also harming oneself.

This realisation dissolves the illusion of separation and cultivates a deep sense of empathy for the sufferings of others. The spiritual journey thus becomes a force for social good, inspiring acts of kindness, charity, and justice. The power extends beyond humanity, fostering a sense of reverence for nature and commitment to environmental stewardship.

The power of spiritualism is a state of being that can be cultivated. It offers an antidote to the materialism and superficiality of modern life, providing a pathway to profound meaning, inner peace, and boundless compassion. It is the power to see beyond the visible, to listen to the whispers of the soul (Atman) and connect with the sacred (Brahman) in every moment. By embracing the power, individuals not only transform themselves but also contribute to the elevation of the collective consciousness, Thereby creating a world that is more loving, more connected, and more whole.

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# **Chapter – 1**

## **Spiritualism in Daily Life**

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Spiritualism in daily life is the practice of consciously and consistently integrating your deepest values, sense of purpose, and connection to something larger than yourself into your everyday actions, thoughts, and routines.

It moves the idea of spirituality from an abstract belief system to a lived experience that enhances your mental and emotional well-being.

There are few core spiritual principles for daily living. These principles represent the inner work and mindset shift that is the foundation of an integrated spiritual life.

### **1. Cultivating presence: (Mindfulness)**

The sacred exists in the present moment, not in the past or the future, in practice. Paying full non-judgmental attention to mundane activities.

### **2. Service and Generosity (Compassion) principle.**

True fulfillment comes from moving beyond the ego and contributing to the wellbeing of others.

3. Start with an immersed mind: Magic begins when you really look at something, not just glance at it.

Watch light fall through leaves, listen closely to somebody's laughter or sorrow. Notice your breath and the subtle shifts on each season.

Quote : “To pay attention this is our endless and proper work” – Mary Oliver.

**Read Attentively.**

Read like it matters: Literature, Myths, Poetry carries a continuous sense of wonder. Read fairy tales not as children but as seekers of knowledge.

Observe the Sky : The night sky is one of the few things which modern cynicism has not managed to kill. Go stargazing, Learn to follow a few constellations. Watch a meteor shower.

Make small Rituals : Rituals are personal magic invested with belief.

They are intentional pauses in the daily rhythm of life.

Light a lamp at dawn.

Write your wishes every morning.

Repeat desires “Make 777 manifestation teaching (details are given inside the book).”

Whatever you write or dream, begin with boldness, with power and passion and you will see the magic happen. Observe the world as a daily duty. Read seriously with full attention. Re read fairy tales, mythological books, and scriptures. These books teach us that the world can be strange and sacred, and full of promise. I mean scriptures like the Upanishad’s and their narrations of “Magical Realism”.

Enjoy the sky, nature and books. There is nothing better in our short lives.

If you are lucky, you will see wonders in the sky, especially in remote villages away from cities and modern settlements where the sky is clear.

How can we find a little magic, a little delight, in this ordinary and tormented world?

Finding enchantment and magic in a world that often feels mundane, harsh, or overly rational is not about escaping reality, but

about learning to see through it – like glimpsing stars behind the fog.  
Here are some honest, grounded ways to do that:

We are at home in the universe;

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## **Chapter – 2 :**

# **Law of Attraction Explained**

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The idea of ask, believe and receive.

### **Core principles**

1. It is a universal law similar to the Law of Gravity.
2. Align “Vibrational Energy” with your desires or through a combination of mental and emotional Practices.
3. Clarity of Desire to be believed and sent to the universe.
4. Visualisation: Use your 5 Senses,
5. make a mental movie, and train your subconscious mind to believe this reality.
6. Emotional alignment and gratitude: Feel as if you have got what you desire and start enjoying, feel the abundance, love and joy as if you have received it. This subconscious conviction will help you achieve your deepest desires.

### **Make Something (Manifestation)**

Creating is a direct portal to mystery.

- Draw at your will. Write a silly poem. Paint with your fingers.
- Build a small altar of things you find beautiful.

The act of making is deeply magical – even if no one sees it. This will take you towards spirituality.

### **Follow the Wild**

Nature is the original spellbook.

- Go barefoot in the grass.

- Sit among trees.
- Feed birds.

Nature isn't "nice," but it is full of wonder if you approach it without expectation.

### **Let Yourself Believe (Just a Little)**

You don't have to become naive or irrational.

But allow space for "what if": What if your dreams are messages?

- What if coincidences aren't random?
- What if you're being nudged toward something?

We must find some meaning amidst the clutter of reality discover the tools for regaining moments of calm, control, richness and fulfilment in our daily routine including rituals. For charmed days from waking up through to ending the day, we want to bring simple yet effective ways to attract positive energy in your life and your home.

We want to bring inspiration for changing your life to find steps for making life amazing.

A Day of Enchantment: Daily Rituals for Meaning and Fulfilment.

Let's reimagine your day — not as a grind, but as a gentle unfolding of energy, purpose, and presence.

### **1. Morning: Grounding + Intention**

"How we greet the morning sets the tone for the whole day."

Rituals: Astanga Yoga of Patanjali.

- Light a candle, deep incense, or open the window — signal the start of a new day.
- Set an intention: "Today I invite \_\_\_ (peace, courage, clarity)."

Tool: Keep a small “morning altar” (idol) – even just a shelf with a stone, a leaf, a quote, a photo. Your tiny sacred space.

Before walking from Bed and reaching your mobile phones say this mantra

“Karagre Vasate Laxmi - कराग्रे वसते लक्ष्मी

Kara madhye Saraswati - कारा मध्ये सरस्वती

Kara mooletu Govindaha - कारा मूलेतु गोविंदहा

Prabhathe kara Darshanam - प्रभाते करा दर्शनम्”

While chanting mantras, Rub both hands (palms) and put your hands on both eyes.

(Never see the mobile immediately after getting up from bed) see light, good smell and see down after opening windows)

Then Yoga – Pooja etc.)

## 2. Midday: Centering + Energy Refresh (Lunch break)

### Awareness

“Pause is not laziness. It is wisdom.”

It challenges the hustle4 culture mindset and reminds us that resting is not a sign of weakness or lack of ambition—it's a conscious, wise choice. Pausing allows space for reflection, clarity, healing and creativity. Without it, even the most driven efforts can become misguided or unsustainable.

- Step outside. Even for 2 minutes. Let the Sun or the breeze touch your skin.
- Play music that elevates your energy.
- Drink herbal tea mindfully. No screens. Just sip and breathe.

Reset and recharge, reduce stress, improve focus, cultivate joy, focus on breath, be mindful, bring awareness back.

Tool: Try a one-word check-in every few hours: “What am I feeling?”  
Let that awareness guide your next move.

### **3. Evening: Reflection + Release**

“End the day with the same presence you wish to carry into sleep.”

- Journal or voice-note one good moment. Doesn’t have to be big. A smile. A sunset.
- Write down or whisper:
- “What I’m letting go of today is...”
- Stretch, breathe, or read before bed. Make it screen-free for at least one hour before sleep.

Tool: Keep a “release jar.” Write worries or regrets on paper and place them inside. Symbolic letting go (Releasing Negatives). Practices to Infuse Daily Life with Magic & Meaning. Pray and ask whatever you want before sleep.

### **1. Home as Sanctuary.**

- Clear clutter where energy feels stuck.
- Bring in life: plants, candles, soft lighting, natural textures.
- Play calming sounds or use essential oils to shift mood.

### **2. Create “Micro-Rituals”.**

Ritual doesn’t have to be grand. It can be:

- Stirring soup with intention.
- Putting on hand lotion while affirming self-love.
- Saying a mantra while brushing your hair, “Aham Brahma Asmi”.

### **3. Connect to Something Larger.**

- Pray, meditate, or journal to the universe, your future self, ancestors, or Source.
- Read sacred or philosophical texts, even just one passage a day. Srimad Bhagawad Gita or Bible or Quran or any philosophy (Truthful).
- Keep a gratitude + wonder journal: note moments that felt “more than ordinary.”

### **4. Monthly or Weekly Check-Ins.**

- What am I calling into my life?
- What is no longer serving me?
- What is one act I can do this week to align with my purpose?

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## **Chapter – 3 :**

# **Channels of Inspiration & Transformation**

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If you're seeking institutions or channels of inspiration, here are types to explore:

- Spiritual traditions Hinduism (Buddhism, Sufism, Christian mysticism, Taoism, etc.)
- Spirituality teachers: Jiddu Krishnamurthi, Osho (Rajnish), Swami Vivekananda, Ramana Maharshi, Ramakrishna Paramahansa, Yogananda, Sri Aurobindo, Dalai Lama, Deepak Chopra and the like.
- Creative rituals: Morning Pooja, Prayer, Meditation (Mindfulness).
- Nature-based paths: Earth-based spirituality, animist practices, herbalism.
- Therapy and coaching: Especially those teaches with a soul-centric or integrative approach. (Vipasana/Gurus, Reiki, etc.).
- Be careful not to get entangled with money minded gurus (Fake Gurus).
- Wisdom teachers are generally distinguished not just by their knowledge, but by their practical application of that knowledge to transform consciousness and promote human development like Socrates (Socratic Method) Laozi (Taoism) Confucius (Confucianism), Buddha, (Buddhism), King Solomon (old testament) Sufi masters, (Rumi's Sufism).

1. Socrates (Athens, Greece.)

2. Richard Gibban (Winchester)

3. Kahilil Gibban (Labanon)
4. Rumi (Afghanistan)
5. Trich Nhat Hanh (Vietnam)
6. Jiddu Krishna Murthy (India)
7. Shankaracharya (India)
8. Ramana Maharshi (India)
9. Bhagavan Nityananda (1897 – 1961)  
Ganeshpuri (India)

### **Living a Charmed Life**

To live a charmed life isn't to be lucky or perfect – it's to be present, purposeful, and connected to something deeper.

Many of us are experiencing a need for something that brings richness and meaning back into our clarity routine. Belief, hopes, rituals represent powerful tools for both personal transformation and spiritual development. They also encourage reconnecting with people, places and events around us as well as with our own soul (Atman / Brahman).

We are looking for something that makes life more spiritual and fulfilling. Seeking ways to connect just for a moment, with something wonderful. We want life to be more than just a daily grind. We want to have enchantment. The study of Veda, the Upanishads help us to achieve this. Let us go ahead and discuss briefly;

We are not merely seeking comfort or productivity – we are seeking meaning, presence, and a living connection to the sacred within and around us. And yes, the Vedas and Upanishads offer some of the richest, most enduring pathways to this kind of fulfilment.

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## **Chapter – 4 : The Need for Meaning In Modern Life**

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In today's hyperactive world, many of us feel overstimulated, but undernourished. It refers to a state of mental, emotional, or spiritual imbalance where a person is constantly bombarded with information, entertainment, and sensory input, but lacking in meaningful, fulfilling, or nourishing experiences.

- Surrounded by information, but starved for wisdom
- Busy, but not deeply present

Rituals, spiritual practices, and ancient texts like the Vedas and Upanishads offer more than knowledge – they offer reconnection:

- To Self (Atman)
- To the Divine Whole (Brahman)
- To the interconnectedness of all life

They gently remind us: you are not alone, not separate, not lost.

### **A Glimpse into the Vedas & Upanishads**

#### **1. Vedas – The Foundation of Spiritual Knowledge**

The Vedas (Rigveda, Yajurveda, Samaveda, Atharvaveda) are among the oldest sacred texts in human history. They offer:

- Mantras for invoking cosmic energies.
- Hymns that honour nature, deities and the unity of existence.
- Rituals to align human life with cosmic order (ṛta) (emphasizes the importance of performing rituals and

sacrifices correctly to uphold cosmic balance and prevent chaos in the universe).

These aren't just rituals of religion – they are tools to help harmonize your inner life with the greater cosmos.

“Asato ma Sadgamaya

Tamaso ma Jyothirgamaya

Mṛityor ma Amritangamaya”

ॐ Shanti, Shanti, Shanti”

"Let us move from falsehood to truth, from darkness to light, from death to immortality." Peace, Peace, Peace” — Bṛihadaraṇyak Upaniṣhad.

## 2. Upanishads – The Philosophy of Inner Awakening

The Upanishads are the soul of the Vedas – they move inward, from ritual to realization.

Core ideas include:

- Atman=Brahman  
The Self (Atman) is not separate from the Divine (Brahman).

### **Explanation:**

This is a common point of confusion in Hinduism (Sanathana Dharma).

Brahman is crucial to understanding the religion's philosophy and its pantheon of Gods.

Brahman is a neutral (Genderless) concept which represents the ultimate, unchanging reality. It is formless, infinite, all pervading divine essence of the universe. Brahman is not a personal God you can pray to. It is the source of all existence. It is the essence of being and the ultimate truth. All of reality – the cosmos, all Gods, all living

beings, and all matter – are said to be manifestations of Brahman. It is the core concept of Upanishads and Vedanta philosophy.

“Aham Brahmasmi” (it is called the Mahavakya of Upanishad) “I am Brahman” means that the individual soul (Atman) is at its deepest level, identical to universal reality.

Analogy : Think of Brahman as the ocean and every individual as a wave (Atman) is a temporary, separate manifestation of that single, unified body of water.

Brahma : is a masculine personal deity. He is one of the three main Gods in the Hindu Trinity (Trimurti) along with Vishnu (The preserver) and Shiv (the destroyer) Brahman is creator of God.

- Truth is beyond name, form or concept. Let go of all that is not real.
- “Satyam, Jnanam, Anantam, Brahman”. – Mahavakya of Taaittiriya Upanishad.
- The nature of Brahman: truth, knowledge, infinite – Adi Shankaracharya.

This is not abstract – It is deeply personal. The Upanishads invite you to:

- Question your identity (Who am I ?)
- Discover the sacredness of everyday life. Power of sub consciousness, Secret of Atman Power of consciousness.
- Live with awareness of the eternal presence within all beings.
- Maha Vaakyas of Upanishad.

1. Aham Brahmasmi
2. Satyam Jnanam Anantham Brahman.
3. Prajnanam Brahman.
4. Tatvamasi.

5. “Ayam Atman Brahman”.

## How to Bring This Wisdom into Daily Life

Here are simple ways to integrate Vedic and Upanishadic insight into your routine – to create that “moment of enchantment” you seek:

### 1. Morning Reflection (Pratah Smaranam)

- Begin the day with the “**Gayatri Mantra**” or a simple invocation:

“I am not the body, not the mind. I am the eternal Self.”

Pooja and Rituals recommended (daily basis)

1. Mantras of Lord Ganapathi, Laxmi, Vishnu and Shiva.
2. Dakshinamurty Stotram.
3. Hanuman Chalisa.
4. Vishnu Sahasranama.
5. Purushoktham (Rigveda Mantra).
6. Lalitha Sahasranama.
7. Ganapathi Upanishad.
8. Narayana Upanishad.
9. Navagraha Stotram.
10. Navagraha Peeda Pariharam Stotram.
11. Gayatri Mantra.
12. Laxmi Kavacham

### 2. Midday Pause for Awareness

- Use a mantra like “So Hum” (“I am That”) with your breath.
- Pause, breathe, and feel your connection to everything – the tree outside, your own heart, the sun above.

### 3. Evening Gratitude & Stillness

- Read one verse from an Upanishad. Reflect silently.
- Ask: “Where did I experience unity today? Where did I forget?”

### 4. Weekly or Monthly Ritual

- Create space for a simple fire ritual (Agni) or water offering.
- Reflect on impermanence and the eternal within.

### A Life of Enchantment is Possible

To want more than the grind – to seek beauty, serenity, and meaning – is not indulgence. It is a return to your true nature. (Atman / self / Sakshi / Brahman).

“You are that (Tatvamasi) – Chandogya Upanishad

You recognise the divine within you.

Mundane moments become a search.

A quiet evening – Everything becomes a doorway to Brahman.

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## **Chapter – 5 : Upanishads**

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**Brahmana and Aranyaka :** The end of each Veda is called Upanishad. Upanishad has 180 in numbers out of which 10 are the most important, these are the ones for which Adi Shankarcharya has written commentaries. The 10 (Ten) Upanishad are as follows :

- (1) Isha Upanishad
- (2) Kena Upanishad
- (3) Katha Upanishad
- (4) Prashna Upanishad
- (5) Mundaka Upanishad
- (6) Mandukya Upanishad
- (7) Taittiriya Upanishad
- (8) Aitareya Upanishad
- (9) Chandogya Upanishad
- (10) Brihadaranyaka Upanishad

### **The Vedas: Foundation of Sanathana Dharma**

The Vedas are the oldest sacred scriptures of Hinduism. The word "Veda" comes from the Sanskrit root "vid", meaning "to know" – thus, Veda means knowledge.

### **The Four Vedas (compiled by Rishi Veda Vyasa):**

1. Rigveda – Contains hymns and praises dedicated to various deities like Agni, Vayu, Varuna, Indra etc.

2. Yajurveda – Ritual formulas and mantras for ceremonial use.
3. Samaveda – A collection of mantras in melodies and chants used in rituals.
4. Atharvaveda – Hymns, charms, and spells; includes knowledge of daily life, healing, and philosophy.

### **Three Parts of Each Veda:**

Traditionally each Veda is divided into three main sections:

1. Mantra (Samhita) – Hymns or verses used in rituals.
2. Brahmana – Prose texts explaining the rituals and ceremonies.
3. Aranyaka – "Forest treatises"; transitional texts that move from ritual to meditation and inner contemplation.

Upanishads form the philosophical conclusion or the spiritual essence of the Vedas, often associated with the Aranyaka section.

### **Upanishads – The Crown of Vedic Wisdom**

- Upanishad means: “to sit near” – symbolizing the student sitting near the guru to receive spiritual knowledge.
- There are said to be 108 to 180 Upanishads (different traditions count differently).
- Out of these, 10 are considered "Principal Upanishads", especially because Adi Shankaracharya wrote commentaries on them.

**The 10 Principal Upanishads (with Shankaracharya's commentaries):**

| No. | Upanishad Name           | Associated Veda | Key Theme                                                                      |
|-----|--------------------------|-----------------|--------------------------------------------------------------------------------|
| 1   | Isha Upanishad           | Yajurveda       | Renunciation and unity of Brahman                                              |
| 2   | Kena Upanishad           | Samaveda        | Nature of Brahman and knowledge                                                |
| 3   | Kaṭha Upanishad          | Yajurveda       | Dialogue between Nachiketa and Yama on death and immortality                   |
| 4   | Prasna Upanishad         | Atharvaveda     | Six seekers ask six deep questions                                             |
| 5   | Mundaka Upanishad        | Atharvaveda     | Higher and lower knowledge                                                     |
| 6   | Mandukya Upanishad       | Atharvaveda     | Nature of AUM and states of consciousness                                      |
| 7   | Taittiriya Upanishad     | Yajurveda       | Layers of the self (Pancha-Kosha) and bliss                                    |
| 8   | Aitareya Upanishad       | Rigveda         | Origin of the universe and the Self                                            |
| 9   | Chandogya Upanishad      | Samaveda        | Teachings on Brahman, including "Tat Tvam Asi"                                 |
| 10  | Brihadaranyaka Upanishad | Sukla Yajurveda | Longest and oldest Upanishad; deep metaphysical exploration of Self and cosmos |

These Upanishads explore Atman (Self) and Brahman (Universal Consciousness) – the central ideas of non-duality (Advaita).

### **Key Teachings of the Upanishads:**

- Atman is Brahman – The Self is not different from the ultimate reality.
- Neti Neti – “Not this, not that” – Brahman is beyond all worldly attributes.
- Tatvamasi – “You are That” – the realization that the Self is divine.
- Aham Brahmasmi – “I am Brahman” – the state of ultimate self-realization.

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## **Chapter – 6 :**

# **Core Themes of The Upanishads**

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### **THEMES OF UPANISHAD**

The Upanishads are the heart of Indian spiritual philosophy – rich, poetic, and deeply introspective. Their primary concern is not with outer ritual but with inner realization. While each Upanishad has its own unique flavour, several core themes run through them all.

Here is a concise overview of the major themes of the Upanishads:

#### **Core Themes of the Upanishads :**

##### **1. Atman (The Self)**

- Atman is the inner Self, the eternal essence of an individual.
- It is not the body, not the mind, not the ego – it is pure consciousness.
- Discovering the true Self is the key to liberation (moksha).

"That which is the subtle essence – in it all that exists has its self. That is the truth. That is the Self. That art thought (Tat Tvam Asi)." – Chandogya Upanishad.

##### **2. Brahman (The Ultimate Reality)**

- Brahman is the absolute, unchanging, infinite reality – the source of all.
- It is beyond name, form, or attributes (Nirguna Brahman), but also manifests in all forms (Saguna Brahman).
- Brahman is not "God" in the personal sense – it is existence-consciousness-bliss (sat-chit-ananda).

"Brahman is truth, knowledge, and infinity." – Taittiriya Upanishad.

From Veda and Upanishad the following facts are revealed:

Essence of Universe is Earth

Essence of Earth is Water

Essence of Water is Plant

Essence of Plant is Man

Essence of Man is Speech

Essence of Speech is Rigveda

Essence of Rigveda is Yajurveda

Essence of Yajurveda is Samaveda

Essence of Samaveda is Om

Om consists of 3 letters ॐ U ऋ | AUM

OM is the most sacred and powerful symbol of Buddhism (Mahayana), Jainism and Hinduism.

### 3. Unity of Atman and Brahman

- The central Upanishadic realization is: Atman = Brahman.
- The Self within you is not separate from the cosmic reality.
- Liberation (moksha) is the recognition that there is no duality – only oneness.

"I am Brahman" (Aham Brahmasmi) – Brihadaranyaka Upanishad.

### 4. Moksha (Liberation)

- The goal of life is freedom from the cycle of birth and death (samsara).
- Moksha is achieved not by rituals or external acts, but through Self-knowledge (Jnanam).
- Realizing the true nature of Self is liberation itself.

## 5. Maya (Illusion) and Ignorance (Avidya)

- The phenomenal world is not false, but illusory – it veils the true nature of reality. (Brahma Satya Jagat Mitya)
- Our bondage is due to ignorance of our true Self.
- Overcoming “Ajnam” (ignorance) through inner knowledge leads to spiritual awakening. (Jnanam).

## 6. Ethical Living and Inner Purity

- Qualities like truthfulness (Satya), self-control (Dharma), non-violence (Ahimsa) and compassion are emphasized.
- Inner purity and calmness of mind are necessary to receive Self-knowledge.
- Knowledge without ethics is not wisdom.

"Only the pure in heart perceive the Self." – Katha Upanishad.

## 7. Meditation and Direct Experience

- The Upanishads do not promote blind belief – they encourage direct, experiential realization through:
  - Deep meditation (dhyanam)
  - Silence (maunam)
  - Self-inquiry (vichara)
- True knowledge is not intellectual, but existential.

## 8. ॐ (AUM) as the Sacred Sound

- Om is the primal vibration, the seed of all creation.
- Represents the three states of consciousness:
  - A – waking state
  - U – dreaming state
  - M – deep sleep
  - And the silence beyond Om – pure consciousness

"Om is the bow, the Self is the arrow, Brahman is the target." — Mundaka Upanishad.

## 9. Rebirth and Karma

- The soul (jiva) takes birth again and again according to karma (actions).
- Ignorance of one's divine nature binds one to this cycle.
- Liberation ends the cycle of rebirth.

## 10. Guru-Disciple Tradition

- Spiritual knowledge is passed from guru to disciple through deep listening (sravanam), reflection (mananam) and meditation (nididhyasanam).
- The guru is a guide to help the seeker realize the truth within.

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## **Chapter – 7 : Value of Individuality (Consciousness)**

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Cultivate a rich inner life, emotional, maturity and spiritual awareness. A parent might best serve their child not by imposing rigid norms, but by helping them explore consciousness (Atman/Brahman) and development of self awareness. Later development of soul (Atman) over social success, which has implications for parenting. Or also help aspire holistic education – intellectual, emotional, moral and spiritual to develop I.Q., E.Q. and S.Q. The children should be neutral in order to become thoughtful, passionate and awake individuals (enlightened) (Atma Jnani/Brahma Jnani), Upanishad in Darshana is something to be seen personally.

Your message speaks profoundly about a more elevated approach to parenting and education—one that transcends conventional success metrics and touches the core of what it means to be fully human. Let's refine and expand your ideas into a more cohesive, articulate message while retaining the philosophical and spiritual depth rooted in the Upanishadic and Vedantic traditions.

### **Parenting and Education Through the Lens of Inner Awakening**

In the journey of raising a child, a parent's highest calling is not merely to prepare their child for external success, but to help them cultivate a rich inner life—emotionally, intellectually, morally, and spiritually. The role of the parent is not to impose rigid societal norms, but to guide the child gently toward self-awareness, emotional maturity, and an awakening to deeper consciousness.

True education extends beyond academic instruction; it involves nurturing the full spectrum of human potential—developing I.Q. (intellectual Intelligence), E.Q. (emotional intelligence), and S.Q. (spiritual intelligence). This holistic development empowers children to become thoughtful, compassionate, and awakened individuals, rather than passive conformists to societal expectations.

### **From Social Success to Soul Realization**

In today's world, where achievement is often defined in terms of status, competition, and material gain, it becomes crucial to shift focus from external validation to inner realization. The ultimate purpose of life, as seen through the wisdom of the *Upanishads*, is not accumulation, but awakening—the realization of the Atman (Self) and its unity with Brahman (Universal Consciousness).

As the ancient sages of India taught, Atma Jnana (knowledge of the self) and Brahma Jnana (knowledge of the ultimate reality) are not abstract ideals, but lived experiences—Darshana or "that which is seen," personally realized through direct insight. A child who is helped to explore their own consciousness is more likely to grow into an individual who is not only intelligent but wise, not only successful but fulfilled.

### **Neutrality, Awareness, and Freedom**

Children should be encouraged to observe and reflect with neutral awareness—not being overly conditioned by cultural, religious, or familial expectations. From this space of inner neutrality arises authentic thought, passion, and creative freedom. Such a child becomes an "Atma Jnani" – a knower of their true self—capable of living with clarity, compassion, and courage.

Here we must use Sanskrit words like "Shravanam", "Mananam", "Nidhiyasnam" (listen and realise them) so that the seekar can make their truths an integral part of character, conduct and consciousness

(Manasa, Vacha, Karmana) (By mind, by speech, by action). In spiritual and ethical tradition, especially in Hinduism (Sanatana Dharma) Buddhism and Jainism, he is considered to be virtuous truthful and consistent across all three levels.

This is beautifully bridges the depth of *Sanatana Dharma* with an enlightened approach to parenting, education, and self-development. Let's now incorporate Sravanam, Mananam, Nididhyasanam and Manasa, Vacha, Karmana into the earlier framework, anchoring the path to inner awakening in authentic spiritual practice and ethical living. Here is a refined continuation and integration of your message:

### **Living Truth: Integrating Knowledge into Character, Conduct and Consciousness.**

True self-realization is not achieved merely through intellectual understanding. The ancient sages of the *Upanishads* taught a transformative process of inner learning and realization known as:

- **SravaNam (श्रवण)** – Deep, attentive listening to the truths of the Self (Atman) and Brahman from authentic sources (sastra, guru, direct experience).
- **Mananam (मनन)** – Thoughtful reflection and contemplation on these teachings until doubts are resolved.
- **Nididhyasanam (निदिध्यासन)** – Deep meditation and assimilation, making the truth a lived, felt reality.

This threefold process is not academic but existential—it enables the seeker to transform knowledge into *wisdom*, and wisdom into *being*.

But the realization is not complete until it is absorbed into all aspects of life. Hence, the seeker must strive for consistency and purity through:

1. **Manasa (मनसा)** – by thought.

2. **Vacha (वाचा)** – by speech.
3. **Karmana (कर्मणा)** – by action.

In **Sanatana Dharma**, as well as in **Buddhist** and **Jain** traditions, a person is considered truly **virtuous** (sat-purusha) when there is harmony between what one thinks, speaks, and does. This alignment is the mark of an awakened individual—a person who has not only realized the truth but become it.

### **The Seeker's Role in Parenting and Education**

When applied to parenting and education, this path is revolutionary. Instead of instructing children in abstract morals or forcing conformity to norms, parents and teachers must:

- **Model inner consistency** in thought, word, and deed (Manasa, Vacha, Karmana).
- **Encourage children to listen deeply** (Sravanam), reflect independently (Mananam), and embody insights (Nididhyasanam).
- **Foster a love of truth** (Satya) and self-inquiry, allowing the child to grow into a seeker (Sadhaka), not just a follower.

This way, education becomes “Aadhyatma-Vidya” —the supreme knowledge that liberates.

### **Becoming Whole: Awakening the Inner Flame**

The goal is not to raise socially successful children who merely fit into the world, but to raise **conscious beings**—thoughtful, passionate, and awake. Children who are:

- Neutral in observation, yet engaged in life
- Rooted in self-awareness, yet open to the world
- Independent in mind, yet compassionate in heart

Such individuals, over time, become “**Atma-jnanis**” – knowers of the Self. And ultimately, “**Brahma-jnanis**”, realizing the oneness of all existence.

Upanishads teach us how to be our best version -

- 1) To think kindly.
- 2) To speak kindly.
- 3) To act kindly.

They make a person of “complete integrity” and “spiritual discipline”. They also teach us Bhakti Yoga, Karma Yoga, Jnana Yogas self realisation (Enlightenment – Karma, Dharma, Satya).

Essence of Upanishad is “Brahma Sutra”. Essence of Brahma Sutra is Bhagavad Gita. The person who has studied Upanishad, Brahmasutra and “Bhagavad Gita” is called ‘Acharya’ or who also practices Upanishad Darshan.

Upanishad are also called Advaita Vedanta. It teaches us to start with Bhakthi yoga (stepping stone) Karma Yoga, Jnana Yoga. Upanishad (Upa = near) ni=down, shad = to sit) sitting near teacher to receive spiritual knowledge.

### **The Wisdom of the Upanishads**

The Upanishads teach us how to live with kindness—to think kindly, speak kindly, and act kindly. Through such a disciplined and compassionate way of life, a person develops complete integrity and spiritual discipline.

The Upanishads form the philosophical core of Vedanta, often referred to as “Advaita Vedanta” (non-dual philosophy). These ancient texts explore profound spiritual concepts such as Brahman (the ultimate reality), Atman (the inner Self), and the nature of existence and consciousness.

They guide us on the path to Self-realization through three main yogic disciplines:

- Bhakti Yoga (the path of devotion) – the beginning or stepping stone.
- Karma Yoga (the path of selfless action).
- Jnana Yoga (the path of knowledge and wisdom).

Together, these Yogas lead to enlightenment—understanding and living by Dharma (righteousness), Karma (action and its results) and Satya (truth).

Essence of the Scriptures

- The essence of the Upanishads is captured in the Brahma Sutras.
- The essence of the Brahma Sutras is expressed in the Bhagavad Gita.

### **Four parts of Veda :**

1. Samhita = Mantra.
2. Bhramana = Rituals and ceremonies.
3. Aranyaka = Forest texts, meditation practices.
4. Upanishad = Philosophical teachings to reality.

### **Four Parts of the Vedas**

The Vedas, the foundational scriptures of Hinduism, are divided into four interconnected sections, each serving a unique purpose in the spiritual journey:

#### **1. Samhita – Mantras and Hymns**

- The oldest part of the Vedas.

- Composed of mantras, prayers, and hymns dedicated to various deities like Agni (fire), Indra (rain), and Varuna (cosmic order).
- Used primarily in ritual worship and sacrifices.

## **2. Brahmana – Rituals and Ceremonies**

- Provides detailed explanations of rituals, sacrificial rites, and the symbolic meanings behind them.
- Offers guidelines for priests (Brahmins) on how to properly perform yajnas (sacrifices).

## **3. Aranyaka – Forest Texts / Meditative Practices**

- Meant for hermits and forest dwellers who have retired from worldly life.
- Acts as a bridge between the external rituals of the Brahmanas and the internal reflection of the Upanishads.
- Focuses on inner contemplation and symbolic interpretations of rituals.

## **4. Upanishad – Philosophical Teachings / Spiritual Wisdom**

- The final and most philosophical portion.
- Centers on Brahman (ultimate reality), Atman (the self), and the nature of existence.
- Seeks to lead one to Self-realization and moksha (liberation).
- Marks the beginning of Vedanta (the "end of the Vedas").

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## **Chapter – 8 :**

# **The Power of Consciousness and Sub- Consciousness**

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The human mind has two parts, conscious/objective and the subconscious which is a boundless source of power, wisdom and health.

The conscious mind is the rich reasoner and guardian at the gate whereas the, and subconscious mind is the unreasoning servant that accepts and acts upon any thoughts presented. The Miracle working power of our subconscious provides examples and techniques to tap into the sub conscious for miraculous or transformative results emphasizing the power of visualisation. The tendency of the subconscious lifeword (focuses on its healing and life - affirming nature). Scientists use the subconscious mind. Our subconscious and the wonders of sleep (When the conscious mind is quiet, allowing the subconscious to be more active).

Beware that whatever you ask you get it. Visualise and ask; Think / Enjoy and manifest yourself. No need to depend on others. Subconsciousness will give whatever you imagine. You only visualise, have it and get it (there is no such things called “failure”). You create your world, either via behaviour or thought you create your world. Take role models, like Bill Gates, Waran Buffet and imitate them. (Ask visualise and get it).

### **You Create Your Own World**

"Think that you will not fail—and you open the door to infinite possibilities."

### 1. Believe Without Doubt

When you truly believe that failure is not an option, your mind stops looking for reasons to quit and starts creating paths to success.

### 2. Ask with Confidence

Ask boldly and clearly—because in this mindset, you never fail to receive. Whatever you deeply visualize, feel, and **believe becomes your reality.**

### 3. Visualize, Feel and Manifest

- See it in your mind
- Feel it in your heart
- Live it in your actions
- That's how manifestation works. What you consistently focus on—with emotion and belief—you **attract.**

This is the law of attraction.

### Independence of Spirit

You don't need to depend on others for your success. Others are often the channels through which your vision manifests—but the **source is always within you.** This is the power of consciousness and sub consciousness, Law of Attraction and the Power of a **Human being.**

### No Such Thing called “Failure”

There is only feedback and learning. The idea of failure dissolves when you realize every step is progress if it is aligned with your goal.

### Model Excellence

- Success leaves clues.
- Study the thoughts, beliefs, and habits of the world's most successful people: Bill Gates, Warren Buffett, Elon Musk, etc.

- Model their mindset and behaviours. If they can do it, so can you also — with the right strategy, focus, and persistence. *"You create your world. Either through behaviour or through thought—you are always creating."*
- Know your strength. Each human being is very powerful. As you **believe** so you **realise**.

In search of Excellence – Mutation.

The Blue print of life is constantly subject to changes known as **mutation**.

Mutations are the fundamental source of genetic variation and are the raw material of revolution. The process of DNA change can be both spontaneous and induced by external or internal factors.

1. Spontaneous mutation and changes occur naturally within the human, primarily as a result of errors during DNA replication on spontaneous chemical changes to the DNA itself.

Intentional mutations are also possible.

You're weaving together ideas from personal development, spirituality, and self-transformation—a blend of Western thought like “One Minute Manager” and In Search of Excellence, and Eastern philosophy (like Chethana / Sankhya / and Vedanta).

### **Innovation & Inner Excellence.**

True innovation is Innovation & Inner Excellence.

It is not just about changing the world—it's about changing yourself. The most powerful transformation begins within, as recommended by Jiddu Krishna Murthy, a famous Indian Philosopher who lectured for many years across the World.

### **Wisdom from Management & Excellence.**

- One Minute Manager teaches us that effective leadership is simple: set clear goals, give instant feedback, and support growth.
- *In Search of Excellence* reminds us that excellence isn't a destination—it's a habit. It comes from purpose-driven action, focus, and constant innovation to organisations.

These principles aren't just for organizations—they apply to individuals too.

### **Chethana (Consciousness) & Sankhya (Discernment).**

- Chethana: Your pure awareness, the consciousness behind all thought and action. It is not material.
- Sankhya: A path of discernment—recognizing the difference between the temporary (Prakriti) and the eternal (Purusha). It leads you to realize that the mind, behaviour, job, and social status are ever-changing.

Change your job, your business, or your social role—but always with awareness. These are tools, not your true self.

### **Rise Beyond Nature: Atman to Brahman.**

Your spiritual journey is about constantly moving:

- From doing to Being.
- From ego to essence.
- From Atman (individual soul) to Brahman (universal reality).

This transformation is not escape, but elevation—a conscious decision to live above material illusions, while engaging with the world responsibly.

### **Samskara: You Are What You Cultivate.**

Your repeated thoughts, emotions, and actions form samskaras (mental impressions). These become your personality, your tendencies, your destiny.

*“You are the one changing yourself.”*

So ask:

- What are you cultivating?
- Are your thoughts aligned with your higher Self?
- Are your actions creating inner excellence?

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## **Chapter – 9 :**

# **What Scriptures Teach Us !**

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Man is What he believes is the essence of “Ashtavakra Gita”, “Ribhu Gita”, “Bhagavad Gita”, “Avadhuta Gita” (More than 40 Gitas are there).

### **“Man Is What He Believes”**

Your belief shapes your reality. What you hold to be true about yourself, the world, and the Self becomes your lived experience.

This core teaching is echoed in:

#### **1. Ashtavakra Gita**

A radical Advaita Vedanta scripture—a dialogue between Sage Ashtavakra and King Janaka.

*“You are not the body, not the mind.*

*You are the boundless, formless awareness—pure consciousness.”*

- Rejects all external rituals, duties, and identities.
- Emphasizes instant realization through direct knowledge.
- Declares that bondage and liberation are both illusions—only belief keeps you bound.

#### **2. Ribhu Gita**

A scripture found within the Shiva Rahasya, considered a deep exposition of Self-knowledge.

“All is Brahman. There is no ‘I’, no ‘You’, no world—only That.” (Tatvamasi).

- Encourages repeating and meditating on the truth: “I am Brahman” until false identities dissolve.
- Emphasizes constant abiding in the Self as the path to liberation.

### 3. Bhagavad Gita

Part of the Mahabharata, this is a dialogue between Krishna and Arjuna, synthesizing Karma Yoga, Bhakti Yoga, and Jnana Yoga.

“You become what you believe in with full faith. Whatever you think upon at the time of death, that you become.”

(Bhagavad Gita 8.6)

- Teaches right action without attachment (Karma Yoga).
- Points to the eternal Atman beyond body and mind.
- Calls for surrender to the divine (Bhakti) and realization of the Self (Jnana).

### 4. Avadhuta Gita

Attributed to Dattatreya, the Avadhuta (one who has transcended all worldly ties).

“I am beyond mind, body, and intellect—pure awareness, ever free.”

- Totally rejects conventional religious forms.
- Affirms that the Self is ever pure, untouched by karma, sin, or time.
- Only belief in duality causes suffering.

All these texts converge on the truth that:

- You are not the body, the mind, or any worldly role you play.
- You are the unchanging, all-witnessing consciousness — limitless, eternal.
- The belief in separation creates suffering.

- The belief in unity (non-duality) leads to freedom.

“As you believe, so you become.”

“Drop false identity—be free now.”

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## **Chapter – 10 :**

# **Truth Is Eternal - The Law Of Love**

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There is a supreme power and ruling force that pervades and rules the boundless universe. You are a part of this power (Soul / Atman and Brahman / universe). Your life is made of only two kinds of things - **positive things and negative things**. If you have more negative things than positive things in your life, then something is very wrong and you know it.

You really deserve a life over flowing with joy. Lack of love only makes you poor and sad. Love moves in waves and currents like those in the mighty ocean.

Nature's great powers, like gravity and electromagnets (electromagnetism) are invisible to our senses, but their power is indisputable. Likewise, the force of love is invisible to us, but its power is in fact far greater than nature's power. The evidence of its power can be seen everywhere in the world.

### **Without love there is no life**

Every single invention, discovery and human creation came from the geneses love in a human heart.

### **Love is the force that moves you.**

You have the power over your life, and the power is inside you; why is your life not emerging? Because it is your choice - positive or negative, lack of knowledge and understanding of the power of love is clear in people's lives across the planet today. In the entire history of humanity love is the most powerful and most mysterious energy in the world.

## **The law of Love**

The universe is governed by natural laws. The most powerful law in the universe is **“the law of attraction”**. The law of attraction is what holds every star in the universe and forms every atom and molecule. The force of attraction of the Sun holds the planets in place in our solar system, keeping them from hurtling into space. The force of attraction is in gravity and holds you and every person, animal, plant and mineral on earth. The force of attraction can be seen in all nature from a flower attracting bees or a seed attracting nutrients from the soil and every living creature being attracted to its species.

The force of attraction operates through all the animals of the earth, fish in the sea, and birds in the sky leading them on to multiply and form herds, schools and flocks. The force of attraction holds together the cells of our body, the materials of our house and the furniture we sit on. Every object we use relies on the force of attraction. Attraction is the force that draws people to other people. It draws people to form cities and nations, groups, clubs and societies where they share common interests.

## **The attractive force of love**

The law of attraction or the law of love, they are one and the same.

The law of attraction is unfailingly giving you every single thing in your life. Based on what you are giving out, you attract and receive the circumstances of wealth, health, relationship your job and every single event and experience in your life reflects on the thoughts and feelings you are giving out.

Money follows where you relay positive thoughts and visualise love, wealth and joy. Remember only good events and talk only of good days and good days will come again.

You have an unlimited ability to think and talk about what you love and so you have an unlimited ability to bring everything good in life to yourself.

From the moment you are born you are always feeling something and so is every other person. You have the sense of sight, hearing, taste, smell and touch (Panchendriyas / 5 senses) so that you can feel and experience everything in life. You have good feelings and bad feelings or positive and negative feelings. All good feelings come from “Love”. All negative feelings are earned from lack of love. Good feeling means you are joyful and happy, excited, enthusiastic and passionate. Your feelings reflect what you are radiating to the world.

Life is not happening to you, life is responding to you. Life is your call. You are the creator of your life. You are the writer of your life story. You are the director of your life movie. You decide what your life will be - by what you give out to the world.

You can feel infinite good feelings. There is no end to the possibilities of life. You can receive Love, the supreme ruling power of life and when it calls you and attracts you it is through your Good feelings.

### **Everything is about how you feel.**

The single motivating power of your entire life are your feelings. All the things you want are motivated by good feeling. They will give you money, health, and happiness. They are waiting to come into your life. You must have good feelings to bring them to you.

### **Good feelings lead to what you want - what you have you get through good feelings**

You have to be happy first and give happiness to receive happy things. You are in command of your feelings, you are in command of your love, and the force of love will give back to you whatever you give out.

All that we send into the lives of others comes back into our own.

**Love everything.**

Say thanks every moment. This is the greatest prayer, gratitude is the bridge to love. Love is a sticking power. Say yes to the money. **Love is the attracting force that brings money and love is also the power that makes money stick.**

Your body will change into whatever you seek through your feelings of love and gratitude.

**Ask The Universe**

Write on a piece of paper; “I want to have crores of rupees.” I am so happy and grateful now that I want crores of rupees. (Write the figure you want).

There is a supreme power and ruling force that pervades and rules the boundless universe. You are a part of the power. (Atman - Brahman). You can realise that you are the way to an amazing life. The power is with you and within you (call it Athman and Brahman) Experience the magic of life in its fullness and then you have an amazing life.

**Live today not yesterday or tomorrow**

Everything in the universe is magnetic and everything has magnetic frequency including your thoughts and feelings. No negative words should emerge.

Use words like Fantastic, Amazing, Fabulous, Brilliant And Wonderful.

1. Imagine what you deserve.
2. Feel love, feel what you desire.
3. Receive; Think and act as if you have received. (enjoy as if you already got it).

Imagination is the beginning of the creation and manifestation.

Imagine your life the way you wanted it to be.

Atoms or elementary particles themselves are not real; they form a world of possibilities.

“Your feelings are your God”. (Chanakya 350 – 375 BC)

You can change health, money, relationships, or anything else.

Imagine every scene and the situation you can have guided by thoughts of what you want. Try spending 7 minutes each day, imagining and feeling and having what you want. There is also a method called 777 manifestation method. A journaling technique uses the law of attraction to manifest your desires. The practice involves the use of affirmations that are practiced 7 times in the morning, 7 times at night for 7 consecutive days. This method is for spiritual awakening, wisdom and good fortune.

Every person is surrounded by a magnetic field. Wherever you go, the magnetic field goes with you.

You attract everything through the magnetism of your field.

“Destiny is no matter of chance — it is a matter of choice. Choose love first, then everything follows.

There is only “Yes” for the law of attraction. Your life is your story, you are creating your story. Love is the greatest power on Earth. It conquers all things.

### **Atman = Brahman**

- Atman (your innermost Self) is not different from Brahman (the Supreme Reality).
- This is the ultimate teaching of Advaita Vedanta.
- There is no separation—no giver, no receiver—just one unified existence.

Dhanam (wealth)

Who gives to whom, is it God?

### Isha Upanishad – The Ultimate Vision

“ईशावास्यमिदं सर्वं यत्किञ्च जगत्यां जगत्।  
तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम्॥”

*“Ishavasyam idam sarvam yat kincha jagatyam jagat  
Tena tyaktena bhunjitha, maa gridhah kasyasvid  
dhanam”*

- All this—whatever moves in this world—is pervaded by Ishwara (God).
- Enjoy life through non-attachment, by renouncing the false sense of ownership.
- Do not covet anyone's wealth, for nothing truly belongs to anyone—it is all Divine.
- Invoke Ganesha as “Omkaara”—Pranava Swaroopa, the beginning of all sacred journeys.
- Understand that true wealth (Dhanam) is spiritual realization.
- Realize that the world is not yours to own—but yours to honour.
- In that realization, freedom and peace will blossom.

Bliss / Anand / Self / Consciousness / Brahman - “Tatva Masi”. You don't involve yourself in any material things, let your hand, mind, body, limbs, and senses do the work. But you (itself / Atman / Brahman) don't become involved with them.

You are unexplained. Nethi Nethi (not this not that). I am Brahman and not the mind. Let the intellect involve itself in calculations, You are not the intellect, mind, body, free thought : “Let your vision flow.

Don't interfere with it.

Don't let your thoughts get loud with 'I'."

## **You Are That (Tat Tvam Asi - त त्वम् असि)**

Bliss. Ananda. Pure Consciousness. Brahman. The Self.

You are not the body.

You are not the mind.

You are not the intellect.

You are not the senses.

Let the body act, let the mind think, let the intellect calculate—but *you*, the witnessing awareness, are untouched. You do not "do." You do not "think." You simply are. Purely self (Atman / Brahman).

Pure consciousness.

## **The Self Is Beyond All Attributes**

"Neti Neti" — Not this, not that.

It (consciousness) cannot be described.

It (consciousness) cannot be seen, heard, or grasped.

Consciousness is the seer, not the seen.

Yourself is the knower, not the known.

## **Silence of the "I"**

Do not interfere with thought.

Do not load the mind with "I".

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## **Chapter – 11 :**

### **Prasna Upanishad**

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Prasna Upanishad is one of the ten principal Upanishads. It can be summarised as a step by step enquiring into the fundamental questions of life, ultimately leading to the realisation of the supreme reality “Brahma”.

#### **Q.1. From where do all creatures arise –**

Origin of the Universe and Life

A. The answer is both living and non living arise from prajapathi. The Lord of creation. He created two principles namely – Rayi (Matter) and Prana. All creation is a combination of these two fundamental principles. This establishes the dualistic nature of the manifest world.

#### **Q.2. Who are the directors that uphold a Being ?**

Who manifests their power.

Essence : This question explores the cosmic and human relationship. It identifies the various senses organs (speech and mind) as the directions that sustain the body.

The Prana (The life force of breath) is the supreme deity, which enables other faculties to function. All other electricities (the senses) are ultimately subordinate to prana, which is the very essence of life.

#### **Q3. How does prana enter the body ?**

A. Essence : The question delves into the micro cosmic interface of prana with the human body. Prana is sub divided into Five specific functions called “Pancha Prana”.

Prana (Out word breath) **Apana** (down word breath), **Vyana** (pervasive energy), **Samana** (digestion) and **Udana** (up word energy) / ascension after death) that the body is not a static object but a dynamic system animated by the **life – force**.

**Q.4. What is it that sleeps in a person, who stays awake.**

A. Essence : The question is a profound inquiry into the nature of consciousness (Atman / Brahman) and state of being.

During deep sleep, the senses, mind and thoughts retreat into the supreme mind (Manas) but the prana remains awake, sustaining the body. The ultimate knower, observer – the “**one who knows**” is self Atman which resides in the heart and witnesses the states of **waking, dreaming and deep sleep**. This points to the **transcendental** nature of Atman.

**Q.5. What is the result of meditating on the syllable ॐ ?**

A. Essence “This question is pertaining to the significance of the sacred syllable OM.

Meditating on “OM” leads a person to a different state of realization depending on the level of their practice. Meditating on a single part of OM leads to a swift return to the world of mortals. Meditating on two parts leads to the celestial realm (the world of the cosmos) Meditating on all three parts

(A-U-M) ..... leads to the realization of the supreme, non dualistic Brahman. This is the highest form of Meditation that leads to liberation (Moksha).

**Q.6. Where is the supreme person located ?**

A. Essence: This question is pertaining to the entire Upanishad : (Atman / Brahman – Supreme person).

The Supreme reality is the person with 16 aspects of a human being (Faith, weather, air, fire, water, earth, sense organs, mind, food, vitality, austerity, mantras, actions, worlds and names). By realising the unity of these 16 parts with the self, a person becomes immortal. This is the ultimate knowledge that leads to liberation. Where all the parts merge into the all – encompassing atman.

It teaches us that the deepest truths are not found in external rituals but internal contemplation, and that by understanding the nature of prana, mind and consciousness, a person can transcend the limitations of the physical body and achieve spiritual liberation.

**Upanishad teaches us every individual is potentially divine.** Our objective should be to evoke this internal divinity by controlling external and internal nature with the faith, that **there is no limit to the power of Human Mind.** The spiritual side of our beings containing “**Awareness**” of our “**Superior self**” has been gradually lost and no one knows how. Very few people know its existence. The majority of the people do not even know about the existence of the spiritual life.

We should be able to achieve all that we want to be to do, or to have with creative visualisation.

**MUTATION:** Your aim is to transform in your current existence into a better and more satisfied life.

Today, the best spiritual and moral guides are available to you.

This selection is an open proposal – you can try and select those exercises that suit you best. This enable you to choose a method with independence and freedom – Two basic qualities needed to live with fullness and harmony/ (Spiritual and mental guide).

**Mutation :** Analyse your present situation before transforming your life through the force of your own thoughts. The programme will also help you to determine what it is that you really want to change.

You require something more than just simple theoretical knowledge to bring a positive change in your life. Put such theories into practice, which means that you will have to assume the responsibility for your own well-being and stop blaming other for all other negativities in your life. There is no limit to what one can achieve when sufficient mental effort is applied. Everything can be learnt well only by practicing it.

Don't allow your thoughts to perturb you. Don't condemn or justify them. Don't try to control them; only observe them. After some time you will be able to identify and recognise your negative thoughts. Then concentrate on replacing them with positive thoughts in a way that helps you to develop a more positive altitude on that subject. Don't say **I am going to be lucky. Say I am lucky.** Eliminate words like "I cannot" "I am scared". If you want to get promotion as Director begin to behave like a Promoted director. Do all the things that a director would have to take responsibility for.

### **Various – Human power**

Every human being must have 3 powers as already indicated (faith in yourself) (a) Self confidence, (b) Good health, (c) Society support since Man is a social animal. He lives in a society with give and take. Self confidence will come when you believe in you as 'Atman' which has tremendous and indomitable energy (powers).

Good Health : You should live in "Yama" and "Niyama" you know the power of Prana ; You have to practice "Pranayama" (Yoga / Exercise) and religiously practice. Think of yourself as Shiva. ("Shiva Hum Shiva Hum").

Society Support : Love all, Hate none. Be compassionate, be courageous, be empathetic, be kind and you will win each and every member in society. You give and take respect, love and harmony.

## **Ways and plans to be Happy**

1. Attain spiritual peace.
2. Overcome phobias and traumas of your mind.
3. Attain good physical health.
4. Enjoy affection from companions, family, friends.
5. Be appreciated by your family and colleagues.
6. Achieve success in your professional life.
7. Ensure long term economic wellbeing.
8. Achieve all ambitions.
9. Make necessary mutation.
10. Make visualisation of yourself in the role of a winner in the field of economic growth, spiritual growth, material growth or of any other development.

## **How to achieve prosperity**

1. Commit yourself to the desires of your heart. Keep contact with your deepest desires. Ask whatever you want. Visualise and feel as if it is achieved and behave (Act) accordingly. Attract the things you want.
2. Make priority in your desires and visualise.
3. Love the options you chose. The universe always support you.
4. Be grateful to the Universe (True being - (Satya) gratitude before achieving and after achieving.
5. Don't allow the mind to think negatively. Believe that once asked, loved, visualized, acted you will get it. There is no second thought; you loved, asked, visualised, acted, you are sure that law of Attraction, Universe, (Universal consciousness) will deliver to you. This is your fundamental Right and to get it Faith /Belief is most

important. You are the universal Being and all powers are within you (“I am Atman / Brahman”).

Love is the fundamental force of the universe and the ultimate path to the Divine. Love is not an emotion but cosmic energy, that connects everything. The love of a human being, ‘Bhakti’ for God (Brahman) is the journey of finite to the infinite. Love is a spiritual fire. Everything in the universe is a manifestation of single Divine essence (Brahman’s creation) Politicians and organised religions are the culprits who divide human-beings.

Watch thought arise and pass—

Like clouds drifting across a vast, empty sky.

**“I am Brahman** — not the ego, not the thinker, not the doer.”

This is not belief.

This is direct knowing—

When the mind falls silent

And you abide as Shri-Om-Hum —

A soundless echo of the Supreme Self.



## **You Are Free**

- Free from time.
- Free from roles.
- Free from names and forms.

You are Bliss itself, beyond experience.

You are Awareness itself, beyond knowing.

You are That.

Look at nothing without mind (you see Atman watch fullness is the order (Atman)).

Full of consciousness (Atman).

A higher level of consciousness is Atman /Brahman.

Quiet the brain.

I am real not dream /world.

Everything is Brahmin but not realised or enlightened.

Heart is Brahman / Atman's Home.

Everything from Sun, Moon, Stars in your heart and the universe constitute Brahman.

**“Truth is a pathless land.”**

Let's expand on that idea, drawing from both Jiddu Krishnamurti and Advaita Vedanta, while honouring your original thought:

Truth is not a destination.

It cannot be reached through ritual, authority, or tradition.

It has no map, no method, no guide.

No scripture, no teacher—not even the Vedas—can give it to you.

Truth is not given.

It is seen—when the mind is utterly quiet.

It is not found in the footsteps of another,  
because Truth is not a path—

It is a living flame, revealed only in direct perception.

### **What Does This Mean?**

- You cannot follow another's system and expect liberation.
- You cannot walk in someone else's steps and expect to arrive.
- Guidance may point—but it cannot deliver. (like Guru).
- Even the words of great sages must eventually be left behind.

The teacher may point to the moon,

But the finger is not the moon.

In Stillness, It is all Realized

Truth arises in awareness, not in accumulation.  
It shines when the “me” ends,  
When the mind is not chasing and not resisting.  
“Be still and know.”  
Attention without effort reveals the sacred.

### **Truth is Brahman / Atman / Om**

But even to say “Truth is Brahman” is too much—  
Because Truth is beyond names,  
Beyond all concepts—even of God.  
As the Upanishads say:  
“Neti, Neti” — Not this, not that.  
You must walk **alone**—not in loneliness, but in **inner clarity**.  
Truth is not in **words**—but in **your silent seeing and seeking**.

### **Omkara: The Formless Brahman**

**Om** is not just sound—  
It is the source,  
the seed of creation,  
the vibration of Brahman,  
the voice of Truth.  
As Namadeva sang,  
"Udgeetha Om" - the mantra of God.  
"Hari Om Sat" - Om is Truth, the Pathless Land.  
Truth is not far, but it's not easy—  
It asks for total attention, not belief.

**God = Truth = Brahman = Om**

You say "God."  
But God is not a person—

God is Truth.

God is Brahman.

Brahman is Om.

“And Tat Tvam Asi”—You Are That.

### **You Are Fullness (Poornatwa)**

- Like honey with sweetness.
- Like salt in seawater.
- Like a seed, holding the infinite tree.
- A Brahman, filled with Atman—or Atman itself wearing the cloth of Brahman.

You are complete—Poornam.

You lack nothing.

You are Atman—unchanging, infinite awareness.

See Without the Mind

To truly see,  
look not through thoughts,  
but through silent awareness.

“Let the brain be quiet,  
the mind still,  
and let attention be whole “—as J. Krishnamurti taught.

You see the Atman not with eyes,  
but with the order of stillness.  
Fullness reveals itself in the mirror of silence.

### **Everything Is Brahman**

I am real—not dream, not illusion.  
The world is real, but misunderstood.  
It is all Brahman, but not yet realized.

Om is:

- Speech, Mind, Man, Plant, Earth, Universe, All is Brahman, All is Atman.

### **The Heart: Home of the Self**

Your heart is not just a pump—

It is the temple of Brahman.

The universe lives in your heart.

The sun, moon, and stars are inside you.

The universe is a play of opposites—

All of them are Vishwaroopa,

The cosmic form of the divine.

Worship not in form—but in vision.

See the whole—in yourself.

Brahman is not to be reached—it is to be realized.

Atman is not separate—it is you.

Om is not to be chanted only—it is to be lived.

The first and largest part of each collection called “Karmakanda” and

Third part of Veda called “Jnana Kanda” are not rituals but Wisdom.

What is a human being and what is the nature of the “Godhead” that sustains us in the world.

The ritual sections of the Vedas define the religion of a particular culture, but Jnanakanda, Upanishads is universal and as relevant to the world today, as it was to India five thousand years ago.

The Vedas are thus understood as *revealed knowledge*, sacred wisdom given to humanity—not authored by any individual but perceived by ancient seers known as “RISHIS”.

Among the four Vedas—Rigveda, Yajurveda, Samaveda and Atharvaveda—the Rigveda is the oldest, dating back over 3,000 years, and forms the foundation of Vedic literature.

Each Veda is traditionally divided into three major parts:

1. Karma Kanda – the ritual section, which includes hymns, mantras, and instructions for performing sacred rites and sacrifices.
2. Upasana Kanda – “The Section of Worship”  
or “section of devotion”  
it includes the “Aranyakas”

and parts of the Brahmanas. It bridges the ritualistic and philosophical aspects of the Vedas. It focuses on ‘Upasana’ which means to “Sit Near” or “Worship”. Unlike the external rituals of karmakanda it emphasizes internal, meditative worship and devotion to the Divine. It teaches a person to meditate on the formless or symbolic aspects of the ultimate reality and to cultivate a deep, personal connection with a chosen deity or a universal principle.

3. Jnana Kanda – the knowledge section, also called the Upanishads, which shifts focus from outer ritual to inner realization.

While the Karma Kanda defines the religion and duties of a particular cultural and historical context, the Jnana Kanda explores timeless, universal questions:

- What is the nature of the Self?
- What is life and what is death?
- What is the ultimate reality (Brahman)?
- How are we connected to the cosmos?
- What is liberation (Moksha) and how it is attained?

These teachings are as relevant today as they were thousands of years ago. The Upanishads, which form the core of Jnana Kanda, are not bound by ritual or dogma. Instead, they speak to the universal human quest for truth and self-understanding. In that sense, they are not merely religious texts but profound philosophical inquiries into the nature of existence.

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## **Chapter – 12 :**

# **Teachings of The Upanishads**

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1. **Meaning:** The word Upanishad means “sitting down near” – referring to students sitting near a teacher to receive secret or esoteric knowledge.
2. **Time Period:** Most major Upanishads were composed between 800-300 BCE.
3. **Focus:** Unlike earlier Vedic texts that focused on rituals and sacrifices, the Upanishads are philosophical and explore:
  - The nature of reality (Brahman) – the ultimate, unchanging reality
  - The individual self (Atman) – the true self or soul.
  - The relationship between the two – famously expressed in the phrase:  
"Tat Tvam Asi" (That Thou Art).
4. **Main Teachings:**
  - The unity of Atman and Brahman – the self and the absolute are one.
  - Liberation (Moksha) comes through self-knowledge, not ritual.
  - The world is temporary; the self is eternal.
    - Major Upanishads: Some of the principal ones include:
    - Shankaracharya wrote commentaries on Ten Upanishads, they are :  
1. Isha Upanishad, 2. Katha Upanishad, 3. Kena Upanishad.  
4. Mandukya, 5. Mundaka, 6. Aithereya, 7. Prashna, 8. Taittiriya, 9. Chandogya, 10. Brhadaranyaka.

These are the primary Upanishads.

- Influence: They deeply influenced Hindu philosophy, Buddhism, Jainism, and later Vedanta schools of thought. Many western Philosophers like Schopenhaur held the Upanishads in high regard stating **“in the whole world, there is no study so benefactoral and so elevating as that of the Upanishads. It has been the solace of my life. It will be the solace of my death. German Arthur Schopenhauer (1788 – 1860).**

Each Upanishad is complete in itself and are ecstatic snapshot of transcendent reality. The Upanishads look inward finding the powers of nature and an expression of the more inspiring powers of human consciousness. Upanishads teach us that reality is the essence of every created thing and the same reality is our real self, so that each of us is one with the power that created and sustains the universe.

And finally they justify that this essence can be realised directly without the mediation of a priest, rituals or any of the structures of organised religion, not after death but in this life and that this is the purpose for which evolution advances. They teach us the basic principles of what Aldous Huxley has called the **parental philosophy** which is the well spring of all religious faith.

The essence of three sectors of the Vedas represent a progressive spiritual journey with Karma Kanda setting foundations of ethical and dutiful action.

Upanishad Kanda builds upon this by introducing the power of internal worship and concentration. Jnanakanda connects the purified and focused mind to the ultimate goal of self realisation and liberation from the cycle of birth, death and freedom in this life. After death, Moksha is the ultimate goal of human life, the final and highest of four purushartha (the four aims of human life), Dharma, Artha, Karma and Moksha.

Freedom from Samsara, liberation from suffering, Union with the divine/cosmic consciousness (Brahman) experience of Oneness (Brahman).

Individual meditation and study of Sacred scriptures (Veda and Upanishads). Wisdom will be obtained from experience and height of the wisdom is “awakening” “enlightenment” “Moksha” or “Nirvan”.

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## **Chapter – 13 :**

# **Human Intelligence and Various Laws Applicable to Humans**

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**IQ, EQ, and SQ** are three different types of intelligence that together shape how we think, feel, act, and relate to others. Here's a breakdown of each:

### **IQ – Intelligence Quotient**

- **What it is:** Cognitive intelligence – your ability to reason, solve problems, and understand complex ideas.
- **Measured by:** Standardized tests (e.g., logic, maths, verbal reasoning).
- **Examples of high IQ:**
  - Solving maths problems quickly
  - Understanding abstract concepts
  - Analysing data or strategies

**Use in life:** Academic success, analytical thinking, job-related technical tasks.

### **EQ – Emotional Quotient (or Emotional Intelligence)**

Daniel Goleman explained in his book “Emotional Intelligence” argues that EQ is as crucial as IQ for Success, Health and Happiness. It is required for self-awareness, self-regulation and motivation empathy and social skills.

- Howard Gardner explained in his book “Multiple Intelligence” various kinds of Intelligence associated with different locations in the brain. (1) Linguistic Intelligence,

(2) Verbal intelligence, (3) Logical Intelligence, (4) Mathematical intelligence, (5) Corporal Intelligence, (6) Kinesthetics, (7) Visual – Spatial Intelligence, (8) Musical intelligence (9) Emotional intelligence (10) Naturalistic Intelligence and (11) Existential intelligence.

Four abilities of emotional intelligence;

1. The ability to accurately perceive emotions.
2. The ability to use emotions to improve the efficiency of our thought and reasoning process.
3. The ability to understand our own emotions as well as those of others.
4. The ability to control our emotions.
  - **What it is:** Ability to understand, manage, and express emotions – both your own and others’.
  - **Key components:**
    - Self-awareness
    - Empathy
    - Emotional regulation
    - Interpersonal skills

**Examples of high EQ:**

- Staying calm under pressure
- Resolving conflicts effectively
- Building strong relationships

**Use in life:** Leadership, teamwork, communication, personal well-being.

## SQ – Spiritual Quotient (or Spiritual Intelligence)

- **What it is:** The ability to connect with a deeper sense of meaning, purpose, and values. It's not about religion but about inner awareness and moral reasoning.
- **Key aspects:**
  - Integrity
  - Compassion
  - Sense of purpose
  - Vision and values alignment

### Examples of high SQ:

- Acting with humility and compassion
- Making values-based decisions
- Resilience in times of adversity

**Use in life:** Ethical leadership, long-term vision, inner peace, meaningful living.

### Summary Table:

| Type | Stands For            | Focus                      | Application                               |
|------|-----------------------|----------------------------|-------------------------------------------|
| IQ   | Intelligence Quotient | Logic and reasoning        | Academic and technical skills             |
| EQ   | Emotional Quotient    | Emotions and relationships | Social interactions and self-management   |
| SQ   | Spiritual Quotient    | Values and meaning         | Ethical living and purpose-driven actions |

## NATURE - 10 FUNDAMENTAL LAWS

### 1. Law of Gravity (Newton's Law of Universal Gravitation)

Every mass attracts every other mass with a force proportional to their masses and inversely proportional to the square of the distance between them.

### 2. Laws of Thermodynamics

- **First Law:** Energy cannot be created or destroyed, only transformed (conservation of energy).
- **Second Law:** Entropy (disorder) always increases in an isolated system.
- **Third Law:** As temperature approaches absolute zero, the entropy of a perfect crystal approaches zero.

### 3. Newton's Laws of Motion

- **1st Law (Inertia):** An object in motion stays in motion unless acted on by a force.
- **2nd Law:**  $F=ma$  (Force equals mass times acceleration).
- **3rd Law:** For every action, there is an equal and opposite reaction.

### 4. Law of Conservation of Mass

Matter cannot be created or destroyed in a closed system.

### 5. Law of Natural Selection (Biology – Darwin)

Organisms better adapted to their environment tend to survive and produce more offspring.

### 6. Law of Electromagnetism (Maxwell's Equations)

Describes how electric and magnetic fields interact and propagate as electromagnetic waves.

### 7. Law of Universal Expansion (Hubble's Law)

Galaxies are moving away from us at speeds proportional to their distance—evidence the universe is expanding.

### 8. Heisenberg's Uncertainty Principle

It is impossible to simultaneously know both the exact position and momentum of a particle.

### 9. Pauli Exclusion Principle

No two fermions (e.g., electrons) can occupy the same quantum state within a quantum system.

### 10. Mendel's Laws of Inheritance

- **Law of Segregation:** Each individual has two alleles for each gene, which segregate during gamete formation.
- **Law of Independent Assortment:** Genes for different traits can segregate independently during the formation of gametes.

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## **Chapter – 14 :**

### **Different Meanings Of "Dharma"**

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#### **1. Righteousness or Moral Duty**

- Doing what is right, ethical, or just in any situation.

#### **2. Cosmic Order**

- The universal law that maintains balance and harmony in the Universe.

#### **3. Religious Duty or Spiritual Path**

- One's obligations and practices according to their religion or spiritual beliefs.

#### **4. Law or Natural Law**

- The inherent laws governing existence—akin to “laws of nature” or Divine law.

#### **5. Personal Duty (Svadharma)**

- One's individual duty based on their nature, role in society, or stage of life (varna and ashrama).

#### **6. Teaching or Doctrine**

- In Buddhism and Jainism, Dharma often refers to the teachings of the Buddha or Tirthankaras.

#### **7. Support or Foundation**

- Etymologically from Sanskrit root “*dhar*” meaning to support or uphold. Dharma is what holds society and the cosmos together.

#### **8. Virtue or Moral Excellence**

- A character trait of goodness, honesty and compassion.

## 9. Religion or Faith

- In some contexts, especially in modern Indian languages, *dharma* means "religion" (e.g., *Sanatana Dharma* = Hinduism).

## 10. Sacred Duty in War or Crisis

- In the Bhagavad Gita, Arjuna is reminded of his **Kshatriya Dharma** (warrior's duty) to fight for justice.

## 11. Path to Liberation

- Following one's Dharma is considered essential to attaining **moksha** (liberation) in Hinduism, or **nirvana** in Buddhism.

## 12. Ethical Law of Cause and Effect

- Related to **karma**, one's Dharma influences the consequences of actions.

## 13. Nature or Essential Quality (Swabhava Dharma)

- The innate nature of a being or object (e.g., the dharma of fire is to burn).

## 14. Social Duty or Role

- Responsibilities tied to one's societal position—e.g., duties of a parent, teacher, king, etc.

The statement "**karma itself is dharma**" is a deep philosophical assertion — and yes, in many Indian traditions, **karma** (action) and **dharma** (righteous path or duty) are deeply **intertwined**, to the point where **karma *is* dharma** under certain conditions.'

## 1. Karma is Dharma — When Action Aligns with Truth

In traditions like Hinduism, Buddhism, Jainism, and Sikhism, karma refers to:

Any action — physical, verbal, or mental — and its consequences.

And dharma is:

The righteous path, duty, or the moral framework that sustains life and the cosmos.

When your karma is in harmony with dharma, then karma is dharma.

2. Philosophical Meaning:

Dharma is *performed* through Karma.

- You don't "have" dharma; you **do** dharma – through karma.
- Example: Being honest is not a concept; it's **an action** (karma) guided by dharma.

**Karma is the vehicle, Dharma is the direction.**

- Just as a car (karma) moves in a direction (dharma), both are inseparable in the journey of life.

3. Bhagavad Gita Perspective:

In the Gita, Krishna says:

*"Svakarmaṇa tam abhyarcya siddhim vindati manavaḥ."* (BG 18.46)  
**“By worshipping through one’s own karma (duties), one attains perfection.”**

This means your own karma, when done selflessly and according to your nature, is your dharma.

4. Examples: Karma = Dharma in Action

| Role    | Karma (Action)       | Dharma (Righteous Duty)                          |
|---------|----------------------|--------------------------------------------------|
| Doctor  | Healing the sick     | Compassion, service, and care for life           |
| Parent  | Raising a child      | Protection, love, discipline, moral guidance     |
| Soldier | Defending the nation | Courage, justice, and protection of the innocent |
| Student | Studying sincerely   | Discipline, growth, and pursuit of knowledge     |

When these karmas are done with right intent and awareness, they are dharma.

### 5. Spiritual Meaning:

In **karma yoga** (the path of action), **any action** — from sweeping the floor to leading a country — becomes dharma when:

- Done without ego
- Done without attachment to outcomes
- Done in service of something greater (duty, truth, the Divine)

"Dharma is the soul of karma. Karma is the body of dharma."

According to Bhagavad Gita. No one can remain idle because the very nature of life is action (karma). Even when you're not physically doing something, your mind is active, generating thoughts, desires, or intentions — which are also forms of karma.

### Bhagavad Gita – Chapter 3, Verse 5 (BG 3.5):

"Na hi kascit ksanam api jatu tisthaty akarma-krt;  
Karyate hyavasah karma sarvah prakrti-jair gunaih."

*"Indeed, no one can remain without action even for a moment. Everyone is helplessly made to act according to the qualities born of nature (prakriti)."*

### Implication: Mind = Karma Too

- **Even when the body is still**, like during meditation or rest,
- **The mind is thinking, remembering, planning, or desiring** — all of which are forms of **mental karma**.

In Gita's view:

- **Physical karma** = outward actions (walking, working, speaking)
- **Mental karma** = thoughts, intentions, emotions

- **Verbal karma** = what we say or express

All three generate consequences and are part of **karma yoga** (the path of selfless action).

### So, What Does This Mean Practically?

- You can't escape action, so the question is:

“How can I act in a way that aligns with dharma?”

- Gita's answer: **Act without attachment**, dedicate your actions to the Divine or to a higher cause.

### Insight from Krishna to Arjuna

Krishna emphasizes that:

- **Renunciation** (sannyasa) is not about inactivity.
- True **yogi** is one who **acts without selfish motive**, not one who just withdraws from action.

So let every action become worship; let karma become dharma.”

“You cannot do Himsa (violence)”

In the context of Dharma, especially in Hinduism, Jainism and Buddhism, Himsa (violence or harm) is considered:

- **Adharma** – against the natural moral law.
- A **negative karma** – leading to suffering for both the doer and the receiver.
- A **disruption** of harmony, the universal order.

### 1. Ahimsa (Non-Violence) Is a Core Principle

Mahabharata – Anusasana Parva:

“*Ahimsa paramo dharma*” “Non-violence is the highest dharma.”

This means not just refraining from physical violence, but also:

- No harm in **words**

- No harm in **thoughts**
- No harm in **intentions**

## 2. Karma and Himsa

- If you commit **himsa**, knowingly or unknowingly, it generates **negative karma**.
- This karma **binds** you to the cycle of **samsara** (birth and death).
- Therefore, **you must not do himsa** – if you want liberation (**moksha**).

## 3. In the Bhagavad Gita: A Nuanced View

Interestingly, in the **Gita**, Krishna tells Arjuna to fight in the war – which seems like **himsa**.

But Lord Krishna explains:

- If your **dharma** (duty) involves protecting justice (as a warrior), and
- You act **without hatred, ego, or selfish desire**, and
- You do not attach yourself to the result,
- Then **that karma is not himsa** – it is **Dharma**.

So, **intention matters**. Violence done **out of hatred, greed, or ego** is **himsa**.

Violence done in **service of dharma, without selfish desire**, may not carry karmic fault – according to Krishna's teaching.

## 4. Jainism's Stricter View

- In Jainism, **any form of himsa** – even harming microbes in water – is **strictly forbidden**.
- Jain monks take extreme measures (masks, sweeping the ground) to avoid **inadvertent violence**.

- For them, **all life is sacred**, and **complete ahimsa** is the highest spiritual practice.

### **Final Thought:**

“You cannot do himsa because it breaks the natural law of compassion.

To harm another is to harm yourself – in karma, in spirit, in truth.”

### **A.S.K. = ATTITUDE • SKILL • KNOWLEDGE**

#### **A = Attitude**

- Your **mindset**, values, motivation, and emotional intelligence.
- Determines **how** you apply your skills and knowledge.
- Includes: confidence, discipline, integrity, and willingness to learn.

“Skills can be taught. Attitude is harder to change.”

#### **S = Skill (or Skin)**

- Your **practical ability** to do something – the **execution** part.
- Often developed through **practice and experience**.
- Includes: communication skills, technical ability, physical coordination.

“Skill is what turns knowledge into action.”

#### **K = Knowledge**

- What you **know** – facts, theories, information.
- Gained through **study, observation or instruction**.
- Examples: knowing math formulas, company policies or historical facts.

“Knowledge is power only when applied.”

### Why A.S.K. Matters:

To succeed or grow in any field, you usually need **all three**:

Knowledge - Without it, you don't know **what** to do

Skill - Without it, you can't **do** what you know

Attitude - Without it, you won't **want** to do anything effectively

### Example in Real Life:

A doctor needs:

- **Attitude:** eg. Compassion, responsibility, ethical mindset.
- **Skill:** eg. Hands-on ability to perform surgery or diagnosis.
- **Knowledge:** eg. Medical science, anatomy, pharmacology etc.

### SAKAMA KARMA AND NISKARMA KARMA

**Sakama Karma : Action with desire** — doing karma to gain specific results (like wealth, success, fame, pleasure) for self.

- Common in earlier stages of life.
- Driven by ambition, goals, or material responsibilities.
- Example: Working hard to earn money or raise a family.

**Nishkama Karma : Action without attachment to the outcome** — selfless service or action as a duty or offering for others.

- Focus of spiritual seekers.
- Associated with inner maturity and detachment.
- Example: Teaching or serving without expecting praise or reward.

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## Chapter – 15 : Age-Wise Orientation (General View)

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| Age/Stage<br>(Ashrama) | Typical Focus                         | Karma Type Tends<br>Toward                                         |
|------------------------|---------------------------------------|--------------------------------------------------------------------|
| Brahmacharya<br>(0-25) | Learning,<br>discipline,<br>formation | Mostly sakama Karma<br>(desire for knowledge, skills)              |
| Grihastha<br>(25-50)   | Family life, career,<br>social duty   | Sakama Karma dominates<br>(earning, building, fulfilling<br>roles) |
| Vanaprastha<br>(50-75) | Gradual<br>withdrawal,<br>reflection  | Transition from sakama to<br>nishkama                              |
| Sannyasa<br>(75+)      | Renunciation,<br>spiritual focus      | Fully nishkama (detached<br>action, or total<br>renunciation)      |

### In Bhagavad Gita: Krishna tells Arjuna:

*"You have a right to perform your duty, but not to the fruits of action..."*

(Gita 2.47)

This is **nishkama Karma**— not limited by age but by **spiritual maturity**.

So, even a **young person** can practice **nishkama Karma** if they act selflessly, and even an older person might still operate in **sakama Karma** if attached to desires.

Prasthanatrayam : The Upanishad, Brahmasutra and Bhagawad Gita are collectively known as "the Prasthanatraya".

## 1. Brahma Sutra

### a. Removes Doubts and Contradictions

- Brahmasutras guide you beyond the confusion of your **body, mind, and ego**.
- They explain that your real identity is **not the changing physical or mental self**, but the **unchanging, eternal consciousness – the Atman**.
- Explains the Relationship Between Atman and Brahman.
- The sutras explore how the individual self (Atman) is either **identical with** or **related to** the universal Self (Brahman), depending on the school (Advaita, Vishishtadvaita, Dvaita).
- This knowledge helps dissolve the illusion of separateness.
- The Brahmasutras provide a **systematic framework** to reconcile and interpret the sometimes cryptic teachings of the Upanishads.
- They help clarify doubts about the self, universe, and liberation (moksha).

In essence:

“When you study the Brahmasutras with an open mind and guidance, you begin to realize that you are not the limited body or mind – you are the infinite, eternal consciousness.”

This realization is central to **Vedanta philosophy** and leads to liberation from suffering and ignorance.

### Bhagavad Gita

- Part of the Mahabharata great epic.
- Dialogue on the battlefield before war.
- Discusses how to live ethically and spiritually in the world.
- Synthesizes knowledge (jnana), action (karma), and devotion (bhakti).

## How They Connect

- **Vedas** = Ritual & cosmic law foundation
- **Upanishads** = Spiritual philosophy & metaphysics
- **Brahmasutra** = Systematic interpretation & logic of Upanishads
- **Bhagavad Gita** = Practical application of spiritual wisdom in life.

## The Upanishads are the Essence, and the Brahmasutra are the Systematization.

- The **Upanishads** are like the **seed or heart of spiritual wisdom** – they reveal profound truths about **Brahman (the ultimate reality)** and **Atman (the Self)** through poetic and philosophical teachings.
- The **Brahmasutra** act as the **structured commentary or framework** – they **systematize and organize the teachings of the Upanishads into logical aphorisms** to clarify and remove confusion.

## Karma Kanda and Jnana Kanda

**Karmakanda** is “Section of Action” which focus on Rituals, sacrifices, ceremonies and the purpose is to perform duties for material benefits, prosperity, and Cosmic Order.

**Jnanakanda** is “Section of Knowledge” that is Philosophical inquiry and wisdom, Philosophical inquiry and wisdom. So, “**Introducing Myself**” as per Jnanakanda is “**I am not my body or mind. I am the infinite consciousness, eternal and free.**”

## Brahma

- Brahma is the Hindu god of Creation – part of the Trimurti along with Vishnu (the preserver) and Shiva (the destroyer).

- He is often depicted with four heads and is considered the creator of the physical universe in Hindu mythology.
- So in a way, the universe is “created by Brahma.”
- **Brahman** is the ultimate, infinite, formless reality behind everything – the “**cosmic principle**” or “**universal consciousness**” in Vedantic philosophy.
- Instead of saying the “Universe is called Brahman,” it’s more accurate to say “Brahma is the creator God who creates the Universe.”

### Explanation

There is a common point of confusion in Hinduism (Sanathana Dharma) – Universal Religion.

### Not to confuse with Bhrama :

- Brahma (with an “a” at the end) is the Hindu god of creation, part of the Trimurti (Brahma, Vishnu, Shiva).
- Brahma is a deity, whereas **Brahman** is the **impersonal absolute reality**.

### Saguna Brahman and Nirguna Brahman

| Term            | Meaning                    | Characteristics                                                                    | How It is Worshipped/<br>Understood                                                                                 |
|-----------------|----------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| Saguna Brahman  | Brahman with attributes    | (Has qualities, form) with the personalised and attributes, personality, and name. | Worshipped as a personal God (like Vishnu, Shiva, Krishna). Devotees relate to Him with love and devotion (Bhakti). |
| Nirguna Brahman | Brahman without attributes | Beyond form, qualities, and description – formless, infinite,                      | Realized through meditation and knowledge (Jnana). It is pure                                                       |

|  |  |             |                                           |
|--|--|-------------|-------------------------------------------|
|  |  | impersonal. | consciousness,<br>beyond all<br>concepts. |
|--|--|-------------|-------------------------------------------|

### 1. Saguna Brahman (With Qualities)

- Means “with qualities” (saguna = “with attributes”).
- Described with **names and forms** – has divine qualities like mercy, power, compassion.
- Makes it easier for devotees to **relate, worship, and love** God personally.
- Examples: Lord Krishna, Lord Shiva, Goddess Durga – all considered manifestations of Saguna Brahman.

(Vaisnavism, Shivism, Sakthism)

### 2. Nirguna Brahman (Without Qualities)

- Means “without qualities” (nirguna = “without attributes”).
- Absolute reality beyond **all human descriptions, names, and forms**.
- It is **pure Being, pure Consciousness, pure Bliss** – beyond dualities like good/evil or existence/non-existence.
- This is the Ultimate Truth realized by the highest knowledge and meditation.

### In Vedanta

- Both views are valid paths toward realizing **Brahman**.
- Some schools like **Advaita Vedanta** emphasize **Nirguna Brahman** as the highest truth.
- Others like **Visistadvaita Vedanta** accept **Saguna Brahman** as the personal God with whom the soul has a relationship.
- Also, another school called Dwita Vedanta – Who worship Vishnu (Krishna)

Saguna Brahman creates this world not out of need, but out of **joy and fullness**. Nirguna Brahman remains **eternal, changeless, and unaffected** by creation or destruction.

### **Panchabhuta's Attributes :**

1. Earth (Prthvi / Bhumi)
2. Water (Jala)
3. Fire (Agni / Tejas)
4. Air (Vayu)
5. Space (Akasha)

#### **1. Earth (Prthvi) – Essence: Stability & Structure**

- **Earth Guna (Quality):** Heavy, dense, stable, grounding.
- **Earth Function:** Gives **form, solidity, structure** to all physical bodies – including bones, muscles, minerals, soil.
- **Earth Symbolically:** Represents **support, strength, patience** and **groundedness**.
- **Earth Tanmatra (Subtle element):** Gandha (smell).
- **Connected sense organ:** Nose (smell).

Earth is what holds us – it is the **foundation** of the body, mind, and existence.

#### **2. Water (Jal) – Essence: Flow & Connection**

- **Guna (Quality):** Cooling, cohesive, fluid, soft
- **Function:** Gives **fluidity, binding, and emotion** – found in blood, lymph, saliva, rivers, rain.
- **Symbolically:** Represents **emotion, purification, adaptability, and love**.
- **Tanmatra (Subtle element):** Rasa (taste)
- **Connected sense organ:** Tongue (taste)

Water connects, flows, and **purifies** – it is the **medium of life**.

### Spiritual/Philosophical Essence:

| Element | Gross Role            | Subtle Essence                             | Inner Teaching                             |
|---------|-----------------------|--------------------------------------------|--------------------------------------------|
| Earth   | Stability, foundation | Endurance, groundedness                    | Be steady and rooted in your inner Self    |
| Water   | Flow, connection      | Adaptability, love, emotional purification | Flow with life, cleanse the heart and mind |

**3. Akasha : (Space/ Ether)** – Represents space – Sound, (Shabda), Emptiness and expansion in the body it corresponds to cavities (Ear, GIT, Lungs).

**4. Vayu (Air)** – Represents mobility, movement, touch (Sparsha), dryness and lightness governs the breath and gas exchange.

**5. Agni (Tejas / Fire)** represents transformation heat vision (Rupa) and intellect corresponds to digestive fire (metabolism).

Synonymous and Attributes

Akash : Either, Sky, Space (Guna ; Sound)

Vayu : Wind, Air, (Guna ; Sound + Touch)

Agni / Tejas : Fire, Light (Guna ; Sound + Touch + Form)

Jala / Apas : Water (Guna ; Sound + Touch + Form + Taste)

Prithvi : Earth / Bhumi (Guna ; Sound + Touch + Form) + Taste + Smell).

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## Chapter – 16 :

### Omkar

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**Omkar symbol (ॐ)** – often written as "Om" or "Aum" – is one of the most sacred and powerful symbols in Hinduism, Buddhism, Jainism, and yogic traditions. It represents the **Absolute Reality (Brahman)**, the **cosmic sound**, and the **essence of the universe**.

**What is ॐ**

- Om is a **mantra** and a **vibration**, not just a written symbol.
- ‘OM’ is also called **Pranava**
- It is made of three phonetic sounds: **A-U-M**, which together contain all sounds in the universe.

**Spiritual Meaning of Om (Aum): As per Mandukya Upanishad**

| Sound   | Represents                  | Symbolizes                                     |
|---------|-----------------------------|------------------------------------------------|
| A       | ➡ Beginning / Creation      | Wakeful state (Jagrat) – Brahma                |
| U       | ➡ Continuity / Preservation | Dream state (Swapna) – Vishnu                  |
| M       | ➡ Dissolution / Absorption  | Deep sleep (Sushupti) – Shiva                  |
| Silence | Beyond sound                | Turiya (pure consciousness)<br>– Atman Brahman |

Together, they represent the entire cycle of life and consciousness – manifested and unmanifested.

## The Omkar Symbol (ॐ) – Visual Meaning

The written symbol ॐ consists of:

- **Lower curve:** Waking state
- **Middle curve:** Dreaming state
- **Upper curve:** Deep sleep
- **Dot (bindu):** Turiya – the fourth state, transcendental consciousness
- **Crescent shape (above):** Maya— the illusion that separates the dot from the rest

This shows that while most beings live in waking, dreaming, and deep sleep, **realization of Turiya (pure awareness) happens when maya is transcended.**

### In Sound and Meditation

- **Chanting Om** helps align the body, mind, and spirit.
- It creates a resonance with the **primordial vibration** – believed to be the **first sound of creation.**

"Om iti etad aksaram idam sarvam" – *Mandukya Upanishad*  
"Om is the eternal sound; it is all that was, is, and will be."

### Summary:

- **Om (ॐ)** = The sound-symbol the totality of existence.
- It represents **consciousness**, the **cycle of life**, and the path to **liberation (moksha)**.
- It is used in **meditation, prayer, yoga**, and spiritual rituals as the **seed of all mantras.**

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## Chapter – 17 : Human Belief

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In human experience, beliefs shape perception, behaviour and reality.

- We act according to what we believe, not always what is objectively true.
- Beliefs form the basis of:
  - Our decisions
  - Our identity
  - Our interpretation of events
  - Our response to success and failure

"Change your belief, and your world changes." (Mutation)

### 2. Spiritual Perspective (Vedanta, Gita, etc.)

In Vedantic thought, beliefs (called *samskaras* or *vasanas*) shape our karma and our perception of reality (Maya).

- If you believe you are the body, you live in fear and limitation.
- If you realize (believe through knowledge) that you are Atman, you become free.
- Bhagavad Gita emphasizes shraddha (deep faith or belief) as a foundation of spiritual progress:

“Shraddhavan labhate jnanam” – Gita 4.39

“One with faith gains true knowledge.”

### 3. Belief as Creative Power

In many **Yogic** and **Tantric** systems:

- Belief is creative shakti (power).
- Whatever you hold in deep belief becomes your inner reality, and often manifests externally.
- Belief can either bind you (if it's rooted in fear and ignorance) or liberate you (if it's rooted in truth and awareness).

#### **Important Distinction:**

Belief creates your experience,  
But not necessarily objective reality.

For example:

- If someone believes the world is unsafe, they will feel threatened — even in safety.
- But that doesn't make the world *actually* unsafe. It just **shapes their reality**.

**Mind/Psychology** - Belief filters reality and drives action

**Spiritual (Vedanta)** - Belief in the Self leads to liberation

**Gita/Bhakti** - Faith (shraddha) opens the door to true knowledge

**Tantra/Yoga** - Belief energizes and manifests inner power

**"What you believe, you become. What you see, you created. To change the world, change your belief." (Mutation)**

Would you like to explore how to shift deep-rooted beliefs or how belief connects to karma?

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## Chapter – 18 :

# What Is Jnanam

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- **Jnana** means **knowledge**, but not just intellectual knowledge.
- It is the **direct realization of the truth of your being** – not just knowing *about* the Self, but *knowing yourself as the Self*.
- It answers the question: "**Who am I?**"

**In the Upanishads and Vedanta:**

◆ "**Atma-jnana**" = Self-knowledge

To know **Atman** (the true Self) is to realize that you are **not the body, not the mind**, but **pure consciousness**.

- "**Atma va are drastavyah...**" – *Brihadaranyaka Upanishad*  
"The Self must be seen, heard, reflected upon, and meditated upon."
- "**Jnanam bandha-vimoksa-karanam**" – "*Vivekachudamani*" and "*Adi Shankaracharya*".  
"Self-knowledge is the cause of liberation from bondage."

**Why is Self-Knowledge (Jnanam) Supreme?**

| Level   | Knowledge of...         | Type of Knowing         |
|---------|-------------------------|-------------------------|
| Lower   | World, objects, rituals | Indirect, temporary     |
| Middle  | Scriptures, philosophy  | Conceptual, preparatory |
| Highest | Self (Atman)            | Direct, liberating      |

When you know the **Self**, you also know the **source of the universe** – because **Atman = Brahman** (Advaita Vedanta).

**Knowing yourself (Atma-jnana)** is not ordinary learning — it is **spiritual awakening**.

It leads to **moksha** (liberation), peace, and unshakable bliss.

It dissolves ignorance (avidya), the root of all suffering.

**"Everything happens in faith."**

This statement holds deep truth across **spiritual, psychological, and philosophical** dimensions.

Let's explore what it really means.

## **1. Faith (Sraddha) as the Root of All Action**

In the **Bhagavad Gita**, Krishna says:

**"Sraddha-mayo 'yam puruso"** — *Gita 17.3*

**"A person is made of their faith."**

- Whatever you do — whether it's work, love, prayer, learning, or even doubt — it's driven by some form of inner trust or belief.
- Faith is the foundation of intention and action — conscious or unconscious.

## **2. Psychological Insight:**

Even practical life runs on **faith**:

- We eat food with **faith** that it is safe.
- We board a plane with **faith** that the pilot is trained.
- We love people with **faith** in emotional connection.
- Scientists research is based on **faith in reason and replication**.

So even logic and science depend on a kind of deeper trust.

### 3. In Spiritual Traditions:

#### Hinduism / Vedanta:

- **Sraddha** (faith) is not blind — It is **inner conviction** born from clarity and experience.
- It's required to begin **yoga, jnana, or bhakti**.
- Without **sraddha**, the mind wavers, the heart doubts, and the path remains unclear.

“Sraddhavan labhate jnanam” — *Gita* 4.39

“The one with faith gains knowledge.”

#### Buddhism:

- Faith (**sraddha**) is the first step toward **wisdom and liberation**.
- Not blind belief, but **trust in direct experience** and inner awareness.

### 4. Faith Is a Bridge

- Faith connects the unknown to the known, the seen to the unseen, the finite to the infinite.
- All spiritual transformation — even surrender or meditation — begins with faith that there is something deeper within.

**Everything happens in faith** — not because we know the outcome, but because we are willing to **move, act, love, and grow**, even when we can't see the whole path.

#### Role of Faith

**Mind** - Trust in thoughts, choices, goals

**Heart** - Trust in people, love, compassion

**Spirit** - Trust in the Self, divine, dharma

## WHAT IS MEDITATION? (Attention without Tension)

**Meditation** is the practice of turning the mind inward – away from the distractions of the outer world – to reach a state of inner **stillness, awareness** and **clarity**. It is a willful forgetting of yourself.

It is not about **doing**, but about **being**.

**Meditation is the art of observing the mind without getting involved in it.**

**In Yogic & Vedantic Philosophy:**

**Patanjali's Yoga Sutra (1.2):**

**"Yogas chitta vritti nirodhah"**

"Yoga (meditation) is the stilling of the fluctuations of the mind."

- **Chitta** = mind-stuff (thoughts, memories, emotions)
- **Vritti** = movements or waves
- **Nirodha** = stilling or quieting

Through meditation, you **quiet the mind** so your true Self (Atman) can be seen – like a **calm lake reflects the moon clearly**.

### **Key Aspects of Meditation:**

| Aspect                  | Meaning                                           |
|-------------------------|---------------------------------------------------|
| Concentration (Dharana) | Focusing attention (on breath, mantra, or object) |
| Awareness               | Observing thoughts/emotions without reacting      |
| Stillness               | Letting the mind settle into silence and clarity  |
| Self-realization        | Realizing the Self beyond body and mind           |

## Types of Meditation:

| Type                      | Focus                                       |
|---------------------------|---------------------------------------------|
| Breath meditation         | Observing the breath                        |
| Mantra meditation         | Repeating sacred sounds (e.g., Om, Soham)   |
| Mindfulness (Vipassana)   | Observing body and mind without judgment    |
| Self-inquiry (Jnana Yoga) | Asking “Who am I?” (Ramana Maharshi’s path) |
| Loving-kindness (Metta)   | Cultivating love and compassion             |
| Bhakti meditation         | Devotion to the divine or personal deity    |

### In Vedanta:

Meditation is a **tool for Self-knowledge**.

It helps the seeker go beyond the body, mind, and ego – to rest in **pure awareness (Nirguna Brahman)**.

**Meditation is the inward journey from noise to silence, from form to the formless, from self to Self.**

It leads to:

- Inner peace
- Clarity
- Compassion
- Liberation (Moksha)

## Nirvikalpa Samadhi vs. Alpa Samadhi

### 1. Nirvikalpa Samadhi

**Nirvikalpa** = “without thoughts or concepts”

**Samadhi** = “complete absorption or union”

**Nirvikalpa Samadhi** is the **highest** and most **profound state** of meditative absorption where:

- The ego dissolves completely.
- There are no thoughts, no duality, and no sense of "I am meditating."
- Only pure awareness, non-dual consciousness (Brahman) remains.
- Time, space, and even identity vanish.

This is described in **Advaita Vedanta** and **Raja Yoga** as the **final goal**:

Liberation (Moksha) while still in the body (**Jivanmukti**).

### **Example from Yoga texts:**

"When the mind ceases to function in all forms, Nirvikalpa Samadhi arises."

– *Yoga Vashishta*

## **2. Alpa Samadhi**

**Alpa** = "small, limited, or short"

**Samadhi** = "absorption"

This is **not a classical term in the same category** as Nirvikalpa or Savikalpa Samadhi, but it is sometimes used by yogis or teachers in a **practical or descriptive sense**, meaning:

A **short or shallow state of meditation**, where the mind is somewhat absorbed but:

- Thoughts are still present in subtle form.
- The ego remains faintly active.
- The experience may be calming, but not yet fully transcendent.

It could describe **early stages** of meditation, before deeper states like **Savikalpa or Nirvikalpa Samadhi** arise.

## Full Spectrum of Samadhi States (For Context):

### Types of Samadhi

**Savikalpa Samadhi** - With form/thoughts; absorbed but dualistic

**Nirvikalpa Samadhi** - No thoughts, no duality; pure awareness i.e. Thought-free, ego-less, pure Brahman experience.

**Alpa Samadhi** - Shallow or brief state of concentration and is Brief or bearing light meditative absorption.

### Nature's Law of Attraction — Explained Spiritually & Scientifically

The **Law of Attraction** is the idea that:

**“Like attracts like.”**

Your thoughts, emotions, intentions, and energy **influence what you experience** in life.

While not formally a "law of nature" in science, this principle has deep roots in **spiritual traditions, psychology**, and even offers **subtle scientific correlations**.

### 1. Spiritual View: Law of Attraction = Inner Vibration Shapes Reality

In Vedanta, Yoga, and other Eastern traditions:

- Your thoughts (manas), desires (vasanas), and karma create your external experience.
- If your mind is filled with love, clarity, and purpose, your actions and surroundings reflect that.
- The universe reflects your inner state back to you — just as a calm lake reflects a clear image.

**“Yad bhavam tad bhavati”** — As you believe, so it becomes.

#### Examples:

- If you live in fear, you tend to attract more reasons to be afraid.

- If you hold gratitude and trust, life tends to support you with more abundance and peace.

## 2. Scientific/Practical View: Energy, Focus, and Neuroplasticity

Although modern science doesn't endorse the Law of Attraction as a "law" like gravity, related ideas are supported:

### Focus = Perception

- Your brain's **Reticular Activating System (RAS)** filters reality to match what you focus on.
- If you believe "opportunities are everywhere," your brain becomes alert to them.

### Neuroplasticity

- Thoughts and emotions **rewire your brain** over time.
- Positive thinking changes your **mental, emotional, and physical state**, which affects how you act — and what results you attract.

## 3. Karma and Attraction in Indian Philosophy

In the **Bhagavad Gita**, **Upanishads**, and **Yoga Sutras**, this principle is embedded in the idea of **karma**:

- Your inner condition (intention, clarity, purity) determines the kind of results (karma-phala) you experience.
- You attract experiences not just by wishful thinking, but through your deep inner state, actions, and faith (shraddha).

**“Shraddhamayo ayam puruso”** — *Gita 17.3*

► **“A person is made of their faith (inner belief).”**

**Spiritual** - Your vibration (thoughts + emotions) attracts similar energy

**Mental** - Focus creates perception; belief filters reality

**Karmic** - Your actions and inner state draw matching consequences

**Practical** - Attitude + effort shape opportunities and relationships

**“You do not attract what you want. You attract what you are.”**

Change your inner world, and the outer world follows. (Mutation)

The **secret of physical life** is a deep and timeless question – and how you explore it depends on whether you approach it scientifically, spiritually, or philosophically. Let's bring these together to offer a meaningful, multi-layered understanding.

## 1. Scientific View:

**Life = Organized Energy + Conscious Intelligence**

- Physical life is made possible through:
  - DNA (genetic code) – the blueprint
  - Cells and metabolism – the engine
  - Homeostasis – balance and self-regulation
- Life thrives through:
  - **Adaptation** (evolution)
  - **Replication** (reproduction)
  - **Awareness** (at some level, even in simple organisms)

But science still doesn't fully explain **why life arises**, or **what animates matter into life**. That leads to...

## 2. Spiritual View (Vedanta / Yoga / Upanishads):

"The body is inertia (jada). Life arises from Consciousness (Chaitanya)."

According to ancient Indian philosophy:

- The **physical body** is a **vehicle** made of the five elements (earth, water, fire, air, space). (Panchabhuta)

- But it is **animated by Prana** (life force) and guided by **Atman** (the Self).
- **Without the Self, the body is just matter.** Adi Shankaracharya.

**Secret:** Life is not *in* the body — the body is *in* life.

You are not a body *with* consciousness — you are **consciousness** **having a temporary bodily experience.**

### 3. Philosophical View (Purpose of Physical Life)

Physical life serves as:

- A **playground for karma** — actions and consequences
- A **path for learning and growth** through the senses and mind
- A **tool for realization** — the body becomes the means for liberation (**moksha**)

As Adi Shankaracharya says:

**"Manushyatvam, Mumukshutvam, Mahapurusa-samsrayah"**

To be born as a human, to desire truth, and to meet a realized master — this is rare and precious.

**So, What Is the Secret of Physical Life?**

**It is to remember your true Self while living in a physical body.**

To live with:

- Awareness
- Balance of material and spiritual goals
- Service, love and truth
- Inner freedom in the midst of form

**"The body is the temple, Prana is the energy and the Self is God within."** Worldly Life (Laukika Jeevana / Samsarica Jeevana)

Life focused on the material, physical, emotional, and social aspects of Existence.

**Key Features:**

- Governed by desire, attachment, pleasure, and pain
- Based on karma – action and reaction, cause and effect
- Involves relationships, wealth, work, success, failure
- Subject to duality: joy-sorrow, gain-loss, birth-death
- Driven by ego (ahamkara) and the five senses

Scriptures' View: (Upanishads)

“Samsara is a cycle of birth and death driven by ignorance (avidya) and desire (kama).”

Supernatural / Spiritual Life (Adhyatmika Jivana)

Definition: Life beyond the senses – focused on the eternal, subtle, and divine truth.

**Key Features:**

- Seeks Self-knowledge (Atma-jnana) and union with the Absolute (Brahman)
- Governed by dharma, faith (shraddha), and inner discipline (sadhana)
- Involves silence, meditation, devotion, and detachment
- Transcends time, space, and ego
- Experiences oneness, peace, bliss (ananda)

**A View from the Scripture:**

#### 4 Mahavakyas

1. Tat Tvam Asi (That thou art)
2. Aham Brahma Asmi (I am Brahman Chandogya, Upanishad, Brihadaranyaka upanishad)
3. Prajnam Brahman (Aithareya Upanishad)
4. Ayan Atman Brahaman (Mandukya Upanishad)

“He who knows the Self goes beyond sorrow.” – *Chandogya Upanishad*

“Having known That, nothing else remains to be known.” – *Mundaka Upanishad*.

**Worldly life is the starting point.**

It becomes spiritual when lived with **awareness, detachment, and love.**

#### **Vedantic Integration:**

In **Jnana Yoga and the Bhagavad Gita**, the teaching is not to escape the world but to **live in the world as a free being.**

**"Be in the world, but not of it."**

– Gita 2.47: "*Karmanyē vadhikaraste.....*"

You have the right to act, but not to cling to results.

#### **Ethical Life**

An **ethical life** means living according to **principles of right and wrong** that promote **well-being, harmony, and integrity** – both for oneself and for others.

#### **Core Principles of an Ethical Life**

**Ahimsa (Non-violence)** – Your liberty ends where my nose begins.  
Avoid causing harm to any living being.

Show kindness, Sympathy, Empathy compassion.

**Satya (Truthfulness)** - Be honest and transparent in thought and speech.

**Asteya (Non-stealing)** - Do not take what is not freely given.

**Brahmacharya (Self-control)** - Exercise moderation in desires and actions.

**Daya (Compassion)** - Show kindness and empathy toward others.

**Dharma (Duty/Righteousness)** - Act according to your moral and social duties.

### Why Live Ethically?

- Builds **trust and respect** in relationships and society.
- Leads to **inner peace** and a clear conscience.
- Creates **positive karma** and spiritual progress.
- Helps maintain **balance and harmony** with nature and community.

### Ethics in Spiritual Traditions

- In **Hinduism**, ethical living (dharma) is the foundation for spiritual growth.
- In **Buddhism**, ethical conduct is one of the Three Trainings (with meditation and wisdom).
- In **Jainism**, strict ahimsa is the highest ethical ideal.
- Most traditions teach that **ethics are not restrictions but pathways to freedom**.

### Simple Daily Practices for Ethical Living

- Speak truth kindly
- Avoid gossip and judgment
- Practice gratitude and generosity

- Control anger and impatience
- Care for the environment

This means:

A human is a social being — someone who lives and thrives in a community (*Sangha*). Living together.

- In Indian thought (especially in dharma traditions), human beings are not meant to live in isolation.
- We grow, learn, and fulfil our duties through relationships — with family, society, nature, and the Divine.

### "Self-confidence"

Self-confidence (*Atma-Viswasa*) is important to perform one's **Dharma**.

It arises from:

- Knowing yourself (Self-awareness)
- Accepting responsibility for your actions (*Karma*)
- Trusting that truth and sincerity will lead to the right outcome, even if results are delayed.

Performing your **Dharma** through correct **Karma** is your responsibility.

### "Then you will get Karmaphala, which nature will give"

*Karma-phala* = Fruit of action

- The results of your karma are not always immediate, but they come in time.
- The universe (or nature, or Ishvara) delivers those results based on the intention, effort, and alignment with Dharma
- It's not about controlling outcomes, but doing the right thing

As a human, you are a social being. Do your duty with self-confidence. Follow your Dharma through right actions (Karma). Don't worry about results — they will come naturally, through the law of Karma, as given by the nature or the Universe.

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## Chapter – 19 :

# Prasna Upanishad

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### THE 12 UNIVERSAL LAWS

#### 1. THE LAW OF DIVINE ONENESS

**Everything and everyone is connected** – every thought, action, and event is linked to everything else in the universe. This law teaches unity and interdependence.

- **Interconnectedness:** Every thought, action, and event influences the whole. You are not a separate being living in the universe – you are an **expression of it**.
- **Unity Consciousness:** We are all part of the same source, or divine essence (sometimes called God, the Universe, Source, or the All).
- **Cause Beyond Perception:** Even things that seem unrelated are part of the same energy web. What you do to others, you do to yourself.
  - **Mind Your Thoughts:** Since your thoughts affect the collective energy, strive for thoughts rooted in compassion, love, and intention.
  - **See Yourself in Others:** When someone frustrates you, try to recognize them as a reflection of a part of you – even if it's a part you're working to heal.
  - **Act with Kindness:** Helping another person raises not only their energy, but yours – and the collective whole's as well.
  - **Spiritual Practice:** Meditation, mindfulness, and energy work help you experience this oneness directly.

### Science Connection:

Quantum physics supports aspects of this law: at the subatomic level, everything is connected in a field of energy. Experiments like quantum entanglement show that particles influence each other instantly across distances — mirroring the idea of universal connection.

### Quote:

- “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” — *Pierre Teilhard de Chardin*
- “The universe is not outside of you. Look inside yourself; everything that you want, you already are.” — *Rumi*

## 2. THE LAW OF VIBRATION

- Everything in the universe is in **constant motion and vibrates** at its own frequency — including thoughts, emotions, and physical matter. **Everything is energy** — and that energy is always in motion. Every object, thought, feeling, and being in the universe vibrates at its own unique frequency.
- **Nothing rests** — even things that seem solid and immobile are made up of vibrating atoms and molecules. (New study of quantum entanglement).
- **Thoughts and emotions have frequencies** — love, joy, and gratitude are high-frequency vibrations; fear, anger, and shame are low-frequency.
- **Your vibration attracts similar vibrations** — this is the foundation of the Law of Attraction (which builds on this law).

**Raise Your Vibration:** Engage in activities, thoughts, and environments that uplift your energy. This can include:

- Practice of Gratitude

- Listening to music you love
  - Exercise or dance
  - Time in nature
  - Acts of kindness
1. **Monitor Your Emotional State:** Ask yourself, “What vibration am I in right now?” Low moods aren't “bad,” but recognizing them helps you shift them consciously.
  2. **Use Affirmations & Visualization:** Speak and visualize in ways that match the frequency of what you want to experience. This helps bring your inner state into harmony with your desired outcomes.
  3. **Protect Your Energy:** Limit exposure to environments or people that consistently pull your vibration down – or learn to ground and reset afterward.
    - **Everything is energy:** Quantum physics confirms that all matter is energy in motion.
    - **Brainwave frequencies:** Neuroscience shows different mental states (focus, sleep, anxiety) have distinct electromagnetic frequencies.

### 3. THE LAW OF CORRESPONDENCE

- “As above, so below; as within, so without.” Your outer world reflects your inner world. Change your internal reality to transform your external circumstances.

“As above, so below; as within, so without.” This law teaches that the patterns you see in one layer of reality – whether internal or external, physical or spiritual – **correspond** to patterns on another level.

- **Your outer world mirrors your inner world.** If you're experiencing chaos or disharmony outside yourself, there's likely confusion or unrest inside you.

- **Microcosm reflects macrocosm.** The structure of an atom mirrors the solar system. The way you treat yourself mirrors how you treat others. What happens in the physical realm reflects spiritual and emotional dynamics.
  - **Change starts within.** To transform your life or relationships, begin by shifting your **thoughts, beliefs, and emotions** – the world responds accordingly.
1. **Self-Inquiry:** When something in your outer life feels off (conflict, stagnation, scarcity), ask and seek answers.
  2. **Journaling Prompt:** “What in my life do I feel I can’t control right now, and what internal belief or emotion could be creating it?”
  3. **Mirror Work:** Louise Hay popularized this practice – looking at yourself in the mirror and saying affirmations like:

“I love and approve of myself.”

This brings conscious attention to your inner narrative.

### **Environmental Clues:**

Your home, body, and surroundings reflect your inner state. For example:

- A cluttered space may mirror a cluttered mind.
- Poor boundaries in relationships might reflect low self-worth.

### **Examples of Correspondence:**

| <b>Inner Reality</b>     | <b>Outer Reality</b>                        |
|--------------------------|---------------------------------------------|
| Constant self-criticism  | Feeling judged or rejected by others        |
| Feeling unworthy of love | Attracting emotionally unavailable partners |
| Inner peace              | Relationships and work feel harmonious      |

- **Cognitive Behavioural Therapy (CBT):** Thoughts → Emotions → Behaviours → Results (your “correspondence chain”).
- **Projection in psychology:** We often “project” our inner conflicts onto others.

**Quote:**

“As within, so without. As the universe, so the soul.”

— *Hermes Trismegistus*

#### 4. The Law of Attraction

- Your **thoughts, emotions, and beliefs** attract people, situations, and energies that match them.

**Like attracts like.** You attract into your life whatever you focus on — whether it's wanted or unwanted — because your thoughts, emotions, and beliefs **emit a vibrational frequency** that draws in matching experiences.

- **Your thoughts create your reality.** Whatever you consistently think, feel, and believe — you begin to manifest into your life.
  - **Energy attracts similar energy.** If you vibrate at the frequency of joy, gratitude, and abundance, you'll attract experiences that mirror those states. The same goes for fear, lack, or resentment.
  - **The universe responds to your dominant vibration, not just your words.** Saying “I want abundance” while feeling unworthy or anxious sends mixed signals. Alignment with goals is key.
1. **Clarity Is Power:** Be clear on what you *actually* want — not just what you want to avoid. Write it down. Visualize it. Feel it.
  2. **Feel As If It's Already Yours:** Emotion is the magnetic force. Ask:

“What would I feel if I already had this?”

Then act, speak, and think from that place.

1. Use “I Am” Affirmations:

- “I am abundant.”
- “I am loved and supported.”
- “I attract aligned opportunities easily.”

2. **Stay Open, Not Attached:** Want with intention, but detach from *how* or *when* it arrives. Trust timing.

3. **Gratitude Amplifies Attraction:** Gratitude raises your vibration and focuses your energy on what’s *already working*, which invites more of it.

## 5. THE LAW OF INSPIRED ACTION

- It's not enough to want or visualize — you must take **purposeful, aligned action** towards your goals and desires. While the Law of Attraction emphasizes **thinking and feeling**, the **Law of Inspired Action** reminds us that manifestation also requires **doing** — but not just *any* action — it must be **aligned, intuitive, and purposeful**.
  - **Manifestation = Mindset + Movement:** Dreaming, visualizing, and affirming are vital — but without action, they remain unutilized potential. **Inspired action** bridges the spiritual with the physical.
  - **Inspired ≠ Forced.** This law isn't about grinding or hustling. It's about **acting on inner nudges**, gut feelings, or subtle signs that feel right — even if they don't make logical sense.
  - **The Universe Meets You Halfway.** When you move toward your goal, even one step, doors start opening. But you have to be willing to **walk through them**.
1. **Tune In Daily:** Ask in meditation, prayer, or journaling:
  2. “What small step can I take today that moves me closer to my vision?”

3. **Act on Nudges, Not Fear:** If something excites you but feels a little scary — that’s often a sign it is inspired. If it feels draining or heavy, it might be forced or misaligned.
4. **Be Open to the Unexpected:** Inspired action sometimes looks different than what you planned — a chance meeting, a sudden idea, or a “random” opportunity. Trust and respond.
5. **Let Go of the ‘How’:** Focus on *what* you want and take aligned steps. Don’t obsess over how it will all unfold — that’s the universe’s job.

### Real-Life Example:

- **Goal:** Start a wellness coaching business.
- **Attraction Work:** You visualize your dream clients and successful practice.
- **Inspired Action:** One morning you feel pulled to attend a local event — there, you meet someone who helps you design your website.

That’s how this law works: you **co-create** with the universe through both intention and action.

**Psychology Tie-In: Flow States:** When you take inspired action, you often enter a state of “flow” — full presence, ease, and joy. This state has been studied extensively in positive psychology as a peak performance state.

### Quote:

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”

— *Martin Luther King Jr.*

## 6. THE LAW OF PERPETUAL TRANSMUTATION OF ENERGY

- Energy is always moving and can be transformed. **High-vibration energy** can change or uplift lower-vibration energy. You have the power to shift your state.

**Energy is constantly moving and transforming** — and higher vibrations can transform lower vibrations. You have the **power to shift your energy** and, in doing so, transform your life.

- Energy never dies; it only changes form. Thoughts, emotions, and actions are all forms of energy that can be redirected, upgraded, or alchemized.
- Higher vibration overrides lower. When you consciously choose love, joy, or gratitude, these states can transmute fear, anger, sadness, or scarcity.
- You are an energetic being. You're not stuck — you're always in motion. Every moment offers a chance to shift your state and elevate your reality.

### 1. Interrupt Low-Energy States:

When you feel stuck or negative, shift your state with a **positive action**:

- Move your body
  - Listen to uplifting music
  - Journal or express gratitude
  - Practice breathwork or meditation
2. **Consciously Raise Your Vibe:** Spend time with people who lift you up, engage in creative work, help others, or speak words of encouragement — these **amplify high-frequency energy**.
  3. **Don't Fight the Feeling — Transform It:** Rather than resist negative emotion, acknowledge it, then use tools like movement, reflection, or intention to **transmute** it.

4. **Be the Energy You Want to Attract:** If you want more love, be more loving. If you want more peace, cultivate it inside first. You become the **vessel of change**.

### Example in Daily Life:

- You're feeling anxious → You pause, breathe deeply, and write down 3 things you're grateful for → Your energy shifts toward calm and composure.
- A toxic work environment brings you down → You start showing up more positively, and others respond to your energy shift, slowly changing the collective atmosphere.
- **Thermodynamics:** Energy cannot be created or destroyed – only transformed. (1st Law of Thermodynamics).
- **Neuroplasticity:** Your brain literally changes form based on repeated thoughts and experiences – mental energy becomes physical transformation.

“You are not stuck. You're just committed to a pattern that once helped you survive. Now it's time to **transform** it.”  
– Dr. Nicole LePera

## MAN AND MANIFESTATION

The term “Manifestation” in the context of a person refers to the practice of bringing up something into your life through your thoughts, feelings and beliefs. It is associated with the ‘Law of Attraction’. The Core idea is that focusing your energy and intention on a desired outcome you make reality.

1. **THE ROLE OF MIND AND THOUGHTS:** The foundation of manifestation is the belief that your thoughts have power. The theory is that your thoughts have power. The theory is that by consistently focusing on what you want, you are aligning your energy with that desired outcome.

This positive thinking or visualising your goals as if they have already happened and using affirmations leads to results.

2. LAW OF ATTRACTION: You attract into life whatever you focus on. If you focus on abundance, you will attract evidences.

3. THREE STEPS: Ask – Believe – Receive.

4. MAIN ASPECT: Personal growth – Relationship.

Relationship with men and women, professional goals, business growth, spiritual growth.

## 7. THE LAW OF CAUSE AND EFFECT

- Every action has a reaction. Nothing happens by chance – all outcomes are the result of **intentional or unintentional actions**.

**Every action has a reaction.**

Responsibility = Power

Delay is not denial : Result is definite.

Theory “Sanatana Theory” (Agami, Sanchita, Prarabdha Theory)

Sanchita, Karma (Accumulated store House)

*We are at home in the universe with all its diverse set of possibilities. We will, in our lives, encounter conflict, but also retain the power of forgiveness, healing, and connecting across all our differences. This is our most potent force for peace and for growth.*

### **Three Types of Karmas :**

Sanchitha, Prarbdha and Agami are often compared to a bowman's arrows.

Type of Karma – Sanskrit meaning / Analogy.

## Description

### Sanchitha Karma:

*Accumulated / collected*

The quiver of arrows. The total sum of all actions (and their resulting reactions).

Accumulated from all past lives. This is the vast reservoir of karma, most of which has not yet begun to manifest.

**Prarabdha Karma:** *Begun / started – The arrow that left the bow*

That portion of Sanchitha Karma that has been activated and is responsible for the current life's circumstances. This includes the individual's birth, life span, main experiences, and immediate destiny. This part is considered inescapable in this life.

**Agami Karma:** Coming future. The Arrow Being Aimed. The Karma being created right now through conscious choices, thoughts and actions in the present life. These actions will accumulate into the Sanchita store house and will bear fruit in the future lives.

### 1. Sanchita Karma (The Reservoir):

- Definition: This is the massive, hidden store house of all past actions, both good and bad, across countless previous births. It represents the potential future for the soul.

Significance: It is the raw material from which one's life experiences are drawn. The Yogic path aims to "burn up" Sanchita Karma through knowledge and spiritual practices, preventing it from ever manifesting as future births.

### 2. Prarabdha Karma (The Destiny):

Definition: This is the fructified portion of Sanchita Karma. It is the Karma that is currently active and whose results you are presently experiencing (e.g., your family, health events, talents and major life events).

Significance: It is the destiny of the current body and mind, which must be experienced until the moment of death. Even an enlightened sage (Jivan mukta) continues to experience their Prarabdha Karma until the end of their current life.

### 3. Agami Karma (The Present Choice)

Definition : This is also sometimes called Kriyamana Karma. It is the Karma being generated in the very moment by an individual's free will and conscious choices.

Significance : This is the only category over which a person has complete control. By acting selflessly without attachment to the results (Nishkama Karma), the individual can prevent this new karma from accumulating into Sanchita, thus stopping the cycle of rebirth.

#### MIGHTY HUMAN BEING – THE CREATOR OF MAN

New Agami : (New Created Karma)

The ultimate God is spiritual practice. In many traditions this means exhausting one's "Prarabdha Karma". When a person achieves **self realisation** or **Liberation** (Moksha) (Enlightenment – knowing who I am), it is said that their **Sanchita Karma** is burnt away, like dry reeds in a fire, and they are no longer subject to the creation of new "Agami Karma". They continue to leave their current life until their remaining "Prarabdha" Karma is fully experienced.

Nothing happens by chance – every thought, emotion, and behavior is a **cause** that produces an **effect**, whether seen immediately or over time.

- **You reap what you sow.** Every decision and action plants a seed – the outcome (positive or negative) is the harvest.
- **There are no coincidences.** Events in your life are responses to your past causes – conscious or unconscious.

- **Responsibility = Power.** By accepting responsibility for the effects in your life, you take back power to **create new causes** and direct your future.
- **Delay is not denial.** Effects may not show up immediately. There's often a **time gap** between cause and visible result – which requires trust and patience.

**Practical Application:**

1. **Pause Before You Act:** Ask yourself, “What will this thought, action, or decision likely lead to?”
2. **Create Intentional Causes:** Want more love? Be more loving. Want better health? Make better choices today. Each small action is a **vote** for the reality you’re creating.
3. **Use Mistakes as Feedback, Not Failure:** If you don’t like the effects you’re experiencing, trace back to the cause – and choose differently next time. This is **empowered self-correction**, not punishment.
4. **Be Mindful of Karma:** In spiritual traditions, this law is closely linked to karma: what you give out (energetically, emotionally, physically) will return to you – directly or indirectly.

**Real-Life Examples:**

| Cause                                  | Effect                                      |
|----------------------------------------|---------------------------------------------|
| Regular exercise and good sleep        | More energy, mental clarity, better mood    |
| Speaking with kindness and honesty     | Stronger, more trusting relationships       |
| Negative self-talk and procrastination | Low self-esteem, missed opportunities       |
| Consistent effort on a project         | Progress, skill-building, new opportunities |

- **Behavioural Psychology:** Every behaviour has consequences, which shape future behaviour (reinforcement, punishment).

- **Newton's Third Law (Physics):** For every action, there is an equal and opposite reaction – physical proof of cause and effect in motion.

**Quote:**

“Every cause has its effect; every effect has its cause. Chance is but a name for law not recognized.”

– *The Kybalion*

## 8. THE LAW OF COMPENSATION

- You get back what you give. This law relates to **abundance, blessings, and rewards** – often tied to the law of cause and effect. You are **rewarded in proportion to what you give** – in energy, service, love, effort, or value. This law is about **divine balance**: what you put out into the world returns to you, often in unexpected ways.
  - **Every action returns a form of compensation** – not always immediately, and not always in the way you expect.
  - **The universe doesn't shortchange effort.** Whether it's kindness, hard work, generosity, or integrity – the energy you invest creates ripple effects that **eventually return**.
  - **Compensation shows up in all areas:**
    - Financial abundance
    - Opportunities
    - Love, trust, and support
    - Personal growth
    - Spiritual insight
1. **Focus on Giving Value First:** Ask, “How can I serve, uplift, or support someone today?”  
Compensation flows to those who contribute sincerely – not just those chasing reward.
  2. **Detach from the Form of the Return:** You may not get rewarded directly from the same person or situation where

you gave — but you will be compensated, sometimes from unexpected sources.

3. **Audit Your Inputs:** If you're not receiving what you want, reflect on what you're consistently giving in thought, energy and behaviour.
4. **Be Grateful for What You Already Receive:** Gratitude increases your awareness of how richly you're already being compensated — and keeps your vibration aligned with abundance.

**Example Situations:**

| Cause (Input)                 | Compensation (Return)                              |
|-------------------------------|----------------------------------------------------|
| Helping others with no agenda | Unexpected help or kindness from others            |
| Consistent effort at work     | Promotions, new opportunities, referrals           |
| Being honest and trustworthy  | Strong relationships, deeper connections           |
| Personal growth or study      | Confidence, clarity, and problem-solving abilities |

**Compensation is not always financial.**

The reward may be in the form of peace of mind, love, wisdom, or protection from harm — all valuable forms of universal return.

**Quote:**

“You cannot outgive the universe. Whatever you give, it always finds its way back to you — multiplied.”

— *Bob Proctor*

**9. THE LAW OF RELATIVITY**

- Everything is **relative** — nothing is good or bad until it is compared to something else. Challenges are opportunities to grow and gain perspective. **Nothing is good, bad, big, or small — until it is compared to something else. Everything**

in life is relative. Challenges, successes, and experiences only take on meaning when viewed in context.

- Everything “just is” — until you compare it. Your situation isn't inherently positive or negative; it's your perspective (and what you're comparing it to) that defines how you feel about it.
  - Challenges help you grow. Life gives you obstacles not to break you, but to build strength, resilience, and wisdom — when you view them in relative context.
  - Avoid distorted thinking. Comparing yourself to others can lead to feelings of inferiority or superiority. Remember, you're on your own unique path.
1. Use Contrast for Perspective, Not Self-Judgment: Instead of thinking, “I'm behind in life,” reframe as: “I'm learning at the right pace for me.”
  2. Reflect on Progress: Look at where you were 6 months or a year ago. Relative to that, have you grown? Celebrate your relative progress, not perfection.
  3. Embrace Challenges as Growth Markers: Ask: “What is this situation teaching me about myself?” Hardships often appear right before major personal expansion.
  4. Practice Gratitude Through Contrast: Instead of focusing on what's missing, think about how your current situation could be worse — and appreciate what's working.

### Examples:

| Experience               | Relative Reframe                                         |
|--------------------------|----------------------------------------------------------|
| Struggling with finances | Compared to the total poverty, you still have resources. |
| Minor health issue       | In contrast to serious illness, you're doing well        |
| Feeling behind in career | Compared to where you started, you've grown a lot.       |
| Relationship conflict    | Seen as an opportunity to communicate and                |

Experience

Relative Reframe  
grow.

You can always find someone doing “better” or “worse” than you — but neither defines your worth or potential. Your reality is best judged relative to your own path, growth, and values.

- **Social Comparison Theory:** People evaluate themselves based on how they compare to others — often creating unnecessary suffering. The Law of Relativity encourages inward comparison instead.
- **Cognitive reframing:** A key technique in therapy that helps individuals shift perspective by changing the context or interpretation of an experience.

**Quote:**

“When you change the way you look at things, the things you look at change.”

— *Wayne Dyer*

## 10. THE LAW OF POLARITY

1. **Honor Your Current Phase:** Are you in a phase of growth? Rest? Uncertainty? Instead of forcing change, ask: “What is this phase trying to teach or give me?”
  - Everything has an opposite: hot/cold, light/dark, good/bad. **Opposites are necessary** for understanding and growth. **Everything has an opposite — and both are necessary.** This universal law teaches that **duality** exists in all things: love/hate, light/dark, success/failure, joy/sorrow. These opposites are not enemies — they are **two ends of the same spectrum**.
  - **Nothing exists without its opposite.** You can’t know happiness without knowing sadness. You can’t understand light without experiencing darkness.

- **Opposites create balance and contrast.** Contrast gives life meaning, depth and appreciation. It allows you to grow, learn, and become aware of what you truly want.
  - **You can shift your position on the spectrum.** Even if you're experiencing pain or lack, you have the ability to **transmute** that experience toward its opposite (healing, abundance, joy).
1. **Reframe Challenges as Necessary Contrast:** Instead of saying, "This is bad," try: "This contrast is helping me recognize what I truly want."
  2. **Identify the Hidden Gift in the Opposite:** Ask: "What is this experience here trying to teach me?" Often, the "negative" side of polarity holds a hidden **lesson, strength, or clarity**.
  3. **Use Opposites to Shift Emotionally:** Feeling discouraged? Focus on **gratitude**. Feeling rejected? Practice **self-love**. The more you shift toward the opposite, the more your vibration and perspectives rise.
  4. **Know Nothing Is Permanent:** If you're in a low or dark phase, the Law of Polarity reminds you:

"This too shall pass." The other side *always* exists and is already accessible in potential form.

| Negative Pole | Positive Pole |
|---------------|---------------|
| Fear          | Love          |
| Failure       | Success       |
| Sadness       | Joy           |
| Lack          | Abundance     |
| Confusion     | Clarity       |
| Weakness      | Strength      |

These aren't separate things — they are **degrees of the same essence**.

**Quote:**

“Everything is dual; everything has poles; everything has its pair of opposites... Opposites are identical in nature, but different in degree.”

— *The Kybalion*

**Scientific & Psychological Tie-In:**

- **Physics:** Positive and negative charges are required for flow (like electricity or magnetism).
- **Jungian Psychology:** Carl Jung emphasized embracing your “shadow” (the darker parts of the psyche) to find wholeness.
- **Emotional Intelligence:** Awareness and acceptance of all emotions — not just “positive” ones — leads to maturity and wisdom.

You’re never stuck. If you’re in one extreme, its opposite **must** exist. The Law of Polarity empowers you to **move toward the emotional or energetic state you prefer** — by understanding and leveraging contrast.

## 11. THE LAW OF RHYTHM

**Honor Your Current Phase:** Are you in a phase of growth? Rest? uncertainty? Instead of forcing change, ask:

“What is this phase trying to teach or give me?”

- Life flows in **cycles and patterns** — like seasons, tides, or personal highs and lows. Accepting this helps you move with, not against, life’s rhythms.

**Everything flows in cycles and patterns.** Just like the tides, seasons, moon phases, and heartbeat — life moves in **natural rhythms**. These cycles influence emotions, energy levels, relationships, and life stages.

- **Everything has a rhythm:** Ups and downs, beginnings and endings, growth and rest — all are part of the universal pulse.

- **Nothing stays the same forever.** If you're in a high, know it will pass. If you're in a low, **that too shall pass**. Each phase serves a purpose.
  - **Resistance causes suffering.** When you fight the rhythm of life (trying to always be "on," happy, or productive), you create stress and burnout. Peace comes from **riding the wave, not resisting it**.
1. **Work With Your Natural Energy:** Don't push through when your body or spirit asks for rest. Align your tasks with **high-energy days**, and allow yourself **recovery time** during low periods.
  2. **Track Your Emotional Cycles:** Journal your mood, energy, or productivity for a few weeks. Patterns will emerge. This helps you anticipate and adapt to your personal rhythm.
  3. **Trust the Flow:** When life feels slow, empty, or challenging – trust it's a **setup for the next cycle**. Nature rests in winter before blooming in spring.

### Life Rhythms:

| Life Area     | Rhythm Example                                 |
|---------------|------------------------------------------------|
| Emotions      | Joy → Sadness → Peace → Excitement → Stillness |
| Creativity    | Inspiration → Action → Revision → Rest         |
| Health/Body   | Activity → Fatigue → Recovery → Strength       |
| Relationships | Passion → Conflict → Growth → Connection       |

You're not meant to be **"on" all the time**. Just like the ocean ebbs and flows, **so do you**.

### Quote:

"To everything there is a season, and a time to every purpose under the heaven." – *Ecclesiastes 3:1*

## 12. THE LAW OF GENDER

- All things have **masculine and feminine energy**, and both are necessary for creation and balance. This isn't about physical gender, but about **energetic balance** (e.g., action vs. intuition). **Everything contains both masculine and feminine energy.** This law governs the **creative forces** of the universe – not biological sex or physical gender, but **spiritual and energetic polarities** that exist in all people, experiences, and forms of life.
- **Masculine and feminine are energies, not identities.** Every being and creation process contains both:
  - ☒ **Masculine (yang):** logic, action, strength, focus, structure.
  - ☒ **Feminine (yin):** intuition, flow, nurturing, receptivity, creativity.
- **Creation requires both energies.** Just like it takes seed (masculine) and soil (feminine) to grow life, all forms of creation – whether it's art, relationships, or business – need the **balance** of doing and being.
- **Imbalance causes dysfunction.** Too much masculine energy → burnout, rigidity, emotional suppression Too much feminine energy → indecision, lack of boundaries, inaction. **Harmony is the key to wholeness.**
  - **Balance Your Inner Energies: To activate your masculine side:** Set goals, take decisive action, create structure, and lead.
  - **To activate your feminine side:** Meditate, reflect, receive support, engage in creative flow, trust intuition.

Healthy connections often thrive when there's a **balance of polarity** – not dominance. Recognize and honour each person's expression of both energies.

- **In Work and Creativity:** Plan (masculine), then flow and create (feminine).

- Launch and take risks (masculine), then nurture and refine (feminine).

Examples of Gender Polarity in Life:

| Masculine Energy | Feminine Energy |
|------------------|-----------------|
| Doing            | Being           |
| Giving           | Receiving       |
| Thinking         | Feeling         |
| Logic            | Intuition       |
| Stability        | Flexibility     |
| Order            | Flow            |

Both are sacred, and both are needed in **equal and dynamic balance**.

Quote:

“The masculine and feminine principles must be balanced within for wholeness to be achieved.” – *The Kybalion*

Universal Laws are **fundamental principles** believed to govern **everything in existence** – from subatomic particles to galaxies, thoughts, emotions, relationships, and energy itself. They are not religious, but **spiritual in nature**, grounded in **ancient wisdom** and supported by **modern science and metaphysics**.

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## **Chapter – 20 :**

# **Science - Spirituality - Metaphysics**

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Physical science : Physics, chemistry, Astronomy, Earth Science (non-living systems, load, stars, energy, Chemistry.

Life Science : (Biological Science) : Living Systems (Biology, Botany Zoology) Formal Science : Mathematics, Computer Science.

Social Science : Psychology, Sociology, Economics.

Quantum and entanglement. It is one of the most mind bending concepts in physics often described as “Spooky Action” at a distance by Albert Einstein himself because it defines our everyday understanding of how things work in our life.

We are not separate from Brahman (Universal Consciousness).

**1. Science:** Universal Laws often align with scientific concepts, especially in:

- **Physics** (e.g., Law of Vibration aligns with quantum theory)
- **Biology** (rhythmic cycles, energy flow)
- **Neuroscience** (thoughts shaping reality, neuroplasticity)
- **Cause and Effect** is fundamental in all scientific reasoning.

Science explains the **how** of energy and form – Universal Laws explore the **why** behind it.

**2. Spirituality:** Spiritual traditions throughout history – from **Hermeticism** and **Buddhism** to **Christian mysticism**, **Taoism**, and **New Thought** – have taught principles that mirror these laws:

- **As within, so without** (Law of Correspondence)
- **Karma** (Law of Cause and Effect & Compensation)

- **Duality and unity** (Law of Polarity & Divine Oneness)

Spirituality brings in the **consciousness** aspect: intention, purpose, soul, and interconnectedness.

### 3. Metaphysics

Metaphysics is the bridge between science and spirituality – the study of **what lies beyond the physical world**. It includes:

- Energy fields and vibration
- Non-linear time and manifestation
- Mind-body-soul connections
- The observer effect (you influence reality through attention and intention)

Metaphysics explores how thoughts, emotions, and consciousness shape physical reality.

Why Understanding Universal Laws Matters

**Empowerment** – You realize you're not a victim of life; you're a co-creator.

**Alignment** – You stop forcing outcomes and start flowing with life's rhythms.

**Clarity** – You understand why things happen and how to respond with wisdom.

**Healing & Growth** – You shift from judgment to awareness and transformation.

### Unified Example: The Law of Vibration

- **Science:** Everything is made of vibrating atoms (quantum physics).
- **Spirituality:** “Raise your vibration” to align with love, peace, and joy.

- **Metaphysics:** Your dominant frequency determines what you attract into your experience.

**Truth is Eternal so also Bliss**

- **Philosophically:** Truth does not change with time or perspective. It exists beyond opinions, biases, or transient circumstances.
- **Spiritually (especially in Vedanta, Buddhism, etc.):** Truth (Satya) is equated with the ultimate reality — unchanging, formless, and infinite (often referred to as Brahman or Tao).
- In this view, truth is not just factual correctness, but the essence of all that is BLISS.

**BLISS : (Ananda)** is often described in spiritual traditions as not just happiness, but a deep, unshakable peace and fulfilment.

- If truth is the nature of ultimate reality, then bliss is its experience. Hence, **where truth is fully realized, bliss naturally follows.**
- This aligns with the Vedantic triad: **Sat-Chit-Ananda** — Existence, Consciousness, Bliss — the nature of the Self or Ultimate Reality.

**Interpretation:**

If truth is eternal, then bliss too — as its inseparable aspect — must also be eternal. When one lives or abides in truth, they dwell in bliss. Not fleeting happiness, but deep, lasting peace.

There is a Supreme Power and a ruling force which prevents and rules the boundless Universe you are a part of this power. (Soul / Atman and Brahman / Universe).

Your life is made of only two kind of things, positive things and negative things. If you have more negative things than positive things in your life, then something is very wrong and you know it.

You really deserve a life over flowing with good things. Lack of love only makes you poor and sad. Love moves in waves and currents like those in the ocean.

A natural great power like gravity and electromagnetism are invisible to our senses, but their power is indisputable. Likewise, the force of love is invisible to us, but its power is in fact far greater than any of the natural powers. The evidence of its power can be seen everywhere in the world.

Without love there is no life.

In every single invention, discovery and human heart, it is love that force that moves you.

You have power over your life, and the power is inside you. Why are you alienated from your humanity? Because it is your choice – positive or negative. Lack of knowledge and understanding of the power of love is clear in people. Lives across the planet today and entire span of history demonstrate that a “huma love is the most powerful and still most unknown energy in the world.”

You've touched on a deep and powerful truth – one that's been echoed in spiritual traditions, philosophies, and even modern science in different forms. Let me reflect and clarify what you're saying, because there's real insight in your words, even if the structure feels raw or unpolished.

- **There is a Supreme Power** – a force that governs the universe, often identified as Brahman, the Universe, or Divine Consciousness. You, as Soul or Atman, are intrinsically part of it.
- **Life is Made of Positives and Negatives** – The balance of these energies determines the quality of your experience. A life overwhelmed by negativity means something essential is missing.

- **Love is the Missing Piece** – Love is the greatest force, yet invisible, like gravity or electromagnetism. It is misunderstood and underused, but its power is profound. It is the creative force behind everything worthwhile – inventions, compassion, healing, connection.
- **You Have Power** – The power to shape your life lies within you. If life feels empty or negative, the answer isn't punishment – it is awakening. It is understanding and aligning with love.

### **Why Isn't Your Life Amazing?**

You ask this honestly: "Why is my life not amazing?"

The answer you're giving is choice and awareness:

- **Choice** between positivity and negativity.
- **Awareness** of the power of love and your own inner force.

The world doesn't teach us about love as an energy – only as a feeling or romance. So people live disconnected from its full power. But if you live aligned with love – through gratitude, compassion, truth – everything begins to change.

### **To Summarize in Simpler Terms:**

You are a soul, a part of the divine universe.

Your life is a reflection of your inner state – positive or negative. Love is the most powerful, yet least understood force in existence. When you understand it, when you live by it, you align with the universe's greatest energy.

Your life becomes amazing when you choose love, every single day.

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## **Chapter – 21 :**

# **The Law of Attraction and You**

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The universe is governed by natural laws. The most powerful law in the universe, “the law of attraction” is what holds every star in the universe and forms every atom and molecule. The force of attraction of the sun holds the planets in our solar system, keeping them from hurtling into space. The force of attraction in gravity holds you and every person, animal, plant and mineral on earth. The force of attraction can be seen in all nature. From a flower attracting bees or a seed attracting nutrients from the soil, every living creature is being attracted to its own species. It operates among all the animals on the earth, including fish in the sea and birds in the sky leading them to multiply and form herds, schools and flocks. The force of attraction holds together the cells of our body, the materials of our house and the furniture we sit on. It holds our car in the road and water in our glass. Every object we use is held together by a force that draws people to form cities and Nations, groups, clubs and societies where they share common interests.

### **The Force of Attraction**

This force shapes everything—from the stars in the cosmos to the smallest molecules in our bodies.

It is the Sun’s gravitational pull that keeps the planets of our solar system in orbit, preventing them from drifting into the void. Gravity, the physical manifestation of attraction, anchors us to the Earth, holding every person, animal, plant, and mineral in place.

We see attraction at work in all of nature. Flowers attract bees. Seeds draw nutrients from the soil. Every living creature is drawn to its own

kind—birds gather in flocks, fish swim in water, and animals form herds. These behaviours reflect a deep, instinctive pull that guides life to multiply and connect.

On a microscopic level, attraction holds together the cells in our bodies and the atoms in every object around us. It binds the materials of our homes, the furniture we use, the cars we drive, and even the water in our glass.

Beyond the physical, attraction shapes our societies. It draws people together into families, communities, cities, and nations. It forms clubs, groups, and cultures based on shared values and common purpose.

From the cosmic to the personal, the force of attraction weaves through every level of existence—binding, guiding, and uniting all things.

## THE ATTRACTIVE FACE OF LOVE

The law of attraction or the law of Love are one and the same. The law of attraction is unfailingly giving you things in your life based on what you are giving out. You attract and receive the circumstances of Wealth, health, relationships. Your job and every single event and experience in your life is based on the thoughts and feelings you are giving out. Give positive thoughts and feelings about money and you magnify positive circumstances and good things.

Your feeling from the moment you are born are constant as you are always feeling something and so also is every other person. You have sense of sight, hearing, taste, smell and touch (Panchandriyas) so that you can feel everything in life. They are feelings senses and your feelings are the fuel. You have good feelings and bad feelings or positive and negative feelings. **All good** feelings come from love and all bad feelings come from lack of love. All negative feelings are

earning from lack of love. Good feeling means you have lots of joyful and happiness. Your feelings reflect in what you are giving.

Life is not happening to you ; life is responding to your call. Every one of your lives is your call; The creator of your life; You are the creator of your life. You are the creator of your life story. You are the director of your life movie. You decide what your life will be, by what you give out to the world.

What is it that you can feel infinite good feelings for ? There is no end to the height of life. You can receive love which is the supreme ruling power of life and it causes you to attract others through your Good Feelings. Everything is about how you feel. The single motivating power of your entire life is your core feelings. All things you want or are motivated by the good feelings will give you money, help happiness. They are bursting to come in your life. You must have good feelings to bring them to you. You have to be happy first and give Happiness to receive happy things. You are in command of your feelings, you are in command of your love and the force of love will give back to you whatever you give out. Let us understand by Chakra called “Lakshmi Chakra”.

### **1. You Are Always Feeling Something**

- From the moment you are born, you're constantly experiencing life through your senses: sight, hearing, taste, smell, and touch (Panchendriyas).
- These senses are not just physical tools—they're the gateways to feelings. And feelings are the fuel of life.

### **2. Feelings Are Everything**

- **Positive feelings** (like joy, excitement, enthusiasm) come from love.
- **Negative feelings** (like fear, anger, sadness) come from a **lack** of love.

- So in a way: **Love is the source**—or the root cause—of every good experience.

### 3. You Are the Creator of Your Life

- Life doesn't just "happen" to you. It **responds** to you.
- You're the **creator, director, and writer** of your life story.
- What you **give out** emotionally (in thoughts, actions, and intentions) is what you **receive** in return.

### 4. Good Feelings Attract Good Things

- Everything you want in life—money, health, happiness—is driven by the good feelings you expect them to bring.
- But instead of waiting to get those things before you feel good, you need to **feel good first**.
- **Good feelings are the magnet.** They attract the abundance you're seeking.

### 5. Love is the Supreme Force

- Love is the highest power and the true energy behind manifestation.
- To attract more love, success, or joy, you must first **give it**—through your thoughts, emotions, and actions. Change of feelings changes your life course. All that we send into the lives of others comes back into our own.

#### 1. Laxmi Chakra – The Cycle of Abundance

This is the cycle of giving and receiving.

The Laxmi Chakra is also called “Gomati Chakra” in Indian Philosophy.

The goddess Laxmi represents wealth and prosperity.

To sum it up ;

You are not the victim of life – you are the creator.

How you feel shapes what you experience,  
Choose Love, Choose Joy, Choose good feelings.  
That's how you attract everything you want.

It is also explained that as you attract love it will come to you. When you attract love you attract wealth (Laxmi), Wealth and, money is called Dhanalaxmi, When money comes, you get your own house through Grihalakshmi. When Grihalakshmi comes, you attract Santana Lakshmi (children).

When children come, the next loop begins again, starting from Dhanalakshmi, then again Grihalakshmi, and again Santana Lakshmi and so on. When five cycles are completed, you become may and enjoy status which means you will never brake easily.

### **Love everything**

Look for Technology and inventions you love.

Look for the buildings you love, cars, roads you love, cafe, restaurant you love, stores you love. Walk down a street or through a store with the intention of friendship. Birds, trees, flowers, perfumes and the colours of nature. See what you love here, what love speak about. What you love is the master key that opens the gates of happiness. Clarity of mind means clarity of fashion. Be grateful and show gratitude.

Say thanks every moment. This is the greatest prayer. Gratitude is the bridge to love. Love is the sticking power.

Love is the attracting face that brings money and love is also the power that makes money stick. Your body will change into whatever you aspire for through your feeling.

## Change of Feelings, Change of Destiny

Everything we send into the lives of others returns to our own.  
When we choose love, we shift our reality.

Look at technology and inventions that inspire you.

Notice the buildings you admire, the cars you love, the roads you  
enjoy traveling on.

Visit cafes, restaurants, and stores that bring you joy.

Appreciate birds, trees, flowers, scents, and the colors of nature.

Ask yourself: What do I love here?

Let love guide your attention. Without love, life becomes muted.

Clarity of mind brings clarity in every area—even fashion.

Be grateful. Show gratitude.

Say "thank you" every moment.

This is the greatest prayer.

Gratitude is the **bridge to love**, and love is the sticking power.

This applies to money too.

Love draws abundance in, and love helps it stay.

Your body and your life will transform to match your feelings.

So choose love. Choose gratitude. And watch your destiny change.

**Ask the Universe.** Write on a piece of paper that I want crores of  
rupees. I am so happy and grateful. Now I want crores of rupees.

There is a Supreme Power and rolling force that provides and rules  
the boundless universe. You are a part of this power you can realise  
that you are the way to all amazing life. The power is within you Call  
it Atman and Braman. You can realise that you are the way to an  
amazing life. Experience the magic of life in its fullness and then you  
have an amazing life.

Live today not yesterday or tomorrow.

Everything in the universe is magnetic and everything has a magnetic frequency including your thoughts and feelings. Use words like fantastic, amazing, fabulous, brilliant and wonderful.

I am so happy and grateful now that I am receiving crores of rupees. I align myself with the Supreme Power – the rolling force that rules this vast, boundless Universe.

I recognize that I am a part of this divine energy. I am Atman. I am Brahman. The power that creates worlds flows through me.

I realize and accept that I am the way to an amazing life.

I tune in to the universal consciousness and allow its brilliant frequency to guide me.

Every cell of my being is magnetized to the wonderful abundance that the Universe joyfully offers.

I choose to live in the now – not in yesterday, not in tomorrow – but in this fantastic present moment.

My thoughts are magnetic. My feelings are magnetic.

I attract only the fabulous, the brilliant, the amazing.

The Universe is responding. I am aligned. I am ready.

1 crore of rupees is already on its way to me.

**Thank you, thank you, thank you.**

Everything is working out in the most wonderful way.

### **Imagine what you deserve**

a. Feel : Feel love, feel what you desire.

b. Receive : Think and act as if you have received actual rewards. Follow it (enjoy as if you have already got it)

Atoms or elementary particles themselves are not real. They form a world of potentialities or possibilities rather than one limited by things or facts.

“Your feelings are your God” (Chanakya BC)

You can change health, money, relationship or anything else. Imagine every scene and situation you can with what you want and feel that you have it now. Try to spend 7 minutes every day. Imagine and feel that you have what you want.

The 777 manifestation is a powerful method. This is a journaling technique in which the law of attraction manifests your desires. The practice involves the use of affirmations that are practiced 7 times in the morning, 7 times in the night for 7 consecutive days. This method is for spiritual awakening of wisdom and good fortune.

Every person is surrounded by magnetic fields. Wherever you go the magnetic field goes with you.

You attract everything through the magnetism of your field.

Destiny is no matter of chance. It is a matter of choice. First love and next everything follows. There is only 'Yes' for the law of attraction. Your life is your story, You are creating your story. Love is the greatest power of it all things.

## 1. Feel It First

- Let yourself **feel love**, joy, abundance, and success — **as if you already have them**.
- Emotions are powerful. What you feel deeply, you attract.
- **“Your feelings are your guiding force, even your *inner divinity*”**(as echoed by Chanakya, 350–273 BC).

## 2. Receive With Gratitude

- Live, think, and act as if your desires are already fulfilled.
- Celebrate what's on the way **as if it's already here** — this is the mindset that aligns your reality with your desires – sub conscious repeats and you get it.

### 3. Imagination = Creation

- **Imagination** is the beginning of manifestation.
- Every imagined scene plants a seed in the garden of reality. Visualize every detail — what you see, hear, feel — **for at least 7 minutes daily**.
- **Live in that mental movie** where everything you want is already yours.

### 4. You Are Magnetic

- You carry a **magnetic field** wherever you go.
- This field attracts people, circumstances, and events in resonance with your **dominant emotions and thoughts**.

### 5. Quantum Possibility

- Even at the tiniest level, reality isn't fixed — it's a **field of possibilities**.
- Like atoms, your reality responds to **focus and observation** — what you focus on, expands.
- **6. You Create Your Story**
- Destiny isn't chance — it's **choice**.
- You are the **author** of your life. Write your story with **intention**, starting with love.
- Love is the **greatest force**, the energy that brings everything together.

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## **Chapter – 22 :**

### **Goal of Life**

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To enjoy life now and after death (Moksha) knowing self called Atman / consciousness / Brahman.

Saguna Brahman and Nirguna Brahman.

Knowing / Reading / Hearing / Practicing (Shravanam, Mananam Nidhi -Dhyasanam, Three activities – Bhakti yoga, Karma Yoga, and Jnana Yoga (Raja Yoga / Meditation) the sole Purpose is to get blessings.

To want to be Stithaprajnassia (स्थित प्रज्ञस्य).

Moksha – freedom now and after death.

Pooja – meditation for life.

Skill development – earning – fulfilling desires and helping others (Sakama Karma and Niskama Karma.

Be happy at all times.

When you are happy you will not ask what is the purpose of life.

But when unhappy you will ask what is the purpose of life, what is the meaning of life.

But to remove all types of fears in day-to-day life.

We want everlasting happiness and bliss. For this we need the following,

Understand Human 6 Virtues as follows ;

Courage.

Wisdom.

Judgement.

Humility.

Temperance.

Transcendental Meditation / Spirituality.

To know and to practice – Dharma, Artha, Kama, Moksha (धर्म, अर्थ, कामा, मोक्ष).

To know the art of living.

To know “yama and niyama” (यम और नियम).

## Purpose of Life

To experience joy in this life and attain Moksha (liberation) – freedom both now and after death – through realization of the Self (Atman), which is pure consciousness (Brahman).

## 2. Self-Realization

- Know the **Atman** (individual self) is not separate from **Brahman** (universal consciousness).
- Understand both:
  - **Saguna Brahman** – God with attributes (personal divinity).
  - **Nirguna Brahman** – Absolute, formless, pure consciousness.

## Pathways to Liberation (Moksha)

The threefold practice:

- **Bhakti Yoga** – Devotion and love for the Divine.
- **Karma Yoga** – Selfless action (Sakama and Nishkama Karma).
- **Jnana Yoga / Raja Yoga** – Wisdom through knowledge, self-inquiry, and meditation.

These lead to **grace/blessings (anugraha)** and inner transformation.

## Spiritual Practice & Knowledge

### The Threefold Path to Wisdom:

- **Shravanam** – Listening to the truth (scriptures, guru).
- **Mananam** – Reflecting and internalizing.
- **Nididhyasanam** – Deep contemplation and meditation.

### Pooja = Meditation for life

- Not just rituals, but a way of living consciously.

### Moksha = Freedom

- **Now:** Freedom from fear, stress, sorrow, and attachments.
- **After death:** Liberation from the cycle of birth and death (samsara).

## Qualities of a Liberated Person

**Sthitaprajna** – One with steady wisdom (Gita Chapter 2):

- Unshaken by joy or sorrow.
- Content, detached, fearless, and wise.

## Happiness as the Default

“When you are happy, you don’t ask the purpose of life. When unhappy, you seek it.”

- Goal: **Everlasting bliss (Ananda)**, not fleeting pleasure.
- Remove **all fears** in daily life through wisdom and spiritual strength.

## Human Virtues (Dharma / Character)

- **Courage** – Facing life without fear.
- **Wisdom** – Knowing right from wrong.

- **Judgment** – Discerning truth and illusion.
- **Humility** – Ego-less awareness.
- **Temperance** – Self-control and balance.
- **Spiritual discipline** – Practicing meditation and surrender.

### **The Four Goals of Human Life (Purusharthas)**

- **Dharma** – Righteousness, moral values.
- **Artha** – Prosperity, resources, skill development.
- **Kama** – Fulfilment of desires in harmony with dharma.
- **Moksha** – Ultimate liberation.

All must be understood and practiced in balance.

### **The Eightfold Path of Yoga (Ashtanga Yoga – अष्टांग योग )**

- **Yama** – Restraints (non-violence, truth, non-stealing, celibacy, non-possessiveness).
- **Niyama** – Observances (purity, contentment, austerity, self-study, surrender).
- **Asana** – Posture.
- **Pranayama** – Breath control.
- **Pratyahara** – Withdrawal of senses.
- **Dharana** – Concentration.
- **Dhyana** – Meditation.
- **Samadhi** – Absorption in the Absolute.

### **Living the Art of Life**

- Practice spiritual awareness in everyday activities.
- Cultivate skills to **earn, fulfil duties, and help others**.
- Lead a life that is joyful, purposeful, fearless, and free.

## Yamaha niyama

As per Patanjali yoga Sutra are two of the 8 Limbs of (Astanga Yoga) Meditation yoga.

### Yama

- Ahimasa (Non-Violence), not harming through thoughts word and deed no violence, towards all living beings including oneself No physical violence.
- Satya (truthfulness) speaking and living truthfully.
- Asatya (falsehood 7 untruths).
- Brahmacharya. Wise management and conservation of one's vital energy. It encourages moderation in all sensory pleasure.
- Aparigraha on possessiveness /non greed).
- **Yama and Niyama (Ashtanga Yoga – Patanjali Yoga Sutra).**
- In Patanjali's **Ashtanga Yoga** (Eight Limbs of Yoga), the **first two limbs** are:
- **Aparigraha (Non-possessiveness / Non-greed).**
- Letting go of attachment to possessions, people, or outcomes.
- Living simply and contentedly, without hoarding or craving more.

### Niyama

Personal discipline (Niyama).

Observances, Self-discipline and spiritual growth.

Swatcha (Purity) internal and external purity, keeping surroundings clean, staying with pure thoughts Santhosha (contentment) Finding your core all the time. Attitude of gratitude.

Tapas (Austerity) spiritual practices Asana, Pranayama, Meditation.

Swadhya – Study of secret texts. (Self-knowledge) to know one's place in the universe.

Ishwara – Pranidhana (surrender to higher power /devotion / consciousness.

### **Niyama – *Personal Discipline / Observances***

Niyamas are personal practices that lead to self-discipline, inner clarity, and spiritual growth. They help purify the body and mind and cultivate positive habits and attitudes.

#### **3. Shaucha (Purity)**

- **External Purity:** Cleanliness of the body and surroundings.
- **Internal Purity:** Clarity of thoughts, emotions, and intentions.
- **Mental Purity:** Avoiding negative thoughts, emotions, and toxic influences.

#### **2. Santosha (Contentment)**

- Cultivating a mindset of satisfaction with what you have.
- Practicing **gratitude** in daily life.
- Letting go of craving and comparison.

#### **3. Tapas (Austerity / Self-discipline)**

- Committed effort in spiritual practices.
- Enduring challenges for higher growth.
- Practices include **Asana, Pranayama, and Meditation.**

#### **4. Svadhyaya (Self-study / Study of Sacred Texts)**

- Reflection on one's thoughts, actions, and purpose.
- Studying spiritual scriptures or wisdom literature.
- Gaining **self-knowledge** and understanding one's role in the universe.

## 5. Ishwara Pranidhana (Surrender to a Higher Power)

- Letting go of ego and control.
- Trusting and surrendering to divine will, universal consciousness, or a higher power.
- Practicing devotion, humility, and acceptance.

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## Chapter – 23 :

# Importance of Upanishad

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The **Upanishads** are a collection of ancient Indian spiritual texts that hold immense importance in Hindu philosophy and Indian thought. Here's a concise breakdown of their significance:

### 1. Philosophical Foundation of Hinduism

- The Upanishads form the **core of Vedanta philosophy**, which is one of the six major schools of Hindu thought.
- They explore deep metaphysical questions such as:
  - What is the nature of reality?
  - Who am I? (Atman)
  - What is the ultimate truth? (Brahman)

### 2. Concepts of Atman and Brahman

- The **Atman** (individual soul) and **Brahman** (universal soul) are central to Upanishadic teaching.
- They stress that realizing the unity between Atman and Brahman leads to **moksha** (liberation from the cycle of birth and death).

### 3. Shift from Rituals to Inner Realization

- Earlier Vedic texts emphasized **rituals and sacrifices**.
- The Upanishads move the focus toward **meditation, self-inquiry, and knowledge**, promoting a more internalized and spiritual approach.

### 4. Influence on Indian Culture and Spirituality

- They deeply influenced Indian art, literature, ethics, and spiritual practices.

- Many Indian philosophies—like Advaita Vedanta (non-dualism)—are built on Upanishadic teachings.

## 5. Universal Appeal

- Their teachings go beyond religion—touching on **universal themes** like consciousness, truth, and the meaning of life.
- Western thinkers such as **Schopenhauer, Emerson, and Aldous Huxley** admired and were influenced by them.

## 6. Scriptural Authority

- The Upanishads are considered **Sruti** (divinely revealed texts) and thus hold **supreme authority** in Hindu theology, forming the **Jnana Kanda** (knowledge portion) of the Vedas.

Upanishad teaches pancha koshas, Panchendriyas;

Annamaya Kosha, Pranaya Kosha, Manomaya Kosha, Vijnamay Kosha, Anandmay Kosha.

- Annamaya Kosha -  
“Anna” = food  
This is the physical body, sustained by food. It is the outermost sheath and the grossest.
- Pranamaya Kosha -  
“Prana” = life force  
This is the vital energy sheath, responsible for physiological functions like breathing, circulation, etc.
- Manomaya Kosha -  
“Manas” = mind  
The mental sheath, which governs thoughts, emotions, and sensory processing.
- Vijnanamaya Kosha -  
“Vijnana” = intellect, wisdom  
The intellectual sheath, responsible for discernment, judgment, and higher reasoning.

- Anandamaya –  
“Ananda” = bliss  
The bliss sheath, the innermost layer, associated with deep joy, peace, and spiritual experience.

These koshas are seen as layers covering the true Self (Atman), and spiritual practices aim to transcend each sheath to realize the Atman.

Upanishad helps to enjoy continuous BLISS.

## SHRAVANAM MANANAM AND NIDIDHYASANAM

The three terms you’ve listed – **SRAVANAM**, **MANANAM** AND **NIDIDHYASANAM** – are core concepts in **Advaita Vedanta**, a school of Indian philosophy. They outline a **three-step process** for realizing the **Self (Atman)** and understanding **Brahman (ultimate reality)**.

### 1. Sravanam – Listening

- **Meaning:** Attentive listening to the teachings of the scriptures (especially the **Upanishads**) and a qualified teacher (Guru).
- **Purpose:** To **gain knowledge** of the Self and Brahman through **scriptural study**.
- **Approach:** Passive but attentive; involves understanding the **Mahavakyas** (great sayings like Tat Tvam Asi – “You are That”).

### 2. Mananam – Reflection

- **Meaning:** Deep reflection and **logical reasoning** on the teachings to **remove doubts** and inconsistencies in understanding.
- **Purpose:** To ensure that the knowledge gained is **intellectually clear** and not just hearsay.
- **Approach:** Active engagement through questions, discussions, and contemplation to solidify understanding.

### 3. Nididhyasanam – Meditative Absorption

- **Meaning:** Repeated **meditation** and **internalization** of the truth, leading to direct realization.
- **Purpose:** To eliminate deep-seated **ignorance and mental habits**, integrating the knowledge into one's being.
- **Approach:** Deep, contemplative meditation on the Self as **non-different from Brahman**.

Few enlightened Gurus are :

Buddha, Mahavira, Adi Shankaracharya, Jesus, Christ, Prophet Mohammed, Ramakrishna Paramahansa, Jiddu Krishnamurti, Ramana Maharshi – Swami Nityananda of Vajreshwari. We can reach or aspire for the experience of these enlightened persons.

### Benefits of Jnanam (Spiritual Knowledge):

#### 1. Peace of Mind (Shanti):

- The constant mental chatter ceases. Desires and fears reduce. You stop chasing temporary pleasures and find a deeper inner calm.

#### 2. Liberation (Moksha):

- The ultimate benefit. Freedom from the cycle of birth and death (samsara) and identification with the body-mind complex.

#### 3. Mastery over Mind and Body:

- Through knowledge, one gains **viveka (discrimination)** and **vairagya (detachment)**, leading to mastery over senses, habits, and reactions.

#### 4. Clarity (No Confusion):

- The fog of ignorance (avidya) lifts. You know what is **real vs. unreal, eternal vs. temporary**, and act with wisdom.

**5. Improved Health (Indirectly):**

- Mental peace leads to reduced stress. Stress is a root of many diseases. A calm mind often brings better physical well-being.

**6. Self-Knowledge – “Who Am I?” (Atma-Jnanam):**

- You realize that you are not the body or mind, but the **unchanging, infinite consciousness** (Brahman or Atman).

**7. Freedom from All Fear (Abhaya):**

- Fear arises from attachment, ignorance, and identification with the body. With Self-knowledge, fear of death, failure, and future disappears.

**Scriptural Context:**

- **Bhagavad Gita 4.39:**

“A man who is full of faith, who is devoted to it, and who has subdued the senses, obtains knowledge. And having obtained knowledge, he attains supreme peace.”

- **Mundaka Upanishad 3.2.9:**

“He who knows that highest Brahman becomes Brahman indeed. In his family, none is born who does not know Brahman.”

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## Chapter – 24 : Essence of Bhagwadgita

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Essence of Bhagvad Githa

1. Karma Yoga, 2. Hard work, 3. Concentration, 4. Observe oneself,  
5. Sakarma Karma and Niskarma Karma, 6. Bhakhethi Yoga,  
a. Belief, b. Hope, c. Jnana Yoga, d. Atman /Brahman, e. Spirituality

### 1. Paths to Liberation (Yogas)

The Gita teaches multiple spiritual paths, each suited to different temperaments:

- **Karma Yoga (Path of Action)**
  - Do your duty without attachment to results.
  - Selfless service and **Nishkama Karma** (action without desire) purifies the mind.
- **Bhakti Yoga (Path of Devotion)**
  - Devotion to God with love and surrender.
  - Includes:
    - **Belief** in a higher power
    - **Hope** and faith in divine grace
    - **Spirituality** expressed through prayer, surrender, and love
  - Bhakti leads one out of sorrow and is the stepping stone to **Mukti** (liberation).

- **Jnana Yoga (Path of Knowledge)**
  - Discrimination between Atman (soul) and Anatman (not-soul/body).
  - Realization that Atman = Brahman (pure consciousness)
  - Leads to enlightenment and freedom from ignorance.

## 2. Key Concepts

- **Concentration** – Focused mind is necessary for all yogic paths.
- **Self-Observation** – Witnessing one's thoughts and actions leads to inner awareness.

Gunas (As mentioned in Shrimad Bhagwadgita)

1. Satho Guna, 2. Rajo Guna, 3. Liberation, 4. Thamo Guna

Coming out from Sorrow – Bhakthi Yoga (Devotion) - Stepping stone to Mukthi.

Bhagavad-Gita reveals to us how to get higher self-liberation.

Attain Higher self, Get Liberation (Mukthi) Enlightenment (Jnanayoga). All are having atman. Atman is the truth and is brahman that is atman's original – It is called Chethana that is atman's original character. Atman doesn't die. it cannot be deshay body (anathma) is temporary. Atman is spread everywhere. Atman has no physical existence.

## 3. Gunas (Qualities of Nature)

Every being and action is influenced by **three Gunas** (modes of nature):

- **Sattva Guna** – Purity, wisdom, balance, harmony.
- **Rajas Guna** – Passion, desire, restlessness, activity.
- **Tamas Guna** – Ignorance, laziness, darkness, inertia.

Liberation requires increasing **Sattva**, transcending **Rajas** and **Tamas**.

#### 4. Nature of the Atman (Soul)

- The **Atman** is eternal, unchanging, and indestructible.
- It is **Chethana** – conscious and full of awareness.
- The body is **Anatma** – temporary and perishable.
- Atman:
  - Doesn't die or decay
  - Has no physical form
  - Is omnipresent
  - Is the **true Self**
- Realizing the Atman is the key to **liberation (Moksha)**.

#### 5. Final Goals

- **Liberation (Moksha / Mukthi)** – Freedom from the cycle of birth and death.
- **Enlightenment (Jnana)** – Realization of the Self as Brahman.
- Attaining the **Higher Self** means living in harmony with truth, free from ego and sorrow.

#### Shravanam

"Shravanam" is a Sanskrit word that means "**listening**" or "**hearing**." It is a key concept in Hindu philosophy, especially in the context of **Bhakti Yoga** (the path of devotion) and **Jnana Yoga** (the path of knowledge).

##### 1. In Vedantic Tradition (Jnana Yoga):

"Shravanam" refers to **listening to the teachings of the scriptures (like the Upanishads)** from a qualified guru or teacher. It's the **first step** in the traditional three-step process of spiritual realization:

- **Shravanam** – Listening to the scriptural teachings.
- **Mananam** – Reflecting on those teachings.
- **Nididhyasanam** – Deep contemplation or meditation on the truth.

## 2. In Bhakti Yoga (Devotion):

"Shravanam" is also the **first of the nine forms of devotion** (Navavidha Bhakti), as taught in the Bhagavata Purana:

Here concept is Atman / Brahman or Ishwara , God (Vishnu, Shiva, Parvathi Devi)

1. Shravanam – Listening to the glories of God.
  2. Kirtanam – Chanting or singing his praises.
  3. Smaranam – Remembering him.
  4. Pada-sevanam – Serving him.
  5. Archanam – Worshiping him.
  6. Vandanam – Paying obeisance.
  7. Dasyam – Serving.
  8. Sakhyam – Befriending him.
  9. Atma-nivedanam – Complete surrender.
- 
1. In this context, **Shravanam Bhakti** means attentively listening to the stories, names, and teachings of scriptures God (like stories of Krishna, Shiva, Parvathi etc.) with devotion, often through scriptures like the **Bhagavatam (भागवतम्)** or discourses by saints or Acharyas.

Here stories are not important and only truthfulness ethics, morality are important. Characters are not important not neither are their names. All these names are only the concepts. Ultimately, we are learning the powers of atman, Brahman (Man).

## 2. Mananam (Reflection):

- Reflecting deeply on what you have heard/read.
- Clearing doubts through **logical reasoning, discussion,** and **personal contemplation.**
- It transforms knowledge from something merely intellectual to something personally meaningful.
- Questions asked during Mananam: *“Does this make sense?”*, *“How does this apply to my experience?”*, *“What are the doubts or contradictions I still have?”*.

### Why reflect (mananam) on the Vedas?

- Because direct realization doesn't come from **blind belief**.
- Mananam helps **internalize the subtle truths**, especially ideas like:
  - *“Tat Tvam Asi “* (You are That)
  - *“Aham Brahmasmi “* (I am Brahman)

Without reflection, the wisdom remains theoretical. With **mananam**, knowledge begins to transform **the seeker's mind**, clearing the way for direct experience.

**Mananam** is the **bridge** between hearing the truth and realizing it. It ensures the teachings of the **Vedas** are not just memorized, but **assimilated**, paving the way to inner clarity and eventually liberation.

## 3. Nididhyasanam (Meditation):

- Meditative absorption on the truths realized.
- Deepening the understanding until it becomes spontaneous and unshakable.

Experience philosophies, internally practicing, important lessons to be practiced and main contents to be put into practice.

Meditations to become mumukshu (A mumukshu is a person who has a deep, sincere desire for liberation (moksha - मोक्ष)).

Try to read and understand truth (Atmam /Brahma).

Try to reach ultimate knowledge (Jnanam).

Try for full mind (controlled Mind) awareness.

Try to control 5 senses.

Remove material attraction.

Forget past things and memories.

Have love with Atman not with material things.

Be in the present.

Don't think of the future.

Everything will be good.

Don't be over enthusiastic or too sad.

Not to be disturbed in mind amidst the three fold miseries when there is happiness and one is free from attachments, fear and anger.

Never be disturbed by your mind and body.

After bhakthi yoga we come to ;

Karma yoga and Jnana Yoga.

You can practice all on daily basis.

- This mental stability and equanimity are essential foundations for spiritual practice.

### **Sequential Practice of Yoga:**

- **Bhakti Yoga** (the path of devotion) (Love)
  - Surrender to the Divine with love and faith. Let devotion purify the heart.

- God or Atman / Brahman / soul / spirit (universal consciousness).
- **Karma Yoga** (the path of selfless action)
  - Perform duties without attachment to outcomes. Serve with a pure heart. “Karmanye Vadike Raste ma phaleshu Kadnchana” – Srimad Bhagavad Gita Chapter 2 verse 47.
  - No one can sit idle. It is the prakriti (nature) that makes everyone active. The smallest atom cannot be idle without the presence of spirit, souls, (Atman) the material body cannot move. It cannot stop even for a moment.
  - Doing your work / duty is karma and it is your duty. (become dharma). If you work (Karma) honestly, passionately you will be rewarded (Artha (Wealth) with wealth. You satisfy your wishes and desires which leads to be happiness. The life can be divided into 4 stages. Student life (brahmacharya) Earning person and family person (Grahasta), third one is semi retirement (Vana prasta) and 4<sup>th</sup> one is full retirement (Sanyasa).
  - In student life one has to have good attitude (positive, optimistic and constructive mind set) and increase skill. The skill will go on to create wealth.
  - After wealth in married life (Grahasta) one has certain obligations. If these are done that passionately and honestly, one will be a most successful individual which further gives pleasure and happiness.
  - In the third stage you will have free time and half the work you can distribute to future generation. By the 4<sup>th</sup> stage you must completely hand over to future generation (children) or hand over and to whom so ever you trust. Here two types of karma are suggested.
  - 1.Sakama Karma - सकाम कर्म (whatever you earn for self use).

- 2. Niskama Karma - निष्काम कर्म (Also earn for others e.g. charity).
- **Jnana Yoga** (the path of knowledge)
  - Seek the truth through study, reflection, and inner inquiry. Know the Self.

All three paths can be practiced **daily** — they are not mutually exclusive. Together, they support a complete and harmonious spiritual journey.

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## **Chapter – 25 :**

### **Man Has Three Primary Gunas**

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|            |   |                               |
|------------|---|-------------------------------|
| Satho Guna | – | Goodness / Purity.            |
| Rajo Guna  | – | Passion, Action, Desire.      |
| Thamo Guna | – | Ignorance, Inertia, Delusion. |

The concept of the **three Gunas—Sattva (Satho Guna), Rajas (Rajo Guna), and Tamas (Thamo Guna)**—comes from **Samkhya philosophy**, a foundational aspect of Indian thought, especially in the **Bhagavad Gita** and **Vedanta**. These *Gunas* are qualities or tendencies that exist in all beings and influence their behaviour, thoughts, and actions.

#### **1. Sattva (Satho Guna) – Purity, Knowledge, Harmony**

- **Qualities:** Clarity, wisdom, peace, truthfulness, compassion, detachment.
- **Associated with:** Light, balance, and spiritual progress.
- **Dominant in:** Yogis, saints, those seeking truth and higher knowledge.
- **Effect:** Leads to liberation (moksha) when cultivated.

*Example:* A person who is calm, kind, reflective, and selfless is influenced primarily by Sattva.

#### **2. Rajas (Rajo Guna) – Passion, Activity, Desire**

- **Qualities:** Ambition, restlessness, attachment, ego, action
- **Associated with:** Movement, desire for results, pleasure and pain

- **Dominant in:** Leaders, entrepreneurs, warriors—those engaged in worldly activities
- **Effect:** Binds through attachment and craving

*Example:* A person who is always busy, ambitious, and driven by desire or recognition is influenced by Rajas.

### 3. Tamas (Thamo Guna) – Inertia, Darkness, Ignorance

- **Qualities:** Laziness, confusion, delusion, apathy, ignorance
- **Associated with:** Darkness, stagnation, chaos
- **Dominant in:** People who avoid responsibility, indulge excessively, or lack direction
- **Effect:** Leads to bondage through ignorance and inaction

*Example:* A person who avoids duties, procrastinates, or is deluded is influenced by Tamas.

| Guna   | Quality            | Effects                     | Path Leads To         |
|--------|--------------------|-----------------------------|-----------------------|
| Sattva | Purity, harmony    | Peace, wisdom, clarity      | Liberation (Moksha)   |
| Rajas  | Activity, desire   | Attachment, pleasure & pain | Continued rebirth     |
| Tamas  | Ignorance, inertia | Delusion, stagnation        | Degradation & bondage |

- Everyone has all three Gunas in varying proportions.
- The spiritual path involves **reducing Tamas and Rajas, and increasing Sattva**.
- But even **Sattva must be transcended** to attain **Self-realization** (as per the Gita).

## PANCHA YAJNAS

According to Hindu Scriptures there are 5 yagnas that are recommended.

According to Hindu scriptures, particularly the **Vedas** and **Smriti texts** like the **Manusmriti**, five daily duties or **Pancha Maha Yajnas** are prescribed for every **grhastha** (householder). These are essential acts of self-purification and service, and they maintain harmony between the individual, society, nature, and the divine.

Here are the Pancha Maha Yajnas:

### 1. Deva Yajna – Worship of the Divine

- **Purpose:** Expressing gratitude to the **Devas** (gods) through prayers, offerings, and rituals (e.g., Agnihotra, homa).
- **Modern form:** Daily puja, lighting a lamp, chanting mantras.

### 2. Pitru Yajna – Worship of Ancestors

- **Purpose:** Honouring one's **ancestors** (pitrs) and repaying the debt to them.
- **Rituals:** Offering food and water (tarpana, shraddha).
- **Modern form:** Remembering ancestors on their death anniversaries or during Pitru Paksha.

### 3. Bhuta Yajna – Service to Living Beings

- **Purpose:** Showing compassion to **animals, birds, and nature**—the other living beings.
- **Practices:** Feeding animals, caring for the environment.
- **Modern form:** Eco-friendly living, feeding strays, planting trees.

### 4. Manusya Yajna – Service to Fellow Humans

- **Purpose:** Serving **human beings**, especially guests, the needy, and society at large.
- **Traditional act:** Atithi seva (hospitality), charity, teaching.

- **Modern form:** Volunteering, donating to the poor, helping others.

## 5. Brahma Yajna – Worship of Knowledge

- **Purpose:** Reverence to **knowledge and scriptures**; offering to sages (rishis) by studying and sharing wisdom.
- **Practices:** Daily study of the Vedas and spiritual texts.
- **Modern form:** Reading scriptures, teaching, self-education.

## Dharma :

### Dharma: Basic Principles

#### Meaning of Dharma

- **Dharma** is a key concept in Indian religions. It means *righteousness, duty, ethical living, or law*.
- It refers to **right conduct, moral duties, and living in harmony with the natural order**.
- Dharma varies according to **one's age, caste, gender, occupation, and stage of life** (Ashrama in Hinduism).

## 1. Sanatana Dharma (Hinduism)

- **Sanatana Dharma** means *eternal law* – a traditional name for Hinduism.
- Dharma in Hinduism includes:
  - **Personal Duties (Svadharmas):** Duties based on one's role in society.
  - **Universal Ethics:** Truth (Satya), non-violence (Ahimsa), cleanliness (Shaucha), compassion (Daya), patience (Kshama), etc.
- Four Aims of Life (Purusharthas):
  1. **Dharma** – Right living
  2. **Artha** – Wealth/Prosperity

3. **Kama** – Desires/Pleasure
4. **Moksha** – Liberation

## 2. Jainism

- **Dharma** in Jainism emphasizes **non-violence (Ahimsa)** above all.
- Key Principles (Five Great Vows for monks, simplified for laypeople):
  1. **Ahimsa** – Non-violence
  2. **Satya** – Truth
  3. **Asteya** – Non-stealing
  4. **Brahmacharya** – Celibacy or chastity
  5. **Aparigraha** – Non-possessiveness
- Dharma is the path to **liberation (moksha)** through self-discipline, truth, and harmlessness.

## 3. Buddhism

- Dharma (Dhamma in Pali) means the Buddha's teachings or the truth/law of nature.
- Key Concepts:
  - Four Noble Truths
  - Eightfold Path (Right view, intention, speech, action, livelihood, effort, mindfulness, concentration)
- Emphasis on ethical conduct (Sila), mental discipline (Samadhi), and wisdom (Prajna).
- Dharma helps overcome suffering (dukkha) and attain nirvana (liberation).

Dukkan, Dhukkan, Dhukkan, Kshanikan, Kshanikan, Kshanikan Shoonya, Shoonya, Shoonyam – Routham Budda (Buddha definition of life).

## **Core Idea: Living in Harmony with Nature and Duty**

- Dharma is about acting in alignment with your true nature and role in the universe.
- It promotes balance, responsibility, and moral integrity in life.

Basic principles of Hinduism (Sanathana Dharma) Jainism and Buddhism.

Performing proper conduct conforming to one's duties.

1. Religion (Sanathana Dharma).
2. Duty of Society.
3. Righteousness.
4. Positive order.
5. Rules and regulation prescribed in society or by religion.
6. The way of things.
7. Individual's life duty (fulfilling one's duty).
8. Duty as Citizen, as man and woman as a husband / wife, duty of soldier, duty of employer, duty of children, duty of government.
9. Morality / Ethical.
10. Moral codes.
11. Dharma also means man should attend their Dharma, Artha, Karma and Moksha.

The four purusharthas of Dharma (Righteous moral values).

## **The Four Purusharthas**

### **1. Dharma– Righteousness, Moral Values**

- **Meaning:** Living ethically and fulfilling one's duties in society.

- **Purpose:** Establishes the foundation for a meaningful and honourable life.
- **Examples:** Speaking truth, practicing non-violence, respecting elders, fulfilling one's role (as a parent, student, etc.)
- **Types of Dharma:**
  - *Sanatana Dharma* – Universal duties (truth, compassion, etc.)
  - *Svadharmā* – Personal duties based on one's role in life.
  - *Swaddharma Nidhanashreya paradharma bhayavah* – Srimad Bhagavadgita Chapter 3 verse 35.

## 2. Artha – Wealth, Prosperity

- **Meaning:** Pursuit of material well-being and success.
- **Purpose:** Supports a stable life and allows one to fulfill responsibilities.
- **Examples:** Earning a living ethically, managing money wisely, contributing to family and society.

## 3. Kama – Pleasure, Desires

- **Meaning:** Pursuit of love, joy, aesthetic and emotional fulfillment.
- **Purpose:** Encourages appreciation of life's beauty and relationships, within the limits of Dharma.
- **Examples:** Art, music, love, companionship, fulfilling personal desires in a righteous way.

## 4. Moksha – Liberation, Spiritual Freedom

- **Meaning:** Liberation from the cycle of birth and death (samsara).
- **Purpose:** The ultimate goal – spiritual awakening and union with the divine.

- **Examples:** Meditation, devotion, self-realization, detachment from ego and materialism.

“Karma is a form of Dharma”

“Dharma is also a religion” according to Mahatma Gandhi

Karma Kanda, Upasana Kanda, Jnanakanda (ज्ञानकाण्ड) are 3 Khandas of Vedas.

Meditation; achieving one's Dharma, detaching from material world and attaining a divine understanding. Moksha should free one from the struggles and pain of the material world (Dhukkam) and liberate the soul from endless cycles of death and rebirth.

### **Jnana Yoga**

1. Perform 5 Yajnas
2. Full mindedness (Control mind)
3. Humility.
4. Temperance
5. Wisdom
6. Courage and self confidence
7. Reading scriptures (Sanathana, Vedas, Bhagavadgita, Upanishad)
8. Sharavanam, Mananam, Nidhidayasanam.
9. Satvik food
10. Pranayama /yoga
- 11 Dharma, Artha, Karma, Moksha, Purushartha.
12. Bhakthi, Karma, Jnana yoga
13. Transcendent / meditation)
14. Equanimity

1. Desireless in material pleasure.
2. All sins are destroyed.
3. Full of love, compassion, sympathy, empathy, love for all beings.
4. All virtues will come.
5. Feel the full freedom.
6. No fear, no shortage, no problem.
7. Stitha Prajna - स्थितप्रज्ञ (no good or bad) no sukh no dukh.
8. As a Knowledgeable (jnani) see the Truth.
9. Understand the world and universe well in its true picture (Truth sense).

Learn to enjoy many moments of your life. Be happy. From now onwards, you must enjoy and cherish every moment of happiness that is within. Once you find it (Bliss) you should be able to do marvellous things.

The law of life is the law of Earth. The way you think, feel and believe shapes and conditions your mind your body, and your circumstances. Ask a question within yourself. What are my powers. Who am I ? How to enjoy my life ? What am I doing ? Why am I doing ? Then reach the subconscious realisation of the good things of life.

Our life is made up of either positive things or negative things. You have good days or bad days. You must have more positive things. We know what we are but we don't know what we can be. We can become exactly what we want. We are living in an Unique opportunity. The universe is all about transformation. Our life is like the thoughts that shape it.

The objective of our entire life is to develop ourselves; all living beings have the inalienable right to the pursuit of such development

as he or she is capable (“Sakama Karma” – “Niskama Karma”). A man literally is what he thinks. His character is the sum of his thoughts (Manasa, Watcha, Karmana - मनसा वाचा कर्मणा) Human being has been creating by A.I., ‘Artificial intelligent’. The correct control of our thoughts leads us to divine perfection. Man makes or breaks himself into divine perfection.

The only way to activate it is to make it available to us through a conscious control or mental vibration or waves.

The universe is governed by an infinite intelligence. All that exists uses infinite laws. (Atmam, Brahman, consciousness and universal conscious). All you need is to know your goal. The appropriate solution will come up by spontaneous process. Channelise the thoughts by properly trained, practiced and attained seeking.

If you desire a richer life, start using the power of your subconscious mind and you will see that your everyday problems smoothen out and you will attain harmony in your relationships.

Dalai Lama says, **“we don’t require complicated philosopher or temples - our own Minds and our hearts are our temples.”**

We have to drive away our Fear, Repression negative emotions and thoughts and the best will follow.

The law of attraction, positive thinking, mental and spiritual resources that helps us awaken the potential of our subconscious mind. (use Transcendental meditation experience - Ashtanga yoga).

As the Upanishad says “Sarvam Kalvidam Brahman - सर्वं खल्विदं ब्रह्म (All things are created from one) therefore thanks to the “law of transformation”. By thinking on the one (Ekam) all things comes from Him (Brahman / Atman). If the father is the Sun. its mother is the moon, the wind carried in her tummy and the Earth is the Nurse. The father of all things of the world is here. His power is complete if it can return to the earth in cycles. This is the power of

force; because it is beyond the subtle and penetrates the physical body (Atman / Brahman concept) As Upanishad says, **“You are your deep and constant desires, as is your desire, so is your will as your will so is your effort and as your effort so is your destiny.”**

The first known explanation of the “law of attraction” was used by Kashmir Shaivism. In the 19th century the French scholar Anquetil Dy Perron translated the Upanishad into Latin, The translations evoked tremendous interest among scholars. Willam Walker Atkinson published **“Thought vibration or the law of attraction”** which became a Bible and point of reference for various 20th century mind study groups.

Buddha said, **“You are what you have been; you shall be what you do now.”**

Mary Baker Eddy said **“The soul is related eternal and; the body is unreal and temporary.”**

We must think about ourselves as the way we want to be. All the thought are divine thoughts, within the human condition.

We don't need to look for other powers, because we possess the greatest of all powers. That is **“HUMAN POWER”**.

You must forget all negative arguments and think of those lesser but really positive one.

We can profess to new thought without renaming our religion.

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## **Chapter – 26 :**

### **5 Basic Principles**

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1. Brahman is the source and creator of all. He is ONE and is present everywhere. Everything is he HIMSELF including me and you.

“Sarvam Khalvidam Brahman Eka Wipram Bahudavadanthi” Aham Brahmsmi “Tatwa Ma Asi (This is Brahman’s I am Brahman you are also Brahman).

2. Humans are spiritual beings created according to Brahman’s image. The spirit of Brahman is present in each one of us, and this is the reason each person is intrinsically good.

3. We humans create our experiences of life through our thoughts.

4. Positive thoughts are powerful because they strengthen our connection with Brahman.

5. It is not enough just to recognise these spiritual principles; we must also live and experience them.

#### **HOW TO CONTROL OUR THOUGHTS**

Mindfulness and practicing is paying attention to the present moment with awareness – it can help train the mind to be less prone to wandering and rumination.

The mind also has ideas, feelings, fantasies, illusions, images and other spontaneous vibrations that apparently do not arise when we want them to. How to control thoughts. It is natural for the mind to wander and be fickle, but this wandering does not define your true nature which is the unchanging self.

1. Analyse your current thought.
2. It is your responsibility to control your actions and feelings which no others can influence.
3. Assess your current situation in mind; all aspects of health, finance, work, personal relation self esteem etc. Which one do you want to improve?
4. Make a priority list of which one you want to change. You must concentrate on one thing at a time to ensure that your mind does not wander. Ramana Maharshi's message is that the mind is impermanent and transitory, like a drop on water, while you, the observer is eternal. Peace through self awareness. When you investigate the source of mind, it will vanish, revealing the true self that is always present.
5. Consider the first of your points, you have to change the attitude that must be targeted.

Suppose it is a promotion you seek first say "I am eligible for promotions and I deserve a promotion to establish a realistic goal. You must be confident enough to get a promotion.

6. Do your basic work enthusiastically.

Remember to say "Thanks" (Gratitude), observe the universe and all its signals regarding your frequency and change your thoughts. Ask and love it to believe it.

Controlling the mind will make many things possible for you. You have to make an extra effort. Take care of your health, image, working, managing your earnings properly, being an affectionate individual towards those you love etc. Be careful that your sub conscious mind does not work against your desires and ambitions.

7. Elements from your mind and vocabulary, Don't say, "I can not" say "I can" and "I will".

8. Never say “I am scared”. Instead say, “I am calm and relaxed”.
9. Imagine that you reached the goal. Behave as if you reached the goal. And fulfilled your goals. Fill your mind with images of your new triumphant personality and you will actually start enjoying.
10. No excuse of any type.

Have trust in your ability to confront all that comes your way (Fears of Any type).

Fear is one of the greatest problems in life. A mind that is caught in fear lives in confusion, in conflict, and therefore will be violent, destroyed and aggressive. It dare not move away from its own patterns of thinking, and this breeds hypocrisy. “Until we are free from fear, we may climb the highest mountain, invent every kind of God, but we will remain in darkness” – Jiddu Krishnamurthi.

“Jo Darega ya Wo marega” (जो डरेगा या वह मारेगा)

Plan the day you want.

Gratitude is one of the greatest wealths.

Visualisation is a powerful tool to enjoy good health through mind visualising these thoughts (evocative visualisation),

-I know what it is to be loved

-I shall have whenever I can.

-I will make sure that I tell and demonstrate to others that I love them.

-I have the power, I can love.

Love is my life and I love in all aspects of my life.

Through creative means.

Visualise what you want and think that you already achieved and visualise after you achieve your goal.

Example : Visualise as if you are walking in the garden with plenty of plants and flowers and you are seeing it and touching them.

Visualize economic growth, love, creativity, personal independence, good health and wealth, and sufficient energy.

## BELIEF AND FAITH

EQ : is characterised by the abilities.

1. The ability to accurately perceive our emotions.
2. The ability to use emotions to improve the efficiency of our thought and reasoning processes.
3. The ability to understand one's own emotions as well as those of others.
4. The ability to control our emotions.

The real secret of power is consciousness and the subconscious; you are the consciousness (Atman) with the materialistic world. You can manifest as you want. You are the possibility and have the manifestation power.

1. Ask
2. Believe in acting, speaking and thinking.
3. Receive

## FOCUS ON WEALTH

1. To attract money focus on wealth. Never say no to money.
2. Use your imagination and make believe you already have the money you want.
3. Feeling happy now is the fastest way to bring money into your life.
4. Whatever you want, say to yourself, "I afford that, and I can buy it" you will get it.

5. Do charity (give money) in order to bring more money into your life. When you are generous with money and feel good about sharing it you say “I have plenty”. Think wealth and money flow to your kit.

Let the money come from different sources.

Salary, bonus, dividend, Mutual fund, shares, interests, rents, pension, provident fund, agriculture, royalty commission etc. (Make various sources else to generate money).

### HEALTH CARE – Your Happiness

“There is a Temple in the universe and that is the “HUMAN BODY” – Thomas Carlyle.

“The first and most reliable guide to happiness is your BODY, MIND and SPIRIT.” Mind and body working together, can create the state known as “happiness”. Awareness is tremendous power and it turns into every cell. It requests the body’s countless interactions. Awareness is invisible, silence that let your body know that your mind is thinking and at the same time, it sends feedback from the body so that the mind feels supported and understood.

When mind, body and spirit are in harmony, happiness is the natural result.

The three qualities that contribute to happiness are,

1) Intelligence, 2) Creativity, 3) Power.

Intelligence contributes to happiness in several meaningful ways, primarily by enhancing our ability to manage our lives, understand ourselves, and navigate social complexities, like better decision-making, effective goal attainment, and self-regulation, etc.

The creativity keeps flow of life, fresh and new, It prevents inertia, it dispels bad habits.

For Example when you do maintaining, work/effort like climbing mountains, billions of cells adapt to you work. This flexibility is

mechanical. You can observe this in how creative you can think and speak. The Vedic wisdom tradition in India identified creativity with Ananda or BLISS.

Bliss is usually described as intense joy but cells have their own bridge in the form of vitality with a similar Flow and infinite dynamism. When you are in that state, when everything feels possibility, your body no longer feel like a burden. You feel light as air. Nothing is old state, instead your creative potential is ignited. Creativity depends on the constant ability of life to refresh itself, and that ability is founded on bliss. Bliss is innate in awareness which by nature is lively, alert, effervescent and joyful.

The third Attribute is power : The Human Power is the greatest power of all. Although the cell operates on microscopy level, they contain the power to survive, thrive and evolve in an environment that erodes entire mountain ranges and dries up vast ancient seas.

Power doesn't mean aggression. The power you don't see or feel is the greatest power of all. It organises a thousand billion cells into one smoothly operating organism.

It defends against every bad virus and bad germ that could harm the body and monitors outbreaks of Cancer inside the body itself.

Thus Mind, Body and Spirit express power in their own way.

The Shakti (Power) is not mystical. It is an innate quality of awareness without which we would need invisible molecules of oxygen that would drift randomly through the atmosphere. Apply awareness and those same molecules, give early life to every cell in the body. Going even deeper, Shakti allows you to concentrate on the Universe. You are not a passive observer in the Cosmos. The entire universe is expressing itself, through you. It knows itself through you as awareness folds back on itself.

Make Space : See between space. Bring your attention to space. You are still the mind. At the same time your body can begin to release the stored- up frustration, tension and reduce the past stress. In this state of deep relaxation, healing becomes most active when your body is in a natural state and you are expressing happiness. When you are happy at this effortless level, you regain the memory of who you really are (self consciousness). Your consciousness is fulfilled because every cell there is in a state of knowingness, Joy and creation of immortality. We call it Ananda or eternal bliss consciousness (Self/Atman/ Brahman) This is also called “Shivo Hum, Shivo Hum”, “Shivo Hum, Shivo Hum”. That greatest attribute of the divine – Omniscience, Omnipotence and Omnipresence – are actually the most basic stuff of life.

### **Ecstasy:**

Ecstasy is your original energy state: It is completely natural.

To return to it is to return home and make it your permanent abode. There are many names for this goal. Namely, **Redemption, Salvation, Transcendence and enlightenment**. There are as many ways as there are faith and spiritual teachers.

But in the end a single truth is exposed. The human soul longs to return to the place where ecstasy abides. There, union can be found with the mystery of God. Is it possible to expand your consciousness until it merges with God's consciousness? The answer offered by wisdom traditions is YES, but for individuals the only proof lies in experiencing the union. A life decision is required. Flashes of intense happiness, even moments of ecstasy can happen spontaneously – the clouds clear and suddenly you see the sun. But seeking enlightenment implies a shift that you make of your own free will. Instead of pursuing happiness, you pursue Bliss. The problem for most people is that such shift seems extreme, alien, and perhaps threatening. This is understandable. As wisdom traditions declined,

false belief sprang up about enlightenment. It became identified with renunciation, scarifies, poverty and solitude.

It is up to you to discover the truth. When you become mindful, you begin to witness what is happening in and around you. The witnesses see what the ego tries to hide. In other words, daily life is not fulfilling when your depressed desire has been blocked.

Your consciousness and mind

There is no sight or sound or taste or smell in your brain. Only dark silence flickering with faint electrical impulses and chemical exchange. Every sensation exists in consciousness.

You experience your body as a service of the sensational - the weight of your Limbs, the inhaling and exhaling of your breathing, the thumping rhythm of your heart when you run. None of these sensations can be found in your brain, even with advanced imaging the 'CAT' scans and functional MRI's. Only Electromechanical signals register on these scenes. Therefore, your body also exists in your consciousness. There is nowhere else to experience it. To find your home, you must find where the consciousness resides.

You are pure consciousness, which has no location in time and space. Think of how television works. When you watch TV you can locate the screen in your living room. That picture only exists because of signals from the transmitter. Those signals are everywhere. Amazing as it may seem, even though you can locate your body in time and space, your consciousness is everywhere, which means that you are too.

You hold the world together at a very stable level, the source of creation known as God. Together, you and God produce reality, and neither of you has to struggle to do it. To be enlightened is to attend to this simple fact. As the upholder of creation, your role is to be, nothing else. In that realisation life becomes effortless. All stress,

strain, worry, anxiety etc., always drop. The secret of unbounded Bliss has been revealed.

The following indicators take you to know the progress.

1. Your life flows with effortless spontaneity.
2. Love is becoming the motivating factor in your life.
3. You are discovering the hidden source of creativity and imagination.
4. You are accepting higher guidance into your life.
5. Your choice is to benefit you and all those around you. The journey is progressive expansion from ordinary walking consciousness, with all its fear and isolation, to soul consciousness, which is safe, warm, and a welcoming one. You find that you are not in the world, the world is in you.

Simply by being **aware of your True self**, you will progress naturally and easily to cosmic consciousness which is the same as being fully awake twenty four hours a day even when your body and brain are sleeping. Next you will expand to divine consciousness or God consciousness, in which everything is made light.

Divine presence emanates from every object, every experience and every thought. Finally, you will arrive at unity consciousness, where all divisions and separations end. Every moment is a part of eternity. Every experience is shared with the Cosmos.

Unity consciousness was experienced by Rabindranath Tagore and also described by William Blake when he wrote, "To see the world in a grain of sand, and heaven in a wild flower, hold Infinity in the palm of your hand. And eternity in an hour.

Rabindranath Tagore wrote in his "Geethanjali" 103 Prose Poems which earned him the Nobel prize in literature in 1913.

Rabindranath Tagore's Gitanjali songs are deeply spiritual, philosophical and devotional, expressing a profound and personal relationship with divine - "Devotion and union with divine".

The most prominent theme is the poet's intense love and devotion to God. This is not a formal or ritualistic worship, but an intimate, personal relationship. The poem describes a constant yearning for Union with the divine, sense of separation and the ultimate Joy of the Union. Tagore saw God's presence in every aspect of the natural world.

The state of bliss is your birthright. When you attain higher consciousness in any form, through devotion, compassion, service, or knowledge of the self, you will be on the same journey that we have been talking of since the first page of this book - ultimate happiness. If consciousness is your home true home, so is enlightenment your true destination.

### **Please remember this daily**

1. You will remember that ecstasy is your potential energy state. It is your main source anytime once you shift attention from your 'Ego'.
  2. You can see your thoughts, body and surroundings as a single process. The process occurs in consciousness (Atman). There are no divisions in reality.
  3. Keep your vision of life alive as a journey from walking consciousness to solving consciousness, where full awareness can never be lost. From this point real life begins and your path will take you to cosmic consciousness, divine consciousness and finally to unit consciousness. Enlightenment should be your destination and you will reach your home "at home in the universe".
1. Stress is the root cause of negative thinking to make positive and to release stress. "Love" all, be grateful to each and every one.

2. Laugh loudly, Laugh and Laugh. Watch funny movies and comedy shows.

3. Be happy.

4. The universe is a masterpiece of abundances. When you open yourself to feel the abundance of the universe, you will experience the wonder and all the great things that the universe has for your good health, good wealth, good nature.

Every moment is a Fresh beginning.

See wonderful things around you.

-Let miracles happen (happens “everyday notice it”) -To do the useful thing, “To say the courageous thing”

-To contemplate beautiful things. This is enough for one man’s life (T.S. Elliot).

-Be happy and be joyful – experience “Bliss”.

-Be thrilled always.

-Experience divinity every day.

-Read holy scriptures – increase knowledge and skill.

-Be meticulous

-Be powerful – you are a atman Brahman, you are possible.

## **YOUR OWN LUCK**

1. Look for Love.

2. Do something about your idea promptly – Make it a reality.

3. Check your ideas thoroughly.

Take nothing for granted.

Gather all the information you need.

Talk to experienced people on the subject.

4. Make connections with people to fulfil your idea.

5. Lay out your plans

- proceed step by step
- be economical everywhere
- try to save as much as possible

6. Build a network

7. Find market

8. Find your luck – Luck making principle - help others to make your luck strong.

9. Improve your status.

- start your own business.
- make your personal life happier.
- do as much charity as possible.
- let the people take advantage from you.
- you always will get back for more than you give.

Nothing will happen and no luck will result unless and until you yourself do something. History relates, beyond any doubt, how often the world has been changed for better or worse by the thoughts and efforts of a single human being, whether that person be Jesus, Buddha, Prophet, Mohammed, Shankaracharya, Napoleon, Einstein, Hitler or Roasrett.

We human beings have the seeds and potential to make or break a life, a business a community, a city, a country. An individual makes a personal or a country.

Any development is a process through which an individual or a country comes to enjoy economic development and spiritual development.

This development depends upon many things such as genes (DNA), environment, need, persistence, training and greed.

To the extent that the ability develops, it yields many seeds; only a fraction of them may then effect everyone; only a fraction of them may generate at the potential that exists in each and everyone. But seeds, of course, have no control over their destiny but people do have.

This power we process can be as mighty as an atomic bomb. Most people scarcely realise this. They grow only a little or only at someone else's urging - not realising that this power of growth as always existed inside them, whenever they wish to make use of it.

Many of us are so humble or intermediated that we feel helpless. The odds seem so large, the chances of success so small "And Besides" they ask plaintively, "how can we get started."

The truth is that the world all around us is full of opportunities, not just sometimes but all the time, just as the ocean is always full of fish. One must simply start fishing.

It is rare that a fish will jump into one's boat, I am sure that has happened. But I would not want to wait for my next dinner. So on the hope of such good luck, would you ?

One person can start a Revolution, as well as one person can stop it.

By the same token, you as an individual have the power and the opportunity to achieve success- if you want it badly enough, that is, to go out and seek it aggressively.

Success is always waiting for you so go and claim it.

Every human being is programmed with the ability to think observe, come to a conclusion and select entirely on his own volition, not by chance.

The theory that a person must be in the right place at the right time is true. What is left out is the fact that particularly every day of his life he was in the right place at the right time only, he was not aware of it. So, the opportunity stopped.

Remembering only the times he was aware, he calls such occasions as a “LUCKY DAY” or the day his life changed. It doesn't take genius or being born with great wealth and power to succeed. What it takes is respectively and the will to go forward.

The feeling of accomplishment is what makes living worthwhile – what enables us to feel significant and important, even if only to ourselves.

To use an internal – combustion engine as an analogy, our self-regard provides the fuel, the action we take brings about the combustion, and result is the progress or success we achieve.

We are born with all the faculties we need to succeed so why not use them? Surely it is better to keep on trying to make our lives more fulfilling and satisfying, knowing that in some small measure we are adding to human progress of mankind and even more surely benefiting ourselves by our own efforts.

We produce luck only when we raise that energy + ideas = results. These results can become the basis of success for new business ventures.

All success did not just happen but it was made to happen. Over the years I have come to realise how certain principles governed my life and I have also become a principal that have played their part in the lives of others. I want to inform you that you can apply those principles, and apply them successfully.

Yes, I say I am lucky but I have a little theory about this. I have noticed through experience and observation that Nature, God or Brahman/ Atman are the power of creation they seem to favour human beings who accept and love life unconditionally. “ALL LUCK STARTS WITH AN IDEA”.

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## **Conclusion**

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The power of a man is a multifaceted concept and can be Interpreted in several ways comprising;

1. Physical strength and spiritual strength.
2. Intellectual strength (cognitive abilities (IQ, EQ, SQ).
3. Emotional resistance (EQ) and perseverance.
4. Influence on others (Leadership, mentorship).
5. Responsibility and contribution.
6. The power of character.
7. Man has the ability to choose one's own aims, one's own attitude, one's own actions that is true power. The good he seeks and the success he achieves are derived from his own core strength.
8. Self awareness and self acceptance.
9. Inner strength and confidence – believing oneself.
10. He is compassionate and empathetic.
11. He can practice equanimity and positive attitude and can influence his life through meditation (transcendent) (Mindfulness) leading to fulfilling and meaningful life.

Discovering Human Power.

Discovering Human Power and how to enjoy it.

## **Worldly Love**

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You love whatever you want, that is yours. There are no limits and everything is possible if you really want it and if you really desire it. There is no lack anywhere in the universe. When people see a lack of anything, it is simply a lack of love. There is no lack of health, money, resources or happiness. The supply is equal to demand. Give love and receive.

Your Life – Your Story.

You are creating the story of life. So what story are you telling about yourself? Do you believe there are things you can and cannot do? Is that the story you are telling about yourself? Because that story you are telling about yourself is not true.

Don't listen if somebody says you are less than anyone. "Whatever you give, you receive back".

"Give love for whatever you want to be do, or have and you will receive it."

There is no lack of anything. Quantum physics tells us there are planet Earth and infinite universe, that exist and move from one reality of planet Earth and universe to another, every fraction of second.

This is the real world emerging through Science.

"In our universe we are tuned into frequency that corresponds to physical reality, but there are infinite number of parallel realities co existing with us in the same room, although we cannot tune in to them" - Steven Weinberg.

- Nobel Prize winning quantum physicist.

You may believe that everything you can see, and that everything you can't see is not real. The real story is that you are an unlimited being. The real stories in the world and Universe are unlimited.

There are worlds and possibilities that you cannot see; but all of them exist. You have to tell a different story. Whatever you tell, good or bad, the law of attraction must make sure you receive it, and it will be the story of your life.

Life presents everything to you.

Your imagination is more real than the world you see. Because the world you see comes from what you imagine and believe. What you believe and feel to be true is what will be your life. Tell the law of attraction what you love everyday "Love is the master key that opens the gates of happiness, Gratitude is the bridge to Love."

Gratitude is a vaccine, an antitoxin, and an antiseptic; When anything good happens to you, in your day, give thanks. Give thanks to your all senses (5). Give thanks to your immune systems. Give thanks to family members. Five elements Panchabootas. Give thanks to Plants, Animals, Birds and universal and natural things (Sun, Stars, Galaxies, Rain) Give thanks to essential services.

"The Law of Love could be best understood and learned through little children" - Mahatma Gandhi.

"Everything is possible for the person who believes" - Jesus.

"Life is supposed to be fun."

"Whatever you give, you receive back."

"Success is not the key to happiness; Happiness is the key to success."

## **The Fragrance of Me**

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I walk in Sunlight,  
an extrovert's bright  
Creed,  
My Compass set by  
truth, fulfilling every  
need,  
From Socratic fire to  
Buddha's Silent grace,  
Krishnamurthy's Search  
for truth illuminates  
This place.  
Vivekananda's  
Strength, Nityananda's  
high call,  
And Kalidasa's beauty,  
I embrace it all  
Ganapathi, my Lord,  
the Ganesha I adore,  
Two times a day I pray,  
and ask for Nothing

more

Than to affirm the  
Core, the truth I hold

with in:

I am the Atman /  
Brahman, where all  
things begin

Passionate and  
Present, in fashion I  
delight,

a lover of fine  
perfumes, bathed in  
golden light.

I count my health and  
wealth, as one  
embrace Earth,  
For Nature's grand  
abundance proves its  
sacred worth,

To be the wealthiest  
Soul, the goal is ever  
near,

To channel vast  
resources, to conquer  
every fear,

And pour it back in  
charity a boundless,  
flowing stream,

To manifest my grand,  
spiritual dream.

I am keen romantic, a  
traveller of the blue,  
In every Goddess,  
God, I find the ancient  
clue

I seek the ultimate light  
— Buddha's, Christ's  
and all wise —  
To reach that grand  
a Lover of  
awakening, and open  
others' eyes.

To bless with Love and  
Knowledge, a multitude  
untold,

My story is balance:  
the spirit and the gold.