

Eternal Yogi

Sunando Das



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For permissions requests or inquiries regarding this publication,
please contact:

BLUEROSE PUBLISHERS

www.BlueRoseONE.com

info@bluerosepublishers.com

+91 8882 898 898

+4407342408967

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Introduction

This book will show the right direction to today's life who are floating in the ocean just as a sailor on the ocean determines the direction with a compass. The disoriented lifestyle will find the right path in this book. On the way of life, we look for a way to succeed to get rid of depression, but who will show us the way? This book is an inspiration for them to follow the right path of spirituality in daily life. We all came to this world to live a beautiful and successful life; this book is the key to it. Every day how we move towards a successful spiritual life, what we have to do, what we do will gain strength, what will be our response to everything happening in life, what we will gain, how we will be happy, successful, has been discussed in this book. This book has been described in very simple language, this book will help you find a more beautiful and successful life than the current situation. This book will help you chart new paths, spark new thoughts and create new ideas about your future and spirituality. If you read the book carefully, your life is bound to change.

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Philosophy to follow for a successful life

Self-esteem and positive thinking

No matter what level of society we are in, we can show our worth as an employee or a businessman. Our success and failure depend on our confidence. Only those people who can maintain their self-esteem are respected in our eyes. Self-esteem proves you valuable at any level of life. On the other hand, if your self-esteem is weak, it ruins your image. Wrong thoughts always try to convince you that you are useless. And through positive thinking, we can change our wrong thoughts. When we influence ourselves with positive thoughts, negative thoughts will automatically shrink. Remember, our head accepts positive thoughts very quickly with faith without argument. We can deal with the thoughts of our life through positive thinking. Many times, negative thoughts create obstacles in work and some work is stopped midway. However, the possibility is that it is possible to change and refine negative thoughts through analysis. It is our mental state that we can control ourselves. Below are some ways to increase self-esteem according to our philosophy of life -

1. **Always think positively** - Our subconscious mind is guided by our thoughts, this subconscious mind accepts any kind of thought without judging. This thought can be negative or positive. As the saying goes, you become what you think. Thinking

positively will increase your self-esteem, while thinking negatively will make you feel inferior.

2. **Focus on your work** - To increase self-esteem, you should give priority to your work first, because people respect those who respect their responsibilities and duties. A lazy person can never establish himself in society because all great men in history have always been hard workers.

3. **Don't be afraid, you can too** - Two things in the world influence the minds of people, namely - fear and love. Any kind of thought arises from these two. To save yourself from the hands of terrible thoughts, try to know the cause of such thoughts and their effect on the mind. Remember that fear is born from our thoughts and inferiority from fear, which is an obstacle to our self-esteem. Our courage can remove this fear.

4. **Do not speak unnecessarily** - People who talk less are seen differently in society. They work more, but advertise less. Speak as little as possible to increase your self-esteem. This will increase your self-esteem as well as mental thoughts and thoughts. Just as blocking the flow of a river increases the power of the river, speaking less will increase your mental strength.

5. **Live with ideals** - Develop ideal thoughts in your mind so that we can make ourselves a guide for others in society, if you live with ideals, your actions

will affect others and your self-esteem will increase. Give more importance to obeying than knowing, because most people in society know but do not obey, due to which they cannot become ideals.

Along with these reasons, time awareness, moderate diet, physical and mental health, cleanliness, etc. play a role in building your self-esteem.

Proper daily routine and time management

If we can work one hour more every day, then 7 hours a week is 365 hours a year. By working more, we can work 9 more weeks of the year. You don't have to do much to work more in this one hour. You have to use your time consciously. Many of us spend three hours a day watching TV or four hours chatting and roaming or a lot of time on mobile. You can reduce that time a little and use it constructively. Remember, everyone in the world has 24 hours of time. The question is, what do you use these 24 hours for? What is your diary? Or do you waste time? Below is a proper daily routine (when you are 40). It will vary based on age.

6.00 AM - Wake up

6.00 AM- 7.00 AM - Meditation

7.00AM - 8.00AM - Exercise

8.00AM - 9.00AM - Reading, doing what you like

9.00AM- 10.00AM - Time for family and breakfast

10.00AM - 5.00 PM - Any work can be a job, business

5.00 PM - 6.00 PM - Time for family and afternoon tiffin

6.00 PM - 8.00 PM - Spending time with friends or participating in social activities so that you and your family are well.

8.00 PM - 9.00 PM - Dinner and social media usage

9.00 PM - 10.00 PM - Life-building studies

10.00 PM - Sleep

Many small tasks that take 10 to 15 minutes are not mentioned in the above times. It will vary according to your needs. However, it should be remembered that children should spend more time in sports and studies instead of exercise. However, in an ideal day script, 8 hours of sleep every day, 8 hours of work and the remaining eight hours of various types of work. In between, meditation and exercise and study should definitely be included. Meditation will increase your mental strength and physical strength will increase with exercise. Along with studying, keep this thought in mind that I respect more than what I know. It is not enough to just tell, you have to accept it along with it, then success will come in life. The more meditation, exercise and

study you can do, the better, but in a balanced way. Some things that cannot be done for an ideal diary-

- A. Spending too much time on mobile
- B. Eating too much
- C. Sleeping during the day
- D. Watching TV at night
- E. Excessive gossip
- F. Working and working all day

Most of our daily activities are spent on mobile phones, especially those aged twenty to fifty, which creates obstacles for an ideal diary. It is definitely not necessary to stop it, but there is a big danger ahead. Those aged five to twenty, who use mobile phones excessively because of their parents, which is giving bad results, are averse to the current playground.

Successful character and its obstacles

Character refers to the collective expression of a person's thoughts, behavior, and habits. And successful character is one that does and teaches something good for oneself and others. A successful character is a successful leader, who is an example and ideal for others. Those who guide others in society and society runs under their instructions, some of the characteristics of these successful character people are discussed below -

1. They are very brave and have 100% faith in their own work to be successful. They are always ready to take any kind of risk, if it is for their own good and the good of society.
2. People with successful character have the ability to control themselves, change and improve, if necessary, which is exemplary for others. Because if they cannot control themselves, how can they control others?
3. Such people have a strong sense of justice. The difference between good and bad, and the difference between right and wrong, is sharp, which inspires others.
4. Such people have a work plan, they know which work to do first and which work to do later, because otherwise they will not be able to instruct others and their situation will be like a sailor without a compass in the middle of the sea.
5. The habit of giving more than everyone else and the habit of receiving less distinguishes them from others. They want their followers to work, but they should work more than all of them.
6. People of character always judge everything with compassion and have the courage and patience to understand everything, judge everything.

7. Such people have good memory. They have the ability to accurately judge and judge what they see and hear and give instructions on what to do.

8. Ordinary people take credit for a successful work and put the responsibility on others if it fails, but they never let their image be damaged by any kind of success or failure.

9. People with successful character can do any kind of work cooperatively and they can get any work done by instructing others. Their inner thought is that if we do the work together, we will not lose or win, there is no shame.

10. They do not force their opinions on others. If someone has an objection to something, they convince them to think the same way and present the benefits of the plan.

People with successful character are those who have the ten qualities mentioned above. However, the problems that come while walking on the path of successful character are discussed below -

1. Successful people always have to present their thoughts correctly, but they often do not do it because of ego or do not try to know where, what kind and how obstacles can be created, due to which a work is stopped midway.

2. These people are often reluctant to do small work, due to which the work is stopped due to excessive

dependence on others while working, because it is good to know that a big job is a combination of many small jobs.

3. In the present time, people keep themselves to themselves even though they know a lot, this is an obstacle and weakness in the way. They do not know that if their knowledge is revealed well, then everyone will respect it and what is kept in the mind will not be found.

4. Various types of fear work in common people, due to which common people cannot become successful characters. He who cannot conquer fear will never achieve success.

5. Selfish people can never be good people because good people always work more than everyone else without any interest, for the benefit of everyone, but many times self-interest prevents them from doing this.

6. No follower will like to work with people who are not restrained because lack of restraint is not only their own weakness but if they lack it, no person can become a real person.

7. Disloyalty becomes the biggest weakness of most bad and incompetent people. How can a person who lacks loyalty teach others a lesson in connection or discipline? Such people cannot gain establishment in any field of society.

8. A person who is proud of his own existence and always tries to make others bow down may be able to inspire fear in others for a moment, but he does not find a place in people's minds. It is natural for people to bow down to a truly successful character on their own.

A person cannot become a successful character due to the eight obstacles mentioned above. Any one obstacle tarnishes all his qualities. There are thousands of examples in history to understand the necessity of these qualities. Never let these obstacles come to you to become a successful character.

Obstacles to human success

Life is a curse for those who are unable to succeed even after working successfully. The reasons behind repeated failures are discussed below -

1. **Aimless life** - Most people today do not live with any kind of goal or ideal. In this aimless life, their condition is like a sailor without a compass who has no destination. Everyone wants money, cars, houses and luxury goods but there is no goal as to how to achieve them.

2. **Lack of aspiration to get the best situation** - 90 out of 100 people are happy if they get 30 out of 100, thinking that all their desires are fulfilled. As a result, we are deprived of the best situation. A better

situation remains elusive for us. However, we have to be satisfied with our current situation, but we have to try, this is the rule to get the best situation.

3. Proper use of education - Only those who can accept education in the right form can brighten their future. Proper education is that which not only gives knowledge but also tells us how to use knowledge to benefit. Only knowledge or degree gives a person dignity, its good use gives him dignity. The one who has the ability gets everything according to his needs. Only those who make good use of the knowledge gained can progress.

4. Lack of restraint - If there is a lack of restraint, not only does a person not get success, but mental unrest is also added to it. Due to lack of restraint, a person becomes restless, suffers from mental stress and lack of concentration in all his work. As a result, he has to admit defeat in the battle of life.

5. Physical obstacles - It is said that a beautiful mind lives in a beautiful body. To be successful in life, the body must always be given importance. But workaholic people forget this. Most people do not take care of their body due to success, due to which the body deteriorates and success is lost.

6. Escape mentality - This is why most people are unsuccessful. The reason for this is that there is such a lazy thought sitting in us that it says that my

time has not come. We must remember that time never comes, it has to be brought. Time is a flowing river, if we do not bring its dynamics in life, we will remain unsuccessful.

7. End of enthusiasm - Most people start a task with great enthusiasm, but end of enthusiasm declines. The reason for this is lack of concentration. As a result, the task falls flat in the middle. Successful people do not do this. They do not lose their enthusiasm in the end, no matter what they are in at the beginning of the task.

8. Expectation of getting a lot without giving anything - Unsuccessful people want to grow quickly in a very short time without putting in any kind of labor or intelligence. Because it is not possible according to the laws of nature, according to the law, you will get as much as you give, you have to make your own path. Someone may show you the way, but you have to walk it yourself.

9. Lack of decision-making ability - Unsuccessful people are unable to make a decision on any matter, due to which they follow the opinions of others. What seems right today may be wrong the next day. As a result, enthusiasm for work declines and they remain unsuccessful.

10. Inability to overcome fear - Among the various fears we face while walking in life, the biggest fear is the fear of failure. Due to this fear of

failure, people decide to do something but it does not work. Even if they do, they give up midway. As a result, they remain unsuccessful. Because before fear, there is a taste of winning.

11. **Wrong career choice** - Most people choose their career based on the looks of others and later have nothing but regret. Those who have the mindset of doing business are working or those who want to become a doctor are doing business, which is a completely wrong career choice. Therefore, people should choose a career according to their natural taste.

12. **Unrestrained spending of money** - Unsuccessful people earn, but due to not knowing the proper use of money, they have no right idea about where and how much to spend the money. Due to which, if they earn 100 taka, they spend only 100 taka, they do not have any savings in hand and remain unsuccessful.

13. **Arrogance** - Unsuccessful people think that they have become successful before they are successful, due to which they cannot move up any further. It is important to remember that success gives people self-respect and arrogance brings self-deprecation. If there is a desire to succeed, no kind of arrogance can be indulged in.

14. **Lack of money** - In a country like India, even though all the conditions are present to do

something, many times people remain unsuccessful due to lack of money. Money is needed to do any work. You cannot invest in anything without money, although at present the central government and state government provide money as loans through various schemes, which have benefited many. In short, the desire is needed first and then everything else.

Apart from the above reasons, family obstacles, invincible social environment, lack of practice lead people to failure.

Conquer Fear

The inability to decide creates the seed of fear, because indecision is the mother of doubt and the connection of which is the cause of fear. These fears are present in our heads and they come up whenever they get an opportunity. It is difficult to get away from which, but not impossible. We will now discuss our three main fears -

1. **Fear of criticism** - There is no answer to how this fear was transmitted in the minds of people. However, this fear arises as a result of living together socially. However, in my opinion, criticism begins from the thought of jealousy. The disparity in progress from each other leads to jealousy and from jealousy to criticism of each other. There are many of us who cannot do much because of this fear. One thought that haunts their minds is what people

will say. Due to this thought, many people have the ability, but it never manifests itself. However, we need to remember that we are none above criticism. Even great men have faced a lot of criticism in their lives and along with their criticism, many have also opposed them. Did they stop working? No, they didn't. They are great people today for not quitting. So if you think that any work in life is good for you and good for society, then you must stick to it. Otherwise, your dream will remain a dream. The symptoms of this fear are - apprehension, discomfort, hesitation, inferiority complex, inability to start, etc. are very common. Most people suffer from inferiority complex due to the fear of being inferior to others, which is the ultimate obstacle to progress.

2. Fear of getting sick - To live well in the world, a healthy mind is necessary along with a healthy body. We all desire physical health but do not get it due to whims. If we lose a little, we fear cancer and pneumonia from cold. Due to which our progress is hampered, we cannot work with concentration. It is true that we all live with physical awareness, but we have to be aware that this awareness does not take the form of whims. In fact, they make excuses for illness to hide some of their weaknesses and always want to attract sympathy from others. Such people want to get sick but do not want to die. The fear of dying coupled with physical disability makes them

the object of ridicule. The symptoms that we see in these people are - finding pleasure in physical illness, making excuses for imaginary illnesses, not exercising, gaining sympathy by pitying themselves, lack of restraint. Because of these, they cannot devote themselves to any work.

3. Fear of becoming poor - There is never any understanding between poverty and wealth. Because their paths are different from each other. If you want to become rich, then stay away from the reasons for becoming poor. You have to determine how much money you need and start working. Because what you think is determined. The fear of becoming poor is nothing but a kind of mental memory distortion. If you have this fear, your mind will not be able to judge impartially. This fear of becoming poor destroys your reasoning power, confidence, and enthusiasm. If this fear settles in your mind, your uniqueness ends. In the present era, there can be no greater curse than being poor. Because people's faults and virtues are judged by money. No matter how talented a person is, if he does not have money, everything is useless. He has no prestige in society. Because of this idea, being poor is a curse. We want, the government wants the country and society to not create poor people, but still they remain. The reasons for people's fear of becoming poor are - indifference, indecision, suspicion, worrying, being too careful, avoiding, etc.

Apart from these fears, there are also fear of death, fear of what will happen when you get old, fear of what will happen if you leave your partner, etc.

Now the topic of discussion is how to get rid of this fear -

1. You have to be firm in the power of your will or thoughts. You should not accept anything properly. You have to think repeatedly and no excuses should be given. No matter how many obstacles come, no matter how many troubles come, the work of the day, the work of time must be completed on time. Whatever needs to be done must be done in any situation.

2. Identify your weak points. Remember that we are all human. Some place in everyone is an obstacle to his success. We have to identify that place and correct it. Through correction-change-enhancement, we will become a complete human being.

3. If you can recognize the fears that have settled in your subconscious mind, identify them and correct them. Try to stay away from people or things that create fear in your mind as much as possible.

4. Try to always be with people with healthy and positive thoughts because their desire to do something or their completeness in doing it will inspire you. You will get hope and confidence to win the battle of life from them.

5. Do not invite problems, but if problems arise, solve them. Do not sit still because there will be problems in life, it is natural to want to solve them one by one.

6. Trust in yourself and God. Remember that all our actions depend on trust in God. His infinite mercy is with us, which protects us from all dangers.

Ten habits of success and mind control in life

It is said that our mind is like water on a lotus leaf, so restless. In the sky of this mind, waves of thoughts keep flowing one after another. Sometimes the sky of happiness then for a while sadness falls, none of them are fixed. Below we will discuss ten habits of success in life and mind control -

1. Think positively

After choosing the goal of life, think positively and exchange positive thoughts in the discussion. Never give in to fear because fear destroys our confidence. Therefore, if we want to maintain the unity of thought at all times, we have to develop the habit of positive meditation. We have to remember that positive thinking, encouraging words control unnecessary thoughts.

2. Be aware of your destination

To learn to ride a bicycle, first you have to get on the road, then the fear will reduce as a result of training. Similarly, we have to have a strong attitude about achieving the goal. Time must be done on time. Although everyone's success does not come at once, if we continue to work regularly over time, our destination will definitely come to us.

3. Gain knowledge about what you want

In modern human civilization, when a person sets a goal, he is careful to master the knowledge related to that subject. For example, if someone wants to learn swimming, he discusses and practices swimming. In short, studying well at present can open the door to the future. Moreover, by gaining knowledge about the subject, the fear of the mind will be removed, there will be improvement in work and overall change will occur.

4. If you gain concentration on the subject, success comes quickly

From concentration, awareness of the subject, feelings are born in the mind. In short, if you work with concentration, you get joy, enthusiasm, and motivation in the mind through work. If there is no concentration in life, motivation and enthusiasm will not come in work. Success will come only when there is deep love for the work.

5. Regular practice

To achieve success in any work, it is necessary to practice regularly. Literature, science, art, business, studies, jobs can be achieved through sincere practice in all fields. To be successful in work, we have to try regularly. We have to follow the ideals of life of those who have reached the peak of various subjects, we have to work like them, only then will we be able to make our dreams come true.

6. Belief in oneself is the basis of success

We all dream, but to make dreams a reality, we need confidence. Faith is the father of any work. With faith, the mind finds various ways to achieve success. With faith, people stick to work, this is the driving force of life. Behind all the great works in the world is the power of faith in the human mind. So, revive your faith and make success a reality.

7. Trust in your destiny

Imagine that you have already got what you want and move forward. Always work with a hopeful mind, trusting in your destiny and leaving the company of people with negative attitudes. If we always trust in the truth in our thoughts, work, and behavior and continue practicing regularly, success will surely come.

8. Don't give up, keep trying

Only by fully believing in this thought that I will get what I want, our work gains momentum. No matter how many obstacles and dangers come in the way of achieving your goal, never give up. You have to use your time to practice regularly and improve yourself day by day in your work, where there is life, there is hope. Great people see the light of hope even in the midst of extreme despair and move forward in the midst of deep crisis by facing the crisis.

9. Pray and be successful

There is an eternal truth in the entire material world, which is called the soul or the Supreme Soul or God. This power is indestructible, omnipotent, true, beautiful, beautiful. We are all part of this power. We can realize it through prayer. It is important to remember that prayer to God gives us constant courage and strength in our work, so we should practice spending some time in meditation and prayer every day. This increases the freshness of the mind and removes unnecessary lust-anger-greed-delusion-jealousy.

10. Cooperation is the name of life, not competition.

We must establish good relationships with people and develop a spirit of cooperation. To grow up, we

must develop the proper habit of working and living together with everyone in exchange for words. When we move around at home, at work, and in society, we need to be restrained and compassionate while speaking. We need to know what to say, how much to say, and how to say it in a given situation. We must not abandon our ideals and morals. We must remain strong in our calm and peaceful state of mind even in the face of criticism.

Timely Life Successful Life

In our life, proper use of time is closely related to discipline. Doing something on time every day, such as reading books, writing, doing social work, playing, walking, exercising, etc. is very important. If we keep time and rules with work, the rhythm of life changes. Positive energy comes in all work, so we have to finish the work assigned on time. Success comes in life only by doing the work on time. Therefore, we all need to remember the following words -

- We will all do the work on time. Every day, whether we wake up, exercise, meditate, study, or do any professional work, we will do it in the right order. All our thoughts and actions will revolve around the ideal of time, which will give us more faith in ourselves and more interest and energy in our work.

- Even if we do the work on time, we will sometimes relax our restraint so that the monotony of the mind is removed and we can move within the rules again. Looking at my identity, speech, and work style, no one can say anything about the use of time, because we know that complete work in time and in a regular manner leads to complete success in life. So we have to use time properly because once time is gone, it will never come back.
- We have to keep a list of what we have to do with time. However, we need to have a thought about which work should be done first and which work should be done later in the list. We have to remember that if we respect the work given priority at the right time, a pure happiness comes to the heart and it fills the body and mind with an unknown peace and we get inspiration for the next work. So everyone has to think about the proper use of time and the priority of work because if these two are followed correctly, success comes in life.

Successful Speakers Successful People

Speaking is an art. If you practice this art regularly, it is possible to give influential speeches. Through speech, exchanging ideas, establishing connections, giving instructions, expressing feelings, etc. are completed. We think that I will influence others, everyone will follow my opinion, I will express myself differently among everyone, others will be

inspired by my active thinking, I will be respected, respected and admired - such thoughts are more or less present in all people of society. The success of these thoughts depends on fluent and influential speeches. So pay attention to how you speak. You have to be aware of the kind of speeches you are speaking all day long at home, at work, in the market, in chats. Express yourself clearly and well through speech. Remember that the words you speak are the essence of your mind. If there is no essence in it, your words will become just words, and the work will be of no use. You need to be careful that your speech always expresses truth, connection, justice, simplicity, enthusiasm, hope, faith, patience and love. Your caution in this regard will teach you the technique of achieving the magic of words within a few days. So speak with confidence, remember that where there is life, there is hope. Faith and hope are the power of life. So make your speech beautiful from now on and there is no doubt that success will be yours. In today's society, if you cannot speak well, there is a possibility of losing your position one step at a time. Through speech, we attract the trust, love, respect and attention of others. If you remember these five things while speaking, the importance of speech increases and the speech is different from others -

- What are you talking about?
- When are you talking?

- How are you talking?
- Why are you saying the words?
- Where are you talking?

Moreover, who are you? What do you do? How do you think, what kind of clothes are you wearing while talking is also important. You should have a clear idea about when exactly you are talking. While speaking, keep in mind the place, time and context. Pay attention to who you are talking to at what time and in what place. You will see that your words have become meaningful. Keep the following points in mind while speaking –

- o Speak with confidence and enthusiasm while speaking so that your thoughts and ideas are expressed correctly.
- o Speak to the listeners and speak relevantly about what they want to hear.
- o Give genuine praise to the listeners and do not condemn or criticize the listeners for any reason.
- o Express yourself as a common person through your words and talk about your personal life experiences.
- o Talk about those who are successful and great people and sometimes serve humour.
- o Express basic and always positive thoughts in your words.

- o Understand the importance of clear pronunciation and voice inflection, maintain humility and etiquette.
- o Apologize if something is said wrong and do not hurt the audience.
- o Speak within the time limit and try to be a strong and personable person to increase the acceptance of your speech.
- o Speak from the heart to impress the important parts of your speech on the audience. Bring a touch of energy, emotion and love to your voice. Speech becomes very influential with the correct inflection of the voice and the correct use of pauses.
- o Keep the use of the words "I" and "mine" to a minimum in your speech and keep your eyes wide open.
- o Pay attention to your attire and say something memorable.

If you keep these things in mind, there is no doubt that you will improve day by day. So, think about giving a proper speech, practice it and above all become a successful speaker.

Think positive, not negative

If you love life, think positive, not negative. Sleep properly, talk, laugh, move around, then you will see that there are no more negative thoughts. Those

who maintain peace within themselves even in the hustle and bustle of the city do not face any negative thoughts. Below is a discussion on how to make your thoughts positive -

- Do not keep any worries in your mind, if they come, then get them out immediately.
- Always think according to a plan because if you think randomly, your worries will increase.
- If you see or have any problems, solve them but do not carry them around.
- Do not keep your head empty, if you are always busy, worries do not come.
- Make decisions wisely and start working as soon as you make a decision, do not think too much.
- Analyze any social event impartially and find a solution.
- Those who are free most of the day and have no work should read books, listen to music, watch TV, and focus on worship. Moreover, doing country work and doing ten daily tasks will bring peace to the mind and will not cause anxiety.
- If you consider work as a medicine for well-being, then unquenchable joy and peace will come into your life.
- I or we will be far-sighted, but today's thoughts are only for today.

- Try to feel the positive side of everything and focus on work, not on thinking too much.
- There is no need to worry too much about the past, whatever happened, be it good or bad, learn from it and move forward.
- If you want to be free from negative thoughts, you should forget small things, remember that life is great because it is small.
- Always think that God is by your side and with you. Surrender all your actions at his feet and lighten yourself because you have the right to work, not the result.

Remember that the human mind does not stay in one place, it has to be controlled because the human mind can turn hell into heaven and heaven into hell. So instead of looking for peace outside, find it in your own mind. There is no need to think much, get to work, the blood will circulate and the body will be healthy, anxiety will go away on its own, such medicine is the cheapest and best in the world.

Change your thoughts, the world will change

It is said that our world is neither good nor bad. The way we think about the world is our world. Your mind will be colored by what you think, so change your thoughts and the world will change.

- You are very disappointed to be born in a poor house, but have you ever thought that there are people in the society who are poorer than you, who cannot eat twice a day like you, who do not have a home, think about them. If you have a healthy body with eyes, ears, hands, and feet, you will think that you are ahead of many.
- You will live your life the way you want, the one who cannot guide himself is not happy. Man is his own master, so take the responsibility of guiding himself properly. Show the mind the right path.
- No matter how any work is done, whether openly or secretly, its purpose will be noble. To make the world prosperous and life beautiful, a person needs to purify his heart, then he will get happiness and peace.
- Nothing is impossible for him if he has habits. Getting up in the morning and walking, speaking in front of a large audience, directing the mind in the right direction, moderate sleep, food, work are all habits. It is said that people are slaves to habits, so develop good habits and become good.
- In this world without honesty, humanity has become stagnant. Most people are not able to find solutions to life's problems, so they have become motionless. Among them, those who are moving with honesty and humanity have become dull, as a result, the unstoppable movement of life is stopped.

Do not be disappointed if you do not see humanity in people. Immerse yourself in the flow of tradition, spend your life with five people with a smile.

- Rabindranath said, no wealth in life can go to waste. In human life, every work, whether small, big, completed, unfinished, can never fail. The one who is the same will get his value. You may not be appreciated now, but it will be later. You have to keep working. Whether the sky is covered with clouds now, the sun will rise.

- Birth is nothing, karma is real. No one has ever grown up by birth. People have become great through their contributions and deeds. It is not their lineage that matters, but the qualities and character within them. Therefore, judge people by their deeds, not by their birth.

- No matter how rich we are, we all give and give. I tell the farmer to give crops, I tell the tree to give fruits, I tell the chicken to give eggs, I tell the pond to give fish, I tell the sky to give rain, I tell God to give money, I tell him to give youth, I tell him to give a beautiful life partner, etc. So in reality, we are all beggars to some extent.

- If you do any work for the society as a beggar, people will doubt you. Still, do not deviate from your own path. Do good to others, do not listen to what people say about you. No matter what they say

about you, do good to yourself and others with simplicity and generosity.

- Do the work of time on time. Do the work that should be done when it should be done, do not put it off for another time. Spend time according to plan. Do not let life flow haphazardly. Do not take 3 minutes of work for 30 minutes, it will interfere with the next work. Give importance to time, success will come in life.

- Do not think of yourself as idle at any time, if you think so, your enthusiasm for work will decrease, so do not weaken your mind for any time, and like five people, you have the right to everything in this world. Jump into the struggle of life with enthusiasm, victory is yours.

- There is no end to human needs, as soon as one need is fulfilled, another need comes to the fore. We do not get peace in that. So it is always necessary to convince yourself that what we have or what we have is much more, otherwise mental stress will increase, your mental illness will appear. Remember that fulfilling needs is not life, the absence of needs is ideal life.

- Man is the son of immortality because there is love, compassion and consciousness in humans. Animals have life but these are less or none. Kindness, compassion, love, forgiveness, humanity, knowledge must be present in every human being,

only then he is a human being. So we have to be kind-hearted, love people with our hearts.

- The path of truth, justice and ethics is full of sorrow and hardship. There are many obstacles and dangers on the path of truth, yet we should not abandon that path and we need to adopt the path of honesty in life, whether it is sorrowful or not, only then can we be ideal and successful people. We can stand by the side of people.

- What the human mind can believe, it achieves, if you say you don't get an opportunity, it won't happen. Your use will give you an opportunity. And when you have a plan, opportunity comes. Most people don't have a plan in their lives, that's why they are unsuccessful.

- If you tolerate sorrow, one day or another happiness will come. You have to move forward in life, remember that mobility is life. Stability is death, you have to create your own future yourself. There will be small and big in the world, but you are the best for you. You have to do what is best for you for what you want. Only then will success come in life.

- Remember that you don't become a sun by giving light, and you don't become a poet by writing poetry. We all have entered the battle of life for fame, for praise, to become a successful person, for money, but have we all got it? One or two percent. Walk the path of life with self-satisfaction, you will

be well, you will be happy. If you are healthy in this world, you will think that you are 50 percent successful, continue your work, live like a flower by developing everything around you, maybe one day you will find a place at the feet of God, if not, then you can spread fragrance to the environment around you. This is the meaning of life, no matter how we are, we all have to leave this world one day.

- There is infinite potential in all people, so search within yourself, do what you can do, you will see that your success is bound to come. We are the sons of Amrit, the best creatures on earth, so there is nothing that we cannot do. Don't be afraid, God is with you.

Some tips to always be happy

- It doesn't cost money to give love, so don't be stingy in giving it, love everyone.
- Even in difficult situations, say you are fine, always keep a smile on your face, you will see happiness come.
- Always use your best language while talking and speak in a sweet tone, don't use harsh language.
- Don't expect anything from anyone, help everyone selflessly, you will see that you will get immense happiness in your heart.

- Don't criticize or condemn anyone, see the good side of everyone and appreciate it.
- Adopt simplicity and keep a cool head in difficult situations, always be active, you will see that happiness will come.
- We can be happy if we do creative work such as reading books, gardening, painting, listening to music, giving time to family, constructive discussions and chats.
- Try to be good with what you have. Take care of yourself, don't forget to give yourself a gift if you do good work.
- Mix with everyone, talk but don't consider anyone too close. Keep a distance. You will see that you will be happy.
- If you get time, keep good company and call on God and pray, think well of others. Don't expect anything from anyone.
- Don't work all the time, remember that rest is also a part of work, rest refreshes the mind, encourages you to work in a new way.

Moral of a successful life

Moral 1. Do not lose yourself in this jungle of the world. Find yourself and be aware of where you have weaknesses, where you need to improve and where you need to change. Think about yourself separately from everyone for some time during the day and you will see that you have gained mental strength. Remember that not everyone is truly happy. There are many of us who waste time and waste time in unnecessary discussions, arguments, chats which have no essence, these should be avoided, this will not waste your physical and mental energy, so whenever it is better to ask for silence, speak only then, besides it is better to remain silent. Store energy in yourself, use this energy and you will see that you will be happy. Stay away from slander, gossip and focus on yourself, this self-examination will show the way to your progress. Through this silence you will be able to store energy and your physical and mental strength will increase.

Moral 2. It would not be wrong to compare human life to the ebb and flow of the ocean because our lives sometimes go through good and sometimes bad situations. We must remember that no matter what situation in life comes, so that our progress does not come to a standstill. Happiness and sorrow, laughter and pain, are an integral part of human life, we have to improve ourselves within it. That progress will be our physical, mental, spiritual

which will bring the sky of happiness in our lives. We will fly like a bird in that sky of happiness, there will be no turning back. Our own progress is permanent, everything else will leave us, what is so much illusion. There are many people among us who do not even know how time flows in vain, even if they know, they do not try to understand, and sometimes they do not find anything to do. Therefore, we need to remember that our continuous progress in this world should not be stopped under any circumstances.

Moral 3. There are some people who spend their whole lives wasting the present time thinking about what will happen tomorrow and regretting what they could not do in the past. That is not desirable at all, yes we will learn from the past and make proper plans for the future, but we will give the most importance to the present. People will see our present not the past and if we love the present and work, the future will be beautiful. Remember that the present situation is due to the past actions and the actions done in the present will be the result of tomorrow. So spend your life well in the present, maybe you could not do what you should have done, that is why neglecting the present is not a sign of wisdom. If you use the present time properly, you will not only get a beautiful future, but also the impact of all your past karma will be reduced. You do not lack opportunities to improve in life, you just

have to be vigilant. If we have lost some opportunities, it is not a problem, there are many opportunities for you in the future. All kinds of opportunities are always in front of us.

Moral 4. All the people of the society can create a beautiful environment together, but we see some people spend their lives only criticizing others. They want others to change, they forget that they themselves are also a part of this society. They are also directly and indirectly involved in the good and bad things of the society. So if we do something to change the environment around us, it is our contribution to changing our society, and that is how this society can be changed. Before changing the world, you need to change me first, which will improve the society. Remember Gandhiji used to say, "My life is my message" that is, whatever I or we do as a part of the society, others will follow, and overall change will come. It is important to remember that we do not need to improve the society or the world, you need to change yourself and changing yourself is your contribution to bringing about change in the society.

Moral 5. Some people always compare themselves with others, which is not at all desirable. Remember that he has come to this place today because of his deeds and you have become like this today because of your deeds. Just as he is above you, there are others above you and there are many below you.

Whatever you buy, there is something better than it or there will be tomorrow, so do not compete in this work. What seems expensive to you today may not seem so tomorrow, so if you can make yourself happy with what you have, you will see that you are the happiest person in the world. There is a saying in this regard, 'I believe that all happiness is on the other side of the river after leaving the river, and when you come to the other side, all happiness is on the other side'. Our life is such that we think that others are much happier than us, but you should know that everyone has some or the other weakness in their lives. No one is completely equal in the world. We are all imperfect, so we are working to be complete.

Moral 6. Many times before working, we think a lot, I will do this, I will do that, I will get this, I will achieve that, but after starting work, we find that thinking does not get the work done, which is absolutely undesirable. Remember that although some planning is required before starting work, it does not mean that you spend more time thinking than doing. While working, keep an eye on every aspect of your work and find your joy in the success of every small thing from start to finish. Our joy depends on staying in the present state of a task and doing it as well as possible. If you do not work like this, frustration will arise in your mind, and it will not be possible to concentrate on any task you are

currently doing. The way out of this is to get involved in one task at a time instead of wasting time idly. The reason for your frustration is trying to achieve too much in a short time, trying to learn too much in a short time, which you know is not possible.

Morals 7. We often get caught up in unnecessary information, such as, "He shouldn't have said that, why did he say that?", "He shouldn't have done that, why did he do that?", etc. These unnecessary thoughts must be abandoned because there is a feeling of happiness in abandonment. The more we learn to abandon, the more we will be able to free ourselves from mental burdens. The more this thought is reflected in our lives, the happier we will be. The happiest person is the one who is not in anything among everything in the world. If you cling to something, the mind will be burdened, if you can abandon it, the mind will be freed. This is the mathematical rule. The habit of clinging will keep you away from your normal thinking and reduce your ability to work. You will not even understand how the present time will pass you by, the current situation will not be caught in your eyes and you will lose the natural rhythm of your walk. So, let go of what is not necessary and move forward.

Morals 8. You have to be more humble at every step of progress in life. What is the point of

arrogance? Always live your life humbly, keeping all your ego aside. You will see happiness knocking at your door. Put all your ego aside and work for people, stand by people, and whatever you get, surrender it to God and make yourself light. Remember that everything has nothing to do with me or you. In the words of Rabindranath Tagore – ‘Come out of yourself and stand outside, and you will find the whole world in your heart’. No matter what level of society you are in, your identity is determined by how you treat people above and below you. Remember that arrogance ensures the downfall of a person. May you improve more and more day by day on the path of life, and you continue to become more and more humble day by day. At every step of progress, learn to walk past your ego with a light smile.

Moral 9. It is said that a person is lonely who does not have the ability to recognize and know himself, that person runs after other people and other people in order to keep himself busy. He does not know that happiness can be found even when he is alone. That person is unable to enjoy inner peace and joy. Remember that being a dependent person is a sign of vanity, because nothing will be with you permanently. Naturally, even in the midst of a hundred tasks, there are moments when we feel lonely. If you are unable to be alone, it means that you are mentally weak, you do not have peace in

your mind. Keeping yourself busy with various things may temporarily solve your unrest, along with which your obedient mentality will become evident, which is not the solution to the real problem. We will never be able to find peace by running away from ourselves. So we have to learn to love ourselves, learn to understand ourselves. We have to prepare ourselves in such a way that we have to learn the feeling of being alone in the crowd and being alone in the crowd. So we came alone, we need to be alone and we have to leave our world alone.

Moral 10. Many times, when we are upset for some reason and disaster comes in our life, when we lose in any work, we stop working, become silent, which wastes the precious time of our life. Remember that our mind is like the sky where now the sun is shining and then a little later the clouds appear, so no matter what situation comes in the sky of life, we will not stop working, we will continue to improve ourselves. Once the time goes out, it cannot be recovered, maybe everything will be fine after a while. So even if your mind does not cooperate, move forward with love and work. You have to accept that defeats and disasters are involved in human life, whether you believe it or not, they will come. So the sooner you can adapt to defeats, disasters, and disasters, the sooner you will find peace and move forward in life at the previous pace.

Change is the law of the world, none of you have the power to control it.

Moral 11. In any situation, your calm, polite, and humble nature will reveal the determination of the person inside you. Many people think that showing anger in words may help in getting things done, but this is a wrong idea because if you firmly explain your point instead of anger, the person will be able to understand you. Remember that showing annoyance and anger over small things means that you are not able to accept the incident in front of you, so no matter how unbearable the situation is, it is advisable to calm down and handle it calmly. You need to learn the technique of speaking and then you will understand its power. If you express anger over small things, you will only show your arrogance, it will not be of any use. Don't beat around the bush, learn to forget, learn to forgive. Learn to adapt to any kind of situation and you will see that your ability to work has increased. You have become more mentally capable.

Moral 12. Learn to enjoy every moment of life, every day, don't rush into it. Remember that if you live your life idly without doing anything, you will become bored. So find joy in your work and enjoy every moment. There are many people among us who think that today we will work a lot and then we will enjoy and be happy. The reality is that that day never comes again. In life, the secret to happiness is

to have joy in the midst of work and work with joy. The things you have now may not give you the same joy later, so remember that the source of happiness is our mind, not any external thing. Human life does not come again and again, as the saying goes "Such a human life remains, if you cultivate it, the fruit will be gold". No matter what situation you are in, you have many reasons to be happy and there are also many reasons to be disappointed, so be happy by looking at the positive aspects of life. Remember that our life is a flowing stream.

Moral 13. Remember that everyone in the world has some good qualities. You have to see that good quality in everyone and encourage them for their good work, you will see that a beautiful environment has been created in this. Everyone will be encouraged to work in it and your respect will increase in the society. Most of us see their faults instead of seeing the good qualities of others, so their relationship with us is not right. Do not judge anyone by their external appearance because many times behind a beautiful face you can find an ugly mind and behind an ugly face you can find a good person. A common man who earns 500 taka a day and spends only 500 taka on his family and an officer who earns 5000 taka a day and spends 4500 taka on alcohol, gambling, and bad deeds, you will judge who is a good person for you.

Moral 14. Along with being single-minded, you should also have the ability to detach your mind from any subject for a moment. We cannot forget the old work while doing new work unnecessarily, which burdens our mind. The main reason for our disappointment is to get emotionally involved with any event or situation, the solution to this is to understand and solve the problems of the world by being detached and neutral. For example, it would seem that I am a neutral observer, separate from that event. If we give too much importance to the worldly world, our emotions get involved with it, which should never be allowed to happen. Although our worldly environment affects us, we must remember that we will use them only for our own improvement, we will not be bound by their bonds, we must forget them by taking appropriate and appropriate lessons from them and discard them. Remember that everything in the world is constantly changing and dynamic. By worrying too much about everything, the subconscious mind prevents the right judgment from being revealed, so forget about emotions and reduce emotions. In the battle of life, be a truly emotionless, calm, restrained, slow, steady, and right judgmental person.

Morals 15. Remember that we do not come to this world to learn everything, we have to come and learn and know. So it is not right to pretend to know

everything unnecessarily. You may know some things more than others and some things less, that is normal. Pretending to know what you do not know means increasing mental pressure on you. So the right thing is to identify your weak points and try to change them, you will see that you have gained a lot of mental strength. This world is a school of learning and learning, the more we know, the richer we will be and the more we will move forward towards success in life. There is no point in hiding weaknesses in front of others, it is more important to know and understand yourself correctly than what other people think about you. As the saying goes, we learn as long as we live, we really have to learn throughout our lives, so we make mistakes, and then we make mistakes again. So the right thing is that the more you know, the more you will learn, the easier you will be able to overcome the problems of life.

Moral 16. Every life has had problems and there are problems and they will come more or less, the types are different, this is the law of the world. Many of us do not want to accept it, we think that my problem is the biggest problem in the world, after getting out of it we will start life anew, which is not possible. If you look at your past, you will see that your problems in the past and the type of problems you have now have have changed. Then maybe you had money problems, now maybe you have physical

problems. Stand in front of any problem and solve it, learn from it and move forward and improve yourself, then you will be a real warrior who wins the battle of life. Remember that as there is a problem, there is also a solution, do not be afraid, there is no problem bigger than your mental strength that you cannot solve, prepare yourself for any situation. We have to live with the problem, you will see that the problem will be forced to give up on you, so if you want to be a real person in life, do not forget to welcome the problem.

Moral 17. Most of us are obsessed with how to take revenge on the person who treats us badly. This makes us constantly burn in the fire of revenge and our subconscious mind is filled with bad thoughts which is absolutely not desirable. We need to always remember that whoever does bad to us will get the result in this birth, why should I only bear the burden of revenge. Suppose someone says bad things to you, you should protest silently, you will see that he will regret it, if you are not at fault. Most of us do not understand the matter and immediately start thinking about how to do bad things to him. This creates physical and mental stress in us, our mind becomes impure and we move away from God. Remember that forgiveness is the door of God and forgiveness will give you the air of peace, guide you on the path of liberation and make your mind pure

and light and you will be different from everyone even in the midst of everyone.

Moral 18. If you see everyone bad and suspicious, you will become alone, you will not be able to mix with anyone, you will not be able to do any work, so it is better to go with everyone. If someone betrays you, cheats you, then he is cheating himself, he will not be spared by the law of karma, so why should you worry about it? Remember that you can walk alone as much as you can, you can walk more with many. Your path in life will be the path of correctness and honesty, the path of justice. Temporarily, you may think that I will win, right? You must have faith because if you lie, you may be temporarily successful, but in the battle of life, you will lose. He sees everything, there is no room for evasion. Even if the ship of truth is tossed in the sea of life, it will never sink. God's blessings are always on those who take refuge in truth and justice, maybe you do not get the result of your work now, but you will get it. This is the law. The victory of truth and the defeat of untruth are inevitable.

Morals 19. Any kind of attachment gives rise to sorrow, so play the role of a truly detached person in life. Look at various aspects of life such as happiness and sorrow, joy and pain, laughter and tears, reunion and separation from the front as a completely detached spectator, it will seem as if they have no effect on you. It is said that if you do not

want to suffer, then do not expect happiness and be prepared for separation. If you do not enjoy reunion, this is the rule because if you gain, you will lose. Realizing this truth, reduce the desire for worldly pleasures, let your role on the worldly stage be that of a neutral and detached spectator. In gain and loss, defeat and victory, joy and sorrow, you will remain steady and steadfast, only then will you find true happiness and your path will be to freedom from the bonds of the world.

Morals 20. Our mind is like a TV cable, one channel after another comes on whenever you want, the faster the speed of whose mind changes, the faster the channel changes. Those who have a fast mind always have a restless mentality, what to do and what to do. They think for no reason, if they do not think, they worry which gives rise to a special mental state. The abnormal crowd of thoughts is actually the identity of the weak mental state within us because the mature mind can continuously hold thoughts as long as it wants and can remain free from thoughts. So why worry so much, work with importance in the present, love all the small and big tasks, but if not, the speed of thoughts will increase, but it is good to say one thing about this that we will be mentally slow and steady but if we are physically slow, we will not be able to finish the work on time, which will create mental stress.

Remember that we have to do a lot of work in our short life, so let the mind be slow but do not be slow.

Morals 21. Most of us expect others to do as we do, we forget that they also have their own taste, whenever these opinions, thoughts, and actions do not match, then we create an atmosphere of war which is absolutely not desirable. When we face such situations in our lives, most of us behave like fools, forgetting that reality cannot or does not happen like this. This social environment is much more complex. This society does not run like you and me, the world runs on its own rules, why do we only worry about it? Our society runs in a way that we have no control over, we have to accept or adapt to this situation. This mentality that society runs on its own terms and I go with what is good for me sets me apart from others. Instead of just arguing about what is not possible for me to change, we should adapt and compromise, because not everyone has the courage to adapt and compromise.

Moral 22. Those who work for the society have to endure criticism, this is the rule. Those who have no cooperation in changing the society, whose thoughts are only about themselves, do not have to face any criticism. Some people feel very hurt when their work is not properly evaluated, they start thinking that I am useless, my work is criticized by everyone, which later leads to mental depression and reduces the mentality of working. This is not

desirable because there are some people in the society whose insides are full of negative thoughts, they see only the negative side in any work, no work is done by them, and their job is to criticize someone else if they do it. However, constructive criticism is welcome. So, accept someone's criticism on you as just their opinion, there is no reason to be happy or hurt by it. If you feel that you need to change something in yourself due to their criticism, then do it, besides, think that the criticism of others has no value and move forward, be happy.

Moral 23. Small and big things in life give us mental stress, for example, suppose you sit down to write at the end of the day and find that your pen is out of ink, what will you do? You can either write at home under pressure or get a pen without pressure, two roads are open to you. You can change the environment according to your choice. However, if you do not want to take mental stress, then getting a pen is the right path for you. Because we know that the external environment is not good or bad, our reaction to them is the cause of mental stress. If we can control our reaction, then no matter what the external environment is, we will not be stressed. Most of us are controlled by the environment without controlling the environment, and the level of mental stress increases. So we have to accept that the mind is the cause of everything, and the external environment is the catalyst.

However, we have to work to keep the external environment right all the time, and you will see that the mental stress will be less or not at all.

Moral 24. There is no end to the enjoyment of the material world, there is no end to desires, a person who spends more time behind these will be disappointed in his life, this is the rule. First of all, we have to identify the difference between needs and wants, like eating rice is a need but eating biryani is a need. In this way, we will identify our needs and exclude needs from life. Our five senses (eyes, ears, nose, tongue, skin) always want the best things, when they do not get them, the subconscious mind creates mental stress in various ways. Therefore, the easier and simpler the life, the happier we will be, so accustom yourself to a simple life because we have come to this world to enjoy the long-lasting happiness of the high path. Our correct knowledge and understanding will give us unending joy. Therefore, control your desires and desires and understand your needs, work to fulfill your needs, but it is better not to chase after needs.

Morals 25. Self-control, that is, control over your mind, which is one of the necessary conditions for a successful life, must be mastered. Most of the time, we do not control our mind but are controlled by it, which brings various irrelevant, unwanted problems in our lives. Due to lack of self-control, our mind becomes restless, and a restless mind

speaks, thinks, behaves in various messy ways, which shows a weak mind. Self-control will be developed, when we can plan our thoughts, abandon stubbornness and abandon the greed for sensual pleasures, then self-control will not only increase the strength of our mind but will also make the mind calm, calm, and dull, which is the initial condition for happiness. Therefore, to live a healthy and normal life, we have to master self-control.

Morals 26. At different times in our life, we lose our mental balance in various disastrous, unbearable situations, our reaction is more than the difficult situation. In these disastrous, unbearable situations, our mind becomes restless, speaks, behaves in a messy way, which shows a weak mind. Therefore, in any catastrophic and unbearable situation in life, we have to remain mentally calm. To be honest, no situation in life is catastrophic and unbearable, we need a correct analysis of the situation. No incident happens suddenly, every incident has a causal relationship. If you get involved in any unpleasant and unbearable incident in life, unwanted pressure will be created in the mind, here your role will be like an impartial judge, see, analyze and forget. If you get involved in the incident, then its impression will be imprinted on the subconscious mind, the mind will be burdened, which is not desirable. Therefore, in unbearable, unpleasant, catastrophic

situations in life, remain mentally calm and stable, which is a necessary condition for happiness.

Morals 27. The people we associate with around us all have good and bad qualities. We have to master the good qualities of those people we associate with. Because no one in the world is super wise or super foolish, everyone has expertise in some subject. Just as a swan drinks milk from water, you too have to abandon bad qualities and master good qualities. No matter what level of society he is in, to learn something from him, you have to give up all your ego, free yourself. Remember that our life is very short, so every moment is important to us. Most people neglect the people of the lower level of society, which is not desirable. Because we know that not everyone in the world knows everything equally. Through the system of exchange, we will all become wise in the matter that I have or is lacking in.

Morals 28. People unnecessarily run after money, increase wealth for no reason and work a lot throughout their lives but do not know how to use money and property properly. At the end of life, one sees that the wealth that one has been accumulating throughout one's life has not given him anything but bondage. Therefore, it is wise to reduce our accumulation of material things and after acquiring as much property as is necessary, do not chase after them unnecessarily because they have no end.

Mental peace is the main thing. The more attachment to worldly things, the more sorrow, the more worries about maintaining them. Do not run like a madman in the hope of getting everything aimlessly, but engage yourself in some good work. Do as much as is necessary to survive. The simpler life is, the more happiness and peace will catch up with you. Therefore, there is less attachment to worldly things. Our goal is to have a beautiful life and also to become a mature person with spiritual consciousness.

Morals 29. It is said that greed leads to sin, some people in the world are greedy for various things, some are greedy for money, some are greedy for property, some are greedy for fame. Due to this greed, people often indulge in immoral activities, which cause irreparable damage to themselves and society. Due to which the progress of our society is hampered. We bring our losses. The reason for this greed is when people chase after needs more than needs. So we have to control our greed, because in this world there is no such thing as mine, what you have was before someone else and after you it will be for someone else. All these are given to you temporarily. So do not bind yourself in the net of greed and do not claim these as your own at any time and in this lies happiness and peace. Learn to live in this world only for your continuous improvement. Reduce the collection of material

things, you will see that you have found mental peace, learn to separate what is your need and what is your need.

Morals 30. There are some people in the world who think that whatever they think, everything else is wrong, because of this thinking they have to face unnecessary mental stress. They forget that the world is changing all the time, change is the law of the world, what was before is no longer there, new things are coming in the future, so be open to accepting different types of changes, do not block change, learn from the changing situation and move forward. Welcome new opinions and situations, do not close your doors due to some fixed ideas, change adverse situations in a favorable way. You have all kinds of opportunities in front of you, be open to accepting the right changed situation for your own development and learn to respect the opinions of others, you will see that you have become richer day by day. Remember that those who are mentally open and simple are happier than others.

Morals 31. There are some people in the world who always suffer from an urge that all the good things in the world are essential and need to be mastered. For example, let's say a beautiful house, an expensive car, if they are not there, life is in vain. Let's give an example, let's say you need a mobile phone to communicate with everyone, you can afford to buy a normal quality mobile phone but

your need is an iPhone, then what will happen without stress in your mind. I say again and again, you need to know the difference between a need and a need because nothing is essential in the world. The simpler the life of a person, the happier the person. So the world does not need anything, we need to learn from the world. Remember that people don't care what you do because everyone is busy with their own lives and they don't have time to think about you, so don't ever stress yourself out trying to impress others. You have to set a limit to your needs, because our goal is spiritual growth. We are here not to enjoy the wealth of the world and accumulate material things.

Moral 32. Throughout the day we go through different situations (such as fear, joy, jealousy, anxiety, anger, hatred). These different situations are stored in our subconscious mind, which makes us mentally burdened. The different reactions we give are due to the information of this subconscious mind. All kinds of information are stored in the subconscious mind according to our mental structure and while this information is positive, some negative thoughts and ideas are also stored with it. Therefore, to unburden our subconscious mind, unnecessary information should not be allowed to enter. Instead of anger, jealousy, fear, we will let joy, love, forgiveness enter so that our reaction will be different from others. When we

come in front of any negative situation, we will alert the subconscious mind so that no negative thing can enter. Along with unnecessary thoughts, we have to go through a lot of unnecessary information like how much is the price of a friend's house, whether there is a dog in his house, when did my friend meet me, etc. It is a kind of foolishness to burden our mind with all these unwanted information, we have to pay attention to only those information that are necessary for our progress, only then will we move towards our goal.

Morals 33. All people are part of the Supreme Soul, they become guilty because of taking temporary happiness. It is their own pride and desire that is the cause of their downfall, which people do not understand today. People commit various kinds of sins by being selfish, they think in delusion that they are doing the right thing, but in reality they are killing themselves, their own downfall, their own loss. Most people indulge in various kinds of sins to enjoy and accumulate happiness, which causes irreparable damage to the society, so in this situation we want to analyze ourselves and if we have done any bad thing, we should abandon it. When there is no work, you should spend some time in the day analyzing yourself, this analysis will help you to move on the right path. It is important to remember that people are not bad or good, bad is the work of a person, if you do good you are a good

person, if you do bad you are a bad person. We need to constantly analyze and purify ourselves.

Moral 34. To be honest, in all our moments of laughter and tears, happiness and sadness, joy and pain, we find God by our side, He is merciful, the source of our mental strength. He wants us to win the battle of our life, to be good, He wants to give the right result of our work. God only tests how much dedication we have to any work. Some people sit silently, pushing God above all and hoping that God will save them, they forget that God is by our side only when we are active. In life, we will always remember God in times of trouble and danger, but we will also have to make all kinds of efforts to overcome the situation with Him, because God only helps the hardworking people, so if you are hardworking, you will find God by your side. Some people want to hide their failures and inabilities by God, sometimes they curse God for their failures. They try to hide their faults by saying that everything is due to fate, they will remain the same throughout their lives because God is only with the hardworking people. So from today we have to take an oath that we will give our best in any work and then surrender our success at His feet because God is only with the hardworking people.

Moral 35. After walking the difficult path of life, when we see success, our chest fills with pride. This is natural, but we do not even understand when this

pride turns into arrogance. Due to pride, we belittle others, try to show ourselves more and more, neglect others, which leads us step by step to failure and causes our downfall. This pride led to the downfall of influential people like Hitler. Again, many times we see that some people get lost in happiness with small achievements and think of themselves as very big, behave in the opposite way and assert themselves. So we should always be careful that no achievement brings us pride, but let our hearts be full of pride. It is a tested truth that if you have qualities, then your success will come, for this you have to work according to the plan and your success will be visible to everyone, for this you do not have to beat any drum. Remember, when the moon rises in the sky, there is no need to tell it when the flower smells.

Morals 36. If you ever lose in life, do not be disappointed and do not belittle yourself. Most people work less and expect more results, which later leads to defeat and impose their own insignificance on fate and remain unsuccessful throughout their lives. Remember that fate helps those who emphasize their own actions more than fate. Successful people achieve what they want, they do not consider it the result of fate. Hardworking people sit in the boat of work and reach their goals by moving their hands and feet because the goal cannot be reached by just the boat, you have to steer

the boat yourself. Those who consider honor, happiness, prosperity, victory and defeat as fate's writing can never succeed because relying on fate to succeed and not having confidence in their own actions leads to failure in life. So do not rely on fate. Instead of relying on fate, rely on your own actions, which is the primary condition for success in life.

Morals 37. In this world, although we all seem different from each other, we are all related to each other and all are connected to the merciful God. Because of this, we are equally affected by each other's joys and sorrows. When people die in the earthquake in Brazil, we feel sad, and when the boy next door does well, we feel happy, because we are related to each other. For the same reason, in society, someone's good deeds bring benefits to everyone and we all face losses due to someone's wrong deeds. Therefore, we all need to remember that even if someone does not do well because of us, we should not cause any harm. As a good citizen in society, we have to take this responsibility. Because of this thought, we often want to do bad things but cannot do them, the people inside us do not allow us.

Morals 38. When a tree is small, it does not have a shadow, but when it grows, it gives shade. So we have to become a big tree if we want to give shade. There are some people in society who always want to make others happy but in reality they are not

happy themselves. They judge what others think or say. The evaluation of others on them is more important than their own thoughts. Remember that you can evaluate yourself the best in the world, do not be unnecessarily enlightened by the praise or criticism of others. Judge with your intelligence because the evaluation of others is not always correct because everyone's mental structure is different. Always get used to a simple life, do not artificially try to influence others. Do not act unnecessarily. First of all, be happy yourself, and you will see that everyone around you will be happy seeing you. There will be no need to do anything separately. Because in the world we are all related to everyone. The happiness and sorrow of others creates more or less a stir in our minds, this is the rule.

Moral 39. There are some people in our society who give advice without any reason. They have made many mistakes in their lives and criticize others by blaming them for their mistakes. Stay away from these people who complicate your path in life. And you should avoid this habit because it is not the right time to advise others. You can give advice whenever someone wants, but there is no need to advise on things you do not know. It is much more acceptable to express it through your own actions than giving advice through words. Gandhiji emphasized this issue a lot. Every person in the

world has a different mental structure, if he wants to change himself then his change is possible, otherwise your advice will not be of any use. Be careful in your behavior and conduct. Before criticizing someone, look at yourself to see if you have made a mistake, if so, correct it and move forward. Just focus on the progress of life, there will be no benefit in wasting time thinking about others. Because your time has not come.

Moral 40. Karma Yogis see every small and big task equally. How they do it is more important to them than what they are doing. For them, putting a pin on the wall and organizing a big festival are equally important. Most people, while working, see big tasks as big and small tasks as small. Because of this, no work is completed. A big task is the combined manifestation of many small tasks, and success in a big task depends on how the small tasks are done. Most Karma Yogis have emphasized on Karma in practical life and work by leaving the results of Karma to God. Karma Yogis believe that the results of any selfless and unattached work will always be good. We have to do a lot of work in our short life, so if we are not focused on work, there is a possibility of failure. Too much failure brings mental stress, we lose our balance, so every behavior in life should be like a Karma Yogi, do only Karma.

Morals 41. Living in this world only for your own pleasure, your own happiness, your own peace is a kind of selfishness. A true person considers this world as his family and thinks for everyone because in this world we are all directly and indirectly related to everyone. Just as the happiness of one person creates happiness in our mind, so the sorrow of another person causes sorrow in our mind. This is natural. Our great man has taught us to think this way, so the best way to make yourself happy is to seek the happiness of others, not only your own family, but also the whole world. Your mind will become restless in the sorrow of others as much as it does in your own sorrow. You need to convince yourself that others need as much comfort to live as I need. The reason we get sad in small behaviors is that others also get sad. When you see such thoughts awakening in your mind, you will think that you have become a mature person. The whole world is my family, your happiness is my happiness, your sorrow is my sorrow.

Morals 42. Every person has limitations in their life, such as some do not have the right money to work, some do not have the environment to do anything, some do not have time, some have physical problems, etc. Every person has limitations that create obstacles in their path of progress, which can be overcome or changed to some extent by their willpower. When a person blames or curses God for

their limitations, it is of no use, only through their own efforts can they change this situation. We have to remember that right action is the controller of our destiny, but it is true that there are many limitations that we cannot remove even if we want to, we have to learn to live with them, but it is possible to change them with our own willpower, which will bring about a bigger change in your life. All the doors of your life will never be closed, God has given every person the power to conquer his destiny. When you believe in this thought, you will not be in control of destiny, but you will be able to control your destiny.

Morals 43. With every step of progress in life, you will become more humble. The higher your money, fame, and status are, the more you will see that arrogance does not come into you. Your arrogance will ensure your downfall. We all came to this world empty-handed, we will go empty-handed and life is water on our lotus leaves, when then we can leave this world, so what is the pride. Remember that the servant of all is the leader of all. No matter what level of society you live in, your door should always be open to any person, high or low. Surrender everything to God and remember that everything is not yours, no matter how bad the situation is, there should be no change in your behavior.

Moral 44. We all have good and bad qualities in society. Some may have more good qualities than

others. When we mix with every person in society, we should discover the good qualities in all of us and try to learn something from it. Remember that a person is a mixture of good and bad qualities. We have something to learn from every person in the world. No matter what level of society we mix with, we should give him our highest respect and accept the highest from him, for that we need to have respect and love for everyone in our hearts. Lord Jesus used to say that you should expect the same treatment from the person you treat. Honestly, no one is born good or bad in this world, people change due to the environment and circumstances. People are good in a good environment and bad in a bad environment. So as a social being, mix with everyone and see the positive or positive side of everyone and prosper.

Morals 45. What did we come to this world with, what will we take with us, in the middle, some things that have been given to us for a temporary period will all remain. There is a song, "Don't cry because of me" and "When this eye is closed, everything is dark." In this world, our wants, hopes and hopes are all under his control, we are just actors on his stage for a temporary period. Without God's help, we have no power to do anything on our own because there is uncertainty in all things. Our pride keeps us away from God, when this veil of pride is removed we will be able to meet God.

Infinite joy will come in life and an image of unshakable happiness will appear on our faces. We should always remember that whatever has happened has been good, whatever will happen will be good.

Morals 46. There is a type of people in society whose habit is to find faults in other people. They are always aware of others' faults and their complaints are always full. Such people do not appreciate good deeds, they do not react to good deeds, they forget good deeds quickly, which is why they are always negative. We can find many faults in others because no one in the world is perfect. Instead of always complaining, we need to change something in ourselves, such as praising the good deeds of others, if someone makes a mistake, we should discuss it separately and on a case-by-case basis because it is normal to have mistakes in work. It has been seen that if we can request properly, if we can complain with a smile without showing resentment, then the work will definitely get done. We need to remember that our intention is not to correct others, not to take revenge on them. It is more important to fulfill our work because sometimes we have to accept the bad behavior of others because of doing good work. Instead of looking for who did the mistake and waiting for someone to correct it, get down to work yourself.

Morals 47. There is a saying, first be a big tree and then give shade. To be honest, we all listen to successful people, respect successful people, follow their path. We see many people in society who know a lot but do not apply it in real life, which is why they are not successful people. One truth of life is that if you are successful, you will find everyone by your side and no one will make this path to success for you, you have to do your work, you have to make your path and those who want your well-being, the few who are few, will help you. So do not waste time unnecessarily and get involved in your own work, you will see that you have made your path, do it for others but do it for yourself first. Work hard on what you like and be successful. Do not think that time will remain the same, no, it will change, believe and trust in yourself. You can change yourself, do your best. Believe in yourself, move forward.

Morals 48. In a troubled life, one problem after another worries us a lot and we think why does this happen to me? But standing on the ground of reality, we see that every person in the world is lost in the thought of his problems. For this, sometimes we blame ourselves and sometimes God and get unnecessarily angry with the people we love. This is not right because problems will come in life, it is natural. If we work thinking of God's grace instead of considering problems as a curse in life, it is possible to overcome the problem. It is wise to

analyze and solve any problem, big or small, as an observer. Because God sees whether we can swim in this ocean of problems of life? Can we feel what experience each problem gives us? So we will learn something from every problem and we will use the experience of practical life, while overcoming all weaknesses and walking in life fearlessly, we have to be strong people who will succeed in the fiery test of life if necessary. We will become experienced and mentally mature in solving every problem. Remember that where you are today is the result of solving various problems in the past, and the solution to your current problems is the result of your future. This philosophical practice will help us face problems and we will never be afraid of problems.

When a Person is Eternal Yogi

Spirituality in life and prevention of all sorrows

When humility, humility, selflessness, courage, gentleness emerge in a person's character, it is called the bringing of spirituality. Just by looking at the life of a person, you can understand how spiritual he is. Even if it is abstract, it is expressed, which can be understood by looking at it. Spiritual people cannot change their character under any circumstances, even if greed and fear come there. They are religious, they believe in their hearts and minds that at the root of everything in this world is pure knowledge and pure devotion. The people of any country in the world may be materially poor, but if they have spirituality, then that country will be able to progress one day. This is equally applicable to a society. There is potential in every person, it is not only physical and character development, but also the development of spirituality. Those who practice this spirituality have more influence and prestige than others. A person may be physically strong, the brilliance of the character of a spiritual person is more attractive than his power. We all want to be like him and follow him. People of all ages and countries want to build themselves as people of spiritual character, follow the path shown by him and become different from others. At the root of this is religion, this is the key to spirituality. Religion has inspired and guided

him. He is at the peak of development, because he is a religious man. If religion is a science, then spirituality is its result. This spirituality comes as a result of many struggles and it gives people such mental strength and glory that wealth and status cannot give. The more spiritual development in one's life, the happier he is because he knows the real truth of everything, all matters and sees and works as an impartial observer of the material world.

Life will be parallel, there will be no ego

All religions of the world advise people to think parallel. Parallel means whether happiness comes, money comes, failure comes, in all situations a person should remain calm and steady, and that is possible if there is no desire in a person. To attain this state, spiritual practice is necessary because most of us are chasing after temporary happiness, the joy of fulfillment within ourselves remains elusive. This parallelism is possible only when the ego is gone. The ego means I and mine. Our present sorrow and unhappiness revolve around this I and mine. Our goal is to please the ego, we are its slaves, it is our master. The ego that emerges while dealing with others is ego. People become selfish because of this ego. This selfishness is at the root of all the problems in the world. The disputes and conflicts that exist between people, between countries, between nations, are at the root of this egoism. This

selfishness is strictly controlled among people, because their good condition is judged by their selflessness. Religion is the only way to reduce selfishness, the more religious a person is, the more selfless he is and the icon of social civilization. Religion is removing yourself and placing God in it, then you will get ultimate happiness and infinite peace. Not I, but we is the attitude of a religious person. He surrenders everything to God, becomes light. As a result of many sadhanas, this understanding of man develops, he erases the idea of I and mine and places God there and says you and yours. When this state arises, man is no longer busy with himself, then his thoughts are for everyone, he is happy with the happiness of others, this state is called liberation, that is, the destruction of ego.

Infinite peace and bliss

All the problems that people have in the present world are rooted in ego and selfishness. If moral values are not awakened, there is no hope for peace in people, so if the seeds of war are in the heart, then they must be shaken out of the heart. Instead of hatred for each other, love must be established. Love comes from a person's sense of religion. A sense of religion is created through the practice of human morality. In order to establish peace in life, we must first follow several principles and ideals. Among them, meditation, yoga, samadhi,

perseverance are notable. The most notable path to calm the heart is the path of meditation. Through meditation, people not only get peace, they get the union of the soul with the Supreme Soul. From there comes fulfillment, the meaning of human life. In the present society, the mind of people is restless, confused, restless because the black shadow of the material world is covered over people, they not only bring unrest, but also bring egoism, jealousy, criminal tendencies, etc. etc. This state is possible only when people's bond with people is selfless and friendly. When people surrender their self and mine at the feet of God and merge in the universe, then the effort will be for peace. What they want, think, contemplate, but do not get. Through relentless effort, this peace sows its seeds in the mind of people, so that one day the fruit of love is seen. In this state, there is no sorrow in the mind of people. People get absolute joy.

Practicing Real Knowledge

Nowadays people are collecting information from various sources but the information has no application in real life, so knowledge has become a burden. In the words of Rabindranath, "We carried education but could not carry it". Practicing real knowledge means that what I know has been applied in my life, what I have known has become. We can compare real knowledge with light because

real knowledge removes the darkness of our mind and guides us on the right path. The purpose of knowledge is to give light, to develop the heart and become a real person. This light helps us to distinguish between good and evil, right and wrong, happiness and sorrow. With the help of knowledge, a sense of judgment and conscience are born in a person which tells him what to do and what not to do. Similarly, if I understand where my real joy is, then I will do such work which will keep me in constant joy. However, to stay in this joy, we need long practice which will teach us to control our behavior through judgment. For this reason, how much I accept or how much I have become is more important than knowing. The one who has this balance of knowing and being is a real man, a complete man. Many intelligent people are born in our world, but those who have become good characters through the practice of real knowledge are few and they are the role models and guides of the society. Everything that is good is their gift. It is very good to gain knowledge in various aspects of life, but more important than that is to make oneself great through its efforts. The real wise man is the one who has been able to conquer himself. Which is possible only through the practice of real knowledge. The meaning of knowledge is only when a person can make his life meaningful by applying it.

Yoga Sadhana

People's enthusiasm for yoga has been around since ancient times. Yoga is not a physical exercise, it is a science-based method, which helps in our spiritual development. But in the present time, this usefulness is limited to physical benefits only. People have forgotten the more advanced applications of yoga. Yoga is actually the union of the Supreme Soul with our soul, the union with the infinite power hidden within the mind. In Hindu scriptures, its connection with all powers is called yoga. According to mythology, there is infinite power hidden in our mind, which we do not know or try to know. As long as we are able to connect with these powers, this power does not manifest. With the help of yoga, it is possible to awaken and use the powers, so although the body has a role in this science, the mind plays the main role. A person who practices yoga takes care of the body, but he gives more priority to the mind because he needs mental alertness which helps him to establish a connection with the soul and the Supreme Soul. Yogis' thoughts and consciousness are much deeper than ordinary people, they see much more than what we see. The biggest thing in his character is that he can control his emotions and consciousness in his own way. The way ordinary people see life,

yogis feel much more deeply than that and the intense joy that lies in it is beyond the reach of ordinary people. The body is secondary to him, the main thing is his mind or soul. We cannot attain God only if we are physically and mentally strong, we want spiritual development for which yoga is needed. If yoga is only a physical exercise, then we do not know its proper application, we remain deprived of its benefits. Therefore, if we practice yoga, all the sorrows and joys of the material world will not be able to disturb our mind, we will remain calm in all situations and become a real human being.

Meditation makes the mind stable

Our mind is like a TV, where one thought after another can come, just like the wind is uncontrollable. If you cannot control the mind, you will become inconsistent which will make you restless. It thinks, but cannot do anything with a cool head. The mind is the one under which he works slowly and does not make mistakes. He is principled, fearless, believes in action. He is strong and gives importance to himself first. The Gita says that these people accept all kinds of situations easily. No matter what happens, he does not change the calm state of his mind. His thoughts are clear and his judgment is accurate. Once he decides on a matter, he does not deviate from it and this decision

is the result of his many thoughts. But how can a person change himself in this situation? It is possible, but it is nothing else. Meditation can bring this state of a person. If you meditate properly, you will not have to be a slave to your mind like today, you will become the master of your mind. In the definition of meditation, it can be said that meditation is thinking about one thing with concentration. Entering the mind into a thought and doing that thought is called meditation. Our mind is always thinking about different things, if we can fix this thought in any thought, that is meditation. When our restless mind gets absorbed in a task, that task is completed very easily. If we can calm the mind with the help of meditation, then we can use our mind as we wish. I will not discuss further the fact that there are many detailed books in the market on how to do meditation. Many people say that through meditation we only calm the restless mind, and besides, it has no function, which is wrong. Because meditation does not only remove the restlessness of the mind, it connects your soul with the Supreme. It is an attempt to awaken spirituality and the result of its perfection. But if you meditate only for the rest of the mind, then you have deprived yourself of what meditation could have given you.

Non-attachment is the key to happiness

For ordinary people, sorrow is a companion of life. Happiness and sorrow are with us like day and night. Only happiness or only sorrow is not an equation. If we expect happiness, then it is natural that sorrow will come with it. The best thing is to fix our mind on this happiness and sorrow, that is, a state where both are useless or both are synonymous. That does not mean that we do not know which is happiness and which is sorrow, we know but we are not affected by it. We know that there are ups and downs in life, so we are not disturbed by it and our mind remains calm. Good and bad, praise, criticism, happiness and sorrow are equal to you. Remember that you are your master, not a slave to the outside world. We all know that there will be ups and downs in life, after good comes evil, after happiness comes sorrow, these situations are impossible to avoid. No matter how prudent we are, material diseases, grief and heat, union and separation, meaning and meaninglessness are inevitable. What should we do in this situation in life? According to Hindu scriptures, we have to be neutral observers, whatever the outcome, it will not have any effect on us, I will just experience the situation as a neutral observer. The main thing is that in order to survive, no form of attachment can be given to the mind in all situations. If any good event gives us joy, then bad events will also make

us sad, this is the law of nature. The essence is that we cannot expect any kind of good, happiness, joyful situation, if we do, then we have to keep our mind prepared for its bad, sad, painful situation. This philosophy built on real truth says to face the ups and downs of life, ignoring all the good and bad situations like a hero. Victory in the battle of life will be yours because you are your master.

May the light of the heart develop

According to Bhagwan Bandhudev, the reason for human suffering is the inability to control oneself. Desires rob one of one's judgment and intelligence, so one's whole life is full of suffering. People are one's friends and people are one's enemies because one's situation is based on one's judgment. If a person chooses something that will make him better as a human being and develop his morality, then it is a friend for him, but the cause of suffering will be when he considers pleasure to be the essence of life, this temporary pleasure is his enemy. Good deeds benefit a person and bad deeds harm a person, this is the rule. On the one hand, life is an opportunity and on the other hand, it is a test, his commentary is written based on these opportunities and tests. Only those who are truly wise can use life properly. Gautama Buddha gave up the throne in real life only for peace and joy, he got it and wanted all people to share that joy because he realized this ultimate truth

that the source of happiness and sorrow is our mind, seeking a remedy outside due to the sorrow of the mind is nothing but utter foolishness. His thoughts and philosophy are not only right, but 100% true. He is responsible for the current state of man, his fate which he has created himself. According to him, the thing that needs to be emphasized the most by man is moderation. The standard of righteous behavior that is common among people, so that our behavior is always correct and moderation is necessary to achieve this correct state. The state of moderation means the right state or moderate state for which he gave the advice of the Ashtangika Marga. We ordinary people do first and then think, but the truly wise think first and then act. His advice is to ask yourself before doing any work whether what you are going to do is right, if the answer is no, then do not do it. You will know that people will not get salvation by doing wrong because if you do wrong, you will have to pay for it. People will have to suffer the results of their actions themselves. If you do good, it is good, if you do bad, it is bad. Buddha could not accept that people destroy their own consciousness under any circumstances, he wanted everyone to follow the lamp of knowledge that is burning in every person after his death. Let the light within him be revealed.

Non-violence is the supreme religion

All religions of the world ask people to refrain from violence towards each other. Non-violence means behaving compassionately towards those who wrong you. First, you need to know why people act unjustly? Because they lack the knowledge of the truth and have animal instincts. Secondly, you can get peace and temporary happiness by hurting another person unjustly, but if someone slaps you on one cheek in the name of non-violence, turn the other cheek, because you cannot take yourself to the level of the wrongdoer because you know what the truth is. Changing the mentality of the wrongdoer towards you is your victory. Gandhiji was a part of this thought, he wanted to change the mental state of the wrongdoer by suffering himself. However, it is worth mentioning here that practicing non-violence does not mean weakness, weakness is a different thing. If a physically and mentally weak person does not protest, then it is not non-violence, non-violence will be only when a person does not resort to violence even though he has the ability to protest physically and mentally. This philosophy says that physical strength and victory are only possible among animals, but not among people with a conscious mind. But it is not necessary to say one thing why did Shri Krishna tell Arjuna to fight? War means bloodshed, not violence. Because Hinduism encourages people to perform their own

tasks. Arjuna tolerated the caste system, the job of a Kshatriya is to fight, that was his own religion. His mind temporarily became weak, he felt great and did not want to hurt anyone and wanted to refrain from fighting. Due to mental weakness, Arjuna fell behind his own religion, which Hinduism hates very much. Krishna encouraged him to follow the right path, i.e. non-violence, not avoidance. Another name for non-violence is love, which does not know how to differentiate between enemy and friend, everyone is equal to it. This idea is very high ideal, common people cannot follow this idea, if they can, they become different.

Showing kindness to all beings, regardless of their high or low

The real sign of a pious person on earth is showing kindness to all beings, regardless of their high or low. He has kindness, love, affection for everyone in the society, the country, the world, and he loves even those who wish him harm equally. He has equal love and sympathy in his heart for the lowest criminal in the society. This state of his makes him sad in his heart, but still he does not hate the criminal. This great thought teaches him to steer the criminal from his path to the right path. What is needed most is selfless love, only then can his mental change occur. One of the qualities of his character is to only distribute love, and being

strong in this quality, he wants to correct the criminal. Basically, he cannot live without giving love and he considers love and affection to be the grace of God. It does not matter whether you are his friend or enemy, the main thing is that he wants your well-being. He does not think himself greater than the criminal because he helps the criminal, basically, if he were in the place of the criminal, he would do exactly what he would do for the criminal. He does not expect anything in return. Maybe he knows that you can harm him, but he still wants your good without punishing you because that is the kind of person he is. The point is, a person who is pious sees God in everyone, even in the lowest criminal, his thoughts are the same. He thinks that maybe temporarily the God within the criminal has not been manifested. Maybe one day all his evil powers will be removed and God will manifest. He thinks that this manifestation depends largely on himself. He knows that the criminal has mistakenly chosen the path of evil, which he can abandon at any time and become a child of immortality. He has been a god from the beginning, only he has to prove it in his actions, behavior, and mentality. Instead of this mentality, the role of society is immense. Because society will first protect him from the hands of evil forces and then encourage him with appropriate education, good company, and good advice, so that he can struggle and later manifest the god within himself. This is the rule, but we common people

keep ourselves away from them, we do not give them good company, we hate them, which makes the lowly even lower. We forget that God is in everyone, just waiting for his manifestation because we are all children of nectar.

The way to fix ourselves is self-criticism

Self-criticism is self-criticism, it is necessary because people make many mistakes in their lives, from which self-criticism is needed to come out through correction and refinement. According to the scriptures, if you have to criticize, do it yourself, do not criticize others at all. Even if you evaluate yourself based on what others thought or said about you, that will not work. If you have to talk about someone, it is better to discuss him and in that discussion, the good and the bad will be mixed. But only condemnation and insults should not be done, that is, you should find out the positive aspects of the person and praise him. You also need to criticize yourself, but too much criticism is not good, then you will only see your bad aspects. Your mental and spiritual development will be hampered, which will bring you to a state where you will not see anything good in yourself. It is good to be aware of your faults, but it is not right to always blame yourself or think of yourself as a sinner. Excessive self-criticism will destroy your confidence and there will be no hope that you will be able to improve yourself one

day. According to Hindu scriptures, you will become what you think about yourself. If you think of yourself as a bad person, then even if you are not bad now, you will become so one day while thinking about it. And if you are really a bad person, then you try to be great, then you will become so. This is a relative matter, i.e. there is nothing permanent about it, there are many of us who talk about our weaknesses, which is not at all right. Because according to Hindu scriptures, this is a kind of suicide. If you do wrong, you will definitely repent and try so that the mistake is not repeated in the future. But that does not mean that you have to belittle yourself in public. The sinner today may be great in the future because man is a child of immortality and has infinite potential. If you get the right education, help, and environment, and above all, if you have confidence, you can become a great man.

Work is the way to worship God

Whatever work you do, you have to do it thinking it is God's work. God is the center of our survival, that is why our life, all our work is our goal to surrender at His feet. If we do not take care of our body, then it is God's work, because God is within our body. Work for yourself or work for family, society, all are actually God's work. Because He is our Lord, we are His children. We serve Him

because we love Him and we are happy and do not expect anything in return. Whether God shows us mercy or not, our love for Him remains unwavering. We love God because we fear Him, that is not true because where there is fear, there is no love. You love God because you love Him. This idea is mentioned in the Gita. In the Gita, Shri Krishna told Arjuna to surrender all his work at His feet and fight and said that your right is in the work, not in the result. But the common people do not believe in this idea. It is not possible for anyone to do absolutely no work, he has to do physical or mental work. If that work is for God, then his joy in doing work will increase even more. If he loves God more than everything, everyone, even himself, then he will work with utmost care and will move forward by considering every aspect. However, it is to be noted here that both the means and the purpose of work should be good. If he works with this thought, every work will become worship. Then there will be no such thing as small or big work, all work is the work of God. A person who is strong in this thought gets the taste of worshipping God in any work he does and gets unending joy. If religion is to be accepted as a philosophy of life and with sincerity, then God has to be established at the center of life. If we can think like this, if we do work, life will become one long worship and the Supreme Soul will unite with our soul and work will become joyful.

The need for humility and politeness in character

All religions of the world tell people to be humble and polite because our love for ourselves later brings pride. Humility and politeness are needed so that this pride in character does not raise its head. However, it is true that loving oneself is natural, so where is the problem? The problem arises when this self-love hurts others. Along with such a situation, because of this self-love, it seems that all the power and all the blessings in this world are created to please me, which is a kind of selfishness. Now the question is if everyone is selfish and loves only themselves, then who will do the work of the family, society, and country? Will equality come in this way? Will everyone progress in this way? Will we get peace in this way? The answer will be no. Because humans are social beings, everyone's progress in society means my progress too, peace in family and society means my peace too, I have said this before in my book that in the world we are related to each other, due to which we feel sad in the sorrow of others and happy in the joy of others. This is the truth, this is the reality. The way to judge the superiority of any nation in the world is how socially conscious and how much they work for the society. Because society is a total organized state, no society can survive without the active support and cooperation of everyone. Those who are great

distance themselves from all kinds of rights and privileges for the sake of society and the country, because they think that your progress means my progress, your happiness means my happiness. They do not do anything harmful to the society, because they know that one day they will have to pay for this damage. On the other hand, society takes care that everyone can take all kinds of opportunities and rights for the overall welfare as far as possible. The more society and civilization develop, the more responsibility and sympathy for each other will increase among people. Due to this love, people will come out of their self-image and become universal. This is our highest gift. Politeness and humility are the manifestations of this love. Because of this politeness and humility, you cannot hurt others, but even if you do, you regret it in your heart and promise not to do it again. This idea is at the root of the progress of society and civilization.

Teaching temperance

In real life, our mind is as restless as water on a lotus leaf. One thought after another keeps coming to this mind, it cannot be controlled in any way. Most of the time in life, most people fulfill the various needs of this restless mind and its needs keep increasing. It cannot be controlled in any way. Sometimes, even if it wants good things, most of the time, it wants

things that are not good to please its five senses. For example, suppose you wake up in the morning and go for a walk, then your mind says to you, I will stay today or tomorrow. I will relax today. Then you skip the walk and sleep, which is bad for you. Bad for your body. There are thousands of such examples that we do to please the mind, which is not good for us in reality, that is when the matter of controlling it comes up, that is, the teaching of temperance. Temperance means reining in oneself. Temperance is the selection of what is good for oneself by setting principles and applying it in practice. Here, the mind is secondary and the main thing is principles and ideals. Through restraint, man establishes divinity within himself and finds the opportunity to be different from everyone. Two things control our lives, the first is our mind and the second is our consciousness. The nature of the mind is to enjoy its senses, and the function of consciousness is to guide us on the right path. All religions of the world teach people to control themselves. Self-control is what separates us from animals. Now the question is how to achieve restraint? For this, we have to meditate and do yoga regularly. Only then will we be able to control the restless mind. Through meditation, we not only get control over the mind, we can also unite the soul with the Supreme Soul. Along with meditation, the need for perseverance, moderate food, sleep, discussion, and discipline is undeniable. However,

restraint and renunciation are not the same thing. Renunciation is giving up any thing or subject wholeheartedly, and restraint is its previous step. It can be said that renunciation comes after restraint. A person cannot renounce if he wants to, but he can control himself very generally, which is what the teaching of restraint teaches. The education of restraint is very important in practical life. Because today people have become too dependent on machines for which no one is happy. Because machines push people towards forgetfulness and people consider this temporary pleasure as having everything. Sense pleasure is the main thing that turns people into animals. The only way to escape from which is the education of restraint.

The path to mental peace

In the present era of machine civilization, mental peace has become a very rare thing for machine-dependent people. They have money, a house, a car, a family, but it is heard that they do not have peace. This is the reality, many people think that if I have everything, I will have peace, but after getting it, the hunger to want more puts them in a dilemma of unrest. People are so busy fulfilling their needs that they do not have time to think about their mind and body, which is the cause of mental unrest. Due to mental unrest, the current high blood pressure, high blood sugar are very common. You will be surprised

to hear that the one who has more than others, has more reasons for unrest and wants to give up everything for peace. Now the question is how can this mental peace be obtained? What are the ways to get it? And the answer is yes, it can be obtained. But you have to do all the work selflessly and get out of the words I, I. You have to join the work by supporting everything at the feet of God, you cannot expect results and you have to consider all the work as worship of God. Remember that the more selfless a person is, the happier he is. They are happy because they do not think about themselves, and even if they do, they think less and think more about others. They want to see everyone happy. They cannot even think about what they have but others do not have. On the other hand, a selfish person thinks only about himself and does not care about what others have or have not got. He is happy when he gets what he gets. His idea of himself is that he is an indispensable character in this world, the world depends on him. He wants everything to happen according to his wishes and if it does not happen, he gets hurt. However, a selfless person does not expect this, he is aware that he does not have the right to impose his wishes on others and if others have it, he is even happier. The sorrow of others is his sorrow, the happiness of others is his happiness. His good wishes for everyone are not limited by caste or religion, everyone is his soul's kin. He may be an ordinary person, he may not have

any influence or prestige in the society, yet he feels that any injustice of the society is actually injustice to him. And the selfish person has no end to his desires, he wants as much as he gets and does not know where it will end. If there is no balance between wanting and getting, he becomes restless. He wants to succeed in any way, but he does not worry about whether the way is good or bad. He is so arrogant that he has his own opinion about how the world will go. He is always excited, his restless mind makes unreasonable plans and he follows the instructions of his restless mind. But a selfless person does not exaggerate in any way. He has no restlessness. He thinks sincerely about others and he helps selflessly. His mind is so under control that he accepts happiness-sadness-success-failure with a calm heart. Even when severely injured, he remains calm, composed, and thinks that everyone's well-being is his well-being, everyone's happiness is his happiness.

The Power of Prayer

A special part of all religions of the world is prayer. Through prayer, man establishes a connection with his soul and the Supreme Soul. Prayer is a way to guide oneself to God on the right path and increase mental strength. The right path means walking by setting principles in this society of complex equations and following the path shown by God.

Increasing mental peace means controlling oneself and controlling one's actions, which makes him a complete person. A person who will be selfless, conscious, conscientious, whose heart will feel happiness in the happiness of others and sorrow in the sorrow of others. But according to many, to whom should I pray? Why? Because if I have to pray to God, then God must be there. Now the question is, does God exist? Even if he does, where is he? These questions arise in the minds of people and their reality. If you think God exists, then he exists and if you don't, then so be it. This is a completely personal agreement through which you can think the thought of the existence of God. This thought has no real basis. It is completely dependent on you. The truth is that God is present in every human being, this God is awakened by man through prayer and through prayer man establishes a connection with God. This prayer enables him to activate the qualities of God in himself. Such qualities as non-violence, forgiveness, gentleness, politeness, discipline, discipline, compassion, selfless action, etc. are established in man through prayer. What a person will do and think is controlled by the connection of this soul with the Supreme Soul. Prayer is only a way to awaken oneself and the result of which is the perfection of man. It is through prayer that a person finds the right path even if he is led astray. It is believed that many things that cannot be done are possible

through prayer. However, this idea differs from person to person. Prayer requires energy and mental strength, which increases a person's capacity and which leads him towards his goal. He easily overcomes the obstacles and dangers on the way, because he finds a lot of strength within himself, which he did not know. Religion gives man a search for an ideal power and prayer gives him the desire to live according to that ideal. Prayer is needed to fill that ideal. While walking in it, he suddenly becomes a new person, separate from everyone around him and finds a new light, the medium of which is prayer. The infinite power that man lacks, he is usually not aware of that power, but prayer makes him aware. He may be praying to God, but in fact he is praying to himself, to that entity called the soul, which is unrevealed to him. What God gives him in response to prayer is not what he gets, but what he already had, only he did not know. The immense power of prayer is what man gathers through faith and consciousness and helps him follow the right path of religion.

Karma is the path to happiness

Karma is the belief that man is responsible for what has happened and what will happen. His happiness and his misery, his consequences are all controlled by karma. In simpler terms, man creates his own destiny, there is no doubt about it. If someone is

poor, if someone is rich, if someone dies prematurely, if someone suffers from a terminal illness, in a word, whatever happens in his life, his past karma is responsible for it. Past karma does not only mean the karma of this birth, but also the karma of previous births. Because traditional Hindus believe in reincarnation, if something happens that is not judged by the karma of this birth, then it should be understood that it is the result of the karma of previous births. The law of karma is certain. For this reason, many Hindus think that what is the benefit of doing karma? If everything is predetermined. Because of which they are discouraged, they have no interest in changing fate. Even if someone does wrong to them, they do not protest, because they think that these are the results of their karma. It may be this birth or another birth. Since the present is predetermined, what is the use of trying to change the present? Many people believe that Indian Hindus remain underdeveloped because of this superstition of karma that has gripped Indian Hindus. They think that they have nothing to do in solving the problems of life. They are just silent spectators. Nothing good or bad has any effect on them, they are indifferent to everything. They think that if the past has shaped their present, then there is no other way but to accept it. According to critics, Hindus beat themselves up for being poor and think that they did some deeds in the past for which they are

in such misery in the present. They see that the people around them are very good, that they have all the facilities to live well, but they do not envy them, they only think that they themselves are responsible for this situation, their bad deeds are responsible. So now the question arises that is the karma that Hindus believe in superstition? Is there no essence in it? Is there only despair and lamentation? No, it is not because the essence of karma is to emphasize work and not to allow social division. Karma is what you think is wrong, you have to rebel against it. Be it against yourself. You are the creator of your destiny, use your strength and power to move forward in the battle of life. Do work, only innocent work. Through hard work, you can become successful like others. Have faith. Trust in your inner strength, do not rely on any external force. Helping yourself is the biggest help. Obstacles may come, but they can be overcome by your own efforts, by action. By relying on strong willpower, people can make the impossible possible. No matter how difficult the situation is, everyone can do what they can because people are not slaves to circumstances. There are many examples of people overcoming many obstacles and doing such difficult and impossible things that we are surprised to see. So there is no doubt that if we emphasize on action, people create their own destiny.

Man is the form of God

All religions of the world say that God is everywhere, then it can be said that God is also in man. Because God created man. Man is the messenger of God. The world is so beautiful because God is in every man. God created everything. Not a single leaf of a tree moves without His command, so Hindu scriptures believe. God is also present in the frost on the mountain. Morning, afternoon and night, we follow His command at all times and our actions are performed by His will. A person who considers a person as his worshipable deity is actually equal to worshipping God because man is the child of God. Just as a mother is happy if a child is good, similarly God is happy if a person is good. A question often goes around in everyone's mind that if man is a child of God, then it can be said that God is also in bad people and if God is the father of all creation, He is present even in all evil forces. How is this possible? According to Hindu scriptures, God created evil forces because good forces are so valued, and good people are so valued because there are bad people. He has mixed good and evil in everyone and has said that good qualities should be revealed by searching for oneself. There is both light and darkness in humans. A person who seeks light will find light and darkness will come if he does not seek light. God has kept all kinds of paths open for humans. You will do what you like.

A person who worships living beings with the knowledge of Shiva actually worships God, man is the best creation of God and ignoring him means ignoring God. If people want to understand the nature of God, we have to awaken love and affection in our hearts, moreover, this thought is beyond imagination. The reason for the current blind competition, wars, epidemics happening all over the world is this lack of love and affection. Because people today are worshippers of darkness, people do not think about killing God's creation. If this situation does not need to be overcome, society and the world will move towards destruction and we will become the cause of each other's death. Does God want that? No, God does not want that. Because if He wanted that, He would only manifest evil forces. In reality, God has also manifested good forces so that people can awaken against evil forces and manifest good forces. It can be said that light and darkness are two sides of the same coin. One is present with the other, one lack means the manifestation of the other. Man can only find God through awakening himself and serving the living. There is infinite potential in man because man is the child of immortality and serving man is actually the worship of God.

Let the body and mind be pure

Like all religions of the world, the body emphasizes the purity of the mind. What does purity mean? Is purity the purity of the body - the purity that precedes divinity? Or does the word purity also refer to the mind and thoughts along with the body? However, in words, physical purity is helpful in achieving purity, but purity is not just physical purity. Because a person may be physically pure but mentally he may be characterless. On the other hand, a person may have an impure body but because of his great character, people consider him to be God. There are many examples in the world where it can be seen that inside an impure appearance there is a person of great thought. Especially the saints of India are of this nature. However, the main idea is that purity means a state when you are very close to God or you are God in human form. For example, Sri Ramakrishna, Vivekananda, Shankaracharya, etc. They are pure because they are associated with pure thought. The way to recognize them is that they have no Amitya, that is, they do not have the idea of I - I. They think only of others selflessly and are ready to endure any kind of suffering for the welfare of others. They have only kindness in their mind for the world, but all their efforts are only for their own salvation. Those who worship God do not fall into this category. The ego of these holy people is merged in

God, they always talk about God and they think that they are God's children. They do any kind of work very carefully, because they think that it is God's work. They are humble, meek, calm and act as if they know nothing. But in reality they are very wise. No work is small for them. All work is worship of God for them. They remain calm in all kinds of situations and when any problem comes, they remain steadfast because they think that God is testing their faith and devotion. If he can solve the problem, he thinks it is possible by the grace of God, and if he loses, he thinks that God has given him an opportunity to self-criticize, which is God's intention. Whether they think well of everyone or not, they are not his friends. Your good means my good, your bad means my bad, this is the thinking of a holy person. We know people in whom all the above qualities can be seen as holy, but holiness does not only mean cleanliness of the body.

Stay in the world but don't become a worldly person

According to Hinduism, the best way to be happy is to stay in the world but don't become a worldly person. A worldly person means someone who is addicted and interested in the material world. He is so trapped by the material world that he has no freedom of his own, the environment around him has a deep impact on him. If the environment

around him is in accordance with his mind, then he is happy and his mental peace is maintained. And if the environment around him is hostile to his thoughts or behavior, then he suffers from mental unrest. The most important thing is that the environment around us is never permanent, sometimes it goes for good and sometimes for bad, that is, its change is natural. The happiness and sorrow of a worldly person depends on the conditions around him, that is, he is a slave to circumstances. It is never possible for such a person to be happy. It is possible to overcome this helpless state, but you have to change your thoughts. Change means you have to prepare your mind in such a way that you are a player. Just as it is not possible for you to win in all games, it is also not possible for all situations in life to go in your favor. But you have to play, you cannot leave the field. Now the question arises in the minds of many that if the victory is uncertain, then how can there be enthusiasm and enthusiasm in the game? According to Hinduism, you should play your role to the best of your ability and you will find joy because our life is a fun-filled event. For this reason, you have to continue your work well, you have to fulfill your responsibilities. Whether success comes or failure comes, you should not be discouraged, you have to keep fighting. The most important thing is that changing the situation should not be your only goal. Your job is to change, refine and improve your

thinking. No matter how good the environment is, our desires will never be completely fulfilled, this is the real truth, which we have to accept. If you give freedom to your desires, you will see that you are asking for something that you cannot afford. The desire to want more than what we need and deserve will make us selfish and we will never be happy. The first condition for happiness is that we have to be selfless. We have to rise above the situation and rein ourselves in through non-attachment. You are your own master, neither favorable nor unfavorable environment can affect you, then you will remain in the world but not be a family man.

Follow the sense of discipline, peace will come

In society, we are all aware of the sense of discipline. We know the matter, but most people do not follow it. Family, society, country, the world is in chaos today. Those who are the heads of society and family basically remind everyone about the matter, and in some cases they also do not follow the rules and regulations. Critics say that those who teach need to learn more because they do not follow the rules they have introduced for everyone. Incidentally, they talk about discipline to calm their conscience. Whatever the situation, it is worrying. Just as parents have almost no control over their children at home, similarly, good people in society

also have to repeatedly get annoyed by talking about rules and regulations. The current condition of educational institutions from which people are made is deplorable. Even if teachers try to teach students something good, they do not see any benefit. In the era of mobile phones, everyone is like a king. The best place to start learning the sense of discipline is the family and school, which have given up today. So the condition of society is also very bad. There is a sense of chaos everywhere today. Such a question arises why there is such a lack of discipline everywhere? While searching for the reason for this, we can observe three things - firstly, people are aware of their power today. Earlier, this was not the case, earlier the younger ones were dependent on the elders, that is, the strong used to control the weak, but today, due to the current state taking responsibility for the people, people are very independent. Secondly, since men and women are all equal, no one thinks about anyone else, everyone lives for themselves. They think of freedom as a level where they can do whatever they want, no one can say anything. Thirdly, people are much more educated today than before and are aware of their rights, as a result of which there is democracy everywhere, everyone is king. Everyone is equal. Now the question arises among us that how can this continue? How will the family and society survive? How will human development be possible? Yes, I agree that everyone needs freedom, but the need for

discipline and discipline cannot be denied. A disciplined person is truly independent, because he knows how to control himself. He does not need any external force to control him. It takes time for a person to reach this state, until then, there is a need for rules and regulations. To be independent, it is necessary to follow the rules and for following the rules, it is necessary to follow the sense of discipline. The need for a sense of discipline in society is no less because no nation can grow without discipline. The overall development of the individual is possible within social discipline and people get the right environment for their work that society gives them. Where this social discipline is lacking, there is fighting, conflict and competition. Personal or collective discipline is the result of long self-sacrifice - the result of sacrificing one's own interests for the good of others. Where the sense of self is strong, the individual or society is all chaotic. The most effective practice to instill a sense of discipline is to keep an ideal in front of the individual's life and to apply his thoughts in his own life. Apart from that, if one can follow social and moral rules, along with practicing spirituality in life, the individual follows a much greater sense of discipline. The result of which we see in great men, who in most cases are much more disciplined and disciplined than others. It is a proven fact that no society or country can progress without a sense of discipline.

Religion and Mental Change

All religions in the world teach how to alleviate human suffering and problems. There is no such person who does not have problems in his life. Maybe he is suffering from physical problems or mental problems. In most cases, we see both problems together. The problem is the main thing, there is no room to say this, in this situation, religion is necessary. It is said that religion is the acceptable way to solve the problem. Perhaps the question arises how- how- religion can bring about a real change in the behavior of people. Not only people but the entire society can be changed by this religion. The main idea of religion is equal treatment towards everyone. Even if we see differences among everyone at first glance, religion teaches us that there is a fundamental unity among everyone. In real life, there is no such aspect that religion can keep outside its boundaries. If there is something called heaven, then it has to be established on earth. If there is someone called God, then it has to be seen in people. Religion does not mean just chanting the name of God, religion is the right way to do things. The society that acts according to the teachings of religion is more pious. We have to embrace religion for the moral welfare of people. Religion ensures the worldly prosperity of people and develops their spirituality. Religion shows people the way to overcome the problems of

life. Religion brings out the God in people, religion destroys the animal nature in people. It would be wrong to think that living a religious life means turning your back on life. This is not the case, because religion wants us to see life as a golden opportunity, to create our own destiny. Religion also says that we have the freedom to fulfill the hopes and aspirations of others or ourselves. In short, life is an opportunity that you and I have to use appropriately. Religion emphasizes the good use of life because a life without development is not desirable for people. Here the question arises in everyone's mind, how can life be an opportunity when there are so many obstacles and dangers in life, so many difficulties? Where is the opportunity for progress where people are struggling to fight against it? The answer is that religion does not help you reduce your obstacles and adversities, but tells you that you can overcome them. Religion says that some people have succeeded through hard work, you can also reach that place. Religion does not tell you the easy way to success, it tells you to try your best. Religion tells you to develop a positive attitude about life. Of course, to reach that state, you have to give importance to life and you have to fulfill those responsibilities and duties carefully. Be calm in success and failure, which means that you acquire such mental strength that you can accept success and failure with a calm mind. Religion is needed in this thought that gives you the strength to accept

both happiness and sadness with a smile. Religion makes you aware of your relationship with the world, this is the meaning of practicing religion. Religion tells you that you can change the environment around you according to your convenience. Religion makes you aware of your power. If God is the symbol of the great being, then you are also a part of that symbol, therefore you are also great.

Forgiveness is the supreme religion to practice

All religions of the world teach that if someone hurts you knowingly or unknowingly, you should forgive him and forget the incident. Be careful not to hold any grudge against the offender. Not only that, you should explain when you get the opportunity that no matter how the offender treats you, you wish him well. If he is in trouble, help him, give him the right advice, etc. But you should remember that no kind of kindness or greatness should come to your mind. Your goal through forgiveness is to change the mental state of the offender and correct the mistake. Mahatma Gandhi practiced this idea, he tried to change the mental state of the offender by suffering himself. When someone forgives, it does not mean that he is weak, but that he can forgive because he is strong. If someone hurts him, he can take revenge but he does

not because he has the power to ignore the offense and he keeps quiet knowingly because he does not want to show strength. But those who are weak, forgive because they do not have the power to take revenge. The word forgiveness is very noble, but it does not suit the weak. He may want to take revenge but he cannot. He is a criminal because he does not forgive the crime. A person can be weak, and if he is afraid, then he becomes very low in the eyes of society. The remorse that the criminal would have felt because he did not protest does not happen, but he thinks that he did the right thing. It is difficult to forgive, but it is even harder to forget. Usually we cannot easily forget someone's crime because even if we do not want it, it remains in our memory. It is not so important whether someone's bad behavior is remembered or not, the main thing is not to be affected by it. That is the great behavior of a hero. In reality, we see that healthy social relationships cannot be developed if a person does not have the quality of forgiveness. Even if a person is very careful, his behavior will hurt those close to him, and we too will get hurt by others at some point or another. These are very common things that happen without provocation. Here, the one who is doing the wrong should apologize whenever he gets the opportunity and the one who has been hurt should ignore the unpleasant incident. In reality, those who are truly forgiving will not only forgive relatives and friends, they will forgive all strangers.

There is no alternative to hard work

There is no alternative to hard work in achieving success in life. The bigger the success, the more you have to work for it. The joy that comes with hard work is not in success without hard work. You have to work as much as you want to succeed, if you do, then it will be easier to succeed. If you do not succeed, then there is no point in sitting quietly, you have to keep trying because your experience may be useful to the next generation. Trying means sacrificing happiness and joy and accepting labor and sorrow. If you want to climb the mountain peak, then you have to face all kinds of situations, you cannot give up. Honestly, it may be that you can see the end of your life. To reach this state, we need courage. Now the question arises if we know that we cannot succeed, then why should we work hard? You will work because you consider work as religion and you are ready for all kinds of sacrifices to do work. Many of our predecessors may have worked hard but could not succeed, but people consider them as ideal characters. For example, Netaji Subhash Chandra Bose wanted to liberate India by declaring war against the British, but even though he was unsuccessful, everyone still remembers him as a patriot. If you want to live for an ideal, then you have to love that ideal with all your heart and soul. At such a time, happiness, success, everything is meaningless to you. Only the

ideal is the main thing for you and everything else is secondary. Your thoughts, thoughts, words and your actions are all the strength for the ideal and you have become an ideal by following the ideal. Basically, we can say that the qualities that the ideal symbolizes have been hidden in you for so long, now they have become evident. The physical and mental struggle that you have been doing all the time, you have to do because you want to shape the ideal. You are ready for any situation because you are strong for the ideal. While walking the difficult path of life, each step you take towards success will be physical and mental effort, but there is joy in it. Hard work with an ideal in mind and mental peace in return is a huge achievement.

Be a real human being first

Our great men say be a human being first. How can we say that we are not human because we have nails, ears, eyes, mouth, hands, feet, we are human. Despite having these, we are not human in the eyes of great men. But why are we not human? What are the main characteristics of humans? What are the proofs of being human? The first thing is that human does not only mean a fleshy face made of various organs. Human means one who has consciousness. Consciousness means sensitivity and reactions for sensitivity. Because we generally all live with animal instincts inside. Only because of

sensitivity and because of being in society, it does not manifest. The more sensitivity and its reaction-thoughts are present in the person or in whom, the more consciousness is complete. In different situations of society, an ignorant person with animal qualities in different ways becomes a complete human with knowledge. A person who is first a disciplined, rational, sensitive, truthful, disciplined, spiritually conscious, punctual. If these qualities are present in a human being, then he is a real human being. A true man who follows the chain will awaken a sense of discipline in life by setting principles. As a result, society will get a complete soul. This soul will determine what should be done and what should not be done through logic and will have the courage and mentality to call good good and bad bad. He will speak out against injustice done to himself or to society through sensitivity, that is, he will be a true man. This true man will always follow the truth. If he has to go through difficult situations for that, he is ready for it. If he follows the rules in the sense of rules such as speaking the truth, studying, moderate sleep-food-rest, behaving truthfully, being humble-gentle-modest, doing selfless work, etc., if he has these qualities, a person will embrace spirituality in practical life and change himself through consciousness, as a result of which society will follow him. Along with these qualities, whose thoughts will inspire others, they will work on time,

that is, they will be punctual. Their sense of time is keen, due to which their time is always spent in work. By these qualities, we can distinguish real people from others.

Life Free from Bondage

There is an ideal in the title written above that everyone can follow. How can one be free from the bondage of this material world in general? Answer: If liberation is the goal of life, then liberation should be achieved while living, not after death. If liberation is to be achieved, it should be achieved while the body is still alive and the sooner it happens, the better. Now the question arises, what is this liberation? What is meant by bondage? Am I not free? To be honest, a person is not as free as he thinks he is. Because he dies, he grows old, he suffers from diseases. According to many, this is a natural phenomenon, a natural law, but its underlying meaning is that a person is controlled by an invisible force. Moreover, there are many other places where people are just silent spectators. There, people are helpless and have no freedom. For example, a person is happy at times and unhappy at times. If a person was free, why would he be unhappy? He would be happy all the time, because there is something that is beyond his control. It is as if a person is a puppet in the hands of an invisible force, a force that is controlling him at will. So how

can we say that a person is free? The answer is that he is free up to a certain limit but not beyond that. What can a person do in this state? How can he be free from the bonds of good and evil? Which cannot affect him, how can he attain a state? It can be said that being calm and steady is one way to reach this state. Realizing that both happiness and sorrow are impermanent. This life is not permanent because life itself is impermanent. Body, power, money, fame are temporary. Not only good things are impermanent, but bad things are also impermanent. If we can accept all kinds of changes equally with a calm mind, then we are free. In the real sense, liberation is a mental state where a person is free. This state of mind can be compared to a lotus leaf because a lotus leaf does not get wet even in water. Similarly, if you are not a worldly person even in the world, then you are free. No matter how dynamic you seem to be outside, inside you are slow, steady, calm. You are doing everything carefully and perfectly, but in your mind you know that you are not doing anything, you are a doer. In this state of mind, there is no desire, your ego has disappeared, you will be free. You are a slave to body and mind if you work for your own benefit, but if you work for the benefit of all, liberation is in your hands.

Control of body and mind by consciousness

The greatest progress of a person occurs when the body and mind of a person work beautifully and completely. If a healthy body is not guided by a healthy mind, it will be like a ship without direction. As a machine, the body can accomplish its work only when it is controlled by a thoughtful and prudent mind. If the mind is weak and fails to make decisions, then a strong body has no function. It is only a burden. When a person starts thinking about the needs of the body and indulges the mind in any thoughts and desires, then the person is no longer a person but an animal that looks like a human. If he rejoices at the misfortune of others, then he will be an asura, but if he is completely selfless and finds happiness by doing good to others, then he is no longer a person but a god. This person is sometimes an animal, sometimes an asura and sometimes a god. But in reality, most people are in between these two. A society in which everyone accepts selflessness as an ideal and tries to maintain this ideal in all situations is an ideal society. There are many people among us who have incomparable god-like qualities. Here, God is compared to an extremely advanced mental state. The qualities that man desires but does not have. He attributes all those qualities to God, some of whom have God-like behavior immortalized in the pages of history, such as Swami Vivekananda. People even today dream of

being like Vivekananda. If one can be in reality, is it possible for Vivekananda to emerge? It is possible if he improves his moral life. The same can be said about Buddha. If every person was kind and loving like Buddha, would a wonderful situation arise? If everyone was made of metal like Buddha, if their minds were replaced with love, goodwill and generosity instead of anger, hatred and greed, then today the fear of nuclear war would not have settled in the minds of people. Today, we have solved many problems in the 21st century, one of which is hunger, which is not heard of much now. The human body is much more complete today and someone has to complete the mind like the body. The mind must be filled with those qualities which have made Narendra, Swami Vivekananda and Gautama Buddha, the glory and advancement of mankind. When this condition is created, every person in the world will be happy.

Human needs and their presence

It has been observed in human practice that the need to do something is always present. People do what they do for a reason. This reason is need because by need we mean the lack of something that we desire, that we need, that we absolutely need to sustain our lives, the feeling of lack is need. When we are hungry, we feel the need for food and when we are in danger, the need for security appears in

us, but after getting that thing, our feeling of lack goes away and there is no need. This feeling of lack, that is, need, gives rise to mental stress in our minds. Human nature is to always express dissatisfaction, that is, no situation can satisfy him completely. In a normal state, a balance between the body and mind is maintained in a person, but as soon as a need comes, this balance is destroyed. He overcomes obstacles to fulfill his needs and when the need is fulfilled, the mind returns to a state of balance again. But in some situations, he cannot overcome those obstacles and his behavior problems appear. The greatest need of a person is happiness, but what is happiness? If we analyze it, it is seen that happiness comes in the satisfaction of many kinds of needs. But there is no end to many kinds of needs. Because today people are not happy with food-clothes-housing-education and health, their needs are beyond this. People want success in life, they want to control everything, this inner need drives them day and night. In modern times, people are obsessed with controlling everything in the world. The need for self-reliance, the need for success, the need to know new things and finally, this need to be the master of all. In fact, human needs are numerous and one need is related to another, it is not possible to separate them. This need gives rise to behavior. Behavior develops through needs, the purpose is the development of life, that development will be achieved through

changes and enhancement of behavior. There will be needs but it is our job to use them effectively. We have to notice what our needs are? Are the needs realistic? Or how far is the need for them? Or is there any need at all? We have to be aware of this and because needs are always changing. For example, the things that attracted us or were needed in childhood have changed in youth. Again, in adulthood, another type of need has arisen. Our needs are constantly changing with time and circumstances. A ball could make us as happy as we were as a child, but today it cannot. A question often arises among us that which is our need and which is our need. The answer to this can be said that what cannot be done without us is a need and what can be done without us is a need. For example, if we are hungry and need food, we fill it with rice or roti, but if we want to fill that hunger with biryani, then it will be a need. Although there is almost a debate on this issue as to which we call a need and which we call a need. For example, in the present era, is the use of mobile phones a need or a need? According to many, a need is a need, while according to many, a need. When this need takes the form of a need, danger occurs, that is, pressure is created. Then people suffer from mental tension and depression, trying to get out of this situation. The situation changes only when they satisfy their needs. However, according to Indian philosophy, the purpose of life is not the presence of need, but the

absence of need and control. Yoga philosophy is born from this thought. If we keep the rest of the things that are not necessary away or if we increase the control of our mind over them, a unique behavior is created in our life, which unites us with the Supreme Soul. Even though such a person is among the common people, his thought is extraordinary, just as our desires in the world do not end, neither do we have an end to getting. Therefore, if we are trapped in this boundary of wanting and getting in life, it is not possible to make spiritual progress in life. The right purpose of life is to always keep this thought in our heart that we will do work and will welcome what we get through work. But there will be no demand in life, we will be satisfied with what we have because the result of the presence of this demand is the arrival of mental stress in life. Do not expect results because expecting results means mental stress which takes us away from the real path of life. If this thought is not implemented meaningfully in life, then boredom and sadness will come.

Self-Analysis

All people in the world face small and big obstacles in their path. When we do not find something that suits our mind, dissatisfaction arises. And for this reason, before we get anything in our life, we need to correct ourselves. Our mind thinks about

different things at different times, but the mind does not understand that our thoughts are under our control. There are many successful people in the world in different matters, we can learn from them. But we do not do that because we think ourselves more valuable than successful people. So our life revolves around the present. We often cannot clearly say what we want in life, what kind of expectations we have. As a result, our days, months, years revolve around the same things. We have no purpose in life, we become like a sailor without a direction in the sea. So with the change of time, we get disappointed and tired. This happens to us because we do not analyze ourselves and do not correct ourselves. On the other hand, those who are great and successful enjoy life and an alert attitude towards the upcoming situation makes them successful. And because the lives of hopeless people are without any plan, despair and fatigue do not leave behind them. They become accustomed to living a monotonous life. There, successful people keep analyzing and moving forward in various ways to make their lives meaningful and fulfill their purpose, but hopeless people cannot do that. They always ask themselves what is the reason for coming to this world? What is the purpose? They are alert to these things and sometimes analyze what needs to be done. They spend their days, months and years with complete courage. This mentality of theirs sets them apart from others.

They indulge in life and also enjoy life by doing their own work. They keep the validity of their plan in mind and act accordingly. Gradually they become the object of everyone's praise. They take precautions and make a list of work by analyzing what needs to be done and what should not be done. They monitor how far they want to go and how far they have come. It would be very good if we always write down our objectives on a paper. And those who are living a life of disappointment and boredom can ask themselves, do you accept the above words? Or do you think that it is okay as it is? Clarity is inevitable for any work, be it small or big. Even though successful people go through difficult situations in life, they never share clarity, because the present is the time when you can reflect on your life. For this, it does not mean that you have to be good at everything. It just takes a little awareness and confidence. It is natural that you will have to face many obstacles on the path to success, and if you face problems, do not turn your back on them, it will be your job to solve them. The current situation in life is the result of your judgment, effort and ideas. You can change it very easily. As a result, you can get everything you want in life. You only have to arouse enthusiasm from the willpower that will lead you towards the fulfillment of the goal. In this way, you will easily be attracted to the power of success. Because all work in the world requires the power of attraction, consciously or

subconsciously. This is how successful people think and what they want or imagine becomes reality. You too can follow this path to become a successful person, have peace of mind, and have satisfying relationships. Try to eliminate negativity now and find a beautiful existence.

Karma and fruit

First the karma, then the fruit, then the fruit. The people of the world are enjoying the fruits of their own karma. Whoever does karma has the right to enjoy the fruits of karma. Therefore, fate is his own creation. Famous people in the world are lucky, this is the result of their previous birth. The great karma of the previous birth has made them great. According to the scriptures, a person is born after traveling 84 lakh yonis and a person knows that God exists after birth, not before. Until he knows God, a person has to take the bodies of many living beings during his journey of 84 lakh yonis. As a result of good karma, after birth, a person knows and understands that God exists. Until he knows God, the soul is not elevated, but through good karma he slowly progresses on the path of attaining God. Therefore, a person is not created after birth. However, attaining God is not that easy, he faces many obstacles while attaining it. He has to suffer the results of good and bad karma. After the extreme enjoyment of good deeds, comes

renunciation, then comes detachment and then one day God is attained and the soul is liberated. The soul merges in the Supreme, which is known as the formula of natural ecological balance. This God is divided into two parts, namely - the real and nature. The real is the creator and nature is the creation. The real is the giver of karma and nature is the recipient of karma. All the actions we do are in nature. We return to this nature after death. I, we are part of nature. So when I and we are complete, the ego goes away. Then all actions become nature. Pain and suffering are no more, because everything is then of nature. That is why the sadhak says, "You do your work," and the people say, "I do it." Trees, fruits, cows, milk, teachers teach, are different to the naked eye, but to the eye of knowledge, they are all one, all nature. We think we are doing work, but nature is doing work. It creates in our mind the idea that we are working, doing great benefit to the world, which is actually just our mistake. Every person's karma is different, so their fate is also different. Some are born in a king's house and become a beggar, while others are born in a beggar's house and become a king, so first the karma comes, then the result, karma is different, and fate is different. Even if they are born at the same time and together, fate is different because the karma of the previous birth was different. A worldly person works in the hope of results, his happiness is in the enjoyment. If he does good karma, he will be better

in the next birth, he will enjoy all happiness in the hope. While doing such karma, one day a person reaches the extreme state, then he is an incarnation. At that time, he has nothing to want, detachment comes. He then becomes free and merges in the supreme realm. What we are experiencing now is the result of the karma of the previous birth. One person is earning a lot and living happily with his family, that is the result of the karma of the previous birth, while another person is living in poverty and hardship with physical disabilities, that is the result of the karma of his previous birth. If he does bad karma, it is natural that he will be bad in this birth and the next birth. Whatever we donate, such as religion, money, education, food, clothes, is our savings and saving money for our own needs is not savings, but if we donate some of that money for the future, it is a good deed. And the three things that are stored in you are mind, intellect and sanskar. Whether we behave angry, lying, tolerant, all are sanskars of previous births. We have to change sanskars through habit and rise to divinity, that is what our Hindu scriptures teach. The Supreme Soul created nature by binding nature and creating this drama of the universe and in this world we are acting in different roles. Some are thieves, some are saints, some are kings, and some are subjects. Everyone has got a character according to the results of his karma. One day everyone will be free when our acting is over. So whoever does good

deeds will be able to act in good roles in this birth and in the next birth.

Greed is the cause of suffering and knowledge is the medicine to end it

The cause of all our suffering is our ignorance and greed. The more the power of the wise, the less the suffering. My - my nature is our ignorance and our greed. The sorrow of a worldly person comes from material attachment and the happiness of a yogi comes from giving up material attachment. A worldly person wants material possessions because material possessions bring happiness to a worldly person. The more material possessions increase, the more happiness also increases, and again these material possessions are the cause of all disputes and the origin of jealousy and greed. All the principles or theories of politics that we know are built around this wealth. From the very beginning of democracy, this material possessions have always been there. Conflicts in countries, wars between people, all are centered around this material possessions. Greed is the disease within us and this is the leader of all attachments. But its destruction is possible when a person becomes wise, he does not have attachments. Then he is elevated to the level of a great man above all. All the great men of the world who were or are still in the world were not worldly, no attachment was an obstacle for them. All the yogis have given

knowledge and advice to people on how to live in the world. Happiness, sorrow, greed are sins according to Indian culture and scriptures and not getting what you want is the cause of sorrow. For a man who considers happiness, sorrow, grief and joy to be equal, this attachment-free life is the reason for his becoming a great man, a yogi. How many real truths can we not accept, the result of which is sorrow and the reason for this is our ignorance. It is said in the Gita that because our knowledge is covered by ignorance, we become subject to greed. We cannot recognize and know ourselves. The scriptures do not say to mourn for what has happened. But we also mourn because of delusion. Our thoughts make us mourn. Therefore, ignorance is sin and knowledge is virtue. Why do people sin? Why do they step on this path after knowing everything? The answer to this is the greed that arises in the mind of people. It is said that greed is sin and sin is death. Among our senses, eyes and greed are one of the enemies of the Sixfold Path. Due to greed, people make mistakes and this greed becomes an obstacle in their spiritual progress. Again, the word profit comes from greed. All our hopes are the result of greed. Hope means wanting and not getting what we want is the cause of sorrow. But the real thing is that we have not brought anything with us, so we have nothing to lose. Whatever we have got is our gain, and whatever we have not got is not our loss either,

because we were not born with that either. Our Supreme Soul is in the form of nature. This Supreme Soul has created a cover of Maya in front of us, this Maya is ignorance. This Maya takes different forms and has a vast spread. Because of this Maya, the living entity does not understand itself, the living entity cannot think of itself as a part of God. Because of this Maya, people are under delusion and do not understand what is right and what is wrong. In real life, spirituality can remove Maya and ignorance and end all sorrow.

No great work is accomplished by cunning

Cunning is another name for selfishness. A cunning person is always busy with his own interests. He does not care about the good or bad of others. But it is also true that the cunning of a cunning person comes to everyone's attention and is not accepted by anyone. In the word cunning, we see the image of selfishness, so the word says that a person who is obsessed with interests has no peace in the world. Because this world is not for living alone. One cannot survive in the world alone because we are involved in each other. This world runs with the cooperation of many. It is not possible to create the necessary things of life with one hand because there are many needs in one life. And many needs require a lot of cooperation or help. We all do some work because we are dependent on each other. Every

person in the world has more or less importance and which complements each other. Behind a person becoming great, there is the contribution of many people. Therefore, a selfish person is just a burden to the world.

Swami Vivekananda used to say that no great work is done by cunning, in fact he meant that cunning is selfishness, and there is no evasion when it comes to doing great work. No great work is done by selfishness, only one's own interests are fulfilled. A great man can only become famous, and a famous man is the ideal of the world and the inspiration of everyone. A great man is the light of the world, through which the darkness of many people's lives is removed. Everyone comes before him and others stay away from selfish and cunning people. The one who cheats cheats himself, because the world stays away from the one who cheats. For small gains, he is deprived of real gains. The one who cheats is not clever, he is stupid because cunning is stupidity. There is no one as stupid as the one who thinks he is clever, because with whom will he cheat, with any person or society, and these people and society have moved away from you. You will be alone, then you will cheat yourself. When a person is cunning, he gradually falls into the pit of sin. This world is all God's creation, but a cunning person does not receive any blessings from God, but rather he becomes the cause of curses. A cunning person is

deprived of God's mercy and brings his own harm. And a cunning person's life and the hereafter are all wasted. Just as one has to stay away from everyone in this life due to cunning, one has to suffer the results of one's actions in the hereafter, so being cunning is not a sign of wisdom but a sign of foolishness.

Our job on the world stage is to act

We all come to act empty-handed on the world stage. Just as when acting in a play, some play the role of a king, some of a subject, they are all equal. Similarly, we all come to play our role empty-handed on the world stage, and one day we will leave the stage empty-handed. Since we have brought nothing with us, we have nothing to lose. The age of the world is ancient, many ages have come, many people have come and many people have left their mark on the world. But that achievement lasted for a few days, then it was erased from the world in the flow of time. No creation is permanent in this world. Everything that we see in this world is mortal. Age after age comes, age goes and another age comes. That too leaves one day, in this way the cycle of ages passes like the cycle of seasons. The characters of each era are different, just as the characters of seasons are different. We have to act in harmony with the era, and one day we have to finish our performance and leave. Another

era comes again and we have to stage a different kind of drama. A person who knows the real truth has nothing to regret. A person knows that nothing is permanent, what is there will be destroyed tomorrow. What I have today will be someone else's tomorrow. Some people get a little more and some get a little less as a result of their hard work and performance. What does it matter because everyone has to leave everything behind. This is the real truth and this is the peace of mind. While performing on the world's stage, we have to face different kinds of situations. Sometimes we get all the things we need and sometimes we have to lose them, these are all part of our performance because we have not brought anything with us. So it is useless to be sad about this material world, we have known that truth. Whoever plays the role that much as he has to play, leaves. So what seems like a loss to us is not a loss at all because we have not brought it with us. This is the real truth that always motivates us to live, to perform. We must always strive to perform well because we have nothing to lose and a lot to gain.

Religion vs Science

There are many forms of God, so many philosophies have been created on Him. Based on one philosophy, one religion has been created, and within the same religion, various religions have been created.

Basically, religion is a type of philosophy that helps people to lead on the right path. Hinduism has been created with the philosophy of the Vedas as its center, Islam has been created with the philosophy of Hazrat Mohammad as its center, Christianity has been created with the philosophy of Jesus as its center, and Buddhism has been created with the philosophy of Gautama Buddha as its center. In a word, He has become many from one. What we see in many forms is a multiplicity of the same. Sometimes He is material, sometimes formless. Sometimes He is inanimate, sometimes He is conscious. And, two forms that are opposite to each other. Due to these opposite forms, this world has been created, He responds to the way we call Him. Some find His form, some find His formlessness, and some find His existence in nature. And when that knowledge causes the transcendence of thought in us, it is called science. Knowledge and intelligence are companions because without knowledge, nothing could be invented, intelligence is helpless. Whatever we earn in this world, whatever respect we get, is all for this knowledge. Everything we see in this world is for knowledge. All objects are actually knowledge. We see knowledge with our own eyes. Knowledge creates a renaissance, changes the era, and science follows it. And the use of science is different in every era. At the end of Kali Yuga, when belief in God reached the bottom, when humanism, excluding God, raised its head, people

gave up on the afterlife and became obsessed with this world. To increase consumerism, to further expand science, new discoveries are being made, which were hidden in nature, people did not know. The great discoveries of great scientists prove this truth. Today our world is machine-dependent, here every step we take is dependent on machines in different ways, everything is mechanical. There is no place for humanity, only religion can change this situation, only religion can change this machine-based society into a human-oriented society and science will be its helper. We can establish religion along with science.

Not all happiness is the same

While we walk in life, we experience different types of situations, some of which give us happiness and peace and some give us sadness and anxiety. All situations will never be in our favor because we do not have control over all situations. So if you expect happiness and peace from all sides, you will get anxiety. The source of real happiness is our mind, we have to remember that happiness is in the form of abundance, there is no happiness in abundance. The mind can create its own happiness itself, but when the material world takes the responsibility of creating happiness, then our own mind has no work. Many times we mistakenly search for happiness outside the mind, which is completely foolish.

Developing ourselves does not only bring happiness, but also peace and joy. Inner development means awakening our conscience and feeling our life as one with other lives. Generosity, love, purity of heart bring happiness-peace-joy. A person who is absorbed in this way gets the happiness of the soul. Therefore, absorption in the Holy Spirit brings ultimate happiness and peace. True love is knowing and understanding each other, trusting and respecting each other. Feelings and perceptions are the balance of one's basic tendencies. Feelings will be completely selfless. Life is not beautiful without feelings, feelings are the key to life, feelings are the result of education in living. Therefore, in today's world, the education of moral values and feelings is absolutely necessary. To get peace in life, it is necessary to gain self-knowledge, the root of self-perception is the real happiness and peace. Life runs on our own instructions, we should drive it slowly because our life sometimes runs at its own pace, which creates all the chaos. We create heaven and we create hell. We always have to drive life on the right path, no matter how crazy it may be at its own pace. Just as one can take one's feet to a liquor store, one can also drive them to a fruit store, one wants control over oneself. No matter how much we hope, it is not possible to get all the happiness in the world together, it has to be experienced by sharing it. You may want the best for everyone, some may not want yours, that is

natural. Just as you cannot find the joy of being alone when you get married, similarly, the happiness of a family does not come from being alone. So we have to remember that expecting happiness from all sides is actually looking for the dark side of life, because the gathering of all colors together is black. Think, look at yourself, guide yourself in the right direction, and become happy.

Look at your own faults, not the faults of others

If you want to live beautifully and peacefully in this world, do not condemn or criticize others. Do not blame anyone. Ramakrishna Paramahansa said that one should not look at the faults of even a single animal. First, people need to know, recognize that criticism hurts a person's ego and destroys their self-respect. Then they start looking at the critic with hatred. If a person does something wrong, if they are explained to him calmly and calmly instead of criticizing, then his faults will be corrected and his greatness will increase. Because we need to understand that the person we are trying to blame will blame us in order to defend himself. So criticize yourself, it will be good for you. A person who criticizes himself can correct himself and succeed in the battle of life. Remember that good criticism makes a person great and noble. If a person makes a mistake, first understand why he did it? Where is his

difficulty? This is the way to become his own person. If you want someone to criticize you, then tell him your own story instead of listening to him, you will see that he is laughing at you in your absence. Because we need to understand that people always talk about themselves, they only think about themselves. To make yourself feel good, show interest in others because the person you are talking to is 100 percent interested in themselves. They value their words more than your words. So encourage others to talk about their words, that will increase your greatness. There are many people in our society who are good speakers but they like to be good listeners. Talk to the person who is interested in that topic, then you can become his friend. If you remember this, you will get unattainable happiness, so do not find fault with anyone, speak well of everyone. Again, remember that if you can speak well of others, you can easily gain friends. Thousands of people in the world are living with the fire of loneliness by taking the wrong path. Remember that you are alone in the world, take care of your own garden, no matter how small it is, do not touch the garden of others. Don't blame others, see your own faults. This thought will not only make you a better person, but will also bring happiness, peace and pure joy. There are two significant characteristics in our life. One is our needs and the other is being aware of those needs and working to fulfill them. Just as you want someone to speak well

of you, so do other people. So, not blame or criticism, but praise and encouragement.

Let's move forward with courage

No one can say what will happen in our life in the future, everything is uncertain. Cowards surrender themselves to fear and call on God, but God does not protect. Therefore, we have to move forward with courage and abandon fear. A coward who does not progress in life, must remember that fear is a sin, courage is a virtue. The speed of life should not be stopped by fear of anything. The one whose fear makes you fearful is more unjust than you, you should keep this thought in your heart. All the great men in the history of the world have won in life through extraordinary courage. We also have to adopt courage. Only then will success come in life. Your mind will always be happy, many will sympathize with your happiness and sorrow. People will protect you from fear and obstacles and people will be your helpers in progress, friends in danger, companions in joy. You have to realize that if people are with you, you can do any difficult task, no god but people benefit people in the form of gods. Man comes to earth as an incarnation of God, man is truth. Remember that man is truth above all, not above him. In this selfish world, the one who has a true heart lives among people forever. Everyone respects and loves him. After the death of his father,

Rabindranath bravely took the responsibility of the world on his shoulders during the difficult times in the family and despite being the son of a rich man, he gave up his eternal habit and took the world on his shoulders in a humble manner, creating an example of bravery. So even if you fail repeatedly in any work, do not be sad, keep trying. You will see that your luck will return, God is only with those who bravely move forward in the battle of life. So be brave, you will see how easy everything has become, do not take life seriously and go about it simply.

Acquire the right knowledge, everything will be simple

Keep your mind calm by being kind to all beings, being simple, having a sweet voice, worshipping and worshipping, giving up pride and giving to the poor. If you praise yourself and your reputation without any reason, you will be a source of annoyance to everyone. When the moon rises in the sky, everyone knows it, and the fragrance of flowers spreads by itself, similarly, the fame of a good person will spread on earth, and fools will only gain fame by praising themselves. A person who is not disturbed from his religion in days of happiness and sorrow is a true wise person. The happiness of touch, sight, hearing, smell and taste is very temporary. After some time, sorrow reappears, so we have to give up this temporary happiness. We

have to remember that just as there are no signs of birds in the sky or fish in the water, you too become wise in life, which is not to be felt by others. There is no friend like knowledge, intelligence is its companion, action is its guide, in study its minister, patience is its commander and gentleness is its companion. Knowledge brings people back from bad deeds and makes them repent. As a result, the mind becomes healthy. If you do any wrong, repent through knowledge, God will forgive you. Always acquire correct knowledge, correct knowledge will act as your guide in the battle of life. No matter what situation you are in, destroy all the sorrows of the world with your knowledge. Remember that our purpose is to drive life in the right direction, so that we get happiness, peace, joy in life, knowledge is that path. Correct knowledge will show you the way to solve the difficult problems of life. Even on the dark path, you will see the light. Our mind is the wheel of the chariot and knowledge is the charioteer. If the charioteer does not drive the chariot properly, then our mind will not be able to reach the nectar of peace. There is a demon in the form of Maya and affection on the way, that demon has to be killed by knowledge. Remember, whether foolish or wise or rich or poor or strong or weak, everyone is alive through the actions of rebirth. When a person learns to think that the happiness and sorrow of this world do not concern me, then he will be able to attain peace.

About the Author

Sunando Das (M. A. B.ED.)

Born: 1982, resident of Alipurduar. Educated at Govinda High School, Alipurduar High School and North Bengal University, Assistant Teacher. Second book on professional writing. First book **100 Passwords of Success Life**. Leisure and entertainment – Painting, listening to music, studying philosophy of life. Editor – **Dooars Painters Association and Manabjain, Bangiyo Bhugol Mancha**.